

SIERRA MADRE

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MONROVIA



SUMMER 2025 ALVERNO Heights Academy

**3 EXCITING CAMPS,
1 BEAUTIFUL LOCATION!**

DATES: JUNE 16 - JULY 18
DAILY: 8AM - 3PM
EXTENDED CARE: 3PM-6PM

Jamboree Camp

Open to all children 3.5 years old to children entering 3rd grade in the fall.

SummerScapes Innovation Camp

Open to all rising 4th - 8th grade students in the fall.

Camp Galileo

Enrollment now open for Camp Galileo at Alverno Heights Academy!

Register Today!



alvernoheightsacademy.org | 200 N. Michillinda Ave, Sierra Madre 91024 | (626)355-3463



"The Sierra Madre congregation is a close-knit, authentic, and welcoming community striving to serve God and neighbor. I enjoy the intimate bonds and the serious study of God's plan for our lives."
—Doug Hurley

212 N Lima St, Sierra Madre, CA 91024
626-355-1817
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.

May you be blessed with new life this Easter season!

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

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



Doug Hurley is Associate Dean of Student Affairs at Pepperdine.



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



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



FIRE HAZARD SEVERITY ZONES

UPDATE

What This Means for Sierra Madre Residents?

Do you know if your property or area is within a newly designated Moderate, High, or Very High Fire Hazard Severity Zone?

to learn more: osfm.fire.ca.gov/FHSZ

To ensure local voices are heard, the City is launching a short **community survey** to gather input from stakeholders about the update, wildfire concerns, and resources needed to support preparedness.

Residents can take the survey at:

<https://www.surveymonkey.com/r/KNPPQDQ>

Survey closes on Sunday, April 27.



FOR RENT

Quit well kept bldg
391 W #B - Sierra Madre Blvd,
Sierra Madre

2 bedroom
Down stairs w/ enclosed patio

(NEW paint - carpet - Refrigerator -
Mirror closer doors)
FAH / AC

Locked storage cabinet, carport & laundry room
\$2575.
Call Earl (626) 893-0473

SIERRA MADRE FIRE DEPT.

EASTER EGG HUNT

APRIL 19TH, 2025
9 AM @ MEMORIAL PARK



FIND THE GOLDEN EGG FOR A SPECIAL PRIZE!

CREATIVE ARTS GROUP

CAROL HUGHES

Everyday and All Around

An exhibit of mixed media monoprints
On view March 28-April 27

Creative Arts Group 108 N. Baldwin Ave. Sierra Madre

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Weather Wise



6-Day Forecast Sierra Madre, Ca.

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

Forecasts courtesy of the National Weather Service

SIERRA MADRE CITY MEETINGS

SIERRA MADRE CITY COUNCIL MEETING

April 8, 2025 5:30 pm

THIS MEETING WILL BE HELD IN THE COUNCIL CHAMBERS!

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

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

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

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

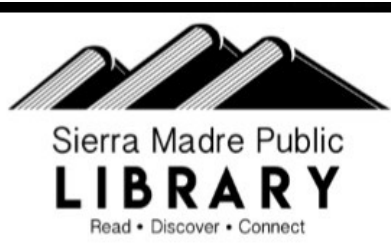
Sierra Madre’s EMERGENCY radio station is now accepting scripts for Public Service Announcements (PSAs) about community events. PSAs will be broadcast on the air at no charge. The station operates 24/7 and can be heard at 1630 on the AM dial.

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

Your event must:

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

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



Sierra Madre Public LIBRARY

Read • Discover • Connect

This week at the Sierra Madre Public Library

March 31 — April 5

Monday

Baby Rhyme Time — Library at 9:00am

Preschool Storytime — Library at 10:00am

Friday

Best Used Book Sale — Library

Parking Lot from 3:00pm to 7:00pm

Saturday

Best Used Book Sale — Library

Parking Lot from 10:00am to 2:00pm

Read, Discover, Connect @ Sierra Madre Public Library

350 W Sierra Madre Blvd.

(626) 355-7186

WALKING SIERRA MADRE - The Social Side

by Deanne Davis

“Everyone has inside him a piece of good news. The good news is that you don’t know how great you can be! How much you can love/ How much you can accomplish! And what your potential is!” Anne Frank

“Newspapers cannot be defined by the second word: Paper. They’ve got to be defined by the first word: News!” Arthur Sulzberger, Jr.

“A good newspaper is a community talking to itself!” Arthur Miller



Our newspaper, the Mountain Views News, is absolutely the best. Reading the March 15 issue, I found so much good news that I just wanted to shout for joy. So I did, to the embarrassment of those around me.

First of all, the picture of our Rose Float for 2026 is the best one ever. If you didn’t see it, go online and take a look. Marcus Pollitz, has imagined for us a group of firefighters climbing a mountain of pancakes and using a crane to douse them with syrup. After all the firefighters did to save Sierra Madre and help with the wildfires close-by, I can’t think of a better group to memorialize. The theme this coming year for the Rose Parade is “The Magic in Teamwork!” and these float guys are definitely working as a team. It’s going to be awesome and, of course, a prizewinner.

Moving on a bit, I was thrilled to see shuttle tickets to see the world famous Wistaria Vine are on sale and the actual Wistaria Festival is planned for April 12th from 9 am to 5 pm. This date is a little later than usual, which is great as it gives our fabulous Wistaria Vine time to get in a little more blooming in to be more incredible than ever. Festival day is so much fun with crafters selling stuff you can’t get on Amazon and food all over the place.

I, of course, enjoyed my column on Page 3, with the IRS Blues, knowing all my tax information is now in the capable hands of my tax guy and with any luck at all, he will pick mine to do first and it will all be in the greedy hands of the IRS, along with whatever staggering amount I’ll need to send along by April 15.

Then, I read Peter Dills’ column and discovered that in his opinion, the Best Burger around is to be found at our very own 355 Burger. He suggests the double patty burger and I’m in total agreement. Add the caramelized onions, ecstasy dripping down your arm!

Peter also just loves Casa Del Rey; and so do I. I have enjoyed many lovely moments with one of their excellent margaritas and some guacamole and chips gazing up Baldwin at our own personal mountains. Casa Del Rey has been around here and there for over 50 years and I think, friends and neighbors, they have Mexican food totally figured out.

There was a nice article on Page 11 about the dangers of falls and how to prevent them. I read this carefully and nowhere did the author mention simple clumsiness combined with dumb! Ah well, I’m doing my Physical Therapy exercises and know I’ll be able to go get my hair cut soon and maybe even a pedicure. Nothing lasts forever, much to our relief.

I’m writing this week’s column on Wednesday the 26th, which means that our 58th wedding anniversary is in just a few days, April 1st. I will be celebrating here and, hopefully, able to get out of the house for lunch; and John will be celebrating in heaven. The picture this week, is of us and the last anniversary we had together. We went to Sena in Monrovia, enjoyed a glass of wine and a bunch of memories that made us laugh. I have to say that the 50 years we spent together were the best 50 years of my life.

I hope something wonderful is going on in your life this week and we have the most wonderful thing of all coming up April 20th...Easter! No, not the new outfit and Easter egg hunt, but celebrating our risen Lord.

Life is good, our newspaper is excellent, we live in the best town anywhere and the Jacarandas are in bloom. Enjoy every minute of your week and try to get to one of our fabulous restaurants, including prizewinning Corfu, where I had the best salmon and rice pilaf ever.

Ways to my heart: Buy me food, make me food, be food!!

My book page: Amazon.com: Deanne Davis
Look there for “The Crown,” a paperback book that’s practically free!
This is a beautiful story of what might have happened to that infamous crown of thorns.
With Easter on its way, this little book is the perfect read for yourself or a friend.

100% Volunteer Run

Wistaria Thrift Shop

550 W. Sierra Madre Blvd, 91024

(Enter from parking lot.)

Mon, Thurs, Fri, 10 a – 3 p

Sat, - 10 a -1 p

Thru May 30

626-355-7739

Clean, Usable Donations

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Proceeds Help Support Our Charities & Scholarships

Retail Shop Closed 6/1 – 9/3/25

Sierra Madre Woman’s Club

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

RENT Our

1914 Essick House

Contact Anita

Rentals Coordinator

essickhouserentalmanager@gmail.com

626-355-4379

SierraMadreWomasClub.org

SierraMadreWomansClub

Wistaria Shop Closed: Reopens Thurs, 9/4

SIERRA MADRE POLICE BLOTTER

	Calls for Service	Formal Investigations
March 16 - 22 2025	262	17
YTD for 2025	3,103	143

The following represents a summary report of some of the major incidents handled by the Sierra Madre Police Department during this period. This list is not intended to be considered exclusive or all-inclusive.

Sunday, March 16Criminal Threats
At approximately 11:00 AM, officers received a telephonic report in regards to a criminal threats. As officers spoke to the victim over the phone, he stated he was receiving criminal threats over multiple texts and calls from an unknown number. Officers took a report. This case has been forwarded to the Detective’s Bureau for further investigation.

Monday, March 17Court Order Violation
At approximately 1:30 PM, officers responded to the police station lobby to meet with a citizen regarding a restraining order violation. The reporting party stated that his ex-wife was violating the restraining order by contacting him through email. Officers took a report. This case has been forwarded to the Detective’s Bureau for further investigation.

Monday, March 17Fraud
At approximately 2:30 PM, officers responded to the police station lobby to meet with a citizen regarding a fraud investigation. The reporting party stated someone had taken multiple loans out in the reporting party’s name. Officers took a report for documentation purposes. The reporting party was not desirous of prosecution.

Tuesday, March 18General Incident
At approximately 6:30 PM, officers responded to the 300 block of West Sierra Madre Blvd regarding a female brandishing a firearm. Officers arrived on scene, conducted an investigation, and revealed no crime occurred. A report was taken to document the incident. This case has been forwarded to the Detective’s Bureau for further investigation.

Wednesday, March 19Court Order Violation
At approximately 7:30 PM, officers responded to the 90 block of East Sierra Madre Blvd regarding a report of a domestic violence restraining order violation. Based on the officers investigation, the restrained male was contacting the protected female through multiple phone calls to her personal and business cell phone. Officers took a report. The case has been forwarded to the LA County District Attorney’s Office for filing considerations.

Thursday, March 20Injured Person
At approximately 6:00 PM, officers responded to the intersection of Sierra Madre Blvd and Baldwin Ave in regards to a report of an injured person. A female was running and fell causing her to hit her nose and left side of her face on the sidewalk. Sierra Madre Fire Department was on scene and assessed the female. Officers checked the location and took a report.

Friday, March 21Weapons Violations
At approximately 12:00 AM, officers reposnded to the 200 block of East Sierra Madre Blvd in regards to possible shots fired. Officers arrived on scene and interviewed everyone at the residence. Based on officers investigation, an unknown subject fired several shots in an unknown direction. No victims, damage, or blood was located at the scene. Three spent casings were located on the front porch of the residence. Officers took a report. This case has been forwarded to the Detective’s Bureau for further investigation.

REMEMBER:
IF YOU SEE SOMETHING, SAY

Increase Truck Traffic Due to Eaton Fire Projects



Pasadena officials are reminding residents of an increase in truck traffic north of the I-210 freeway due to two ongoing projects: the Eaton Fire Phase 2 Private Property Debris Removal Project and the Eaton Wash Dam Post-Fire Emergency Project. While the trucks may look similar, they are transporting different materials and following specific dust control measures.

The Eaton Fire Phase 2 Private Property Debris Removal Project is managed by the U.S. Army Corps of Engineers (USACE) and involves removing fire-related debris from private properties, including hazardous trees, ash, and structural remains. This project will continue through January 2026. Trucks transporting this debris will have their cargo wrapped in 10-mil plastic with covered cargo areas to prevent the spread of dust and debris. Haul routes have been established by the City of Pasadena in coordination with LA County, USACE, and neighboring jurisdictions.

The Eaton Wash Dam Post-Fire Emergency Project, managed by Los Angeles County Public Works, is focused on removing sediment and organic material from the reservoir to prevent flooding during storm season. This project will continue through May 2025. The sediment is from undeveloped land and is regularly tested to ensure it is non-hazardous. To minimize dust, several control measures are in place, including water trucks, covered truck beds, moistening sediment loads, regular street sweeping, and rumble plates to reduce tire dust. Trucks are also cleaned before leaving the reservoir site. These trucks will follow the same haul route as the Phase 2 debris removal project, using New York Drive to Rosemead Blvd. Visit the Eaton Wash Dam Post-Fire Emergency Project website for more information.

What to Expect:

- Increased Traffic: Residents should expect additional trucks on the road along these haul routes.
- Traffic Adjustments: Signal timing will be adjusted to manage traffic flow.
- Safety Reminder: Please be patient and drive carefully near haul routes.
- Community Impact: These projects are essential for the recovery process and reducing flood risks. For more information visit: CityOfPasadena.net.



Rose Bowl Stadium to Host Olympic Soccer

City of Pasadena officials announced Wednesday that they have signed a historic agreement with the organizers of the 2028 Olympic and Paralympic Games (LA28) for the Rose Bowl Stadium to host Olympic soccer, including the semifinal and final matches for both men and women. This will mark the third time that Pasadena will play a role in the Olympic Games at the iconic Rose Bowl Stadium.

“Pasadena is proud to be a Venue City supporting the Host City of Los Angeles for the 2028 Games and we look forward to welcoming the world to the iconic Rose Bowl Stadium,” Pasadena Mayor Victor M. Gordo said in a statement. “We will ensure all visitors enjoy the best Games experience possible with all our City has to offer.”

According to a city statement, the signed Agreement outlines the roles of the LA28 Organizing Committee and the City of Pasadena in bringing the 2028 Games to Pasadena. All venues and sport assignments are subject to final approval from the International Olympic Committee (IOC) Executive Board. With this Agreement, there is now a tiered framework in place that will take shape over the course of three additional agreements to be negotiated between now and October 2027.

“The City of Pasadena and the Rose Bowl Stadium have a rich Olympic history, having hosted events for both the 1932

and 1984 Games,” said LA28 Chief Executive Officer Reynold Hoover. “In 2028, the Rose Bowl will support its third Olympic Games, making history as only the second venue in the world with this distinction. LA28 is looking forward to working closely with Mayor Gordo and the City Council further cementing its legacy within the Olympic Movement.”

The City of Pasadena had the distinct honor of hosting its first Games in 1932, when track cycling was held at the Rose Bowl Stadium. In 1984, the Rose Bowl hosted Olympic soccer, including the gold medal match between France and Brazil, played in front of 101,799 spectators.

“The Rose Bowl Stadium is America’s Stadium and one of the most iconic venues in the world, said Rose Bowl Stadium CEO Jens Weiden. “Our incredibly rich history is filled with major global sporting and music events, and our setting is undeniably one of the best in the world. The 2028 Olympic Games will uplift the entire Southern California community, and we are honored to play a part in hosting Olympic soccer when once again, Pasadena will welcome the world to our city.”

“This is a huge win for Pasadena’s tourism community,” said Michael Ross, CEO of Pasadena Center Operating Company (PCOC). “The 2028 Olympics will attract visitors

from across the globe, looking to experience all that Pasadena has to offer—whether it’s our beautiful and iconic landmarks, creative arts scene, or world-class dining. This is our moment to show the world why Pasadena is not only a premier destination to explore during the games but a top choice for travelers well into the future. The economic impact from hosting the Games at the Rose Bowl Stadium will be substantial to the city, the Rose Bowl, and the local and regional community.”

‘The Good Side of Bad’ Film Screening

The producers, writers, director and one of the cast members of the 2023 film “The Good Side of Bad,” will host a film screening followed by a discussion with the book’s author, on Tuesday, April 8 at 2 p.m., onsite at Pasadena Senior Center.

The event is free for Pasadena Senior Center members, and only cost \$5 for nonmembers. Reservations are suggested. To register or for more information, visit www.pasadenaseniorcenter.org and click on Lectures & Classes, then Informational Lectures, or call 626-795-4331.

Longtime PSC Master’s Series presenter Beverly Olevin is the author of the 2010 bestselling book, “The Good Side of Bad,” which the film is based on. Both the book and film follow the story of three adult siblings brought back together after a shocking diagnosis forces them to confront realities regarding the mental state of one of their own. It dives into humanity’s dark places while illuminating the love, laughter and light discovered when you reconnect with those closest to you.

Filmmakers Alethea Root (producer, writer, director) and Jules Bruff (producer, writer, actor) will be joined in a discussion by author Olevin after the screening. Root produced the Emmy Award-winning short film, “A Love Story,” and her first feature film, “Part Time Fabulous” won eight film festival awards. Bruff, who stars as Sara in “The Good Side of Bad,” also serves as a writer for the film, and co-wrote “Part Time Fabulous.” Olevin is an author, playwright, and theater director, and has taught at UCLA and the University of Washington. For more information visit: pasadenaseniorcenter.org or call 626-795-4331.

Pasadena Announces New Director of Housing

After a nationwide search, Pasadena City Manager Miguel Márquez announced Monday that he has selected James (Jim) Wong to be the next Director of Housing with the City of Pasadena effective immediately. Wong will oversee a department with an annual budget of \$46.3 million and 91 full-time equivalent (FTE) employees according to Márquez.

Wong brings over four decades of experience in housing programs and administration, thirty-five of which have been at the City of Pasadena. He was most recently serving as Acting Director of Housing and prior to that, as a Senior Project Manager since 2004. He has been with the City of Pasadena since 1990, when he began as a Program Coordinator III where he administered a homebuyer assistance loan program. The City of Pasadena welcomes Wong to his new role as Director of Housing and looks forward to the continued excellence he will bring to the department and the community.

Wong has a Bachelor of Science degree in Economics and a Master’s Degree in Architecture and Urban Planning from UCLA. Wong is an avid music collector and



enjoys scouring used vinyl bins in Pasadena.

“Jim will be a tremendous asset to our City as the Director of Housing due to his strong background in housing administration, a proven track record of delivering critical housing programs, and being a respected presence within the regional housing community,” Márquez said. “Jim works effectively with both the community he serves and his team, leveraging their collective expertise to develop creative solutions to our many complicated housing challenges.”

“I am grateful for the opportunity to continue serving the City of Pasadena in this new capacity,” Wong said.

For more information visit: cityofpasadena.net.

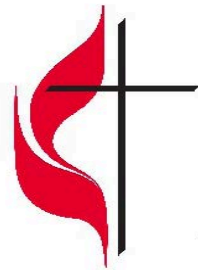
City of Pasadena Sanitizes All Parks After the Eaton Fire

The City of Pasadena Parks, Recreation and Community Services (PRCS) Department has completed the process of sanitizing city parks, fields, and playground equipment, along with replacement of sand and engineered wood fiber (safety surfacing) in play areas, following the Eaton Fire. While no specific hazards were identified, PRCS has taken steps out of an abundance of caution to reduce the potential risk of exposure to wildfire contaminants. At all parks, City staff: Sanitized park benches, tables, playground equipment, and poured-in-place rubber playground surfacing (effective February); Rinsed the natural turf fields through irrigation and rain (effective February); Sanitized synthetic turf fields (effective early March); and Replaced the top three inches of sand and engineered wood fiber at all play areas with new sand/fiber (effective late March). Additional actions taken since the Eaton Fire in January include:

PRCS staff followed public health guidance for restoring



water clarity and chemistry at the Honorable John J. Kennedy Pool. The sides and bottom of the pool were scrubbed clean, pool water was vacuumed, filters were backwashed, and chlorine and pH were reset. On January 18, the pool was reopened. All community and recreation centers were cleared. After testing and monitoring air quality, community and recreation centers were reopened on January 14. PRCS encourages the public to follow public health guidelines for assessing risk of exposure and taking precautions to protect your health when engaging in outdoor activities. Daily air quality information is available on the South Coast Air Quality Management District website at: xapp.aqmd.gov/WildFireMonitoring.



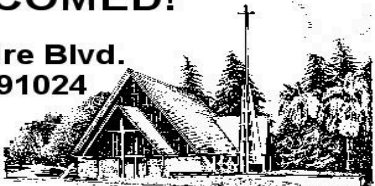
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AROUND SAN GABRIEL VALLEY

EATON AIR MONITORING UPDATE

DIAMOND BAR – The South Coast Air Quality Management District (South Coast AQMD) continues its expanded air monitoring efforts in response to ongoing debris removal efforts near the Eaton and Palisades fire areas. Air monitoring will provide data for particulate matter (PM2.5 and PM10), air toxics (such as lead and arsenic), and asbestos in communities near the burn zones.

The public within and near the Eaton and Palisades burn areas is strongly encouraged to follow the safety precautions outlined by the Los Angeles County Department of Public Health to minimize the potential risk of exposure to ash, soot, and fire debris. Strong winds can carry ash and soot over a wider area, increasing the potential for exposure, so it is especially important to take extra care during weather fluctuations and windy conditions.

EATON AIR MONITORING RESULTS (March 14-20, 2025)

Monitoring Site	Sample Date	Air Toxics	Asbestos	PM2.5/PM10
Near Altadena Golf Course	3/14/2025	All air toxic metals were within background levels	Not Detected	below federal standards
	3/17/2025	Air toxic metal selenium was slightly above background levels, but does not pose any health risk	Not Detected	below federal standards
	3/20/2025	Sample is being analyzed	Not Detected	
Christ the Shepherd Lutheran Church	3/14/2025	All air toxic metals were within background levels	Not Detected	
	3/17/2025	All air toxic metals were within background levels	Not Detected	
	3/20/2025	Sample is being analyzed	Not Detected	
Fire Station 11	3/14/2025	All air toxic metals were within background levels	Not Detected	
	3/17/2025	Air toxic metal selenium was slightly above background levels, but does not pose any health risk	Not Detected	
	3/20/2025	Sample is being analyzed	Not detected	

ROYAL OAKS LIFE PLAN COMMUNITY OFFICIALLY JOINS THE CITY OF DUARTE

Royal Oaks, a HumanGood life plan community, and the City of Duarte proudly announce the official annexation of Royal Oaks into the city—a milestone following dedicated efforts made by the city, as well as the residents and team members living and working at the community, respectively.

The Los Angeles County Local Agency Formation Commission (LAFCC) unanimously approved the annexation on February 12, strengthening the community ties between Royal Oaks and Duarte.

“For 65 years, Royal Oaks has been home to many Duarte residents—whether as part of our community or as dedicated team members,” said John Cochrane, President and CEO of HumanGood. “I want to extend my gratitude to our residents and team members for their determined advocacy that helped bring us to this moment.”

Since its founding in 1959, Royal Oaks has offered enriching and supportive living experiences and services for seniors including independent living, assisted living, memory support, skilled nursing and short-stay rehabilitation. The annexation marks a new chapter, ensuring long-term stability and integration with Duarte’s municipal services.

"It is an exciting milestone as we officially welcome the Royal Oaks community into the City of Duarte," said Mayor Cesar A. Garcia. "This annexation strengthens our city, expands opportunities, and ensures our Royal Oaks residents have access to the exceptional services Duarte has to offer. We are grateful for the collaboration that made this possible and look forward to building a brighter future together."

Royal Oaks
For more information about Royal Oaks, please visit here.

About HumanGood
HumanGood was founded on the belief that everyone should have the opportunity to live life with enthusiasm, confidence, and security, regardless of physical, social, or economic circumstances.

Our mission is to ensure that those we serve have every opportunity to become their best selves as they define it. This extends to those who live in our communities, their family and friends, and those who serve them.

With approximately 5,000 team members serving more than 14,800 residents in our 23 life plan communities and over 100 affordable housing communities, HumanGood is the sixth-largest nonprofit senior living provider in the country.

What is a Life Plan Community?
Discover what Life Plan Communities are, and more importantly, what they aren't. Take the next step towards shaping your future by exploring our free guide.

To learn more, please visit <https://www.humangood.org/>



LOVE
Is Helping Each Other

Children of One Planet is celebrating its 25th anniversary and launching their new campaign "Live Healthy Live Happy America". The mission of "Children of One Planet" is dedicated to using music and dance to bring mental and physical health to the children in our community. Our accessible classes and community events enrich the lives of children of all backgrounds by fostering essential life skills, promoting social connections, and nurturing creativity. We are offering free ukulele (for kids ages 5-9) and guitar (ages 10-17) lessons **TUESDAYS from 3:30 - 5:00** for the victims of the Eaton Fire and underserved children.



Location
Arcadia Chamber of Commerce
388 W Huntington Dr
Arcadia, CA 91007
RSVP: jimmy.childrenofone@gmail.com
(818) 960-8654 (424) 276-0266
WWW.CHILDRENOFONEPLANET.ORG

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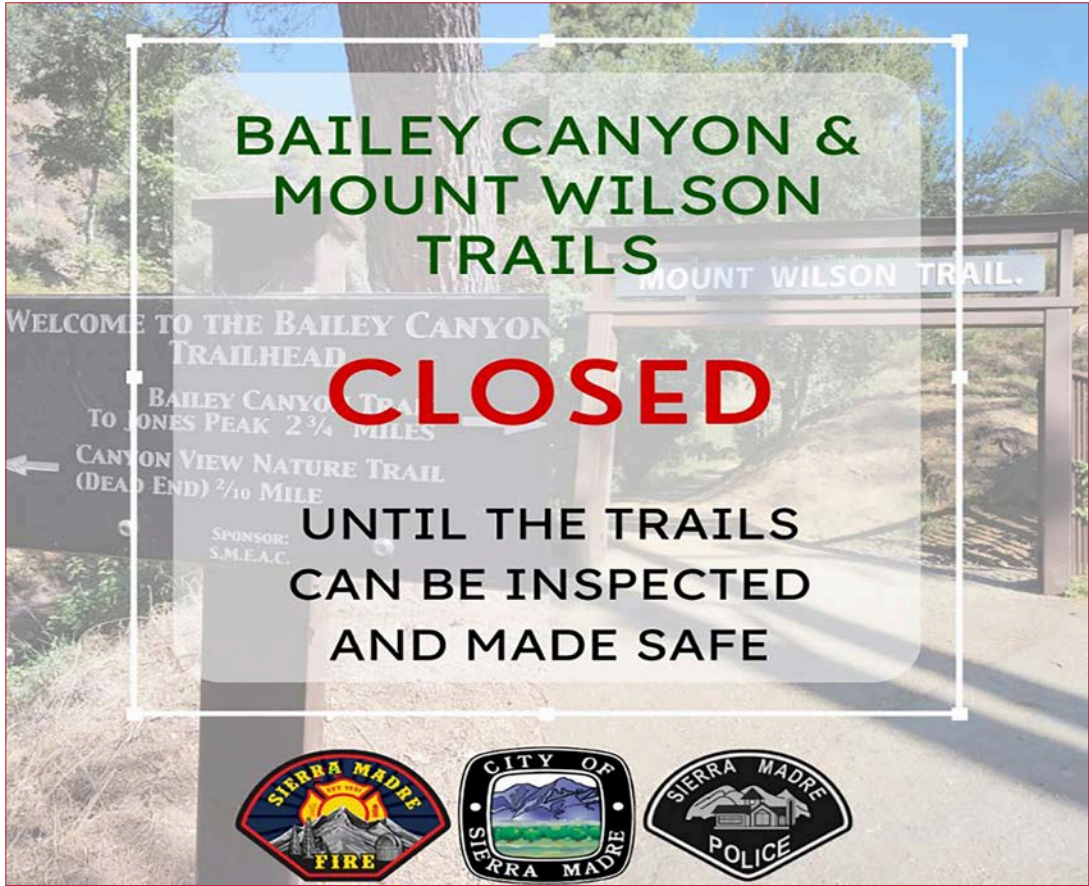




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DEADLINE TO SUBMIT RIGHT OF ENTRY FORMS EXTENDED TO APRIL 15

Owner occupied condos and multi-family units now eligible for government funded debris removal program.

The deadline to submit a Right of Entry (ROE) form to be eligible for debris removal by the U.S. Army Corps of Engineers (USACE) has been extended to April 15, 2025. The federally funded debris removal program consists of structural debris removal and requires an ROE form, completed by the property owner and submitted either online or downloaded and submitted in person at a Disaster Recovery Center.

There is no out-of-pocket cost to have debris removed by USACE, however FEMA is unable to duplicate other forms of funding specific to debris removal. If a property has insurance for debris removal, any residual amount not used by the property owner must be provided through the county to offset the cost of debris removal. All property owners should submit an ROE form by April 15, 2025, either opting into the program or opting out.

FEMA's authority is typically limited to the removal of debris from public areas, including public schools or administrative facilities. In response to the Los Angeles wildfires, FEMA's authority has been extended beyond public area debris removal to include single family residences to help mitigate the immediate public health threat and accelerate the economic recovery of impacted communities. Based on a request made this week by the State of California, FEMA has also added owner occupied multi-family units.

Federal Debris Removal Program Eligibility

Single-Family Properties

Private, residential single-family properties are eligible. Homeowners must opt-in to debris removal by submitting an ROE form by the April 15 deadline.

Multi-Family Properties

Owner Occupied

Each owner of a destroyed unit in a condominium or duplex must submit an ROE form, as well as the homeowner's association of the building. This allows the county, state, and FEMA to assess the property for eligibility for PPDR. Residential commercial properties that contain at least one owner-occupied home are eligible for federally funded debris removal.

- This includes most condominium and some multi-family buildings, even if there is a mix of owner-occupied and rental units within the same building.

Renter Occupied

Rental units are generally not eligible. The owner of the apartment business is expected to use their insurance and hire a licensed contractor to conduct debris removal. See guidance for commercial properties below.

Apartment tenants may be eligible for FEMA's Individual Assistance program to help them rent another place to live and/or replace personal property that was destroyed in the fire.

- Applications for the FEMA Individual Assistance program must be submitted by March 31. Apply online at DisasterAssistance.gov, by calling the FEMA helpline at 1-800-621-3362, or by visiting a Disaster Recovery Center.

Commercial Properties

Generally, commercial properties are not eligible for federally funded debris removal.

- FEMA has limited abilities to fund this cleanup. Commercial property owners should work with their insurance company and begin debris removal as soon as possible.

- If extenuating circumstances exist, businesses owners should communicate them to Los Angeles County.

Businesses may also qualify for SBA low interest loans to assist in their recovery and supplement insurance. To apply for an SBA loan, property owners should visit sba.gov/disaster, call 1-800-659-2955, or visit a Disaster Recovery Center or Business Recovery Center. The deadline for submitting an SBA disaster loan application is March 31.

Public Buildings and Eligible Private Non-Profits

Public applicants and eligible Private Non-Profits (PNPs) that perform an essential service as defined under 44 CFR 206.223 may be eligible for debris removal. Contact Los Angeles County if you need more information about debris removal:

Visit the LA County Debris Removal Website: recovery.lacounty.gov/debris-removal/

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.

California is committed to supporting residents impacted by the Los Angeles Hurricane-Force Firestorm as they navigate the recovery process. Visit CA.gov/LAFires for up-to-date information on disaster recovery programs, important deadlines, and how to apply for assistance.

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 RELIEF GRANTS NOW 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.



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

NIXLE

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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

YOUTH BOOKMARK CONTEST SPONSORED BY THE SIERRA MADRE PUBLIC LIBRARY

Local students are invited to enter the popular annual Bookmark Contest in March 2025. This year's theme is: "Love My Sierra Madre".

Artwork may be designed with any tools but must be completely original work. Entries should show-case people, places, or things that illustrate what they love about Sierra Madre.

Winning entries will be displayed in the Library and winners will receive a certificate and a cash prize at a ceremony in their honor at the City Council Chambers on Wednesday, April 30, 2025.

The contest is open to children in Kindergarten through 8th grade (including Transitional Kindergarten), who go to school in Sierra Madre, live in Sierra Madre, or who have a Sierra Madre Public Library card.

Pick up your bookmark application at the Sierra Madre Public Library, on the Library website, and at schools in Sierra Madre starting March 3, 2025. *Entries are due by April 10, 2025 at the Library. No late entries will be accepted.*

For more information, contact Librarian Doreen Thomas dthomas@sierramadrecal.gov

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@acsilions.com Principal: Cindy Harmon website: www.acsilions.com	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
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	Monrovia High School 325 East Huntington Drive, Monrovia, CA 91016 (626) 471-2800 Principal Darwin 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
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/	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
Barnhart School 240 W. Colorado Blvd Arcadia, Ca. 91007 (626) 446-5588 Head of School: Tonya Beilstein Kindergarten - 8th grade website: www.barnhartschool.org	Wilson Middle School 300 S. Madre St. Pasadena, Ca. 91107 (626) 449-7390 Principal: Ruth Esseln E-mail address: resseln@pusd.us Pasadena Unified School District 351 S. Hudson Ave., Pasadena, Ca. 91109 (626) 396-3600 Website: www.pusd@pusd.us Arcadia Unified School District 234 Campus Dr., Arcadia, Ca. 91007 (626) 821-8300 Website: www.ausd.net Monrovia Unified School District 325 E. Huntington Dr., Monrovia, Ca. 91016 (626) 471-2000 Website: www.monroviaschools.net Duarte Unified School District 1620 Huntington Dr., Duarte, Ca. 91010 (626)599-5000 Website: www.duarte.k12.ca.us
Bethany Christian School 93 N. Baldwin Ave. Sierra Madre, Ca. 91024 (626) 355-3527 Preschool-TK-8th Grade Principal: Jonathon Hawes website: www.bcsilions.org 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	

BEST USED BOOK SALE

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Sierra Madre Library

Parking Lot Only: 350 West Sierra Madre Blvd.

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- *JIGSAW PUZZLES

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We like to play harmless pranks...



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Kids: color stuff in!

April Fool's Day Surprises

The first day of April is April Fool's Day. It is a time for lots of fun. People like to play harmless jokes and pranks. One favorite trick is to point out something that's not really there!

April Fool's Day used to be called All Fool's Day. It is thought to have started in France. A long time ago, March 21st was the date of the New Year. A little over a week of parties and fun followed. On the last day of the festivities, April 1st, formal visits were paid and gifts exchanged.

In the 16th century, the Gregorian calendar was introduced. March 21st was no longer New Year's Day and April 1st was no longer the right day to visit and give gifts. News traveled slowly in those early times, so many people continued to celebrate April 1st as the last big day of the holiday season. Many others did not like the change of date and refused to change their ways. People who clung to the old ways were called "April fools."

Today, on April 1st, you might hear someone call out, "Poisson d'Avril!" They have fooled someone and are calling them an "April fish." The person took the "bait" and was easily "caught." April Fool's Day is a day for tricks that hurt no one. It is a time for laughter.



disguises
behave
costumes

I put "eyes" on all of the fruit to freak out my brother.

Jesters were people who would entertain crowds at marketplaces or festivals.
Read the clues below to learn about jesters and to fill in the puzzle:

- _____ jesters entertained the king
- _____ jesters entertained crowds of people in marketplaces or at festivals
- some people thought jesters were "unlucky" and others thought they would bring good _____
- jesters might wear _____ to surprise people
- they told stories and _____



I love to make people laugh!

woman
gestures
tricks



traveling

understand

Today we have clowns to entertain us.

- some jesters used _____ or props
- sometimes they were allowed to _____ in ways that were not allowed for other people
- dressed in many kinds of _____
- sometimes they helped people or a king to _____ what was going on by telling stories
- a man or a _____ could be a jester
- the _____ day of April is April Fool's Day
- it is a day to play fun, harmless _____



Aw! C'mon, I'm not that easy to "hook"!

DESSERTS

- ACROSS
- 1. Like some champagnes
 - 5. Undergarment
 - 8. Dashboard acronym
 - 11. Poison ivy woe
 - 12. Took to court
 - 13. Milan's La ____
 - 15. Afresh
 - 16. Globes and such
 - 17. SNL's forté
 - 18. *Ladyfingers+coffee liqueur
 - 20. Grammy of sports
 - 21. Jeweler's unit
 - 22. *Like walnuts on ice cream
 - 23. *Thin Mint or Carmel deLite
 - 26. *Apple dip
 - 30. Nelson Mandela's org.
 - 31. Profoundness, pl.
 - 34. Frost-covered
 - 35. Ticket leftovers
 - 37. Pathet ____
 - 38. Lazybones
 - 39. Samoan money
 - 40. A in AU, Alabama
 - 42. Heidi Samuel ____ Klum
 - 43. Contaminating punch
 - 45. Flammable anesthetics
 - 47. a.k.a. acid
 - 48. Military group
 - 50. Jezebel's deity
 - 52. *Espresso+gelato
 - 56. Forgo
 - 57. Palo ____, CA
 - 58. Sacred image
 - 59. Southern cuisine pods
 - 60. Show the guns
 - 61. Small stream
 - 62. "The Star-Spangled Banner" author
 - 63. Toni Morrison's "____ Baby"
 - 64. Adeline or Addison, for short

- DOWN
- 1. Troublesome child
 - 2. Jasmine of "Aladdin," e.g.
 - 3. Olympic cast-out
 - 4. Smack
 - 5. Anatomical sac
 - 6. Overthrow by argument
 - 7. Marketing creations
 - 8. Wild onion
 - 9. Clever tactic
 - 10. Spanish sea
 - 12. Evening party
 - 13. See-through
 - 14. *Eggs+milk+sugar
 - 19. Old ____, or unpopped popcorn kernels
 - 22. Be, singular past tense
 - 23. Uses a fishing reel
 - 24. Like beer at a kegger (2 words)
 - 25. Round openings
 - 26. Cabbage, in France
 - 27. "The House at Pooh Corner" author
 - 28. African chieftain
 - 29. Ancient Greeks' harps
 - 32. Socket counterpart
 - 33. Bar bill
 - 36. *Filo dough+nuts+honey
 - 38. Book opener
 - 40. Uniting conjunction
 - 41. Robin Hood in Disney's "Robin Hood" (2 words)
 - 44. Keys
 - 46. Mecca to Medina exodus
 - 48. Type of lily
 - 49. Happily ever when?
 - 50. *Make Alaska
 - 51. Gossamer
 - 53. Vinegar or lemon juice, to a chef
 - 54. Communicated
 - 55. James Bond's "For Your Eyes ____"
 - 56. Asian cuisine pan
 - 57. Astern

CROSSWORD														
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March 22, 2025 Solutions

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LE ROY’S IN MONROVIA
A Dills-Approved Hidden Gem

My late father, the great Elmer Dills, made a good living uncovering restaurants you might otherwise pass by with a shrug. From the outside: “Meh.” But inside? Pure gold. I’ve found one of those places—right in Monrovia. It’s called Le Roy’s, and it fits the Elmer Dills criteria like a glove.

Full credit to my buddy Hansalicious for finding this gem (hidden from me, at least). Le Roy’s sits on Huntington Drive, and yeah—I know what you’re thinking: “Oh I’ve been there.” Well, I hadn’t. Not until last week.

This is a breakfast/lunch kind of joint, and I mean that in the best way. Real food. Real prices. A real throwback in all the right ways. In a time when the words “affordable” and “quality” rarely share a sentence, Le Roy’s is a breath of fresh air.

What to Order?

Funny enough, I had the turkey sandwich for breakfast. Why not? It came with a side of fresh fruit—and not the tired fruit cocktail kind that shows up in a sad little Dixie cup (sorry, Pie ‘n Burger). This was bright, hand-cut fruit served on an actual plate. Respect.

And speaking of turkey—get this—they roast it fresh daily. The ham is sliced to order, and the fries? Golden, crispy, and almost Argentine-style in their look and feel more au gratin style.

The place is small but cozy, with counter seating, decked out in Easter decorations, and buzzing with locals who clearly know a good thing when they find it.

Service

Our server, Shelly, was top-notch. Attentive, kind, and quick on the draw. Okay, okay—she forgot Hans’ coffee cake to-go. But c’mon, every review needs a quibble, right?

Rating

I’ve been reviewing restaurants for 20+ years, and I’ve only given one 10 (that’s reserved for Bo Derek territory). Le Roy’s earns a solid 8 out of 10, and that’s saying something. This place is the real deal.

Elmer would’ve loved Le Roy’s. So do I. Check it out. Make sure you listen to my Podcast for other local gems. Le Roy’s is on Huntington Dr. in Monrovia



THE TASTING ROOM

A FANTASTIC PINOT NOIR FOR UNDER \$20

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

Who is looking for a delicious Pinot Noir for under \$20? I have one for you! It’s the 2023 Bloodroot Coastal California Pinot Noir. Bloodroot is a project by Noah and Kelly Dorrance. Bloodroot connotes “life from death” as the “blood” of the vines is nourished by the “roots” and terroir that surround each plant. The grapes come from sustainably farmed vineyards throughout the North Coast AVA – primarily from Mendocino and Sonoma Counties. Owner Noah and head winemaker Katy Wilson take great care in producing this wine. It’s 100% Pinot Noir that is aged for 18 months in French oak. They love to make wines that blow your mind away at a great price. I think they have done exactly that with this wine.



The wine has notes of wildflowers, red berries, and hints of orange peel. The finish is gorgeous with floral petals, vibrant fruit, and a core of acidity. This is a serious wine at a fun price. Don’t waste your money on Meiomi Pinot Noir – that is sweet and meh. Bloodroot Pinot Noir is a wine you will fall in love with as will your wine loving friends. Take this to a gathering and people will think you’re a genius and that you put thought and serious consideration into selecting the wine. It’s a win win for everyone!

The 2023 Bloodroot Pinot Noir Coast California is available at The Bottle Shop for \$19.99. Say you saw it in the Mountain Views News and get the MVN special price of \$18.99. The special price is good through April 4th.

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!

Scan the QRCode to sign up for our newsletter.



ALL THINGS

By Jeff Brown

THE SMALL AND THE MIGHTY: TWELVE UNSUNG AMERICANS WHO CHANGED THE COURSE OF HISTORY, FROM THE FOUNDING TO THE CIVIL RIGHTS MOVEMENT

by Sharon McMahon

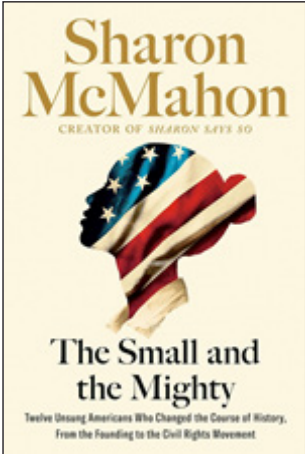
From America’s favorite government teacher, a “fascinating and fun” (Adam Grant) portrait of twelve ordinary Americans whose courage formed the character of our country.

In The Small and the Mighty, Sharon McMahon proves that the most remarkable Americans are often ordinary people who didn’t make it into the textbooks. Not the presidents, but the telephone operators. Not the aristocrats, but the schoolteachers. Through meticulous research, she discovers history’s unsung characters and brings their rich, riveting stories to light for the first time.

You’ll meet a woman astride a white horse riding down Pennsylvania Ave, a young boy detained at a Japanese incarceration camp, a formerly enslaved woman on a mission to reunite with her daughter, a poet on a train, and a teacher who learns to work with her enemies. More than one thing is bombed, and multiple people surprisingly become rich. Some rich with money, and some wealthy with things that matter more.

This is a book about what really made America – and Americans – great. McMahon’s cast of improbable champions will become familiar friends, lighting the path we journey in our quest to make the world more just, peaceful, good, and free.

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



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PACÍFICO DANCE COMPANY	JUNE 14
RGWW "SUGAR HOUSES"	JUNE 28/29
D. SABELA GRIMES "PARABLE OF PORTALS"	SEPT 6
VIVER BRASIL "REZAS E FOLHAS"	OCT 17/18

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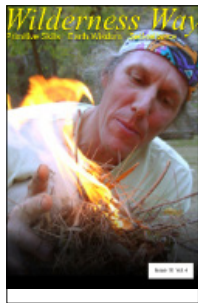
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CHRISTOPHER Nyerges



(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]

AN EXCERPT FROM "RICK'S TRAINING," A NOVEL ABOUT SURVIVAL AND HOMESTEADING

(Available from Amazon.)

Chapter 4: BACK IN THE DESERT

It was early in the morning and Rick and Shining Bear were sitting in the back ramada finishing their breakfast. Shining Bear was looking to the east, watching the sun, and trying to determine what sort of day it would be. Behind them on the back wall were a series of shelves with large cans containing mostly herbs. This was Shining Bear's "store."

Various people in the high desert had heard of Shining Bear, as the eccentric shaman-type who sold herbs from Mexico and other assorted herbal products. Shining Bear once said that he never knew how people learned of his herb business, but it was mostly third-hand word-of-mouth. Mariana felt certain that a big reason that compelled the walk-in customers was the desire to see the guru first-hand.

A compact pickup truck slowly pulled into the long dirt driveway and, leaving dust in its trail, parked close to the ramada. A young man got out and walked over to Rick and Shining Bear in the outdoor ramada, which was the only part of the adobe that appeared to be both an entry and a store.

"Is this where I can buy some dried cactus?" he inquired. "Velasco sent me. This place is not so easy to find," he added.

"Oh?" said Shining Bear. "Velasco? Did he say that I knew him?"
"He also goes by The Crow."

"Ah, yes, The Crow! Anyway, glad you found our place." He put his coffee cup down and stood up. "Prickly pear cactus?" Shining Bear asked. "Do you want it for food or medicine?"

"Food," said the young man. "I'd like to buy a pound of the powder. We cook with it."

Shining Bear walked to the wall where there were shelves, like book shelves, which were lined with big cans. Each had a paper label on it, and they were all lined up in alphabetical order, more or less.

Shining Bear took the can labeled "Pr Pear Cactus" and placed in on the large table, next to the scale. He took out a paper bag, opened it, and placed the bag on the scale. Rick watched in fascination at the transformation that had just taken place. To Rick, Shining Bear was an elusive shaman, and suddenly he became a shopkeeper in a western town, measuring out dry goods.

With a scoop, Shining Bear poured the green powder into the bag, little by little, until the scale registered one pound. Shining Bear put the scoop down, closed the "Pr Pear Cactus" can, and put it back on the shelf. He returned to the scale and removed the paper bag, and sealed it with tape.

Shining Bear told the man the price, and the man paid with cash. Shining Bear then invited the man to some of the events that might occur later in the week at the remote desert site. The man nodded, took his bag, and drove off in his pickup, again leaving a cloud of dust.

Shining Bear sat back down and picked up his coffee cup to complete his morning ritual.

"Ah," Rick began, cautiously, "wasn't that the same cactus that you sold the guy last week who wanted medicinal cactus?"

"Yep," said Shining Bear, taking another sip of coffee while staring out east of the ramada to the rising sun.

"So," continued Rick, "you charged the guy who wanted medicinal cactus about five times as much as the guy today."

"Yep," said Shining Bear.

Rick was genuinely curious about these pricing differences, but he felt that he'd have to pull teeth to extract the day's lesson.

"So," continued Rick, trying to figure out how to ask it.

"So why did I charge that other man more?" said Shining Bear, now looking squarely at Rick, stealing Rick's question.

"The reason is simple," said Shining Bear. "Cactus is cactus. Any of those people could have just picked it themselves for free in the desert, for food or medicine or decoration. But they didn't. They came here. Now, everyone knows that cactus for food in the stores is cheap. It doesn't cost much at the stores that have it, even if it's processed. And everyone also knows that medicine costs more. The man today expected to get food, and he expected to pay less for food than medicine. I fulfilled his expectation. In business, you can go for a slow dollar or a quick dime. Today was the quick dime. Last week it was the slow dollar. It's all in the packaging, and expectations."

READ THE REST OF THIS CHAPTER IN THE BOOK, available from Amazon as an e-book or hard copy

Katnip News!



Meet Rocky – The Ultimate Purr Machine!

Rocky is a 7-month-old bundle of love with sleek, all-black fur and a motor that never stops running! This big boy purrs all the time! Whether he's zooming around with his siblings, batting at his favorite toys, or soaking up pets and brushings, Rocky is always full of joy. And when playtime is over? He'll happily curl up in your lap for a cozy nap.

Rocky is very sweet, very playful, and very cuddly. He loves attention and will be your constant companion—whether it's for fun, snuggles, or simply hanging out.

We prefer kittens to be adopted in pairs unless there's already a young feline friend at home. Don't miss your chance to bring this purr-monster home!

See more of him and his siblings and apply to meet Rocky today at <https://www.lifelineforpets.org/mindys-kittens.html> or use the qr code.



Pet of the Week

Kyle is the ultimate independent spirit, a charismatic wanderer who's always looking for the next adventure. He's the kind of guy who makes an entrance, surveys the scene, and decides on his own terms whether he's staying. Affection isn't his first language, but give him space and a little time, and he just might choose you as part of his inner circle. Earn his trust, and you'll see the loyal, low-key sweet side hidden beneath his too-cool-for-school exterior.

Kyle thrives in an environment with structure but not too many rules—he needs room to roam, but with a patient guide to keep him on course. If you're the type to play it cool and give him space, you just might win him over.



His love language? Independence, mutual respect, and, of course, well-timed snacks. He's not the clingy type, but when he decides you're worth his time, it's a badge of honor. He's the perfect companion for someone willing to let the bond grow at Kyle's own pace.

If you're ready to be the wingman Kyle needs—someone who lets him take the lead, respects his need for space, and has a chill, no-pressure vibe—you just might be the one to give this forever frat bro his perfect 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.

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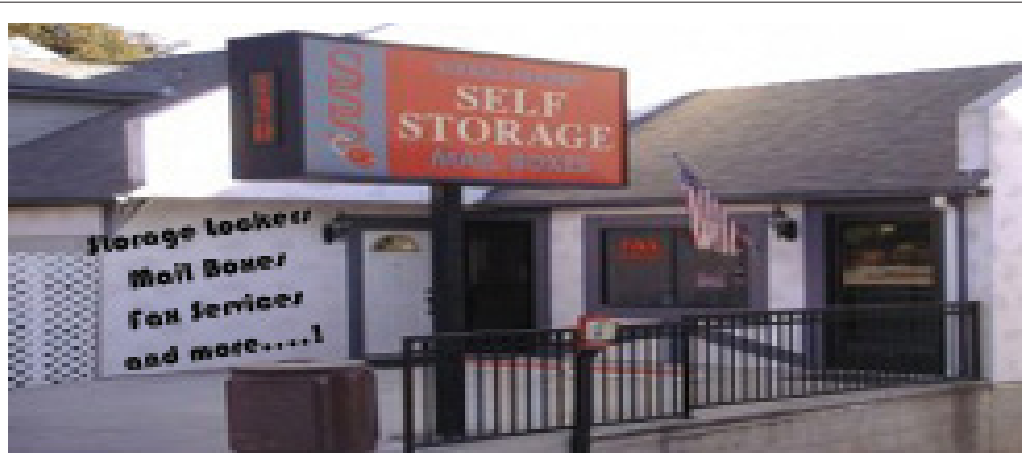
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EXCITING ACTIVITIES AWAIT GRANDCHILDREN VISITING SAN GABRIEL VALLEY

With grandchildren visiting from out of town, finding fun and engaging activities in the San Gabriel Valley is easy. Whether they enjoy nature, hands-on learning, or thrilling adventures, the region offers a variety of attractions perfect for all ages.

Outdoor Adventures

For families who enjoy the outdoors, the Los Angeles County Arboretum in Arcadia provides scenic walking trails, lush gardens, and free-roaming peacocks. Descanso Gardens in La Cañada Flintridge offers a tranquil escape with Japanese gardens and seasonal floral displays. Meanwhile, the Santa Fe Dam Recreation Area in Irwindale is a great spot for picnicking, fishing, and paddle boating.

Educational and Interactive Fun

Curious minds will love Kidspace Children's Museum in Pasadena, which features hands-on exhibits, climbing structures, and interactive water play. Older children and science enthusiasts can explore the California Science Center in Los Angeles, home to the space shuttle Endeavour. For those interested in California

history, the San Gabriel Mission Museum provides a fascinating look at the region's past.

Animal Encounters

Animal lovers can visit America's Teaching Zoo in Moorpark, which offers close-up experiences with exotic wildlife. For a more hands-on experience, Reptacular Ranch in Sylmar allows children to interact with reptiles and farm animals.

Thrilling Adventures

For high-energy fun, Sky Zone Trampoline Park in Covina features obstacle courses and climbing walls. Families can also enjoy bowling and arcade games at Bowlero in Pasadena or West Covina. During warmer months, Raging Waters in San Dimas is a must-visit for water slides and wave pools.

Sweet Treats and Local Eats

No visit is complete without a stop at The Donut Man in Glendora, famous for its fresh strawberry-filled donuts. Bubble tea lovers can explore local boba shops such as Tiger Sugar and Half & Half, while Café 86 in Pasadena and Monrovia offers unique taro-flavored desserts.

From nature-filled escapes to interactive museums and delicious treats, the San Gabriel Valley has something to entertain visiting grandchildren and create lasting memories.

HOW SENIORS CAN SAVE ON AUTO INSURANCE

Dear Savvy Senior,

Can you offer any tips to help seniors save on their auto insurance? I recently turned 70 and got hit with a 25 percent premium increase on my car insurance and am looking for ways to save. Older Driver

Dear Driver,

As auto insurance rates across the country continue to rise for all drivers, seniors can face an even bigger price hike, once they reach their 70s and their driving skills begin to decline. Fortunately, there are ways you can reduce your premiums. To find out what discounts may be available to you, contact your auto insurer and inquire about these options.

Increase your deductible: Paying a higher deductible could save you big on premiums. For example, raising your deductible from \$500 to \$1,000 can bring your annual premiums down by 15 to 20 percent, on average.

Adjust your coverage: If you're driving an older vehicle, you may want to consider dropping collision and/or comprehensive coverage if your premium is more than 10 percent of the car's value. Collision insurance covers damage to your car if you're involved in a crash (or if you're the victim of a hit-and-run) and comprehensive covers damage caused by acts of nature (such as storm damage), vandalism, theft or fire. But if you're scaling back to liability coverage, make sure you have enough to pay for damages out of pocket if you're in an accident or your car sustains damage due to weather, theft or another non-collision event.

Take a defensive driving course: Some insurance companies offer defensive driving discounts – between 5 and 15 percent – to drivers who take a refresher course to brush up on their safety skills. Organizations such as AARP (aarpdriversafety.org), AAA (aaa.com/stop) and The National Safety Council (nsc.org) provide these classes, for around \$20 to \$30 and they can be taken online.

Report your mileage: Most insurers offer discounts to customers who drive limited miles each year, which is usually beneficial to retirees who drive less

because

t h e y

don't commute to work every day. These discounts usually kick in when your annual mileage drops below 7,500 or 10,000 depending on your provider.

Bundle policies: If your auto insurance policy is issued by a different company from the one insuring your home, call each insurer and ask if bundling the policies would be cheaper.

Sign up for driver monitoring: Some insurers offer discounts based on how and when you use your car. They will monitor things like your acceleration, braking habits, driving speeds and phone use, via smartphone app or a device that plugs into your car's diagnostic port. Drivers can be rewarded anywhere from 10 to 30 percent for safe driving.

In addition, many insurance providers also offer discounts to drivers who do not have any violations or accidents for three or more years.

Ask about membership discounts: Many insurers offer discounts through professional associations, workers' unions, large employers or membership organizations such as AAA, NARFE, AARP, etc. You could even qualify for savings based on the college you attended or the fraternity or sorority you belonged to decades ago.

Improve your credit: You may be able to lower your car insurance premium by paying your bills on time and reducing the amount of debt you carry. Insurers look at how their customers manage credit to get an idea of risk and to price policies. Better rates are given to those with good credit scores, typically 700 or above.

Comparison shop: To find out if your current premium is competitive with other insurers, shop around through insurance marketplace websites like TheZebra.com, Insurify.com, Lemonade.com or Policygenius.com. Or use an independent agent (see trustedchoice.com/agent) to help you compare.



UNLOCK YOUR LIFE

Tips From Lori A. Harris



YOUR CHANCE AT BAT

Opening day for the Dodgers this week in Los Angeles reminds us of baseball's greatest lessons. Consider Hank Aaron and his legendary home run record of 755. What's often overlooked is that those towering achievements came from 12,364 at-bats across 23 seasons. The Hammer didn't just swing for the fences a few times—he showed up day after day, season after season, taking his chance at bat thousands of times.

You know every day is your chance at bat!

Every day is a chance to step up to the plate. Aaron didn't hit a home run every time—in fact, most at-bats didn't result in homers. But he kept stepping up, knowing that each swing brought another possibility.

What day is this? It's a brand new day and a brand new year. Let's celebrate.

Gameday, it's time to leave it all on the field until the final whistle blows.

It is not a day for plans or resolutions. It is the day to set your intention.

We cannot change the world with a plan. We must dream and dream BIG!

If you know how you will get to your ultimate dream, then dream BIGGER. So what will you do with your one wild, beautiful life? "If you could only see your beauty, for you are greater than the sun. Why are you so withered and shriveled in this prison of dust? A basket full of bread sits on your head, but you beg for crusts door to door. You are more precious than heaven and earth; you know how your own worth. Sell not yourself for a little price, being so

precious in the eyes of God." ~Rumi What is your intention? What do you stand for? Do you stand for art, truth, beauty, justice, music, freedom?

We cannot live in a world without art, truth, beauty, justice, music or freedom. And we don't want to either. Take a stand and set your intention. Make your life a beacon of truth. Stand in truth and stand for justice. Be the WOMAN with a dream. Martin Luther King didn't have a plan; he had a dream. This day will never come again. So love boldly.

Start with a line today. The world is waiting for your book. Write your song. We need to hear from you. Take the stage. We miss you. We need your stories. The world is so much more beautiful because of any art made.

Are you a teacher? Continue to see the individual students sitting in their tiny chairs as special and unique gifted learners. There is no greater honor than touching the life of a child. It is a genuine chance for immortality.

Like Hank Aaron in the batter's box, persistence is what matters most. He faced pitchers who didn't want him to break Babe Ruth's record. He endured death threats and hate mail. But he kept stepping up to the plate, day after day, believing in himself and his purpose. So let us be grateful that we are here on the planet at this time and on this day.

So what would happen if we all took what we love (art, science, or justice whatever ... And built our lives around it? We would change the world. Today is your game and your day, so when the ball comes your way, take a swing. Are you up to bat when you get the chance? Remember Hank Aaron's 12,364 at-bats—each one a statement of perseverance. The home runs only happened because he kept showing up. Risking failure is a necessary component of success. Want to know how to get started? I'm hosting a workshop to help people reconnect with their dreams. For information, go to loriaharris.com/workshop

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

MONEY, MONEY, MONEY, WHERE'S ALL THE MONEY?

I can't keep count of all the phone calls informing me that I won millions of dollars and a brand-new Mercedes-Benz. All I have to do is send them \$15,000 to cover the income tax and processing fee, and they will be able to send me millions of dollars.

I grew up in the Pennsylvania Dutch area, and I would be the last person to fall for that kind of scam. If I won money, why do I have to pay money?

Growing up, my father was very frugal with money. If you could get money out of him, you were a magician of the top order.

When we would go to a restaurant, he was very frugal, but he did tip the waitress. The only thing about that tip was it was only \$0.25. He thought she earned every penny of that quarter.

He died in 2010, so he won't hear about this, but many times after lunch, we were going out to the car; one of us would have to go to the bathroom, and so the rest would go out to the car. Actually, the guy going to the bathroom was the one we had assigned to put a tip on the table. All of us, except for my father, contributed to that tip. As far as I know, he never found out about that.

However, I learned a lot about money from my father. He never spent a nickel if he didn't have to. He loved to get his monthly bank statement so that he could see his money and study it for days.

My father did have money. He was a successful building contractor, but very few people knew he had a dollar bill on him. If you met him, you would not know he had an extra dollar in his pocket. They would be a genius if they could scam him out of a dollar.

Money meant a lot to my father, especially in his pocket. He was never out to scam anybody or buy a lottery ticket. In fact, he thought lottery tickets were the worst scam in the world. I lean towards that thought myself.

One of the things I learned from my father was that it's not so much how much money you have as what you do with it. I was a small-town pastor in Maryland one year, and one of my friends spread a rumor my first year that I was the poster child for the baby Gerber. I'm not sure where he came up with that scam, but he did.

I didn't know he did it, and all of a sudden pastors came to me and told about some of the ministries they were involved in and they needed to raise money to do them. At first, I didn't understand why they were telling me this. Why did I need to know what their ministry was and how much money they needed?

After several months of this, somebody spilled the beans and told me what my so-called friend had done, why these people were telling me about their ministries, and how much money they needed for those ministries.

If I had the money he was talking about, I would probably have given money to their ministries. But all those pastors were talking to someone who was simply broke. I didn't have the money they thought I had, just enough to get by week by week.

What I do with my money is really important, but I won't let my money, which I don't have much of, define who I am.

There's nothing wrong with being frugal. I've been pretty much frugal all my life because I've never made much money. I just tried not to spend money that I don't have.

Money has a way of influencing people. If someone knows that someone has a lot of money, they're going to approach them to see how much they can get for themselves.

I have no problem giving to charities and to people who really need help. But I'm very careful about that because I want to make sure I help people who actually need help. That's a hard decision to make. Who really needs my money more than me? That's the question.

Many years ago, a friend of mine wanted me to invest in some investment program that he was involved with. He had given them well over \$65,000. According to the investment, he would be getting interest every month. The one thing that sort of ticked me off was that the \$65,000 had to be in cash. If that isn't a red flag, I don't know what is.

It turned out to be one of those Ponzi schemes. I'm not sure how they work, but I guarantee they will never work with my money. The only investment I have made was to good old Uncle Sam. Now, I get a monthly salary from my Uncle, of which I am thankful. I couldn't help but think of a verse of scripture that is so often misquoted. 1 Timothy 6:10, "For the love of money is the root of all evil: which while some coveted after, they have erred from the faith, and pierced themselves through with many sorrows." Money is NOT the root of all evil like so many people think. Rather, it's the LOVE of money that is the "root of all evil."

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

STUART TOLCHIN PUT THE LIGHTS ON
CONSEQUENCES OF
INCARCERATION
POSITIVE and NEGATIVE



I hope you appreciate the fact that I'm pulling myself away from the television where I'm watching my favorite tennis matches just to write this article for you and submit it on time to the editor. I can't put it off until tomorrow because a semi-retired doctor is coming in just for my appointment with him.

Speaking of going to doctors, that and playing golf, are just about the only reason I leave the house these days. Another doctor's appointment on Monday is what led to the writing of this article. My appointment I thought was scheduled with my primary doctor, Dr. Cervantes. In the past I have not gotten along well with this doctor who is very popular with the rest of the medical staff. He and I had a bit of conflict resulting from my dismay and disappointment from the fact that he was unfamiliar with the great novel Don Quixote written over 400 years ago by his namesake, Miguel De Cervantes.

On Monday I decided to remedy this situation and carried the huge book which I intended to give to the doctor as a present. Alas, my appointment was not scheduled with my primary doctor but instead was scheduled with my cardiologist. I carried the large book home and happened to open it. The introduction described how the novel was written while Cervantes was in prison and had no other way to occupy and distract himself.

As I read this it occurred to me that many of the most important and most appreciated literary efforts were written while the author was incarcerated. This morning, I went out early to play golf with my one golfing partner who is just healing from surgery but as a favor agreed to meet me. I mentioned to him that I had become interested in books that had been written while the author was in prison. In response he explained to me that his son in addition to being a poet and a philosopher had frequently taught creative writing at the College Level. His son had told him that the most enjoyable creative writing class he ever led was when he had volunteered to teach creative writing to incarcerated prisoners. His son said that energy and motivation displayed by the inmates was such a wonderful change from college students. Additionally, these inmates often had led lives filled with adventure and conflicts and never before had the opportunity or the time to write and never really believed anyone else would be interested.

Now I have learned, after a little research, that in addition to Don Quixote, innumerable writing which impacted upon society were written by imprisoned people. Of course, I knew Hitler's Mein Kampf which means My Struggle in German was a political manifesto written while in prison was largely instrumental in his rise to power and the establishment of a bigoted society which murdered millions. His writing appealed to defeated German population after the first World War and the impact of his writing cannot be overlooked.

Maybe we should overlook it and focus on writing that resulted in social benefit. The writings of Marco Polo, which were authored while in prison, opened the eyes of the European world to the appreciation of Asia. Letters from a Birmingham Jail written while Martin Luther King was in prison opened the eyes of the world to racial and class injustice. The Gulag Archipelago by Aleksandr Solzhenitsyn explores the lives of people put in unimaginable conditions and described the system of prisons and labor camps during the rule of Stalin.

The autobiography of Nelson Mandela's Long Walk to Freedom which is a testament to the power of perseverance and the determinations to challenge oppressive systems, (Something we also should keep in mind today.) When one has absolutely nothing to do, such as when one is imprisoned, it becomes possible to do something important. There is no television, no social media, few obligations. Probably there is something each of us would like to do which we are imagining to be important, but we are too busy, too distracted, too comfortable and too unmotivated. This is the price of freedom. I guess I should stop complaining but I am disappointed in myself. How about you?

TOM PURCELL DROWNING IN DECISIONS



Here's something that can make us miserable if we let it: too many decisions!

Social scientist Barry Schwartz says Americans are becoming less happy because we're allowing ourselves to be overwhelmed by too many choices. His groundbreaking idea, originally published in his 2004 book The Paradox of Choice, has been echoed by recent studies.

Researchers from the University of Pennsylvania recently found that while having some choices is beneficial, excessive options often lead to decision paralysis and reduced satisfaction.

No sooner do we wake in the morning than we have to choose among hundreds of breakfast cereals, drinks and coffees. There are more than 40 kinds of toothpaste to choose from, hundreds of shampoos and, for the self-care-obsessed, hundreds of other ointments, salves and moisturizers.

Throughout the day, we're pestered by telemarketers, pop-up ads and random texts that promise us we'll be fit, smart and stylish if we buy the products they are pushing — and fat, dumb and dorky if we don't.

Schwartz gives an example of a visit to a Gap clothing store to buy a pair of jeans. In the old days, the average fellow had only to choose between Wrangler or Levi's, but not anymore. The Gap now offers slim fit, easy fit, relaxed fit, baggy, stonewashed, acid-washed, distressed, button fly, zipper fly, faded or regular.

Gone are the days of the cardboard-thick Sears Toughskins I was forced to wear as a boy. But decisions over material things are just the beginning of our confusion. We've allowed ourselves to

become as equally overwhelmed by the careers we choose, our jobs, our spouses... or even if we should marry at all.

From the Greatest Generation to now, the percentage of people of marrying age who got married dropped from 81 percent to just 44 percent, reflecting a dramatic decline in marriage rates over the decades. And many young people who still hope to find a life partner aren't just looking for a spouse or a companion, but a soulmate — that perfect person who is going to fill their hearts with joy every moment of every day.

The peculiar thing about the American mind — and I'm more guilty than anyone — is that we equate freedom with unlimited choice, when it is the opposite that is actually true. It is by limiting our choices that we are set free.

G.K. Chesterton said that marriage brings a man happiness because it gives him clarity and focus. By focusing his energies and affections on one woman, he is able to know the inner beauty and closeness of one woman. Could you imagine being an artist, he said, who was trying to paint a canvas as large as the moon? Where do you start painting? No, it is the frame that liberates the artist. By being boxed into a small rectangular area, he is given a point of reference and perspective. It is the frame that sets the artist free.

Chesterton argues that true freedom comes not from limitless choices but from making a committed choice and sticking to it. Marriage, in his view, is an example of how committing to one person for life creates genuine freedom within boundaries. That makes perfect sense to me.

I'm going to mull this important concept over as soon as I'm done choosing among 47 streaming services, 63 flavors of coffee and 27 types of hamburger patties — some of which have no meat!

RICH JOHNSON WHY RICHARD?



I've been named "Richard" for most of my life. Actually, most likely my whole life but the first few years were and still are pretty fuzzy. Truth be told I've never really thought much of the name "Richard". Sure, I have a Dad named "Richard", an Uncle named "Richard", and a cousin or two named "Richard".

Famous "Richards" include "Richard" Dreyfuss, "Richard" Burton, "Richard" Starkey (aka Ringo), a couple of "Dicks" including my Dad, "Dick" Johnson, former VP "Dick" Cheney, "Dick" Clark of American Bandstand fame, and uber entertainer "Dick" Van Dyke.

And believe it or not, "Cheech" of Cheech and Chong fame was born "Richard" Marin. Maybe or maybe not, my favorite "Richard" was born Richard Henry Sellers. You knew him better as Peter Sellers.

The internet tells me 2,928,808 Richards were born between 1880 and 2022. To be accurate 99.81% of those named "Richard" were boys and 0.19% were girls. To give you perspective, in that same period 5,783,750 babies were named Robert, 4,865,410 were named William. I can't wait to tell my brother "Roger" there were less than 1 million named Roger. 961,983 at last count.

You know how most of us would like to have been born to celebrities. Not so fast. Don't know why but celebrities seem to go a bit cuckoo when naming their children. Elon Musk has children named "Techno Mechanicus" (Tau for short), "Exa Dark" ("Y" for short), and "X AE A-Xii" who goes by ("X").

Kim Kardashsian and "Ye" (formerly Kanye West) have four children: "Saint", "Chicago", "Psalm" and "North". Not to be outdone, sister Kourtney Kardashian named her daughters "Mason Dash", Penelope Scotland", "True", and "Reign Aston".

Gwyneth Paltrow named her daughter "Apple". Why? Gwyneth told Oprah: "Apples are so sweet, and they're wholesome, and it's biblical..." Mariah Carey's twins were named "Moroccan" and "Monroe". Nicolas Cage and third wife, Alice, named their son "Kal-El" which is Superman's Kryptonian name. P.S. to Nicolas: Superman wasn't real.

We can probably thank Frank Zappa and his lovely wife Adelaide for starting this creative naming. Their offspring include, "Moon Unit", "Dweezil", "Ahmet" and "Diva Think Muffin". (Honest...I don't make this stuff up.)

Now, lest you think this wackadoodle naming is a new phenomenon on our land, let me educate you. It is not. Wackadoodle names come and go through history. One hundred years ago, the goto names included: "Emogene, Bennette, Geardean, Girtrue, Harryette, Irl, Murl, Ople, Rease.

Furthermore in 1920 there were names that crossed the boy/girl line: 28 boys named Alice, 45 girls named Carl, 10 boys name Daisy, 46 girls name Donald, 22 boys named Elsie, 195 boys named Mary, 205 girls named Robert, 205 girls named William and 54 girls named RICHARD!

Wanna go down the appendage road? 75 girls named Dimple (6 named Dimples), 32 boys named Colon, 222 girls named Fanny, 84 boys named Oral, 23 girls named Oralea, and 94 girls named Pinkie.

I don't know which came first, the name or the modern day notoriety. 26 boys named Alf, 397 boys named Elmo, 104 boys named Garfield, 382 boys named Kermit. 11 girls named Cinderella, 128 girls named Hedwig, 26 girls named Lassie, 6 girls named Pocahontas, 71 girls named Santa, 22 boys named Ventura. If you want to do a deeper dive on names google (no not a name) Sophie Kihm. She is the resident name guru to the stars.

My dear friend, Paula, reminded me the local theatre group, Theatre Americana, is presenting the "Jesus Christ Superstar" musical as a benefit concert to raise funds for victims of the Altadena fires. They've added a show, Saturday, April 12th at the historic Raymond Theatre in Pasadena.

Whether you can actually go, or can't make it, please donate to this absolutely worthy cause use the link below.
Saturday, 4/12 (3:00 pm)
Raymond Theater (Old Town Pasadena)
129 N. Raymond Ave, Pasadena, CA.
Tickets are \$35 for each show - use this link: <https://tasuperstarsupportsfirevictims.brownpapertickets.com/>.

DANNY TYREE CAN MICROSOFT REALLY BE
TURNING 50?



The world was changed forever on April 4, 1975.

(Don't get a swelled head if that happens to be your date of birth. I'm writing about a business/cultural milestone, not providing PR for any individual's decades of leaving a carbon footprint. On the other hand, you really are rockin' it for near-50. Send me the name of your gym.)

Ahem Where was I? Oh, yes, April 4 marks the 50th anniversary of when childhood friends Bill Gates and Paul Allen launched

Microsoft, a fledgling company that would grow into a multinational technology conglomerate boasting (as of 2024) 228,000 employees.

(Admittedly, that statistic does not impress long-serving Congressman Cookthebooks, who sputters, "Big deal. I'll bet not all 228,000 employees are related to the boss! Amateurs!")

Some of us wonder how we ever got along before Microsoft introduced its productivity applications, goosed the sale of home computers and helped the dot-com boom of the 90s. (I think it had something to do with dipping a quill pen in ink to put dinosaur eggs on the grocery list, but don't quote me on that.)

But a sizable minority still takes a perverse pride in staying low-tech. ("You won't catch me using any of that newfangled computer stuff. New evidence is coming out that Microsoft Edge is the Mark of the Beast. I'll provide you with cutting-edge research about that topic just as soon as the new set of encyclopedias arrives.")

Beginning with Windows 95 (which I ran on my Dell tower computer back in the day), I have benefited from quite a few Microsoft products. But I must admit that the high subscription costs for certain Microsoft software sometimes drive me to avail myself of the knockoffs that have jumped into the market. Who needs Word software when you can get Inarticulate Grunt for free? Why pay for Excel when you can install Blend In and Ride The Clock Until Quitting Time at no cost?

I have downloaded several useful applications from the Microsoft Store, but I feel bullied when I try to install neat software from another source. It's almost a HAL "I'm sorry, Dave. I'm afraid I can't do that" moment. Or more like, "Wellll, you can try installing that unknown software but it might make your laptop explode. And it would probably mess up your computer, too."

The impact of Microsoft goes beyond mere technological innovation like the Xbox gaming console or cloud computing. Its financial success has enabled the philanthropic endeavors of Bill Gates. Love him or hate him, that globetrotting scamp is always dabbling in something. ("If we can't find a way to make the world better, we'll just buy out the competing planets! Easy-peasy. They probably have some really humongous bugs to eat.")

Some folks — disenchanted with America's two-party system, the European Union and the United Nations — think Microsoft really should be in charge of the whole world. I can just imagine some of the outbursts we would overhear.

"Hold on! You can't use your toilet until we've completed a forced upgrade at this most inopportune time."

"Too bad about the much-needed rain stopping in mid-air; maybe you should try a couple dozen reboots."

"Sorry about all your hair falling out. Sure hope you established a system restore point!"

Here's to the next 50 years of innovation.
Maybe your gym will even suction fat into the cloud!



HOWARD Hays As I See It

“EVERYONE IS WELCOME HERE” – sign deemed too controversial for an Idaho middle school

I enjoyed Dick Polman’s column last week about Jackie Robinson’s page being scrubbed from the Pentagon website “either deliberately or by mistake”, along with his refresher on Lt. Robinson’s court-martial for having refused to “move to the back of the bus”.

That particular scrubbing included other Negro League ballplayers and their military service. Also gone was Ira Hayes, Marine Pfc seen in the iconic photo of Marines raising our flag at Iwo Jima. Hayes was a Native American of the Pima Nation. Gone were pages on the Navajo Code Talkers, former Joint Chiefs of Staff Chairman Gen. Colin Powell and Medgar Evers – who landed at the beaches of Normandy and was killed by a white supremacist in Mississippi twenty years later (now resting at Arlington).

Missing were pages on the 442nd Regimental Combat Team – sons of Japanese immigrants, leaving families behind in internment camps to fight for their country in Europe, becoming the most highly-decorated unit of its size in WWII.

Some of those pages were restored (albeit altered), but we have assurance the Pentagon is now exercising due diligence. Should there be coverage of joint exercises with a foreign “partner” military that includes women, for example, Pentagon staffers will first determine whether any of those women are there due to their own country’s DEI initiatives. (You can’t make this up.)



There have been many such stories over the past weeks – stupid, outrageous outcomes from an obsession with DEI and zealous AI search engines rooting it out. But underlying it all is an ugly, open resurgence of the racism, misogyny and gender-phobia that, until recently, were thought to be buried. Whether because of policymakers’ own prejudices or simply to energize the MAGAs, permission has been granted not just to be open about whatever one’s bigotry, but to act on it. And now, administrators at both major universities and small-town school districts are afraid.

Sarah Inama has taught 6th grade world civilization at a Meridian, Idaho middle school for four years. Her attitude is, “I would do anything to protect my students. I love all of them unconditionally.” She got into trouble not only for the “EVERYONE IS WELCOME HERE” sign in her classroom, but also one which read, “in this room everyone is WELCOME, IMPORTANT, ACCEPTED, RESPECTED, ENCOURAGED, VALUED, and EQUAL”.

District officials told her the signs “were in violation of district policy because in today’s political environment they’re considered a personal opinion”. She was told to take them down by the end of the day, which she did, but then “I was just so unsettled by it. And so, I went back into my classroom and put it back up. And I emailed my principal and said I just, ‘I don’t agree. I don’t agree that this is a personal opinion. I think this is the basis of public education.’”

She was warned, “School property shall not be used by personnel for the advancement of individual beliefs.” They said that although nobody had complained about the signs, “we just want to protect you in case that would happen” and, as she recalls their explanation, “everyone is welcome here’ is not something that everybody believes, so that’s what makes it a personal opinion”.

According to her Academic Officer, the problem was not so much the text but the accompanying graphic – ten raised hands, as in kids eager to be the first one called on, in skin tones of black, white and shades in-between. The implication that “everyone” meant regardless of skin color is what others might have a problem with.

Ms. Inama was given until the end of the school year to remove the posters, or face charges of insubordination. But as for her students, she remains determined “to protect them from being affected by racist sentiment. I find it hard to grapple with the fact that the reason why this poster needs to come down is because there are people outside of our school that disagree with it.”

Her Academic Officer seemed to rationalize the situation when, expanding on the “in today’s political environment” line, he admitted to her that “what might be controversial now might not have been controversial three-six-nine months ago”. According to Ms. Inama, calls for inclusivity had never before been a problem. But now, in the context of these DEI purges and other actions under the Trump administration, it becomes “controversial” – and the notion that all should be welcomed becomes “personal opinion.”

While local administrators fret about funding being threatened over anything that might suggest DEI or “critical race theory”, students and parents have mobilized in support of Ms. Inama with demonstrations, walkouts, posters and friendship bracelets handed out with the words “EVERYONE IS WELCOME HERE” and “EQUALITY”. A local shop has turned out 8,000 “EVERYONE IS WELCOME HERE” t-shirts that students and parents wear to school – and which have been shipped to supporters throughout the country.

As for Pentagon staffers scrubbing webpages and those directing them, I wish they could spend some time at that Idaho middle school sitting with kids proudly and defiantly wearing their “EVERYONE IS WELCOME HERE” t-shirts. Maybe they could learn something in Ms. Inama’s classroom.



City of Sierra Madre

ORDINANCE NO. 1480-U

AN ORDINANCE OF THE CITY OF SIERRA MADRE, CALIFORNIA, DECLARING A SHELTER CRISIS, SUSPENDING VARIOUS SECTIONS OF TITLE 15 (BUILDING AND CONSTRUCTION), TITLE 16 (SUBDIVISIONS), AND TITLE 17 (ZONING) OF THE SIERRA MADRE MUNICIPAL CODE, AND PROVIDING DIRECTION TO STAFF TO STREAMLINE AND REDUCE THE COST OF REDEVELOPMENT OF STRUCTURES IMPACTED BY THE EATON FIRE

RECITALS

WHEREAS, the Eaton Fire ignited on January 7, 2025, resulting in 14,000 acres burned, more than 9,000 structures destroyed, and 17 people killed; WHEREAS, in Sierra Madre, approximately 750 acres burned and 55 structures were destroyed or damaged including 27 structures that have since been red tagged and 8 structures that have been yellow tagged; WHEREAS, on January 9, 2025, the Sierra Madre City Council proclaimed a local emergency due to the Eaton Fire; WHEREAS, on January 12, 2025, the Governor issued Executive Order N-5-25 (“EO N-5-25”) and on January 16, 2025, the Governor issued Executive Order N-9-25 (“EO N-9-25”) to expedite recovery and rebuilding efforts in the impacted communities; WHEREAS, on February 13, Sierra Madre experienced significant debris flow caused by a winter storm, which enveloped City streets and damaged vehicles; WHEREAS, on February 25, 2025, the City Council proclaimed a new local emergency in response to the severe debris flow; WHEREAS, 22 homes have been red tagged, resulting in the total vacation of a property, and 7 homes have been yellow tagged, resulting in partial vacation of a property; WHEREAS, the City desires to assist residents affected by the Eaton Fire and the subsequent debris flow in rebuilding and returning to their homes as quickly and cost effectively as possible; and WHEREAS, on March 6, 2025, the Sierra Madre Planning Commission met and unanimously directed the City Attorney to draft an urgency ordinance to streamline and reduce the cost of redevelopment of structures impacted by the Eaton Fire and subsequent debris flow.WHEREAS, on March 20, 2025, the Sierra Madre Planning Commission adopted Resolution No. 1480-U recommending the City Council approve an urgency ordinance and other related actions to streamline and reduce the cost of redevelopment of structures impacted by the Eaton Fire. THEREFORE, THE CITY COUNCIL OF THE CITY OF SIERRA MADRE, CALIFORNIA, DOES ORDAIN AS FOLLOWS:

SECTION 1. Recitals. The Recitals above are true and correct and incorporated herein by this reference.

SECTION 2. Declaration. Pursuant to Government Code section 8698.2, subdivision (a), the City Council declares a shelter crisis due to the fact that many Sierra Madre families are left without a permanent residence after their homes were red tagged or yellow tagged and are without the ability to obtain shelter in Sierra Madre because there are no hotels or motels or a sufficient number of short-term accommodations within the City’s boundaries and, as a result, the situation presents a threat to the health and safety of those persons.

SECTION 3. Applicability. This Ordinance is limited to those property owners with red tagged or yellow tagged structures that were impacted by the Eaton Fire and subsequent debris flows.

SECTION 4. Termination. This Ordinance will automatically terminate upon the fifth anniversary of its effective date.

SECTION 5. Suspension of Discretionary Demolition Permits. The City Council suspends Section 17.60.056 (Discretionary Demolition Permit) of Chapter 17.60 (Variances and Discretionary Permits) of Title 17 (Zoning) of the Sierra Madre Municipal Code.

SECTION 6. Suspension of Historic Resource Review. The City Council suspends Subsections B (30-day wait period) and K (Demolitions of Historic Structure) of Section 15.04.115 (Section 105.7 Demolition Permits) of Chapter 15.04 (Building Code and Permits) of Title 15 (Buildings and Construction) of the Sierra Madre Municipal Code.

SECTION 7. Application Timeline. The City Council finds that any property owner with a property containing structures destroyed or damaged by the Eaton Fire that has not applied for a demolition permit within six months of the effective date of this Ordinance or has not exercised a demolition permit within six months of issuance of such permit to clear his or her property of debris is determined to have created a public nuisance under Sierra Madre Municipal Code Section 8.16.010.

SECTION 8. Suspension of Discretionary Review in One Family Residential Zone. The City Council suspends Section 17.20.027 (Design Review Permit) of Chapter 17.20 (R-1 One Family Residential Zone) of Title 17 (Zoning) of the Sierra Madre Municipal Code for those structures that do not exceed 110% of the development standards applicable to the prior development based on the condition of the structure on January 6, 2025.

SECTION 9. Suspension of Discretionary Review in Residential Canyon Zone. The City Council suspends Section 17.30.045 (Design Review Permit) of Chapter 17.30 (R-C Residential Canyon Zone) of Title 17 (Zoning) of the Sierra Madre Municipal Code for those structures that do not exceed 110% of the development standards applicable to the prior development based on the condition of the structure on January 6, 2025.

SECTION 10. Suspension of Discretionary Review in Hillside Management Zone. The City Council suspend Subsection (B)-(C) of Section 17.52.050 (Permit requirements) and Subsection (C) of Section 17.52.070 (Land use regulations) of Chapter 17.52 (H Hillside Management Zone) of Title 17 (Zoning) of the Sierra Madre Municipal Code for those structures that do not exceed 110% of the development standards applicable to the prior development based on the condition of the structure on January 6, 2025.

SECTION 11. Exception to Suspension of Discretionary Review. Notwithstanding Sections 5 – 9, the City Council authorizes the Director of Planning and Community Preservation to refer any application to the planning commission for issuance of a discretionary demolition permit, design review permit, conditional use permit, or variance if staff determines the application proposes a use not otherwise permitted or exceeds the development standards as proposed by this Resolution and the Sierra Madre Municipal Code.

SECTION 12. Existing Nonconformances. The City Council finds that nonconforming structures may be allowed to benefit from this Ordinance, but only to the extent such use extends a building plane of a non-conformity and does not exacerbate the non-conformity in any other way or extend it beyond its plane.

SECTION 13. Additional Floor Area. The City Council finds that, with respect to floor area, structures may be allowed the greater of an additional 10% of the floor area of the pre-existing structure or 250 square feet. The floor area development standard may be applied to any story of a development to the extent the pre-existing structure had more than one story.

SECTION 14. Suspension of Limitation on Accessory Dwelling Unit Development. The City Council suspends Section 17.22.100 (Application Review) of Chapter 17.22 (Accessory Dwelling Units) of Title 17 (Zoning) of the Sierra Madre Municipal Code.

SECTION 15. Suspension Permitting Temporary Storage of Trailers. The City Council suspends Section 17.48.250 (Storage of Trailers) of Chapter 17.48 (Development Standards) of Title 17 (Zoning) of the Sierra Madre Municipal Code.

SECTION 16. Suspension Permitting Storage of Trailers in One Family Residential Zone. The City Council suspends Subsections (E) and (L) of Section 17.20.020 (Permitted Uses) of Chapter 17.20 (R-1 One Family Residential Zone) of Title 17 (Zoning) of the Sierra Madre Municipal Code.

SECTION 17. Suspension Permitting Temporary Storage of Trailers in Residential Canyon Zone. The City Council suspends Paragraphs (E) and (F) of Section 17.30.030 (Permitted Uses) of Chapter 17.30 (R-C Residential Canyon Zone) of title 17 (Zoning) of the Sierra Madre Municipal Code.

SECTION 18. Suspension Permitting Temporary Storage of Trailers in Residential Canyon Zone. The City Council suspends Section 17.30.220 (Parking of recreational vehicles and boats) of Chapter 17.30 (R-C Residential Canyon Zone) of Title 17 (Zoning) of the Sierra Madre Municipal Code.

SECTION 19. Suspension Permitting Temporary Storage of Trailers in Hillside Management Zone. The City Council suspends Subsection (B)(5) of Section 17.52.070 (Land Use Regulations) of Chapter 17.52 (H-Hillside Management Zone) of Title 17 (Zoning) of the Sierra Madre Municipal Code.

SECTION 20. Maintenance Agreements. The City Council requires every property owner subject to this Ordinance seeking to place a manufactured home, mobile home, or recreational vehicle on a private lot be required to enter into a maintenance agreement with the City regarding site maintenance and utilities.

SECTION 21. Suspension of Historic Preservation. The City Council suspends Section 16.04.06 (Preservation of Historic Resources) of Chapter 16.04 (General Provisions) of Title 16 (Subdivisions) of the Sierra Madre Municipal Code.

SECTION 22. Suspension of Historic Preservation. The City Council suspends Subsection 17.20.100(C)(2)(d) (Newly created or reconfigured lots – Width and street frontage) of Chapter 17.20 (General Provisions) of Title 17 (Zoning) of the Sierra Madre Municipal Code.

SECTION 23. Historic Resources Evaluation. In lieu of conducting a historic resources evaluation for each structure, the City Council directs staff to recommend a historic resources evaluation for all the structures subject to this urgency ordinance.

SECTION 24. Suspension of Certain Public Improvements. The City Council directs the Public Works Department to suspend the following public improvements:

- A. If an applicant’s property did not include a sidewalk or curb/gutter over the public right of way fronting the property prior to the Eaton Fire, no mandate to install a sidewalk or curb/gutter over the public right of way fronting the property shall be required;
- B. If an applicant’s property included a sidewalk or curb/gutter over the public right of way fronting the property prior to the Eaton Fire, any such public improvements since destroyed must be replaced by the applicant; and
- C. If an applicant’s property included a sidewalk or curb/gutter over the public right of way fronting the property prior to the Eaton Fire, any such public improvements since damaged, whether during the rebuild process of the property or otherwise, must be restored by the applicant.

SECTION 25. Entitlement Extensions. The City Council extends by two years the expiration date for all subdivision permits and zoning permits set to expire in 2025 for all applicable structures.

SECTION 26. Entitlement Extensions. The City Council extends by one year the expiration date for all subdivision permits and zoning permits issued from 2025 – 2028 for all applicable structures.

SECTION 27. Suspension of the Low Impact Development Ordinance. The City Council suspends Chapter 15.58 (Low Impact Development Plan) of Title 15 (Building and Construction) of the Sierra Madre Municipal Code.

SECTION 28. Streamlining the Approval of Building Plans. The City Council permits structures subject to this urgency ordinance and approved under the prior two Building Code Cycles (2019 and 2022) to forego additional building plan review.

SECTION 29. Building Permit Extensions. The City Council extends by three years the expiration date for all building permits issued for all applicable structures.

SECTION 30. Avoiding the Cost of Geological and Soil Reports. The City Council directs the City Engineer to forego mandating an engineering geological report or soil engineering report where the City Engineer concludes, based on a preponderance of the available data, that there are no geological or soil related issues with the site for which an applicant is required to obtain a grading permit prior to excavating or filling the site.

SECTION 31. Streamlining Administrative Review. The City Council directs staff to amend the existing contract with Willdan Engineering, Inc. for fire safety and building code review to include items that would ordinarily be reviewed by public works staff, including grading and drainage for purposes of reviewing applications subject to this Ordinance.

SECTION 32. Streamlining Fire Hydrant Flow Analysis. The City Council directs staff to measure the fire hydrant flow for a sufficient number of hydrants closest to each of the structures subject to this Ordinance.

SECTION 33. Approving Alternative Materials, Designs, and Construction Methods. The City Council directs the Fire Code Official to exercise her authority under Fire Code 104.10 to approve alternative materials, designs, or construction methods that are at least as effective, durable, and safe as that prescribed in the Fire Code.

SECTION 34. CEQA. The proposed ordinance is exempt from the California Environmental Quality Act (“CEQA”) under the Governor’s Executive Order N-20-25, Sections 2-4, which suspend the applicability of CEQA to “for projects to repair, restore, demolish, or replace property or facilities substantially damaged or destroyed as a result of this emergency” and authorizing the City to “develop guidance and procedures for implementing this Paragraph.” The proposed ordinance is also exempt under 14 CCR 15269 (emergency projects exemption) and 14 CCR 15061(b)(3) (common sense exemption).

SECTION 35. Severability. If any sections, subsections, subdivisions, paragraph, sentence, clause or phrase of this Ordinance or any part hereof or exhibit hereto is for any reason held to be invalid, such invalidity shall not affect the validity of the remaining portions of this Ordinance or any part thereof or exhibit thereto. The City Council hereby declares that it would have passed each section, subsection, subdivision, paragraph, sentence, clause or phrase hereof, irrespective of the fact that anyone or more sections, subsections, subdivisions, paragraph, sentences, clauses or phrases be declared invalid.

SECTION 36. Certification. Pursuant to Government Code Section 36932, the City Clerk shall certify the passage, approval, and adoption of this Ordinance by the City Council.

SECTION 37. Publication. Pursuant to Government Code Section 36933, the City Clerk shall cause this Ordinance to be published or posted.

SECTION 38. Records. Pursuant to Government Code Section 40801, proof of certification and publication shall be entered in the book of Ordinances of the City Council.

SECTION 39. Effective Date. Pursuant to Government Code Section 36937, subdivision (b), the City Council finds that the destruction and damage to structures in the community require this Ordinance take effect immediately on an urgency basis to redevelop those structures and rehouse those families impacted by the Eaton Fire and resulting debris flow for the immediate preservation of the public peace, health and safety.

URGENCY ORDINANCE 1480-U WAS PASSED, APPROVED, AND ADOPTED this 25th day of March 2025.

AYES: Mayor Robert Parkhurst, Council Member Edward Garcia, and Council Member Gene Goss

NOES: None.

ABSENT: Mayor Pro Tem Kristine Lowe and Council Member Kelly Kriebes

ABSTAINED: None.

LA SALLE REMAINS UNBEATEN IN LEAGUE PLAY, PREPARES FOR FINAL STRETCH



The La Salle tennis team continued its dominance in Del Rey League play this week with two commanding 18-0 victories over Don Bosco and St. Monica. With these wins, the Lancers improved to 4-0 in league competition.

"The matches went as expected," said Coach Javier. "We don't ever walk onto the court thinking we are going to shut out any team. We step on the court with respect for each player and team, and we give them our best game. We've had to make some slight changes in the lineup, and thankfully all of the players involved are stepping up in a big way, which gives me confidence going into the end of the season."

La Salle's perfect record is a reflection of their focus and discipline. "It shows that we take each match seriously," Coach explained. "We still have some things to work out on the court before we are at full strength, but I like where things are heading."

The team faces a demanding schedule next week, including a make-up match due to previous rainouts. Beyond the matches, off-court challenges such as finals, AP exams, and college applications add another layer of difficulty. However, Coach Javier has prepared his players to handle the pressure. "The end of the season is always rough, but something I instill in the team from the beginning is time management—staying ahead and planning ahead. So when these long weeks come up, everyone is prepared to keep up with their schoolwork."

As the regular season winds down, the team is shifting its focus toward postseason preparation. "The biggest thing now is match toughness and practicing stressful gameplay situations," Coach Javier noted. "Going into the postseason, the hardest thing to prepare for is the moment where the match is on the line, as most matches end in a close score."

The team continues to embrace their season's theme of pressure, though Coach Djeu acknowledges that it's a process. "We are still working on embracing 'pressure,' which is fine—it's a big ask. But I don't ever want our team, including myself, to feel complacent. We can always improve, and we can always learn."

With two more weeks of league play remaining and the playoffs approaching, La Salle is determined to keep improving, stay sharp, and maintain their championship mentality. If their recent performances are any indication, they are more than ready for the challenges ahead.

ALEXANDRA PASKHAVER

RUNNING ONE'S MOUTH



When our team couldn't make it through 500 pushups, my cross country coach would laugh. And he meant every word of it.

I used to run cross country in high school, not because I particularly enjoyed running, cross country, or high school, but because the coach had forearmers the size of baked hams and you just don't say no to those kinds of people.

For those who haven't ever run a 5K, the principle is simple. You line up. The starting flag comes down.

Then you race cheerfully up mountains, fight your way through dark forests, and cruise to the finish over burning coals.

At least, that's what it always felt like to me.

You know how the TV shows Olympic athletes smoking through mile after mile, barely breaking a sweat, while hordes of cameramen fly after them on cars and bicycles?

Let's just say that no cameraman ever struggled to keep up with me.

But running isn't the only part of cross country. Coach always approached the sport with a holistic mindset.

As in, you will holistically do 300 sit-ups, or you will holistically be expelled. It really didn't help that he was the assistant principal.

My school's cross country season was a lot longer than other schools'. For us junior varsity kids, it lasted from July to November.

I assume varsity just ran year-round, but I didn't know for sure. I was never fast enough to reach that hallowed tier.

But whenever we had to run 10 miles, varsity had to run 12, so I never made an effort to run that much faster, if you get my drift.

For all the struggle that cross country was, it had its great moments, too.

Once the police called the school right before a blizzard to make sure Coach didn't send any of us kids out on the roads.

"But they have an important meet next week!" Coach protested. "If we practice when the other schools cancel, we'll get ahead. Besides, it's not that cold out."

The boys in blue told him the county jail wasn't that cold, either, and that's where anyone suspected of child endangerment could spend the night.

We ended up having practice inside that day, which was honestly worse than going out in a snowstorm.

You don't know what boredom is until you have to run between the history wing and the cafeteria for two hours. During that run, I memorized all our presidents out of sheer ennui.

Now, like the early presidents, my cross country years are in the past.

Gone are the days where I swam through mud, swung from tree to tree, and tripped over my shoelaces as I crossed the finish line.

But the lessons I learned and the memories I made are still there. Sometimes, especially when the weather is nice, I think about running 5Ks again.

Then I remember how much it sucked, and I go back to my potato chips.

FITNESS FOR LIFE



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

than conventional farms.

Regardless of the label, all egg production contributes to animal suffering, environmental damage, and health risks for consumers. Eggs remain high in cholesterol and saturated fat, which have been linked to heart disease, and no label changes these nutritional concerns. Instead of relying on misleading marketing, choosing plant-based egg alternatives provides a healthier, more ethical, and sustainable solution.

Plant-based alternatives not only offer similar protein levels but also come with more fiber, antioxidants, and heart-healthy fats, which eggs lack. Unlike eggs, plant-based options such as legumes, tofu, quinoa, and seeds provide protein without increasing the risk of high cholesterol or cardiovascular issues. And as we all know, the egg industry has faced ongoing concerns with food safety, including the risk of salmonella contamination and outbreaks of bird flu, which have led to supply shortages and unacceptable prices. These issues make plant-based alternatives an even more reliable, safer and sustainable choice.

Egg production also has serious environmental drawbacks, contributing to greenhouse gas emissions, water consumption, and land use. Choosing plant-based substitutes helps reduce environmental impact while supporting animal welfare. With the rise of innovative egg replacements like JUST Egg and versatile whole-food options such as chia seeds, flaxseeds, and aquafaba, making the switch to plant-based alternatives is easier than ever—without sacrificing nutrition, taste, or functionality in cooking and baking.

Here are some ideas to get you started...

Scrambles. Sauté your favorite veggies in a tablespoon of olive oil and set them aside. Squeeze the water out of half a package of firm tofu, then crumble. Add a few tablespoons of liquid egg replacer (JUST Egg), along with a few tablespoons of nutritional yeast and a sprinkle of onion powder. Mix everything together and add it to the pan with the veggies. Scramble until the consistency resembles traditional scrambled eggs. For extra flavor, mix in some shredded vegan cheese before serving.

Frittatas. Coat a skillet with non-stick cooking spray. Pour in about 1/3 of a container (it looks like a small milk carton) of liquid JUST Egg, making sure to coat the bottom of the pan evenly. Sprinkle your favorite omelet toppings over the liquid base. Some great options include leftover cooked potatoes, vegan sausage pieces, chopped red bell peppers, and mushrooms. Evenly pour the rest of egg substitute over the top. Cover and bake in a 350°F oven for 30-40 minutes. Let it cool for 10 minutes, then invert it onto a large plate and serve.

Baked Goods. No need for eggs at all! Substitute 1/4 cup of unsweetened applesauce in an average-sized recipe. For meringue-style desserts, try using aquafaba—the water leftover from canned garbanzo beans. Whip it up, and you'll be amazed at how it looks and tastes exactly like whipped egg whites.

New products are regularly hitting the market that mimic the properties of eggs, making plant-based alternatives more accessible than ever. These options often provide a neutral flavor, allowing other ingredients to shine. They're all plant-based and better for both your health and wallet.

Egg shortages and high prices can be frustrating, but they also present an opportunity to explore healthier, more sustainable alternatives. Inability or refusal to buy eggs can be seen as a push toward better choices—ones that benefit personal health, the planet, and animal welfare. With so many plant-based substitutes now available, from ready-to-use liquid options to simple, whole-food ingredients like flaxseeds and aquafaba, making the switch has never been easier. It could be the perfect reason to break old habits and discover new, delicious ways to cook—without eggs at all.

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March Events Around Town!

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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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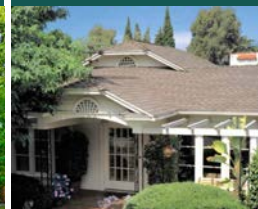
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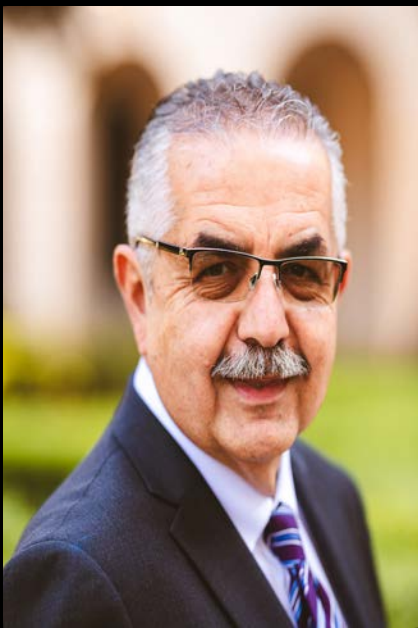
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