

JUST SOLD!



**302 W Carter Avenue
Sierra Madre
Sold for \$2,800,000**

4 BD | 4 BA | 2,937 SF | 12,687 SF LOT

JUST SOLD!



**2042 East Crary Street
Pasadena
Sold for \$1,220,000**

2 BD | 2 BA | 1244 SF | 7440 SF LOT



**Judy Webb-Martin 626.688.2273
DRE #00541631**

COMPASS

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Heather Morrison and Jenny Kay, Owners of Mary's Market

Then in January of this year, the beginning of the ultimate challenge for the owners of Mary's Market began. The Eaton Fire destroyed, damaged or threatened our local foothill communities including the Sierra Madre Canyon.

In Sierra Madre alone, at least 15 homes totally destroyed and approximately 60 other structures including ADU's were damaged. Mandatory evacuation orders were issued for homes North of Grandview with the town's beloved canyon community under the greatest threat. And once again, Mary's Market had to close its doors off and on until the threat was over.

It wasn't until February 1st that LA County Supervisor Barger announced the full containment of the fire to the relief of everyone. But, then, in February, came 6.75 inches of rain and the mudslides. Disease, Fire, Rain, and let us also not forget the winds and power outages seemed to go on forever. And yet, through it all, Heather and Jenny kept the community 'sanctuary' doors open as much as possible.

Recently, this dynamic duo's 'strength and resilience' during the Eaton Canyon fire was honored with a \$25,000 grant from a program administered by the Pasadena City College Women Business Center.

The program was partially funded by Paris Hilton's nonprofit 11:11 Media Impact and donations to GoFundMe.org. They were among 50 area women business owners awarded funds to help them recover from the wildfires.

Karen Klemens, owner of Mother Moo Creamery in Sierra Madre was also a grant recipient.

Congratulations and Thanks to Heather and Jenny for their commitment to serving the community and keeping the legacy of Mary's Market alive.

S. Henderson/MVNews

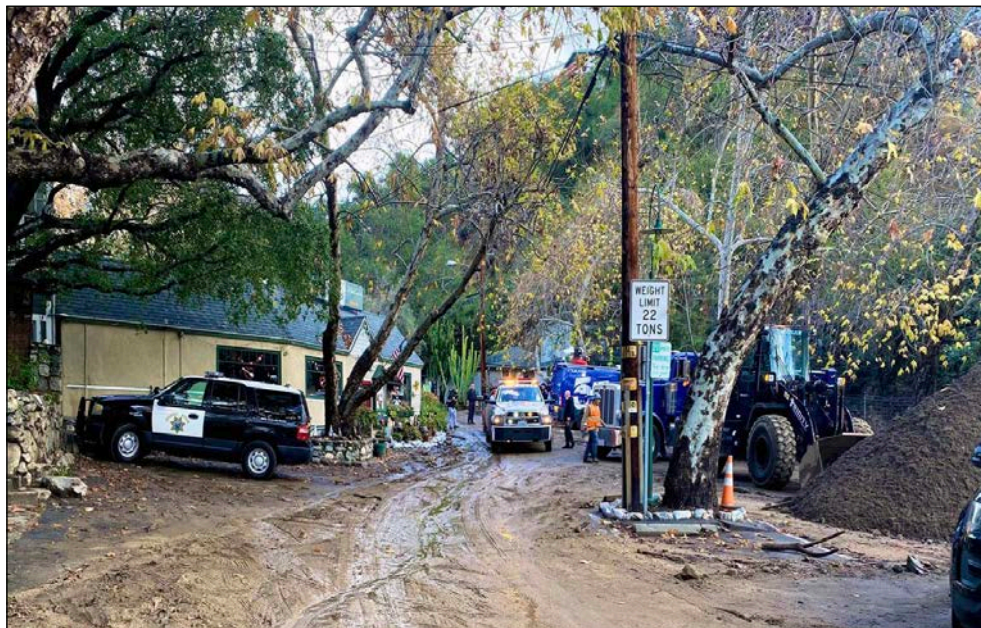
THROUGH THE FIRE AND THE RAIN

Heather and Jenny Receive Well Deserved Grant To Help Them Keep The Doors Of Mary's Market Open

Today was another great day in the Canyon. By 9:00 am, Mary's Market was bustling with customers and the aroma of fresh coffee, fresh pastries and hot breakfast dishes permeated the air. It was the classic vision of the essence of Sierra Madre. The sun was shining, visitors to Mary's were chatting and eating and those passing by were waving and smiling as they walked their dogs. This can all be contributed to the dedication of owners Heather Morrison and Jenny Kay who were busy cooking, serving and/or managing the visitors who were dining inside and out. But, as always, the joy that the experience as the proud owners of the Sierra Madre landmark was contagiously apparent.

Nestled in the heart of the Sierra Madre canyon, Mary's Market is a Sierra Madre institution that has existed in the same location since 1922. Originally built to serve local hikers and campers, the little charming café and market was purchased in 1964 by Irish immigrant Mary Perkins, known to several generations of Sierra Madreans simply as "Mary". In 2018 Heather and Jenny became the proud owners and built on the foundation of the community gathering spot.

Since their purchase the challenges have been almost nonstop. When the pandemic hit in 2020 they had to temporarily close their doors. However, once they were able to resume operations, the community rallied behind the pair to hasten its recovery.



Before the healing could begin from the damage done by the fire came the rain and the mud - once again causing the closure of a much needed staple in Sierra Madre Canyon - Mary's Market. Photos courtesy MVNews Archives



MARY'S MARKET
561 Woodland Drive Sierra Madre, Ca. 91024
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Open Weekends 8:00am - 1:00 pm

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FREE OF CHARGE

RETURN TO WELLNESS

Return to Wellness is a survivorship recovery program for women who have recently completed treatment for non-metastatic breast cancer.

Program Components

- Support Group
- Education
- Strength Training
- Yoga



REGISTER HERE:
cancersupport.link/returntowellness



TUESDAYS & THURSDAYS

SEPT 30 - NOV 20 | 5:30-7:30 PM
 in-person at Cancer Support Community



626-796-1083

CANCERSUPPORTSGV.ORG

331 W. SIERRA MADE BLVD 91024



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 626-277-3195

NEXT LEVEL
 — PROPERTIES —

Agent DRE# 02067522 | Brokerage DRE# 01967740

SIERRA MADRE POLICE DEPARTMENT'S

NATIONAL NIGHT OUT

Blue skies, sparkling stars and the delicious smell of popcorn, Prepare yourself for an fun National Night Out and summer movie night!

Friday, August 1st 2025
6:00pm-8:00pm
Movie starts at 8:15pm

Memorial Park, 222 W. Sierra Madre Blvd

JUMPERS~DJ~FACE PAINTING~GAMES

SIERRA MADRE

SIERRA MADRE

ARCADIA

PASADENA

ALTADENA

MONROVIA

Weather Wise



6-Day Forecast Sierra Madre, Ca.

Sun	Sunny	Hi	80s	Lows 60s
Mon:	Sunny	Hi	80s	Lows 60s
Tues:	Sunny	Hi	90s	Lows 60s
Wed:	Sunny	Hi	90s	Lows 60s
Thur:	Sunny	Hi	80s	Lows 60s
Fri:	Sunny	Hi	80s	Lows 60s

Forecasts courtesy of the National Weather Service

SIERRA MADRE CITY MEETINGS

SIERRA MADRE CITY COUNCIL MEETING

Council is on Summer Recess Until:

August 26, 2025 5:30 pm

THIS MEETING WILL BE HELD IN THE COUNCIL CHAMBERS!

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

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

The meetings will be streamed live on Foothills Media website at foothillsmmedia.org/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.

WALKING SIERRA MADRE The Social Side

by Deanne Davis

We've washed our face,
We've brushed our teeth,
We've put our jammies on.
We've closed our eyes,
Expecting not to open them again till dawn.

But sleep, which should fill our night time hours,
Has skipped our house tonight.
We've said our prayers,
Turned out the light,
And closed our eyes real tight.

The TV's off, our phone is dark,
No blue screens on to flicker.
So restful sleep should visit us,
In just mere minutes...or quicker!
A nice deep breath, and then another,
Slight adjustment to the cover.

Roll over to the other side,
Fluff up that good old pillow.
Did I lock the door?
What's that noise I hear?
Is there something strange outside?

All the things, waiting in the wings,
That need to be done tomorrow.
Walk single file, about a mile,
Slowly, annoyingly, through my mind.

Sleep, that elusive little elf,
Won't be visiting me tonight.
Sweet dreams are waiting, I'm anticipating,
They're just outside my mind.
But my mind, I find, won't be enjoying them tonight.

"I am not an early bird or a night owl.
I am some sort of permanently exhausted pigeon!"

"Do you know that awesome feeling when you get into bed,
Fall right to sleep, stay asleep all night, and wake up feeling refreshed?
Me, neither!"

"I hate that moment when you are tired and sleepy,
But as soon as you go to bed, your body is like...
Just kidding!"

"Sleep deprivation, also known as sleep insufficiency or sleeplessness, is the condition of not having adequate duration and/or quality of sleep to support decent alertness, performance, and health. It can be either chronic or acute and may vary widely in severity. The importance of sleep is self-evident for humans, as nearly a third of a person's life is spent sleeping. Sleep deprivation is common as it affects about one-third of the population." Thank you, Wikipedia

"To sleep, perchance to dream – aye, there's the rub!"
Shakespeare's famous line from Hamlet's "To be or not to be," speech.

Shakespeare probably wrote that one night when he couldn't sleep either. Not that I'm equating my sleep lament with Hamlet, but I suspect many of you, friends and neighbors, have nights when the elusive sleep elf skips your house, too. Maybe tonight the sleep elf will visit! The picture today, restful looking flowers.

"No day is so bad that it can't be fixed with a nap."
"A day without a nap is like a cupcake without frosting."

*My book page: Amazon.com: Deanne Davis
Where you'll find the Emma Gainsworth Kindle novelettes,
Along with other goodies like "A Treasure Map, A Drunken Owl
And 47 Rattlers in A Bag" True Tales of Early California*



Sierra Madre Public
LIBRARY
Read • Discover • Connect

*This week at the
Sierra Madre
Public Library*

July 28 — August 2

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—7:00pm**

Saturday

**Best Used Book Sale — Library
Parking Lot from 10:00am—
2:00pm**

Read, Discover, Connect
@ Sierra Madre Public Library
350 W Sierra Madre Blvd.
(626) 355-7186



PROTECT YOUR HOME

Residential Burglary Prevention Tips!

These recommendations are made on behalf of the Chief of Police. While they are intended to enhance security, they cannot guarantee that your residence will be completely safeguarded against break-ins.



SECURE YOUR HOME

- Always set the alarm.
- Always lock doors and windows.
- Use high-quality deadbolts.
- Add sliding door stop rods designated for the track.
- Don't hide spare keys outside



IMPROVE LIGHTING

- Light up entries and corners.
- Use motion sensors



USE SECURITY SYSTEMS

- Install surveillance and video doorbells.
- Don't open for strangers.
- Install alarms.
- Install motion and glass break sensors.



MAKE IT LOOK OCCUPIED

- Use timers for lights, TVs, and radios.
- Hold mail and packages or ask a neighbor.
- Notify PD if away.
- Don't post travel plans online.
- Be sure to secure ladders and tools.



KEEP INVENTORY

- Photograph valuables; list serial numbers.
- Store records offsite or securely.



GET TO KNOW YOUR NEIGHBORS

- Stay alert and report suspicious activity.
- Watch out for each other.
- Double check doors to ensure they are locked and secured.

**Contact the Sierra Madre
Police Department at**



(626) 355-1414



In an emergency, call 9-1-1

Wistaria Thrift Shop

550 W. Sierra Madre Blvd.
@ So. Side of Sierra Madre Woman's Club

Opened 1957: 68 Years of Service to Our Community

Shop Closed for Summer

So many thanks for your donations and support this past year!!

Our Charities & Scholarships Thank You, too!

Enjoy your summer! See you when the

Shop Re-Opens

Thur., September 4 - 10-3

Clean, gently used donations again

Accepted After 7/4/25

[SierraMadreWomansClub](https://www.facebook.com/SierraMadreWomansClub)

Barbers 38 West provides exceptional haircuts, styling, straight razor shaves, beard and mustache trims, and hair coloring to suit the needs of our varying clientele.

**BARBERS
AT
38 WEST**

38. W. Sierra Madre Blvd., Suite N
Sierra Madre, CA 91024

626-355-1368

Pasadena Annual National Night Out



The Pasadena Police Department (PPD) is set to celebrate its 29th Annual National Night Out (NNO) on Tuesday, August 5.

This annual community-building campaign promotes police-community partnerships and neighborhood camaraderie to create safer, more caring places to live.

The department's objective is dedicated to furthering its mission of nurturing, enhancing, and sustaining the community it serves through people centered programming and:

- To reconnect with community partners
- To create a fun, safe environment for children and families to enjoy
- To make the public aware of available resources

Last year, PPD was announced by the NNO Organization to be amongst the seventeen major cities across the United States for areas of 100,000 to 300,000, people to be recognized for their outstanding community outreach and involvement during their 2024 celebrations. The NNO awards program recognizes the exceptional work of governmental entities, businesses, or corporations in the United States for their work to improve quality of life and promote safe and crime free communities and neighborhoods.

Join PPD and its main sponsor, Day One, as they kick off the evening's festivities with resources, games, and summer fun at the Pasadena Police Department 207 N. Garfield Ave. 5:00 p.m. to 7:00 p.m.

For more information on the NNO, please visit natw.org. To find out how you too can host a future NNO block party, please contact Community Service Officer Hilda Jurado hjurado@cityofpasadena.net.

Police Make Arrest in Teen's Murder



A couple has been charged with murder in connection with the shooting death of a 13-year-old boy who was playing video games in the bedroom of his Pasadena home in November 2021, the Los Angeles County District Attorney's Office says. Muhammad Abdul-Malik, 38, is awaiting extradition from Florida, where he is currently in custody, while co-defendant Teraejia Laquanna Flemmings, 31, was set to be arraigned last week in a Pasadena courtroom, according to the District Attorney's Office.



City Approves Contract for Library Retrofit

The Pasadena City Council voted Monday night to approved an over \$9 million contract with PCL Construction Services, Inc. to begin the process of seismically retrofitting and repairing the Pasadena Central Library, taking a major step toward reopening the Library.

The Central Library closed in 2021 due to seismic safety concerns stemming from unreinforced masonry construction.

According to city staff, the council selected PCL for both of Phase 1 (preconstruction) and Phase 1A (selective demolition) contract and directed staff to proceed with this initial phase of the project. The total cost of the contract, including contingency, is \$8,652,340, and the total cost of the council's action was \$9,026,340 the council's staff report reads.

The staff report also states that to ensure an efficient and collaborative project delivery, the city is utilizing the Construction Manager At-Risk (CMAR) method. This approach enables early involvement of a qualified construction manager/general contractor during the design phase, improving coordination, mitigating risk, and establishing

a Guaranteed Maximum Price (GMP) for construction.

At the council's meeting public concerns were raised about local hiring. Some said that local hiring sounded voluntary and not a binding obligation, something they said should be mandated in a taxpayer funded project.

In November 2024, Pasadena voters approved Measure PL, authorizing \$195 million in bond funding to support the seismic retrofit and renovation of Central Library. The project is currently in the design phase, led by Gruen Associates with guidance from a historic preservation consultant and technical oversight by a Mayor-appointed Technical Oversight Committee (TOC).

The Pasadena Central Library, an iconic 1927 structure designed by renowned architect Myron Hunt, is a cornerstone of the City's historic Civic Center and an essential hub for learning, research, and community engagement. As the main repository for rare collections, specialized reference tools, and large-scale public programming, the Central Library serves over 1,000 daily visitors and supports nearly 900 annual community meetings and events.

Supervisors Approve First Historic District in Altadena

The Los Angeles County Board of Supervisors voted Tuesday to approve the County's first-ever historic district and landmark designation in Altadena. By adopting an ordinance to designate the northern portion of the Historic Highlands neighborhood as a County Historic District, the Board has taken a landmark step toward preserving Altadena's unique architectural and cultural heritage.

The Board's action amends Title 22 (Planning and Zoning) of the Los Angeles County Code to include the Historic Highlands Historic District, which contains 77 parcels of predominantly early-20th-century single-family residences. This designation follows the recommendations of both the Historical Landmarks and Records Commission and the Regional Planning Commission after years of community engagement.

"Altadena recently suffered a great loss, and it is especially meaningful to take this action now to ensure that the community's historic treasures are preserved," said Los Angeles County Supervisor Kathryn Barger. "Today's vote affirms our commitment to honor Altadena's past while safeguarding it for future generations."

The Historic Highlands neighborhood, known for its rich collection of Craftsman, Spanish Colonial Revival, Tudor, and other period architectural styles, exemplifies the subdivision of orange groves into a vibrant suburban community during the 1920s economic boom. While the area was not impacted by the Eaton Fire, residents have long advocated for the protection of the historic integrity of their homes and streetscapes.

With more than 50 percent of property owners supporting the designation, the new Historic District will help maintain the neighborhood's character by establishing guidelines for preservation while still allowing thoughtful updates and continued community growth.

"This is a proud moment for Altadena," Barger said. "By formally recognizing the Historic Highlands as the County's first historic district, we are setting a precedent for celebrating the history embedded in our unincorporated communities."

The designation is effective as of the Board's adoption of today's ordinance. County officials will notify affected property owners, and the district will be entered into the County Register as the Historic Highlands Historic District according to officials.

To learn more about the Pasadena Central Library Retrofit and Building Repairs Project, visit CityOfPasadena.net/Library.

Music Through the Decades at the Senior Center

Pasadena Senior Center staff announced Tuesday that they will continue its year-long celebration of 65 years in the community with a special 'Music Through the Decades' Summer Concert Series set for Tuesdays in August, plus Labor Day, from 5 p.m. to 7 p.m. onsite at the Senior Center.

Each week — kicking off on Tuesday, August 12 with a 1980s dance party — will celebrate a different era of popular music — perfect for dancing, reminiscing and celebrating together. This free concert event is open to all, and reservations are suggested. Reservations can be made by visiting pasadenaseniorecenter.org and clicking on Activities & Events, then Special Events. The Summer Concert Series features:

Tuesday, August 12: 1980s Dance Party with the Michael Haggins Band
Tuesday, August 19: A Salute to Woodstock and the Vietnam War Era with The Silverados
Tuesday, August 26: The Early Days of Rock & Roll with the Atomic Roots Orchestra
Monday, September 1 (Labor Day): Music of the 1930s and 1940s with The Great American Swing Band

As a donor-supported nonprofit, the center operates without any local, state or federal funding and provides more services to older adults than any other organization in the San Gabriel Valley. Hours of operation are Monday through Friday from 8:30 a.m. to 4:30 p.m. and Saturday from 8 a.m. to noon. To learn more visit www.pasadenaseniorecenter.org or call 626-795-4331.

Barger Honors Pasadena Flintridge Center's 50th Apprenticeship Cohort



Los Angeles County Board of Supervisors Chair Kathryn Barger Tuesday honored Pasadena's Flintridge Center, celebrating the graduation of the 50th cohort of its renowned Apprenticeship Preparation Program.

Barger recognized the transformative impact of Flintridge Center's 10-week, 240-hour training initiative that prepares formerly incarcerated individuals for sustainable careers in union construction trades. She also praised the program's holistic approach and its partnership with organizations like 2nd Call and the LA/OC Building Trades.

"Flintridge Center doesn't just train people for jobs," Barger said. "It restores hope and unlocks potential. When you see the faces of these graduates, you see proof that second chances change lives. Each graduate is building not only a new future for themselves, but also a stronger foundation for our entire community. As we recover from recent disasters and look to the future, these skilled men and women will help us rebuild, inspire, and thrive."

Launched in 2008 to address a lack of career opportunities for those reentering

society, Flintridge Center's Apprenticeship Preparation Program equips participants with hands-on trade skills, interpersonal and financial management training, and an industry-recognized Multi-Craft Core Curriculum certification. Since its inception, 1,130 graduates have successfully completed the program, with 70 percent employed within a year and fewer than 10 percent returning to incarceration—a stark contrast to California's 50 percent recidivism rate.

"It is truly humbling to be recognized today," said Josh McCurry, Executive Director of the Flintridge Center. "Our work is never done in isolation—we stand on the shoulders of many community partners, including the County and the City of Pasadena. Reaching this important milestone is a testament of all of us working together. At our recent graduation ceremony, a mother told me she no longer has to worry about her son's future and that she finally feels he will be okay. For her, that peace of mind was everything. That kind of lasting security is the greatest measure of our success."

For more information about the Flintridge Center's Apprenticeship Preparation Program, visit: flintridge.org.

The 10th Annual Centennial Square Boxing Show Aug. 22

The City of Pasadena Parks, Recreation and Community Services Department announced Monday that they will host the 10th Annual Centennial Square Boxing Show, a lively evening of amateur boxing in front of the historic Pasadena City Hall. This free, family-friendly event will take place on Friday, August 22 from 7-10 p.m. at Centennial Square, 100 N. Garfield Ave.

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

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

SIERRA MADRE
UNITED
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CHURCH

Sunday worship 9:30 a.m.

COME JOIN US IN
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CLOSED WEDNESDAY & THURSDAY (ALL YEAR)
CLOSED SUNDAYS - JUNE THROUGH DECEMBER

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Sierra Madre
Woman's Club

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

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

SierraMadreWomasClub

Wistaria Shop Closes 6/1 - Thurs 9/4



Jazz del Corazon Productions

Presents

“Community in Unity”

**A benefit for the victims
of the Eaton Canyon fire**

An evening of iconic music, songs and dance

Featuring

The Songs of the Brill Building



**The music of Carole King, Neil Sedaka, the Girl Groups,
The music of Bobby Darin, Connie Francis and Brenda Lee**

Vocalists

**Jay Asher - Tiffany Bailey - John Ciccolini - Larry Davis
Jackie Gibson - Kelly H. Huff - Bryan Love - Lauren Lundeen
Kimberly Scott Moseley - Edgardo Romero**

Our Special Guests - Eric Ekstrand and Friends

Stave Rawlins piano and music director

Jay Asher piano and music director

Matt Bunsen bass, Craig Copeland guitar, Paul Kreibich drums

Friday August 15th 7:30 til 10:30

Matt Dennys Ale House

145 E Huntington Dr, Arcadia, CA 91006

**Tshirts and Eclectic Design by Sharon for sale
with proceeds going to the fundraiser**

Reservations: (626) 462-0250

Cannot attend? Donations can be sent via Zelle to: gibbyj88@gmail.com

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

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

One Stop Rebuilding Center – LA City
1828 Sawtelle Blvd.

Los Angeles, CA 90025

Monday-Friday: 9 a.m. – 5 p.m. Closed weekends.

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

Altadena Community Center – LA County
730 E. Altadena Dr.

Altadena, CA 91001

Monday-Friday: 9 a.m. – 5 p.m. Closed weekends.

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

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

LA COUNTY FIRE RECOVERY UPDATES"



On June 17, the LA County Board of Supervisors approved a motion to waive and refund fees for qualifying property owners rebuilding single-family homes in unincorporated Los Angeles County following the Eaton and Palisades wildfires.

ELIGIBILITY

The Board motion was aimed at making the rebuilding process more affordable and accessible to homeowners looking to rebuild homes that were destroyed in the January wildfires. Certain types of rebuild projects (such as commercial or rental housing) are not eligible for a waiver or refund.

To qualify for a permit fee waiver or refund, an applicant must be able to demonstrate that they both owned and lived on the property prior to January 7, 2025.

A project qualifies for a fee waiver or refund if it is:

- Located in unincorporated Los Angeles County
- A replacement single-family home – which could include accessory structures such as garages, Accessory Dwelling Units (ADUs), pools, etc. – that was destroyed by the Eaton or Palisades Fire
- A “standalone” ADU that the property owner will temporarily occupy while they wait for their replacement single-family residence to be built

A project does not qualify for a fee waiver or refund if it:

- Is a commercial property
- Contains multi-family housing units
- Is a rental property (non-owner-occupied)
- Is not a home directly destroyed in the fires
- Is a temporary housing unit or temporary housing community

To apply for a fee waiver, please fill out a Request for Fire Rebuild Fee Waiver or Refund form and email it to recovery@planning.lacounty.gov.

PERMIT CENTERS

LA County is hosting One-Stop Permit Centers in both the Palisades and Eaton fire burn areas to help guide residents through the rebuilding process, answer any questions they have and connect them with each of the building and planning departments responsible for their area.

Schedule a FREE group appointment Mondays, Wednesdays or Fridays or one-on-one appointments Saturday to get expert advice and guidance for County Unincorporated Area residents on how to: Prepare plans for your rebuilding project, obtain entitlements and permits to begin construction, schedule inspections, obtain a certificate of occupancy, and get answers to rebuilding questions.

EATON FIRE:

For unincorporated LA County communities, One-Stop Permit Centers have been established for residents impacted by the Palisades and Eaton fires. Walk-ins are welcome and consultation appointments can be scheduled at the Altadena and Calabasas One-Stop Permit Centers. LA County permitting agencies, including Fire Department, Regional Planning, Public Health, Geotechnical and Materials Engineering Division and Public Works Building and Safety, are available by appointment at the One-Stop Permit Centers to guide owners and their representatives through the rebuild process and answer any questions they may have. Homeowners will be provided packets with information specific to their property, including permit records, assessor records and property attributes. In addition, Southern California Edison (SCE) Planners are available by appointment and Billing Service Representations available via walk-in to assist the customers in their service areas.

Altadena One-Stop Permit Center
464 W Woodbury Rd, Suite 210
Altadena, CA 91001

Walk-In Hours:

Monday – Friday: 8:00AM – 4:30PM

Rebuild Consultation Appointments Available:

Monday, Wednesday and Friday: 8:30 AM – 12:30 PM

Saturday: 8:00 AM – 12:00 PM

SCE Planner Appointments Available:

Effective April 21st:

Monday and Wednesday: 8am – 12pm

Book Appointments:

<https://outlook.office365.com/book/AltadenaRebuildWorkshops@lacounty.onmicrosoft.com/?ismalsauthenablenabled=true>

FEDERAL ASSISTANCE DEADLINE REMINDER

Economic Injury Disaster Loans: October 8, 2025 -

Small businesses and most private nonprofit organizations located in a declared disaster area and which have suffered substantial economic injury may be eligible for a Small Business Administration Economic Injury Disaster Loan.

https://www.sba.gov/funding-programs/disaster-assistance/economic-injury-disaster-loans?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=

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



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ARE YOUR COLLEGE SAVINGS ON TRACK?

(StatePoint) If you’re like many Americans, college savings may be taking a back seat to other financial priorities right now. Financial advisors want you to know that there are options to maximize education savings that you may not be taking advantage of.



New research from Edward Jones, a leading North American financial services firm, and Morning Consult found that 52% of Americans don’t know what 529 plans are, and only 14% note they have or intend to use one as part of their education savings strategy.

“As a parent myself and as a financial advisor, I’ve seen the impact that 529 plans have had for my family’s and my clients’ education savings,” said Andy Esser, a financial advisor at Edward Jones. “With education costs and borrowing costs on the rise, it’s more important than ever for Americans to understand the savings options available to them.”

To help you get your education-specific and broader financial goals on track, Edward Jones is sharing these fast facts about 529 plans:

529 plans, defined: A 529 plan is an education savings investment account that offers federal and state tax benefits. Earnings grow tax free and distributions are tax free, when used for qualified education expenses, and many states plans offer state income tax deductions for contributions

Distributions are flexible: While 529 plans offer a variety of options for how beneficiaries use the funds, this fact is widely misunderstood. In fact, the majority of surveyed Americans are not aware that 529 funds can be used for qualified apprenticeships (72%), K-12 expenses (65%), or possibly even for rollover funds to a Roth IRA (81%), among other options.

Account management offers options: If your family has multiple children, you may choose to open just one 529 account, or different accounts for each child. Either way, if a named beneficiary decides not to attend school, the account owner can change the beneficiary to another eligible family member.

Contributions are easy: 529 plans accept contributions from anyone, regardless of whether they are account holders, making it easy for loved ones—from grandparents to family friends—to contribute to tax-advantaged education savings.

Savings are falling short: Only 38% of Americans feel like they are saving enough to reach their education savings goals, meaning most families will likely need to lean on student loans to meet costs. A 529 plan can offset what your family might need to borrow, helping position you for a debt-free future.

Financial advisors can help: The majority of respondents (78%) do not typically consult a financial advisor before making decisions related to education savings, but 21% say that working with a financial advisor would help them feel better about covering the costs of future education expenses. Financial advisors can act as impartial third-party experts to develop tailored strategies to meet your savings goals within the context of your big-picture financial goals.

To learn more about 529 plans, visit www.edwardjones.com.

“Amid inflation and high interest rates, a growing number of young people are considering skipping higher education altogether. Understanding the many savings options available can help them make an informed decision about whether college is within reach,” says Esser.

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@acsllions.com
Principal: Cindy Harmon
website: www.acsllions.com

Arcadia High School
180 Campus Drive Arcadia, CA 91007
Phone: (626) 821-8370, Principal: Brent Forsee
bforsee@ausd.net
Arroyo Pacific Academy
41 W. Santa Clara St. Arcadia, Ca,
(626) 294-0661 Principal: Phil Clarke
E-mail address: pclarke@arroyopacific.org

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Wilson Middle School
300 S. Madre St. Pasadena, Ca. 91107
(626) 449-7390 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

PUZZLES FOR YOU

AMERICAN FICTION

ACROSS

- 1. Mythical air spirit
- 6. Water glider
- 9. Opposite of eve
- 13. Artfully shyly
- 14. X
- 15. Move a plant
- 16. Sainly glows
- 17. Industrious insect
- 18. Inundated
- 19. *An American Tragedy” author Theodore _____
- 21. *Ignatius J. Reilly, “A Confed-eracy of Dunces” protagonist
- 23. Neither’s partner
- 24. Flipside of pros
- 25. What hernias do
- 28. Snowman’s corn cob
- 30. 1970s dancing venues
- 35. Home to China
- 37. Biceps exercise
- 39. W.E.B Du Bois’s org.
- 40. Clays or mucks
- 41. Quetzalcoatl worshiper
- 43. Viracocha worshipper
- 44. Muse of love poetry
- 46. The Hippocratic one
- 47. High in decibels
- 48. Orthopedic device
- 50. Egyptian goddess of fertility
- 52. Before, before
- 53. Kitten’s plaything
- 55. Between Cancer and Virgo
- 57. *Beatrice Belden’s nickname
- 60. *American Library Association’s medal for children’s literature
- 64. C in CSI
- 65. To boot
- 67. #61 Down plus E
- 68. Altar’s location, pl.
- 69. Fled
- 70. Indian cuisine dip
- 71. Give an impression
- 72. Mining product
- 73. See-through

DOWN

- 1. Common tropical marine fish
- 2. Part of BYO
- 3. Orpheus’ instrument
- 4. *Patricia MacLachlan’s “Sarah, _____ and Tall”
- 5. Medicinal herb
- 6. _____ anise, chai tea spice
- 7. * _____ Kesey’s “One Flew Over the Cuckoo’s Nest”
- 8. Foreword
- 9. Whimper
- 10. Milky-white gem
- 11. Like certain people’s glasses
- 12. Greatest possible
- 15. Ex grape
- 20. *”Fear of Flying” author _____ Jong
- 22. Finish line, e.g.
- 24. Not doubting
- 25. *Percival Everett’s reimagining of “Adventures of Huckleberry Finn”
- 26. Steal a throne
- 27. Type of wave
- 29. *”The Godfather” author Mario _____
- 31. Go yachting
- 32. Birch bark vessel
- 33. Come to pass
- 34. *Dashiell Hammett’s hardboiled detective Sam _____
- 36. _____ Spumante
- 38. Classic game show “ _____ Make a Deal”
- 42. Argentina’s western neighbor
- 45. December birthstone, pl.
- 49. “Mai” follower
- 51. Paris’ underground tourist attraction
- 54. Yesteryear style
- 56. West African religious practice
- 57. Genealogical plant
- 58. Winter window design
- 59. Allah’s cleric
- 60. Opposite of all
- 61. Huron’s neighbor
- 62. Baptism or shiva, e.g.
- 63. 2025, e.g.
- 64. “The Young and the Restless” network, acr.
- 66. Boat propeller

CROSSWORD

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DID SOMEONE SAY HAPPY HOUR? MERCADO SOUTH LAKE

Mercado on South Lake Avenue in Pasadena is the go-to spot for an exceptional Happy Hour experience. With a perfect blend of affordable drinks, delicious food, and a welcoming atmosphere, Mercado offers great value and a memorable time.

Mercado's bar area is stylish and inviting, creating the perfect setting for a relaxing Happy Hour. The contemporary decor, warm lighting, and vibrant energy make it an ideal spot to unwind after a long day or kick off an evening out with friends.

HAPPY HOUR HIGHLIGHTS

Running from 3 PM to 6 PM, Monday through Friday, Mercado's Happy Hour features a fantastic selection of discounted drinks and appetizers that cater to a variety of tastes.

Drinks:

- **Tecate Beer:** A classic choice for beer lovers, offering great value.
- **Mercado Margarita:** A refreshing blend of premium tequila, fresh lime juice, and agave, this margarita is a crowd favorite and a great deal during Happy Hour.
- **House Wine:** Red and white options available, perfect for wine enthusiasts.
- **Draft Beers:** A variety of local and imported beers on tap, ensuring there's something for everyone.
- **Specialty Cocktails:** Creative cocktails featuring seasonal ingredients and unique twists on traditional recipes.

Appetizers:

- **Lela's Ground Beef Tacos:** A must-try, these tacos are packed with flavor and perfectly seasoned ground beef.
- **Lobster Taco with Mexican Slaw:** A delightful combination of succulent lobster and fresh slaw, offering a unique and tasty option.
- **Carnitas Tacos:** Ideal for sharing, these tacos are a winner with their tender, flavorful pork.
- **Vegan Choices:** Mercado also offers many vegan options during Happy Hour, ensuring there's something for everyone to enjoy.

Service

The service at Mercado is consistently excellent, with attentive and knowledgeable staff. General Manager Glenn is often present, ensuring that every guest feels welcomed and well-cared-for. His dedication to hospitality enhances the overall Happy Hour experience.

Patio Dining

One of the highlights of Mercado is its inviting patio. Equipped with misters to keep the area cool, the patio offers a pleasant outdoor dining experience, even on warm days. It's the perfect spot to enjoy your Happy Hour drinks and appetizers while taking in the fresh air.

Final Thoughts

Mercado on South Lake Avenue excels in creating an outstanding Happy Hour experience. With its inviting atmosphere, fantastic drink specials, delicious appetizers, and exceptional service, it's a prime spot in Pasadena to relax and enjoy some quality time. Whether you're a fan of Happy Hour or simply appreciate a well-crafted drink, Mercado is sure to impress.

- **Address:** 140 South Lake Avenue, Pasadena
- **Phone Number:** 626-345-5778



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THE TASTING ROOM RESTAURANT WINE LISTS – A HIDDEN GEM IN DOWNTOWN LOS ANGELES.

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

Prior to going to a restaurant, I usually review the wine list, and more often than not, the wine list is really underwhelming. I check the corkage fee, and I take my own bottle(s) of wine. I don't understand why restaurants don't put more thought into their wine list. With some effort, good wine at good pricing is not hard to find. One place that I have been going to for years has an outstanding wine list – Philippe the Original. Yep, the place famous for French Dip Sandwiches has a wine list that puts to shame a lot of other restaurants that don't put effort into their wine list.

The last time I was there, while I ordered the lamb dip with blue cheese, I reviewed the wine board and was so pleased to see some great wines. Bedrock Syrah, Bedrock Sauvignon Blanc, Talley Chardonnay, Blood Root Pinot Noir, Tapiz Alta Malbec, Land of Saints GSM, and Adelaida Cabernet Sauvignon were some of the wines that stood out on this impressive wine list. Were there duds on the list? Yep – the ubiquitous Justin Cabernet Sauvignon stood out as a wine that I would never order. However, most of the wines listed were wines that I would not hesitate to order at a restaurant. Not only was the wine list an outstanding wine list, the by the glass pricing was also very reasonable.

Next time you are at Philippe's, make sure to peruse the wine list. You will be very happy that the management at Philippe's took the time to construct a well-thought-out wine list. And you will be left to wonder why more restaurants don't do the same.



Philippe the Original is located at 1001 N Alameda St, Los Angeles, CA. It has been around since 1908 and serves the best French Dip Sandwiches anywhere. Kudos to Philippe the Original for such an innovative, interesting, and exceptional wine list!

Join my G-Rated Wine & Social Club to know which other restaurants offer superb wine lists. You'll also receive my newsletter with reviews of great wines that I taste all the time. Email me at glira@gratedwine.com and you can read about these wines and other incredible wines.

Until next time – Salud!



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ALL THINGS

By Jeff Brown

THE WRIGHT BROTHERS by David McCullough

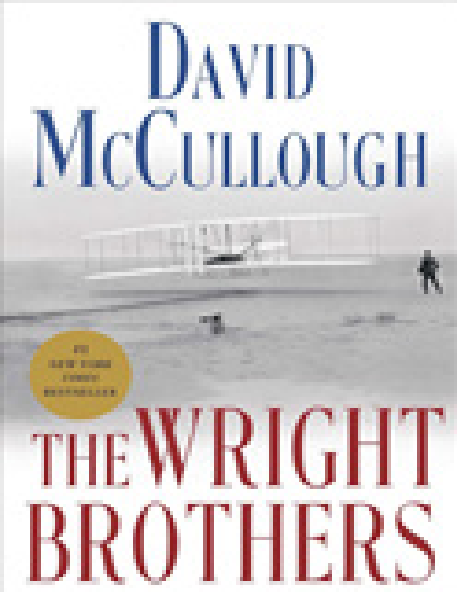
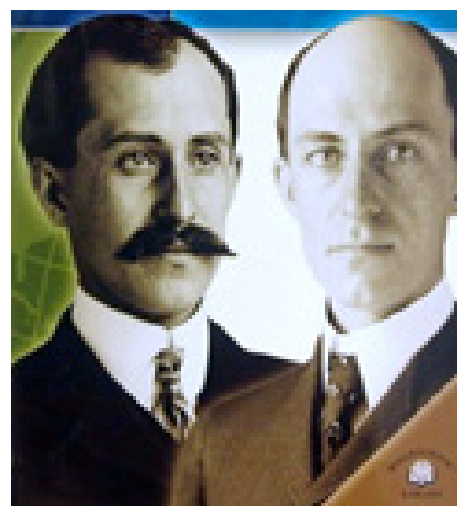
Two-time winner of the Pulitzer Prize David McCullough tells the dramatic story-behind-the-story about the courageous brothers who taught the world how to fly: Wilbur and Orville Wright.

On a winter day in 1903, in the Outer Banks of North Carolina, two unknown brothers from Ohio changed history. But it would take the world some time to believe what had happened: the age of flight had begun, with the first heavier-than-air, powered machine carrying a pilot. Who were these men and how was it that they achieved what they did?

Far more than a couple of unschooled Dayton bicycle mechanics who happened to hit on success, they were men of exceptional courage and determination, and of far-ranging intellectual interests and ceaseless curiosity, much of which they attributed to their upbringing. The house they lived in had no electricity or indoor plumbing, but there were books aplenty, supplied mainly by their preacher father, and they never stopped reading.

When they worked together, no problem seemed to be insurmountable. Wilbur was unquestionably a genius. Orville had such mechanical ingenuity as few had ever seen. That they had no more than a public high school education, little money and no contacts in high places, never stopped them in their "mission" to take to the air. Nothing did, not even the self-evident reality that every time they took off in one of their contrivances, they risked being killed.

In this thrilling book, master historian David McCullough draws on the immense riches of the Wright Papers, including private diaries, notebooks, scrapbooks, and more than a thousand letters from private family correspondence to tell the human side of the Wright Brothers' story, including the little-known contributions of their sister, Katharine, without whom things might well have gone differently for them.



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VITAMINS MATTER AS WE GET OLDER

As we get older, our bodies go through a lot of changes, and one thing that becomes really important is making sure we're getting the right vitamins. I've learned this myself, and I wanted to share a few things that might help others in our community.

For starters, Vitamin D and calcium are super important. They help keep our bones strong and healthy. As we age, our bones can get weaker, and these two nutrients work together to help prevent things like fractures. A little sunshine helps with Vitamin D, but sometimes we need a supplement too.

Then there's Vitamin B12, which helps with energy and memory. A lot of seniors don't get enough of it because our bodies just don't absorb it as well anymore. I've started taking a B12 supplement, and it's made a difference for me.

Vitamins C and E are good for our immune systems and may even help protect us from some illnesses. It's always best to get these from fruits and vegetables, but supplements can help if you're not eating as much as you used to.

It's easy to think that more vitamins are always better, but that's not the case. Taking too much of certain ones can actually be harmful. That's why it's a good idea to talk to your doctor before starting anything new.

In the end, eating well, staying active, and keeping up with our vitamins can really help us feel better and stay healthy as we age. Just a little bit of attention to what we put in our bodies can go a long way!

WHERE TO FIND SENIOR DISCOUNTS IN 2025

Dear Savvy Senior,

My husband and I are in our 50's and would like to know what resources you recommend for locating senior discounts, and what age do they kick in? Frugal Fay



Dear Fay,

One of the great perks of growing older in America is the many discounts that are available. There are literally thousands of senior discounts on a wide variety of products and services including restaurants, travel and lodging, entertainment, retail, health, grocery stores, automotive services and much more. These discounts – typically ranging between 5 and 25 percent off – can add up to save you hundreds of dollars each year.

So, if you don't mind admitting your age, here are some tips and tools to help you locate the discounts you may be eligible for.

Always Ask
The first thing to know is that most businesses don't advertise them, but many give senior discounts, so don't be shy about asking.

You also need to know that while some discounts are available as soon as you turn 50, many others may not kick in until you turn 55, 60, 62 or 65.

Search Online
Because senior discounts frequently change and can vary depending on where you live and the time of year, the internet is the easiest way to locate them.

A good place to start is at TheSeniorList.com (click on the "Money" tab), which provides a large list of discounts in restaurants, grocery stores, retail stores, and for prescription medications, travel and more.

You can also search for discounts by provider. Go to any standard search engine like Google or Bing and type in the business or organization you're curious about, followed by "senior discount" or "senior discount tickets." Or use an AI tool like Chat GPT or Gemini to do a search.

If you use an iPhone, you can even use the "Senior Discounts & Coupons" app (available in the App Store), which categorizes discounts by age and type.

Join a Club
Another good avenue to senior discounts is through membership organizations like AARP, which offers its members age 50 and older a wide variety of discounts through affiliate businesses – see AARP.org/ViewMyBenefits.

If, however, you don't like or agree with AARP, or don't want to pay the \$15 membership fee, there are other organizations you can join that also provide discounts like the Association of Mature American Citizens (AMAC.us), the American Automobile Association (AAA.com), or for retired federal workers, the National Active and Retired Federal Employees Association (NARFE.org).

Types of Discounts
Here's an abbreviated rundown of some of the different types of discounts you can expect to find.

Restaurants: Senior discounts are common at restaurants and fast-food establishments – like Chili's, Denny's, Golden Corral, Outback Steakhouse, McDonald's and Sonic – ranging from free/discounted drinks to discounts off your total order.

Retailers: Many thrift stores like Goodwill and Salvation Army, and certain retailers like Joann, Kohl's, Michaels, Ross, Petsmart and Walgreens stores offer a break to seniors on certain days of the week.

Supermarkets: Many locally owned grocery stores offer senior discount programs, as do some chains like BI-LO, Piggly-Wiggly, Fry's, New Seasons, Fred Meyer and Hy-Vee, which offer discounts on certain days of the week.

Travel: American, Delta and United Airlines provide discounted senior fares for select destinations in the U.S. to passengers 65 plus, while British Airlines offers AARP members \$65 off economy seats. Amtrak provides a 10 percent discount to travelers over 65. Most car rental companies give discounts to 50-plus customers or AARP members. Royal Caribbean, Norwegian and Carnival cruise lines offer senior rates to cruisers 55 and over. And, most hotels offer senior discounts, usually ranging from 10 to 30 percent.

Entertainment: Most movie theaters, museums, golf courses, ski slopes and other public entertainment venues provide reduced admission to seniors over 60 or 65. And the National Park Service offers a lifetime senior pass for those 62 and older for \$80.

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



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







YWCA



Senior Lunch and Food Services



Mondays - Thursdays

The Hart Park House Senior Center
222 W. Sierra Madre Blvd., Sierra Madre, CA 91024.
11:30am (Participants are encouraged to arrive by 11:15am)
Seniors 60 Years of Age and Up
A suggested donation of **\$3.00** for seniors 60 and over.
\$5.00 for non-senior guest.
Daily reservations are not required.



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OUT TO PASTOR
A Weekly Religion Column by Rev. James Snyder
AND THEN IT'S MONDAY.....AGAIN

I'm not sure if it's just me getting old or something altogether different. Time seems to go by fast.

My father used to say, "The older you get the faster time goes." I'm finally beginning to understand what he meant by that.

At the time, I laughed at him and didn't understand what he was saying. However, I now have a good idea of what he was talking about. Time has a way of passing quickly.

It seems that all of a sudden, it's a Monday morning and my week is starting all over again. And I need to focus on planning out my week and making the most of it. However, by the time I finished planning my week, it was already Thursday. Oh boy, where does that time go?

When I was young, there were seven days in the week. Now that I'm older, there are only seven days in the week. The first seven days took significantly more time to complete than the next seven days. I'm still trying to figure out what the difference is.

Even The Gracious Mistress of the Parsonage has a little problem with this. By Thursday, she will say, "Where did all my time go?"

I think I know a lot of things, but when I think I know them, I find out that I don't know them at all. I don't know where time goes or why it passes so quickly.

How would my life change if I could figure out where time goes? There must be somewhere where time hides or goes on vacation or something. And if I find that, I think my life would change in an instant.

The one thing that bothers me is that I just celebrated my 74th birthday. I've had 74 years to figure this out, and I'm still at the same place I started. I don't know where time goes.

It seems that when I walk into my office on Monday morning to begin the week, I walk out shortly after, and it's Friday. What happens between Monday and Friday? I have my schedule, and I know when I'm supposed to do certain things, but that still does not explain how fast time goes.

When I was young, time seemed to slow down almost to a stop. Back then, it took me about four years to have a birthday. It took me about five years to catch up to Christmas. I'm not sure, but I think old Santa Claus had something to do with that. All his "hoe, hoe, hoeing" is his way of hiding this secret about time.

There are times when it seems to take forever to get from Monday to Friday. But at the end of Friday, I'm so excited my weekend is just about to begin. By the time I finish celebrating the weekend, it's Monday morning already. Oh boy.

The other week, The Gracious Mistress of the Parsonage and I were going out for a nice dinner on a Saturday evening. We don't often do this, but occasionally, we treat ourselves to this kind of pleasure.

As we were going out the door to go to the diner, The Gracious Mistress of the Parsonage said, "Honey, do we have time to stop at Publix? I need to pick up something."

I never know how to answer that kind of question. I want to say, "Okay, but where do we find the time?"

What I want to figure out is why, when I have a schedule to meet, time seems to pass quickly. But when I don't have anything to do, time slows down to a snail's pace. I can never figure that out. Why is 60 minutes in one timeframe faster than 60 minutes in another timeframe? And is it all the same?

On Monday morning, I try to plan out my week's schedule so that I can complete everything on time. That is my plan, but it seems to me that "time" has a different agenda for me. Why can't time be on my side?

I wished I had control of my time like The Gracious Mistress of the Parsonage.

Often, she will come to my office, look at me, and say, "Did you have enough time to finish that project?"

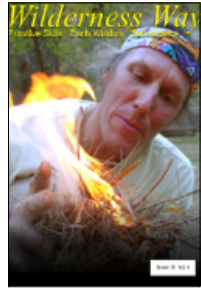
What do I say? Of course, I had the time to do it, but time was slipping away from me, wiggling to the left and then to the right, and I couldn't catch it. I had the time to do it, or at least I thought I did.

As I celebrated my birthday, I reflected on my past. How did I get to this point so quickly? Of all my expectations in life I never expected to get old.

I was reminded of what the Bible says along these lines.

"Go to now, ye that say, To day or to morrow we will go into such a city, and continue there a year, and buy and sell, and get gain: Whereas ye know not what shall be on the morrow. For what is your life? It is even a vapour, that appeareth for a little time, and then vanisheth away. For that ye ought to say, If the Lord will, we shall live, and do this, or that," (James 4:13-15).

My life as a Christian boils down to God's will for my life. My time is in His hands.



CHRISTOPHER Nyerges

[Nyerges is an educator and the author of over two dozen books including "Urban Survival Guide," "Extreme Simplicity," "Foraging Californai," and other books. More information at www.SchoolofSelf-Reliance.com.]

THE PSYCHOLOGY OF COLOR

Recently, I attended one of the Sunday morning WTI talks on the subject of colors and how colors affect us. The initial query that led to the talk was why Buddhist monks wear golden robes. But it turns out that in fact all monks do not wear gold robes, and that their robe colors can range from traditional white, to yellow, orange, golden, brown, and even blue or black. One theory is that the color of the robe had more to do with the soils that predominated in the area where the sect developed, and presumably the soils were used as dyes. So, does the color of clothing affect the person wearing it? Would a monk be wearing a predominantly golden color because the atmosphere of gold would help one to live a more spiritual life? These were just some of the questions that the speaker, psycho-theologist Julie Balaa, attempted to answer.



Julie Balaa

First, Balaa explained that there is an organic and universal language of color that everyone comprehends so well that we never even think about it. So does "red" always mean "red"? It's all about context. Red can mean stop, as in a stop sign, or it can mean love, or it can mean "go fast" as with a red car. Statistics have shown that there is a slightly higher percentage of accidents with red cars. Red is used by Target and Coca Cola and many other business, hopefully so you will feel an urgency to buy their products.

Fast food businesses will often use red and yellow, such as the MacDonald's logo, which are said to stimulate appetite, and inspire you to buy. Orange is regarded as "friendly," and yellow is interpreted as optimism and warmth. Green often indicates health or growth, and is used by Whole Foods. It's not an exact science, but there are enough clear results that businesses use colors all the time. A hospital room might be pastel blue or light green to calm patients. A fast food restaurant may use a brighter color on its walls so you eat and get out as quickly as possible.

We learned that each color is a specific part of the wave length of the light spectrum. We learned that if an object appear red, that means that red is the part of the spectrum that the object is giving away, not keeping. It sounds contradictory, but there's a science to it.

We looked at a chart, taken from the Dr. Richard Jelusich's "Eye of the Lotus" book about colors and their frequencies. According to Dr. Jelusich, "To give you an idea of what it takes for our eyes to 'see' blue, its frequency must be oscillating at 6.82 x 10¹⁴ cycles per second, or Hertz (Hz). That means, the frequency must be moving at over 60,000,000,000,000 Hz for you to see it. Its wavelength (the distance for the wave to make one cycle) must be 440 nanometers (nm) or 440 billionth of a meter." Dr. Jelusich shares the frequencies, wave lengths, and sound frequencies of the seven major colors.

This suggests that each color must have a sound, even though our ears are not capable of hearing it. But just as the human eyes can only see a limited part of the light spectrum, the human ears only hear a limited portion of the sound spectrum. Thus, if our anatomy was different, more refined, maybe human beings could walk around all day and hear the sounds of each color, and see the colors of each sound. The connection exists, though we are not capable of experiencing this with only our human eyes and ears.

Getting back to the color of a monk's robe, how would wearing a certain color affect us, if it does at all? The color of our clothing can at least cause other people to have a particular impression about us, and it might also affect how one feels about oneself that day.

It was concluded that the color one wears, and associates with, could indeed influence one's inner psychology, and the attitudes of those you interact with. But it would be a stretch to conclude that wearing a certain color will improve your character, or make you a better person, since such things as character can only be improved by hard work and refined thinking, not merely wearing a golden garment. You can put on a golden garment and look like a priest, but that alone will not make you a priest.

Still, we discussed how certain colors tend to attract or repel certain types of thoughts, and that by the use of color, you could attract or repel certain types of thoughts from your atmosphere. That's something I've actually experimented with and had surprising results.

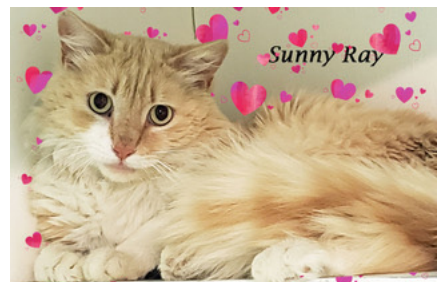
The use of color is indeed a science, though not a "hard" science like, say, mathematics. Whether your choice and use of color is the result of deep thought, or rather random, those colors will still yield results, intentionally or not.

Katnip News!



SUNNY RAY NEEDS A FOSTER!

Sunny Ray, age 1 yr., is a gorgeous light apricot and cream longhair boy. He was picked up by animal control with a draining abscess on his back leg and no one to claim



him. We don't know what this beautiful young boy endured before rescue, but his quiet, haunted eyes suggest he's been through more than any cat should. His leg will be seen by a specialist.

Now he is safe, neutered, and vetted, but Sunny Ray's spirit is still on the mend. He doesn't hiss or flinch when we reach out a hand; he allows gentle touch, but seems unsure how to respond. He's not aggressive or fearful—just emotionally shut down, as if waiting to know it's finally safe to open up.



Sunny Ray needs a soft landing—a patient foster or forever home where he can exhale, take his time, and rediscover joy. With a calm environment, gentle encouragement, and maybe some toys, we believe he'll learn how to trust, to play, and to love.

Could you be the one to help bring the sunshine back to Sunny Ray's life?

Apply to meet him with the qr code or at <https://www.lifelineforpets.org/sunny-ray.html>. If you are interested in fostering, you may indicate that on the application.

Pet of the Week

Meet Marta, a sweet, 3-year-old Siberian Husky who's looking for her forever home! Marta came to Pasadena Humane as a stray, and she's ready to leave her past behind to find a loving family to call her own. Marta is an affectionate dog who absolutely adores belly rubs! She's playful, curious, and enjoys long walks where she can sniff everything in sight. She is very treat-motivated, knows her "sit" command, and responds well to gentle cues. Though she's a little shy at first, especially around men, once Marta warms up to you, she'll show you her true, loyal self. Loving Marta forms strong bonds with her people and has displayed some separation anxiety while in foster care. She is generally calm and well-behaved at home and would thrive with an owner who welcomes her following them around and finding comfort in being right next to you.



With a little patience, Marta would make an incredible companion for someone who is ready to give her the attention and safety she needs. If you're looking for a faithful, sweet dog who's ready to settle into your life, Marta might be the perfect match! Adopt her today from Pasadena Humane and give this wonderful girl the second chance she deserves.

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

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

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

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

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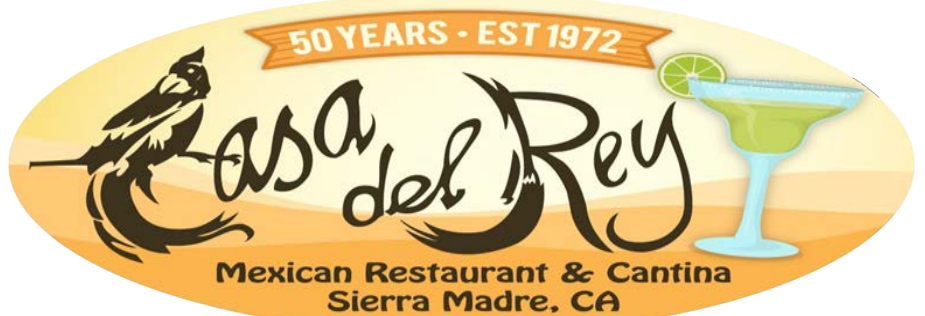
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Mountain Views News Mission Statement

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

STUART TOLCHIN



PUT THE LIGHTS ON

KEEP THINKING

If you can ask AI anything, what do you possibly need me for? Why are you taking the time to read my article. I can assure you that I have no special literary skill, or unique understanding of what is going on all around us. All right, if I have nothing unique or special to say, then why am I taking the trouble to write at all? Well, my friend, why does anybody do anything?

I admit finding an answer is challenging. The often-repeated phrase by Rene Descartes “I think therefore I am” pops into my mind. I am curious to find out who I am and that continuing curiosity is absolutely vital. In fact, I think it is this curiosity which gives meaning to life. I don’t want some technological marvel to answer the question. It is the continuing search that is the answer.

Are you still reading? Why? Perhaps it is your searching for something that will ring a bell within you in a way that is very personal to you. Maybe you too don’t want to be told the answer, you want to find it for yourself. Maybe you are content with who you are and ask no more of life. Many of us are very comfortable just doing what we are doing. We go on vacations and take risks to experience new feelings. I don’t drive fast cars, or mountain climb, or Bunji jump, or water ski, or do much of anything. My continual search is to just find out who I am and even perhaps why I am. Is there some overriding purpose to my life? Perhaps I may seem boring to you, but I am fascinating to myself.

Recently I became aware that the entity I call “I” is not a simple isolated unified creature. Walking by a tree that had its upper bark removed I saw that within that tree there was a continuing crisscrossing of information constantly moving within that tree. I have become aware that within myself there is not a simple source of consciousness, but rather there is a multitude of information and perceptions most of which are unnoticed. This is a very exciting thing to notice! I want to know more about it, about myself. Thinking is what I like to do best and writing these weekly columns assists me in thinking. What am I thinking about? I am thinking about me and how I can connect with the world; perhaps how I can connect with you my imaginary reader as I do not seem very capable or interested in just writing to myself.

As far as I can tell we are all social beings. Many people I think see other people as competitors who they want to defeat. Highly motivated people, perhaps like Mr. Trump; have an insatiable need to achieve more. More power, more wealth, more status, more women, just plain more and there is never enough. It is easy for me to condemn such people, but the truth is these people organize the world for the rest of us. They create jobs and businesses and scientific advancements that benefit others while they seek mainly to benefit themselves. We are distracted by the news about their lives and even identify with them as a way of not noticing ourselves. Often, we are simply comfortable distant observers not caring much about much except the continuation of the routines within our lives that have brought us some satisfaction.

Well, the times have changed, and it is now clear that we each must make some choices about how we live. We really must think about what we are doing and try to learn what is best for ourselves and the welfare of others that we care about. Is the United States doomed? Should we relocate, how do I prepare or is ignorance the best policy? Are there messages from animals or plants that warn us of things to come? Should we study our own heritage and get a better sense of what aptitudes we have and are not using?

As I reach this point, I realize what an exciting time is now facing us. What will tomorrow bring and what else do I want to be doing? I am curious to know, and I hope you have the same feeling. We are not just observers; we are in the process of living and experiencing our own unique lives. Hooray for my writing and if you are still with me perhaps the writing may unleash your own curiosity about your life.

Keep thinking, I think that is the unique and most satisfying things humans can do.



HOWARD Hays As I See It

“You know when a gross guy at the bar is checking you out? It’s that feeling” – Samantha Holvey, 2006 Miss North Carolina entrant for Miss USA, on pageant owner Donald Trump

1997 Miss Utah, Temple McDowell, complained of Trump’s forced kissing. Miss Arizona of

2001, Tasha Dixon, shared the complaint of Trump simply walking into dressing rooms as they were changing. Miss New Hampshire 2000, Bridget Sullivan, called it “really shocking. We were all naked. He’d hug you just a little low on your back” Dixon says she went public after hearing Trump brag about those backstage visits to Howard Stern.

Writer E. Jean Carroll won verdicts against Trump for defamation and a sexual assault in a department store dressing room. The judge explained that outside the narrower definition in New York law, Trump was indeed guilty of “rape”, according to “the meaning of that word as it often is used in everyday life and of the evidence of what actually occurred between Ms. Carroll and Mr. Trump”.

Journalist Natashya Stoyloff testified at that trial how Trump forced himself on her when she was at Mar-a-Lago to interview him and Melania, who was pregnant with Barron. Stoyloff said she felt compelled to testify after hearing Trump, during his debate with Hillary Clinton, deny ever having forcibly kissed anyone.

For model Kristin Anderson, it was at a Manhattan nightclub where Trump groped under her clothes. She called it “very random, very nonchalant on his part” – and that she and her friends were “very grossed out and weirded out” by it. She decided to go public after that “Access Hollywood” tape came out.

Two dozen women came forward to warn of the serial predator who’s now president. Another is makeup entrepreneur Jill Harth. Partnered with promoter George Houraney, they went to Trump in 1992 seeking sponsorship for a “Calendar Girls” beauty pageant.

From their first meeting, Trump was making moves on Harth. The three of them agreed to get together at Mar-a-Lago, with Trump suggesting they bring some pageant contestants along - Harth telling Vanity Fair that Trump “wants to see the quality of the girls”. They expected some sort of event, but the only other guest there was Trump’s friend from “just down the road”, Jeffrey Epstein.

Following Epstein’s indictment, Houraney recalled to the NY Times, “I said, ‘Who’s coming tonight? I have 28 girls coming.’ It was him and Epstein. I said, ‘Donald, this is supposed to be a party with V.I.P.s. You’re telling me it’s you and Epstein?’” Jill Harth later charged Trump with having sexually assaulted her that night in his daughter Ivanka’s bedroom. She dropped the charges once Trump settled with Houraney, who’d sued him for breach of contract over that pageant sponsorship deal. Trump and Epstein hung out together for

fifteen years. Former Sports Illustrated model Stacy Williams, dating Epstein at the time, told The Guardian of Epstein taking her to visit Trump at Trump Tower, where the two men just continued smiling and chatting as Trump groped her. She later recalled “this horrible pit in my stomach that it was somehow orchestrated.” Last week, Williams told CNN that Trump was Epstein’s “bro”, “his wingman” – that they “were very close and were up to no good.”

On MSNBC, Lawrence O’Donnell reminded that Trump was calling Epstein “a terrific guy” and “a lot of fun to be with” during the time Epstein was raping children.

Among that “Phase One” batch of evidence released last February was an index of what wasn’t included: 40 computers, 26 storage drives, 70 CDs, 300 gigs of data and logbooks of visitors to Epstein’s compounds in the Virgin Islands.

Sen. Ron Wyden (D-OR) reminds that the Treasury Department holds records on \$1.5 billion of Epstein transactions that financial institutions flagged as suspicious. He said they’ve found that “several ultra-wealthy Wall Street financiers . . . paid Jeffrey Epstein hundreds of millions of dollars . . . There’s a clear paper trail here between Epstein and these guys, and DOJ needs to follow the money.” Release of these records had been blocked by Senate Republicans.

Instead, we have Attorney General Pam Bondi, FBI Director Kash Patel and FBI Deputy Director Dan Bognino insisting there’s nothing more to see. And then 1,000 FBI agents are urgently dispatched to scour 300,000 pages of Epstein records to flag any mention of Donald Trump.

We have Deputy AG Todd Blanche (who defended Trump in the Stormy Daniels affair) off to visit Epstein associate Ghislaine Maxwell, now serving twenty years in federal prison on conviction of five counts of sex trafficking - two of them involving minors. It’s unclear what the purpose of this visit is, but it’s no doubt clear to Maxwell that how much, if any, of the remainder of her sentence she serves is at the discretion of Donald Trump.

In the meantime, they are indeed releasing files: on the MLK assassination (over the objection of the King family), still more on Hillary Clinton’s emails and whatever it is they somehow just know will result in treason charges against Barack Obama.

But disavowing promises they’d made regarding transparency on the Epstein matter only assures that this won’t go away. House Speaker Mike Johnson (R-LA) thinks by sending Congress home early for August recess, the issue will be gone by the time they return in September. We’ll see.

RICH JOHNSON



DO YOU LIKE YOU?

I don’t want to dwell on the preceding question for too long. But I do want to plant the seed. Not only is it the most important question you can ask yourself, it is also the most important question a parent can ask his or her children. I have seen studies that conclude up to 85% of Americans suffer from low self-esteem. If true, only 15% of us like ourselves.

Yes, I know it is an easy question to ask. Tough question to answer. So just sit and dwell on the question for now.

As I have stated (incessantly) my purpose in writing my columns is to enlighten and hopefully entertain you. My secret agenda is to pass along a few nuggets of lightness you can share to entertain and lighten the load of your friends. (There is a payoff. Lightening someone’s load can be addictive.)

Enough of that for now. But remember, I’m gonna keep my eye on you all. And since music plays such an important role in most of our lives, I think profound song titles might be in order. We may find some we want sung at our weddings. Maybe some resonate perfectly for a funeral. Let’s take a look:

“I Love You, You’re Perfect, Now Change” (Joe DiPietro)
“You’re the Reason Our Kids Are So Ugly” (Conway Twitty)
“She Never Told Me She Was a Mime” (Weird Al)
“If the Phone Don’t Ring, It’s Me” (Jimmy Buffett)
“Thank God and Greyhound (She’s Gone)” (Roy Clark)
“Did I Shave My Legs For This” (Deana Carter)
“Too Much Month at the End of the Money” (Billy Hall)
Thank You (Falettinme Be Mice Elf Agin)” (Sly and the Family Stone)
“I’m So Miserable Without You, It’s Just Like Having You Around” (Billy Walker)
“If You Don’t Believe I Love You, Just Ask My Wife” (Gary P. Nunn)
“I Bought the Shoes That Just Walked Out on Me” (Wynn Stewart)
“Drop Kick Me, Jesus (Through the Goal Post of Life)” Bobby Bare
“How Come Your Dog Don’t Bite Nobody But Me?” (Web Pierce, Mel Tillis)
“Mama Get the Hammer (There’s a Fly on Papa’s Head)” (Homer & Jethro)
“You Take the Medicine...I’ll Take the Nurse” (William Penix)
“I’d Rather Have a Bottle in Front of Me (Than a Frontal Lobotomy) (Randy Hanzlick)
“I’ve Been Flushed from the Bathroom of Your Heart” (Johnny Cash)
“You Can’t Roller Skate in a Buffalo Herd” (Roger Miller)
“You Can’t Have Your Kate and Edith Too” (The Statler Brothers)
“Girl’s Just Want to Have Lunch” (Weird Al) of course!
“Dogs Can Grow Beards All Over” (Devil Wears Prada)
“Don’t Eat the Yellow Snow” (Frank Zappa)
“Nothing’s Gonna Change My Clothes” (They Might Be Giants)
“I’ve Got All This Ringing in my Ears and None on My Fingers” (Fall Out Boy)

Finally, big companies spend millions developing clever slogans that help them position themselves in the marketplace. Here are a few of the real humdingers of failed slogans just in case you are looking for inspiration lol:

“It’s not for everyone...and that’s okay”
“Good enough...sometimes”
“You’ve seen worse”
“Making average look acceptable”

I think I will share the rest of these “motivational” quotes next week. Have a great

CHRISTINE FLOWERS



AI IS A 21ST CENTURY ‘INVASION OF THE BODY SNATCHERS’

My favorite horror movie is the original “Invasion of the Body Snatchers,” closely followed by the 1978 remake with Donald Sutherland.

The reason I still sleep with the lights on after watching them is the idea that we can live among facsimiles of reality, when it’s all fabrication. Inauthenticity isn’t necessarily bad.

In fact, it’s how we mate, campaign for votes, and become social media influencers. There is nothing more anathema to intimate relationships these days than having your original lips.

But now that artificial intelligence has entered the chat, I’m worried. It’s not just the sense that I’m being fooled. It’s the dangers that exist in allowing this Trojan horse of illusion into our daily lives.

The fear comes from making it increasingly difficult to identify the truth. As a former teacher, the understanding that we will never again be able to completely trust the work product of ambitious high school seniors is chilling.

When I used to grade papers, I prided myself on knowing when one of my little charges had done a cut and paste job.

Now, I’m not sure I’d be able to discern the real from the Memorex, and if you don’t get that reference you’re too young to be up this late reading.

I know that there have always been cheating scandals, and I myself sneaked a few peeks at Cliff Notes in my halcyon academic days, but this is a whole new level of dissimulation.

But that’s not the only concern I have with AI. The other day, I asked Chat GPT to write something in my own style about the pope, and the result was so similar to words I’d actually put to paper in the past that I reflexively deleted it.

Chilling. Here was a technology that had made me irrelevant. There are some progressives who might love that, particularly after I read what Chat GPT had to say about me when I asked it for a description of “Christine Flowers, columnist.”

But I come from that last generation of people who put physical words to physical paper, and who actually had to work to erase her mistakes.

Now, we don’t even need to press the back key on the word processor. We can eliminate the mistakes before they even occur, by simply giving the job over to our friend the chatbot.

It reminds me in a sinister way of the new genetic technologies that allow parents to design children without illness, without brown eyes, without receding chins and unathletic builds.

And don’t get me started on the pathetic people who have AI boyfriends and girlfriends, which are nothing more than the virtual equivalent of blow up dolls.

A lot of folks would say that I protest too much, and that I’m ignoring the great benefits of the new technologies.

That’s a fair point. But I seriously think that we are going to lose much more by giving ourselves over to this alien sort of technology than we will ever gain.

The other day, I asked Meta, another form of artificial intelligence, to give me some versions of myself.

I uploaded a photo, and watched as the program spat out a hundred versions of Christine, in different outfits, against different backgrounds, with different levels of wrinkles and gray hair.

In some I looked like Gidget, in others like my mother, in one like my grandmother. I was thinner than I now am, and in some cases taller.

I actually liked my doppelgangers, including the ones that really did make me look like Sarah Palin.

The one with the third arm was a little weird, but whatever.

But then I noticed the eyes. In almost all of them, the pupils were either too big, or the whites had disappeared. And the expression was, and I can’t think of another word to describe it, anesthetized.

The fake me was a prettier physical version, but rather empty looking.

And that’s what scared me so much about “Invasion of the Body Snatchers.”

The appearance of reality was merely the shadow of what we are when our distinct characters and personalities are gone.

And I don’t know about you, but give me a flawed, mistake-prone, wrinkled, but human, being over an idealized avatar anyway.

FITNESS FOR LIFE



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

FRUIT FOODIE QUIZ

Summer is the perfect time to enjoy juicy, sweet fruits that are not only delicious but good for your health. From berries to melons to stone fruits, summer brings us natural treats that can cool us down and boost our energy. But how much do you really know about these tasty treats?

Test your fruit smarts with this fun 10-question quiz!

- Which summer fruit is known as the "king of fruits" in many tropical countries and has a strong smell some people find funny?
A) Mango
B) Durian
C) Watermelon
D) Peach
- Strawberries are a summer favorite. Which vitamin are they especially rich in?
A) Vitamin A
B) Vitamin C
C) Vitamin D
D) Vitamin B12

some love and others can't stand. It's creamy inside and full of nutrients!

- B) Vitamin C — Strawberries are loaded with vitamin C, which helps keep your skin glowing and your immune system strong.

- C) Bromelain (a digestive enzyme) — Pineapple contains bromelain, a natural enzyme that helps break down proteins and aids digestion.

- C) Stone fruit — Peaches and nectarines are stone fruits; they have a big pit or "stone" inside.

- A) Antioxidants — Blueberries are packed with antioxidants, which help protect your cells from damage and keep you healthy.

- B) Apples — Apples are mostly harvested in the fall, not summer.

- C) Wash them thoroughly before eating — Many fruits and vegetables on the Dirty Dozen list offer great nutrition. The best way to enjoy them safely is to wash them well under running water.

- B) They are high in water content — Many summer fruits have a lot of water, helping you stay hydrated when it's hot outside.

- B) Peach — Peaches have a large pit or stone inside, which people often call a seed or "pip." If planted properly, that pit can grow into a peach tree.

- B) Mango — Mangoes are full of beta-carotene, the nutrient that gives them their bright orange color and helps your body produce vitamin A, great for your eyes and skin.

Summer fruits are more than just sweet treats. They give you vitamins, antioxidants, and water to keep your body strong and cool. Whether you're munching on sweet cherries, juicy peaches, or refreshing watermelon, these fruits make healthy eating fun and easy. Eating a rainbow of fruits can help protect you from illnesses, improve digestion, and even make your skin look better. Plus, many summer fruits are low in calories but high in fiber and nutrients.

Although fruits and veggies may have pesticide residues, that doesn't mean you should stop eating them. Washing fruits thoroughly under running water can remove most pesticides, dirt, and germs. You can also soak fruits in a vinegar-water solution for a few minutes and then rinse well to be extra safe.

So go ahead and enjoy the season's colorful, refreshing fruits while they are still in season!

- Pineapple is known for being juicy and sweet. What important nutrient does pineapple provide that helps with digestion?
A) Vitamin C
B) Fiber
C) Bromelain (a digestive enzyme)
D) Calcium

- Peaches and nectarines belong to which fruit family?
A) Citrus
B) Berry
C) Stone fruit
D) Melon

- Blueberries are known for being a superfood. What is the special nutrient they contain that helps fight cell damage?
A) Antioxidants
B) Calcium
C) Iron
D) Carbohydrates

- Which fruit is NOT typically in season during the summer?
A) Cherries
B) Apples
C) Raspberries
D) Blackberries

- Some fruits and veggies make the "Dirty Dozen" list because they tend to have more pesticide residues. What's the best way to deal with the pesticides?
A) Avoid eating them altogether
B) Only buy frozen versions
C) Wash them thoroughly before eating
D) Peel off the skin

- What makes summer fruits like melons and berries a great snack for hot days?
A) They have a lot of sugar
B) They are high in water content
C) They make you sweat
D) They have caffeine

- Which fruit's seeds are sometimes called "pips" and are often planted to grow new trees?
A) Mango
B) Peach
C) Watermelon
D) Cherry

- If you want to boost your vitamin intake during summer, which fruit is an especially good choice because it's packed with beta-carotene (which your body changes into vitamin A)?
A) Watermelon
B) Mango
C) Blueberry
D) Blackberry

Answers and Fun Facts:

1. B) Durian — Known as the "king of fruits" in Southeast Asia, durian has a very strong smell that

UNLOCK YOUR LIFE



Lori A. Harris

THE ART OF DREAMING: What GYPSY Teaches Us About Life's Journey

I'm a '60s kid who grew up loving musical theatre. The American songbook was my soundtrack from The Music Man to Guys and Dolls to West Side Story. After school, I'd sit rapt in front of our television, watching Ethel Merman belt out show tunes with that powerhouse voice of hers.

This week I'm in New York City, and I got to see GYPSY on Broadway. Funny how perspective shifts with time. As a kid, I completely related to Louise, Natalie Wood's shy, overlooked character, who eventually finds her voice. But now, as an adult and mother, I realize GYPSY is really Rose's story. And that changes everything.

The Dream That Consumed the Dreamer

In the world of musical theater, few productions capture the complexity of ambition quite like GYPSY. The musical's deeper wisdom lies in its unflinching examination of what it means to chase a dream, how we choose to live while pursuing it, and who we become in the process.

Rose's relentless pursuit of stardom for her daughters becomes a cautionary tale about losing sight of the present moment in favor of an imagined future. Watching her push, scheme, and sacrifice, I couldn't help but wonder: How often do we sacrifice today's joys for tomorrow's possibilities?

This tension between ambition and presence hits so close to home in our achievement-oriented world. We set goals, create vision boards, and map out five-year plans, all valuable pursuits. Yet GYPSY suggests that the most meaningful growth happens not when we finally "arrive," but in the daily choices we make while traveling. Are we constantly looking elsewhere rather than enjoying the present moment? Do we look outside ourselves for validation, and from whom?

Permission to Pivot

For leaders and dreamers, GYPSY offers profound permission: it's okay to pivot, to discover new passions, to let our understanding of "success" mature as we do. Louise's transformation into Gypsy Rose Lee wasn't the original plan, but it became her authentic path to self-expression, and self-validation.

The willingness to remain curious about where our journey might lead, rather than rigid about where we think it should go, often opens doors we never knew existed.

The Power of Present-Moment Awareness

Perhaps GYPSY's most valuable lesson is that sustainable achievement grows from a foundation of present-moment awareness. When we're constantly focused on the next milestone, we miss the small victories, the meaningful connections, and the daily satisfactions that actually fuel long-term success.

The musical shows us characters so focused on "making it" that they forget to notice when they already have. This isn't an argument against ambition, it's a call for conscious ambition, where we pursue our visions while remaining grounded in gratitude for what's already here.

My mission is to help my clients live today, for today. Not next week, not when the promotion comes through, not when the kids leave home, today.

An Invitation to Conscious Dreaming

That's why I'm hosting the Visionary Leaders Salon. For those ready to gather and explore, GYPSY offers an invitation to embrace what I call "conscious dreaming":

Holding our visions lightly, passionate enough to pursue them, flexible enough to let them evolve.

Finding meaning in the process, celebrating the skills we develop, the relationships we build, and the person we become while chasing our goals.

Staying present to opportunity, remaining open to unexpected paths that might serve our deeper purpose even better than our original plan.

Balancing striving with being, learning to work toward tomorrow while fully inhabiting today.

The Real Transformation

GYPSY ultimately reminds us that the most extraordinary lives aren't necessarily those that reach the highest peaks, but those lived with the greatest awareness, courage, and authenticity. The characters who find genuine fulfillment are those who learn to honor both their dreams and their reality, discovering that the journey itself, with all its unexpected turns, is where the real transformation occurs.

As visionary leaders, our power lies not just in where we're going, but in how consciously we choose to travel there.

If this speaks to you, if you're ready to pursue your boldest dreams while staying grounded in the richness of the present moment, I invite you to join us. Together, we'll discover that the art of living and the art of dreaming are not separate pursuits, but one integrated path toward a life of meaning and impact.

Join me, our Master of Ceremonies, and comedienne and community leader, Fred Thomas, at the Visionary Leaders Salon. We'll have entertainment, mindful movement, and transformative teaching. Learn more and register at loriaharris.com/workshop.

Because the journey is the destination, and today is all we really have.

--

Lori A. Harris, is an award-winning transformational coach, she loves helping leaders reach their dreams joyfully. Learn more at loriaharris.com

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August Events Around Town!

Brought to you by Sue Cook

One Time Events

- August 1**
Twilight Garden Stroll at The Huntington
Explore the gardens as day turns to dusk. 4:30 pm – 8 pm

August 1
Twilight Garden Estate Tours at The Huntington
See the Huntington gardens in a new light with this 90-minute walking tour. 5 pm – 6:30 pm

August 2
Family Night Hike: Bumpy, Fuzzy, Smelly at The Arboretum
Step into the world of sensory exploration on a family friendly night hike. 5:30 pm – 7pm Adult-Only Hike 7:30 pm – 9 pm

August 2
"A Feast from the East" at The Sierra Madre Playhouse
We Tell Stories presents a lively, interactive performance of Asian folktales for the whole family. 11am

August 5
National Night Out at the Arcadia City Hall Lawn
Celebrate the city's birthday and the 10th Anniversary of the National Night Out - an evening of family fun 6 pm – 9 pm

August 14
Descanso Gardens Summer Music and Dance Series
Travel across the world through a performance by Pacifico Dance Company. 5 pm – 6:30 pm

August 17
Cruising Colorado: Route 66 & Pasadena's Car Scene
Learn about the car culture of the "Mother Road" as you walk a section of Route 66 along Colorado Boulevard. 5:30 pm

August 30
Old Pasadena Twilight Walking Tour
Explore the northern section of Old Pasadena, including hidden courtyards and storied alleyways. 6:30 pm – 8 pm
- August 3, 17, 31**
Sunday Concerts Under the Dome at Mt. Wilson Observatory
Experience string and vocal concerts under the Mt. Wilson Dome, a setting with superb acoustics. 3 pm – 5 pm

August 7, 14, 21, 28
Wrigley Mansion Tours
Get an up-close look at this stunning landmark and headquarters of the Rose Parade and Rose Bowl Game. Hear fascinating stories of its history. Reserve your free ticket. 2 pm

August 8, 22
Friday Nights at The Gamble House
Relax on the Gamble House lawn, explore the first floor of the Gamble House, listen to live music and enjoy picnicking and wine tasting. 6:30 pm – 7:30 pm

August 9, 23
Pasadena POPS Summer Concert Series at the Arboretum
Enjoy "The Music of James Bond" on August 9, and "Classical Mystery Tour: A Tribute to the Beatles" on August 23. Gates open at 5:30 pm. Concert begins at 7:30 pm

August 9, 23
Movies Under the Stars at One Colorado, Pasadena
View School of Rock on August 9, and Coco on August 23. An immersive sound system in the courtyard ensures a spectacular movie night. 8:30 pm – 10:30 pm

August 15, 22, September 5
Sunset Music Series at Kidspace Museum
Take the family for an evening of live music, dance, and art-making. 4 pm – 8 pm

August 16, 17, 22, 23, 24, 29, 30, 31
Rumors: A High Tea, Immersive Theatre Experience
413 Repertory Theater presents a night of chaos, cocktails, and comedy with Neil Simon's farce, Rumors at the charming Madeline Garden Bistro.

August 19, 20, 26, 27
America's Got Talent at the Pasadena Civic Auditorium
Be part of a prime-time television event. Join the celebrity judges and witness extraordinary talent and breath-taking moments. 2:30 p.m.

August 23, 24
San Marino Motor Classic
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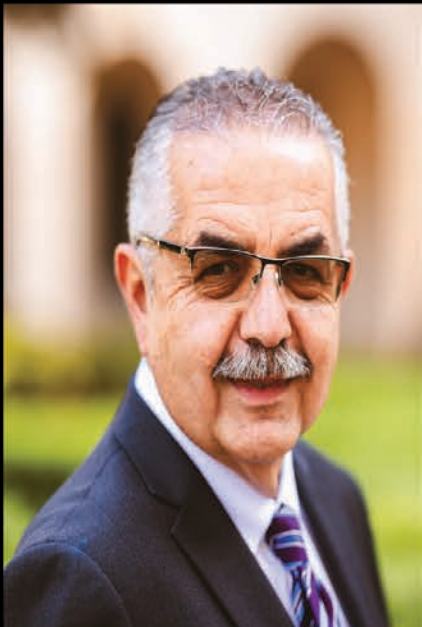
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