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FUN FOR THE ENTIRE FAMILY**

**THE HOLIDAYS BEGIN IN SIERRA MADRE!  
JOIN US IN THIS YEAR'S WINTER VILLAGE  
FESTIVAL THROUGHOUT DOWNTOWN  
NOVEMBER 25, 2:00 PM TO 8:00 PM**



Small  
Business  
Saturday



MEET SANTA

SHOP LOCAL

DINE OUT

REAL SNOW

CARRIAGE RIDES

There will be plenty of events for children and adults alike. Holiday music will be scattered throughout town. Get in the holiday mood by singing along with holiday carolers. **SLIDE DOWN THE SIERRA MADRE REAL SNOW HILL!** See your childrens' delight when the tree is lit. **VISIT THE ICE CASTLE! SHOP 'TIL YOU DROP.** Start your holiday off with a romantic horse and carriage ride. Shop for those special gifts at our local businesses. Don't miss the non-profit clubs and organization booths.



WINTER VILLAGE FESTIVAL IS SPONSORED BY THE SIERRA MADRE CHAMBER OF COMMERCE AND








*Sierra Madre Honors*

**2017**

**Thursday, December 7, 2017**

Hosted by the City of Sierra Madre and the Sierra Madre Chamber of Commerce

**MAKE YOUR RESRVATION TODAY! 626-355- 7135**

## SENATOR PORTANTINO TAKES BUSINESS WALK IN SIERRA MADRE

*Continues Tradition of Strolling Vibrant Local Downtowns in the 25th SD*



Sierra Madre, CA – On Saturday, State Senator Anthony J. Portantino had the privilege, along with the Sierra Madre Chamber of Commerce, of hosting a Business Walk in Sierra Madre. The Senator met with local business owners, community leaders and constituents to hear concerns and learn how he can best support small businesses in his district.

“It is very important to me to hear directly from business owners and to continue to learn from community leaders on the local level. There is nothing better than being in a store on ‘Main Street’ in the 25th Senate District,” commented Senator Portantino.

Senator Portantino met with over a dozen local business owners during the walk. He was joined by Steve Sciorba and Carol Canterbury of the Sierra

Madre Chamber of Commerce, Sierra Madre Mayor, Rachele Arizmendi, councilmembers John Cappocia and John Harabedian, Sierra Madre Planning Commission Member, John Hutt and Sierra Madre Senior Commission Member, Joann Williams.

Community leaders as well as businesses owners were able to ask questions and share their local stories along the way, hearing directly from Senator Portantino on issues pertaining to small businesses. The senator visited several of the new businesses in town as well as many of the businesses that have been serving the community for over fifty years. Earlier this year the senator hosted a business walk in Altadena and La Verne and is committed to continuing his support for local family-owned businesses.

## IT'S NOT TOO LATE: NO SHAVE NOVEMBER

is a month long fundraising event in which participants pay to forgo shaving to raise funds for cancer research and awareness. All proceeds will be donated to the American Cancer Society, Prevent Cancer Foundation, and St. Jude's Children's Hospital. NO SHAVE NOVEMBER, and its funded programs are putting your donation dollars to work, investing in groundbreaking cancer research.

In 2016 and 2017, the Sierra Madre Police Department and the SMPOA, with the generous donations from the Sierra Madre community, raised several thousand dollars through the Pink Patch Project for the City of Hope. This November, join the Sierra Madre Police and Fire Departments as they put down their razors and let their whiskers grow for cancer awareness!

We are asking for your help in reaching and surpassing our fundraising goal. Please go to <https://no-shave.org/team/SierraMadrePublicSafety> and make a donation. Any amount will be greatly appreciated. Please help us reach our goal!

## ARE YOU LOOKING FOR A WAY TO SERVE YOUR COMMUNITY?

*The City of Sierra Madre currently has 2 Commission vacancies;*


*- Senior Community Commission and - Energy, Environment, and Natural Resources Commission*




Applications - The City of Sierra Madre encourages residents to apply for positions on City commissions that have vacancies. This is a great opportunity for Sierra Madre residents to get involved in the community.

If you are interested in filling any one of these vacancies you can download an application from the city's website: [cityofsierramadre.com](http://cityofsierramadre.com)

Please return completed application's to City Hall. Applications will be accepted until all positions are filled.

*Please Join Us!*



## SIERRA MADRE POLICE SERGEANT RUBEN ENRIQUEZ TO RETIRE

Please join the City of Sierra Madre at the Farewell Celebration Honoring Retiring Sergeant Ruben Enriquez

WHEN:  
Thursday, November 30th  
5:00 - 7:00PM  
Hart Park House

Sgt. Enriquez has served the residents of Sierra Madre for 23 years and will be missed by the community.

Let's come out in force and wish him well as he moves on ta a well-deserved retirement.



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## Weather Wise

### 6-Day Forecast Sierra Madre, Ca.

<b>Sun</b>	Sunny	Hi 80s	Lows 50s
<b>Mon:</b>	Ptly Cldy	Hi 60s	Lows 50s
<b>Tues:</b>	Sunny	Hi 70s	Lows 50s
<b>Wed:</b>	Sunny	Hi 70s	Lows 60s
<b>Thur:</b>	Sunny	Hi 70s	Lows 60s
<b>Fri:</b>	Ptly Cldy	Hi 70s	Lows 60s

Forecasts courtesy of the National Weather Service

### CITY OF SIERRA MADRE CALENDAR OF EVENTS

Unless otherwise noted, all meetings listed below are held at City Hall 232 W. Sierra Madre Blvd. Sierra Madre, Ca. 626-355-7135

NEXT REGULAR November 28, 2017  
6:30 pm

### 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](mailto:radio@cityofsierramadre.com).



### SIERRA MADRE CITY MEETINGS

#### Regular City Council Meeting

Tuesday, November 28, 2017,  
6:30 pm

Can't make it to the meeting, but still want to share your thoughts? You can mail or drop off a written statement to City Hall or email [city@cityofsierramadre.com](mailto:city@cityofsierramadre.com) before 30 the night of the meeting and your statement will be delivered to all the Council Members. Sierra Madre City Hall 232 W. Sierra Madre Blvd. Sierra Madre, CA 91024 (626) 355-7135

City Council  
November 28, 2017 at 6:30 pm  
December 12, 2017 at 6:30 pm

Planning Commission  
December 7, 2017 at 7:00 pm

Community Service Commission  
December 18, 2017 at 6:30 pm

Senior Community Commission  
December 7, 2017 at 3:00 pm

Library Board of Trustees  
December 27, 2017 at 7:00 pm - Location TBD

Energy, Environment, and Natural Resource Commission  
December 20, 2017 at 7:00 pm

### SIERRA MADRE POLICE BLOTTER

During this time period, the Sierra Madre Police Department responded to approximately 264 day and night time calls for service.

**Wednesday, November 15** At about 12:19 p.m. officers responded to the 300 block of San Gabriel Court regarding a victim of a self-inflicted gunshot. Paramedics from the Sierra Madre Fire Department pronounced the victim dead at 12:29 p.m. The Los Angeles County Coroner's Office was contacted and responded to investigate the incident and took custody of the body. The firearm was recovered and booked as evidence. Case to Detectives

**1:58 p.m.** A man came into the PD lobby to report a theft of funds from his checking account, using his debt card number. A total of three fraudulent purchases were made totaling \$90.76. Case to Detectives

**Thursday, November 16** SMPD officers were flagged down at about 2:00 p.m. by a St Rita church staff member. The church member advised that a female known to the area was shaking the gate and wanted to enter school grounds. Officers made contact with the subject and determined that she was a danger to herself and others. The subject was transported to Arcadia Methodist for a 72 hour mental evaluation. 9:50 p.m. Officers responded to a call of a battery in the 400 block of E. Laurel Ave. Both parties wanted a private person's arrest. Following a warrants check, one of the parties was arrested and transported to the Pasadena PD jail. Both parties were cited for the battery.

**Friday, November 17** A non-injury traffic accident occurred in the 100 block of Olivera Lane at about 9:00 a.m. A trash truck apparently ran into a fire hydrant and left the area.

**7:00 p.m.** A resident of an apartment complex in the 400 block of N. Baldwin reported that a collective mail box was broken into and mail was taken.



### KIWANIS CLUB OF SIERRA MADRE

#### MEET THE SIERRA MADRE ROSE FLOAT PRINCESSES

TUESDAY, NOVEMBER 28, 2017  
12 NOON

Meetings are held at The Lodge 33 E. Sierra Madre Blvd., Sierra Madre, Ca.  
Lunch begins at Noon and is \$10.  
Programs begin at 12:40 and are free.  
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### Sierra Madre Woman's Club

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Marla Kavanaugh, Soprano**  
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for SMWC's  
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[GFWCSierraMadreWomansClub.org](http://GFWCSierraMadreWomansClub.org)

Sierra Madre Woman's Club

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Saturday, December 2, 2017

Embassy Suites / Baldwin Room  
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10:00 a.m. - 11:30 a.m.

Cost Investment \$75.00  
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Register at [www.jamietarbet.com](http://www.jamietarbet.com)  
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### SKIN RITUALS 18<sup>TH</sup> ANNUAL HOLIDAY FUNDRAISER

Thursday December 7  
5:30-8:00 RSVP

Raffles  
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Treatment Specials  
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## Walking Sierra Madre...The Social Side

by Deanne Davis

"I saw a lot of deer...till the mountain lion came!"  
Lions and bobcats and bears! Oh my!

I met the most delightful person, Gail Gottfried, at Mary's Market this past week. Mary's, by the way, is flourishing under new ownership and, once again, you can meet friends there for coffee and something delicious to eat. Gail had just finished a run around the canyon and, as almost always, whenever one meets someone new, one finds an interesting, charming new friend behind their welcoming smile.

Gail has lived in the Canyon fourteen years since she first saw her house at Christmas time of 2003 and took up residence in 2004. Her peaceful rustic home backs up onto forest land and it came equipped with a cat. This particular kitty was such an important permanent resident that he was written into the sales contract. Her view of the valley is simply awesome. It's a wonder she gets anything done with that layout of the whole San Gabriel Valley from her front room and downtown Los Angeles from her bedroom. Yes, friends and neighbors, on clear days she can see Catalina. Gail said on the day she moved in, raccoons were waiting on the front porch to check out the new owner.

Bears, bobcats, deer, mountain lions, skunks, raccoons, coyotes and ground squirrels are frequent visitors. The deer are especially inquisitive, peering into her motion cameras, which are attached to trees. Gail shared her pictures with me and all are studies of animals relaxing in their environment, ignoring the fact that they are just a few feet away from a house. I especially loved one of a bear soaking in her little pond, one front paw resting on the edge looking exactly like he was waiting for his glass of chardonnay to be delivered. I had a hard time picking a picture to go with this article as she gave me these three bears I finally chose, an amazing night shot of her mountain lion stalking away from the camera, two coyotes playing like puppies, a bobcat whose camouflage fur coloring matched the dried grass he was standing on and, a great shot of her triathlon cookies. Hard choice!

Gail is one of those people who can do just about anything with the written word. She teaches psychology on a substitute teacher basis, frequently at the Claremont Colleges. She works with textbook publishers as an editor and writer. In case you didn't know, being an editor, especially within the academic world, requires vast quantities of the art of diplomacy as being an editor involves telling people where they have gone wrong in their manuscript. This requires a

special gift as all writers – myself included – consider every word they write to be golden. Working with professorial-type faculty members is especially touchy as she has to be careful not to treat them like students. She spoke in particular of working with a university back east on their student first year orientation class handbook where instruction was given on changing one's major. The writers consistently called it a "major change" instead of changing a major. Think about it. Every writer wants their work to shine and a skillful editor can make that happen, but vast quantities of holding one's tongue and employing great finesse are required.

Gail is now embarking upon the career of her dreams. She is in the process of becoming a cookie-cake-jam-nut butter entrepreneur. Currently in the last stages of getting all her licensing completed, she expects to be actively turning out deliciously beautiful cookies early next year. She has had great success creating triathlon cookies depicting each stage of a triathlon, i.e., running, swimming and bicycling, featuring various colors of clothing. These are so authentic looking and if you knew anybody who did any one of those things, you'd want to give them a box of Gail's cookies. She created a special post office kind of cookie for John, her mailman, and a trash truck cookie for her trash guy. Beyond clever! She had a beautiful apple bundt cake sitting out on her counter awaiting glaze....a Thanksgiving experiment.

Wanting to take a different direction with her jams and nut butters, she has been testing recipes using dextrose/glucose as it is easier to digest and she's aiming for products that are a little less sweet, a little more tart; for instance: Strawberry Hibiscus Jam. Exciting! As a strawberry preserves maker myself, I am looking forward to tasting Gail's jam. We discovered we both love the Food Network on TV and she's a graduate of the Harvard Online Cooking Class on the chemistry of cooking. Watch for news of her cookies in the coming year.

We truly do have the most interesting, friendliest, most willing to give of themselves people here in Sierra Madre. See who you can meet this week.

My book page: Amazon.com: Deanne Davis

Blog: www.authordeanne.com

"Star of Wonder – A Christmas Story"

Is available there. This is a wonderful Christmas Love Story...trust me!

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## ALTERNATIVE GIFT FAIR & BOUTIQUE

Sierra Madre United Methodist Church is holding its annual Christmas Alternative Gift Fair & Boutique on Sunday, December 3, 2017 from 11:00 a.m. – 1:00 p.m. Celebrate the spirit of the holiday season with a gift that truly "gives back." Your donations help support the relief efforts of local organizations such as San Gabriel Valley Habitat for Humanity, Friends in Deed, and Foothill Unity Center, and global efforts such as Heifer International, Imagine No Malaria, and missionary programs in Mexico. Sales from the popular handcrafted gift boutique will benefit Family Promise of San Gabriel Valley. Enjoy free refreshments while you browse. The Church is located at 695 W. Sierra Madre Blvd. in Sierra Madre. Call 626-355-0629 for more information.

## FRIENDS IN DEED

Art of The Women's Room opens with a free reception Nov. 18, 2-5 p.m., at the Armory Center for the Arts, 145 N. Raymond Ave., Pasadena. The exhibit will run through Dec. 3.

The Women's Room (TWR) is a daytime refuge for women who are alone and homeless or at risk of homelessness. Art is a way that guests of TWR

express themselves to sustain self-respect and a spirit that keeps them going. Paintings and other art pieces will be available for purchase as a donation. Proceeds will benefit The Women's Room.

Further information is available on the Friends In Deed website frinedindeedpas.org. Although the reception is free, a favor of a reply is requested and can be made on the website or calling 626-797-2402.



## HELP TRIM THE SIERRA MADRE CHRISTMAS TREE!

Preparations are underway to decorate KerstingCourt for the Winter holidays! Join in the holiday spirit. Purchase an ornament for the Sierra Madre Community tree and help raise funds for civic improvements.

It's easy just visit Leonora Moss (9 Kersting Court) or the Bottle Shop (58 W Sierra Madre Blvd) and fill out a postcard and leave your donation. Checks should be payable to Sierra Madre Community Foundation. Volunteers will be decorating Kersting Court in mid-November for the holidays and in preparation of the Support Small Business

Saturday and Sierra Madre's Holiday Winter Events. Program Sponsored by the Sierra Madre Community Foundation and Sierra Madre Chamber of Commerce

Sierra Madre Community Foundation is a charity singularly devoted to Sierra Madre. SMCF solicits donations to enhance our community by making direct grants, both large and small, to worthy people and organizations that might otherwise be overlooked and also assists other community groups in collecting and distributing funds for programs

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## Ladiesnightout

November 30 & December 1 | 7:00-8:30 pm | Gilmore Hall



TICKETS  
ON SALE  
November 5

## Women's Ministries' Largest Fundraiser

Tickets: \$20 for Dinner & Entertainment

For more information, contact Bonnie Jakeway at bonniejakeway6@gmail.com or 626.422.7163.

A children's program for 1-12 year-olds is available for free. You must register for a children's ticket at the time of your event ticket purchase and you must provide the children's ticket to enter the children's program. Children's program tickets will not be available after November 23.

Christmas Boutique Shopping: 4:00-10:00 pm in Parker Gymnasium

First Church of the Nazarene of Pasadena | 9700 East Sierra Madre Boulevard | Pasadena, California 91107 | www.pasadena.org | 626-251-0631

# Pasadena Altadena

News From Your Community For Your Community

## Forum on Future of Pasadena Elections



The City of Pasadena and the League of Women Voters invite the public to a “Community Forum on the Future of Pasadena Elections” on Monday, November 27, beginning at 6 p.m., in the City Hall Council Chamber, 100 N. Garfield Avenue, Room S249.

The discussion will include the California Voter Participation Rights Act (CVPR) and the resulting impacts on City and PUSD elections. How will this change in the law impact City Council and Board of Education elections in the future? Why moving the timing of City and School District elections to coincide with statewide election dates is necessary:

- Consistency with state law
- Increase voter turnout rates
- Ensure election integrity

The educational session is an opportunity for the public to learn more about the proposed Charter changes that may affect the timing of future City and School District local elections, as well as allow for input on this important issue.

For more information go to [5.cityofpasadena.net](http://5.cityofpasadena.net).

## Pet of the Week



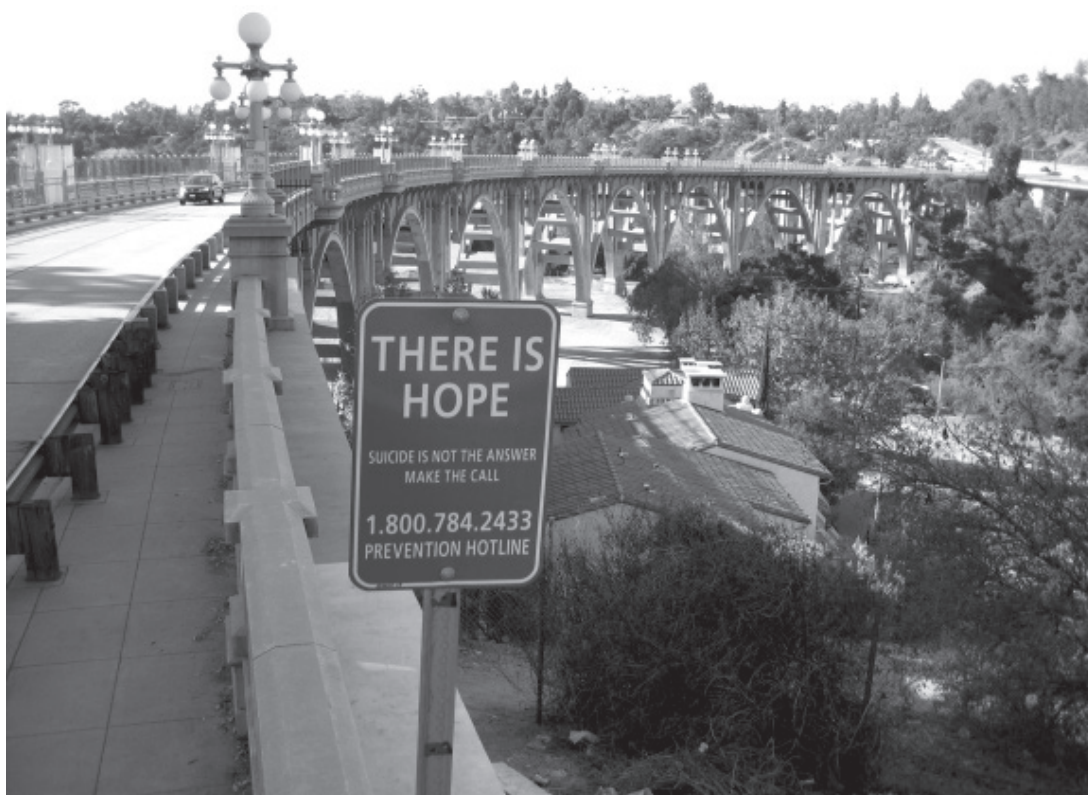
Mason (A446303) is a wonderful 3-year-old pit bull terrier mix. This smart boy knows his “sit,” “down,” “stay,” “shake,” and “rollover” commands. Our volunteers report he’s very loving, intelligent and treat motivated. He loves to play with toys and run around in one of our fenced enrichment yards. Mason is a regular out with our Wiggle Waggle Wagon where he greets all passersby with a friendly, wagging tail.

The adoption fee for dogs is \$130. All dogs are spayed or neutered, microchipped, and vaccinated before going to their new home.

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.

Call the Pasadena Humane Society & SPCA at (626) 792-7151 to ask about A446303, or visit at 361 S. Raymond Ave. in Pasadena. Adoption hours are 11 a.m. to 4 p.m. Sunday; 9 a.m. to 5 p.m. Tuesday through Friday; and 9 a.m. to 4 p.m. Saturday.

Pets may not be available for adoption and cannot be held for potential adopters by phone calls or email. Directions and photos of all pets can be found at [pasadenahumane.org](http://pasadenahumane.org).



## Meeting Over Colorado Street Bridge Set

A Colorado Bridge Task Force, as part of Pasadena’s Department of Public Works, is set to hold a community meeting Wednesday night over possible enhancements — to deter suicide attempts from the Colorado Street Bridge.

The meeting will be from 6:30 p.m. to 8:30 p.m., at La Casita del Arroyo, 177 S. Arroyo Blvd.

According to a statement, “the task force hopes to gather input from the public to evaluate as part of its recommendations about options that can be incorporated into the historic bridge to help deter its use for suicide attempts.”

According to city staff, in July, the city installed 10-foot-high metal mesh fencing around the benched alcoves on both sides of the bridge as a temporary deterrent measure. They said city staff is now seeking responsibly designed permanent solutions that

can be an effective deterrent while also being respectful of the bridge’s beauty and historic status.

In July, the city’s Public Safety Committee took up the issue.

Both Sue Mossman Executive Director Pasadena Heritage and Claire Bogaard Pasadena Heritage Board Member suggested planting trees and working with Pasadena architects, “working on solutions that might not be investigated yet,” Mossman said.

Non-structural interventions such as phones/intercoms Bridge patrols pedestrian exclusion, along with structural solutions like, wire strand installation, mesh barriers, netting and picket extensions were discussed.

Pasadena Mayor Terry Tornek criticized the mesh fencing “It’s aesthetically offensive but I don’t see any alternative and I commend staff for moving aggressively,” he said, calling the whole discussion very upsetting.

No decisions have been made about any changes.

Wednesday night’s and other upcoming community meetings are opportunities to gather input and obtain ideas from all, they said.

As part of this effort, the city reached out to prominent experts in the fields of architecture, engineering, mental health, suicide prevention and public safety to form a task force. The Task Force’s mission is to engage the community in developing solutions that will deter people from attempting suicide at the bridge while also preserving the structure’s national historic status and architectural significance.

A second community meeting is planned for early 2018, with exact date and location to be announced soon officials said.

For information about the community meetings, contact Kris Markarian, City Engineer, at [kmarkarian@cityofpasadena.net](mailto:kmarkarian@cityofpasadena.net).

## Old Town Pasadena Walking Tour

The Pasadena Heritage presents the Old Pasadena Walking Tour on Saturday, December 2. Tour Old Pasadena with an experienced docent, see the renaissance and enjoy the architectural variety, fascinating history, historic alleyways, and all the authentic details that keep history alive in the 21st Century.

Pasadena Heritage is a nonprofit organization dedicated to historic preservation in and around Pasadena, California. The organization advocates on behalf of historic resources, educates the public about local history and the benefits of preservation, and demonstrates appropriate restoration through its programs and projects.

For more information visit: [pasadenaheritage.org](http://pasadenaheritage.org).

## Pet Photos with Santa

Santa Paws is coming to town. You and your furry family members are invited to the Pasadena Humane Society’s Pet Pictures with Santa on December 2 from 10am to 2pm. We’ll have adorable holiday props and costumes ready for your pets. Photos will be printed onsite and put into photo frames, which you may choose to decorate. Suggested donation of \$10 for one photo and \$15 for two.

Dogs must be on leash and cats must be in carriers.

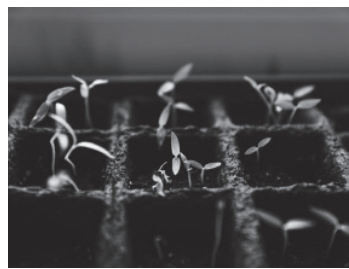
Pasadena Humane Society is located 361 S Raymond Ave. For more information visit: [pasadenahumane.org](http://pasadenahumane.org).

## Library Announces New Chapter of the Seed Library

Altadena Library District announced this week a partnership with Seed Library of Los Angeles in establishing an Altadena chapter of the seed library. The new seed library will be housed at the District’s Main Library (600 E. Mariposa Street, Altadena) and will be open to the community on the first Saturday of every month from 10:00 a.m. to 12:00 p.m., starting, December 2.

“This is yet another example of the Altadena Library District’s diligent efforts to connect with an important initiative in our community and to bring new expertise to our patrons,” says Library Director Mindy Kittay, “Through the educational programming provided by the Seed Library of Los Angeles and the ongoing operations of this new seed library, we will expand the knowledge of our already environmentally conscious community and provide community members with access to invaluable seed-saving skills they may never have encountered otherwise.”

According to the Seed Library of Los Angeles, a seed library is defined as “a depository of seeds held in trust for the members of



that library.” Members of a seed library are allowed to borrow seed for their garden at no cost, grow the plants in their garden, and, at the end of the season, collect seeds to return to the library to replenish the inventory for the good of the community. The benefits of seed libraries are numerous. They save participants money, they ensure a robust local food supply, they promote and help maintain biodiversity.

The new seed library will celebrate its grand opening at the Altadena Main Library on Saturday, December 2nd, from 10:00 a.m. to 12:00 p.m. with a special presentation by Chapter Coordinator Jessica Yarger and Seed Library of Los Angeles Chair Eleuterio Navarro. Guests will learn about the mission of Seed Library of Los Angeles, discuss introductory seed saving skills, and have an opportunity to become members of the seed library.

## Art exhibit celebrates life of JPL scientist and painter

When McGinty’s Gallery at the End of World in Altadena presents “Richard W. Davies: So Many Moons” Dec. 1-Feb. 3, it may be the last chance for the public to see the wealth of work from the artist’s career.

Davies was a research scientist and project planner at Jet Propulsion Laboratory in Pasadena from 1954-1987. In 1965, his wife Gwenda, who was an artist and the curator of education at the Pasadena Art Museum (later the Norton Simon Museum), encouraged him to take up oil painting. Davies began by studying drawing with John Altoon and continued painting until the end of his life, creating figurative pieces and landscapes and turning his main focus to spacescapes in the mid-1990s.

“One of the nice things about doing astrophysical stuff is you can be abstract if you want to,” Richard told the Pasadena Star-News during an interview in 2015. “When I’m painting, the idea behind it is the cosmos, but I’m not trying to paint for anybody, but myself. If the end result comes out and I like looking at it, it pleases my eye, then I’m satisfied. Now if somebody

else looks at it and they like it too, that makes it even more fun.”

The other side of Davies’ passion for spacescapes was linked with Gwenda’s affinity for including the moon in many of her paintings. He responded in kind, placing moons in his work as well, evoking a romantic conversation of sorts.

Richard’s paintings were shown in 2008 at the Armory Center for the Arts in Pasadena, along with work by his friends, physicist Richard Feynman and artist Jirayr Zorthian. His last show, at age 93, was a solo exhibit at McGinty’s Gallery at the End of the World in Altadena in 2015. Davies died in May 2017.

Hours and days for “Richard W. Davies: So Many Moons” are to be announced closer to the opening. There will be opening reception 5-9 p.m. Dec. 1 and a closing reception 2-5 p.m. Feb. 3, for the exhibit and all of the work on display will be available for purchase. For more information, call 626-794-4477 or visit: [facebook.com/McGintysGallery](http://facebook.com/McGintysGallery) at the End of the World.

## Free Events Roundup at the Pasadena Senior Center

There is something for everyone in November at the Pasadena Senior Center, 85 E. Holly St. You do not have to be a member to attend. Some events require advance reservations as noted.

Scenic Walkers Club – Wednesdays, to Nov. 29, at 10 a.m. Enjoy a series of leisurely walks in the great outdoors at locations throughout the west San Gabriel Valley. Alan Colville will give you a list of items to bring, let you know what to expect, provide detailed itineraries and arrange transportation. For more information or to sign up, email [alancolville@charter.net](mailto:alancolville@charter.net).

Domino Club – Thursdays, to Nov. 30, at 1 p.m. New and experienced players will enjoy a rollicking version of Chicken Foot Dominoes that will have everyone cracking up! For more information call Vicki Leigh at 928-478-4654.

A Toast to the Joys of Music – Tuesdays, to Nov. 28, from 9:30 to 11:30 a.m. Tom Campbell will play guitar and sing songs in the Senior Center Lounge.

Stop by and enjoy his covers of traditional country, country rock, blues, folk, gospel and classic rock originally made famous by Willie Nelson, Merle Haggard, Vince Gill, Elvis Presley, B.B. King, Neil Young, The Grateful Dead, The Rolling Stones and many more.

Long-Term Care and Retirement Income – Thursday, Nov. 30, at 10 a.m. Do you know which financial tools you need to navigate through your retirement? Learn how to guarantee your retirement income for the rest of your life, maximize your Social Security benefits and avoid the biggest retirement risks. Presented by New York Life. For more information [iorcenter.org](http://iorcenter.org) or call 626-795-4331.

Founded in 1960, the Pasadena Senior Center is an independent nonprofit organization that offers services to people ages 50 and older.

# ARCADIA

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia



## ARCADIA BEAUTIFUL’S HOLIDAY DECORATION AWARDS ARE COMING TO TOWN

November 21, 2017 --- It’s already November and Santa and his elves are starting to gear up for the Holiday Decoration Awards on December 14. As the excitement of the season kicks in, haul out your decorations, string your lights, and spread holiday cheer. Judged by the Arcadia Beautiful Commission, this annual event recognizes properties decorated in the most festive and creative ways. Get ready to deck the halls and illuminate the community with holiday spirit!

“The Holiday Decoration Awards are a great tradition in the City of Arcadia. This contest recognizes residents who enjoy displaying their holiday spirit,” said Jan Shimmin, Chairperson for the Arcadia Beautiful Commission.

To be considered for an award, please have your decorations up before Monday, December 5. Once your home is decorated, leave your lights on until 10 p.m. for nomination and judging purposes. Winners of a Holiday Decoration Award will receive a yard sign, holiday gift, and a personal visit from the Santa Squad on Thursday, December 14.

To nominate a property for consideration, please call the City Manager’s Office at (626) 574-5434 or email [ls Shakarian@ArcadiaCA.gov](mailto:ls Shakarian@ArcadiaCA.gov) before Monday, December 5. Please include the complete address including the street, avenue, etc.

Properties are only eligible to win every 4 years.

About the City of Arcadia  
Nestled in the foothills of the San Gabriel Mountains, Arcadia is an 11.38 square mile community with a population of just over 56,000. Located approximately 20 miles east of downtown Los Angeles, Arcadia is known for combining small-town charm with the conveniences and amenities of a mid-size city. Arcadia is a full-service charter city governed by a five-member City Council, elected at large. Recognized for exceptional education and recreation opportunities and beautiful neighborhoods, Arcadia is also defined as the “Community of Homes” and has twice been designated the “Best City in California in which to Raise Kids” by Business Week Magazine.

## ASSEMBLE ARCADIA: AN EVENING WITH MAYOR PETER AMUNDSON

November 20, 2017 – Arcadia Mayor Peter Amundson is hosting an assembly for Arcadia residents to discuss a variety of topics of community concern. The free event is open to the general public and will be held at the Arcadia Public Library, located at 20 W. Duarte Road, on Monday, December 4, 2017 @ 7:00PM. For more information, please contact the City Manager’s Office at (626) 574-5401.

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community with a population of just over 56,000. Located approximately 20 miles east of downtown Los Angeles, Arcadia is known for combining small-town charm with the conveniences and amenities of a mid-size city. Arcadia is a full-service charter city governed by a five member City Council, elected at-large. Recognized for exceptional education and recreation opportunities and beautiful neighborhoods, Arcadia is also defined as the “Community of Homes” and has twice been designated the “Best City in California in which to Raise Kids” by Business Week Magazine.

# MONROVIA - DUARTE

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia



## DUARTE’S MAYOR’S PRAYER BREAKFAST AND ANNUAL COMMUNITY SERVICE AWARDS

**By Joan Schmidt**  
In Duarte the Mayor’s Annual Prayer Breakfast and Community Service Awards are held the day before Thanksgiving, and this year’s was surely the best ever; about 200 attended. Could it be because of the dynamic Keynote Speaker, Pastor Rafer Owens, Faith Inspirational Missionary Baptist Church, and a veteran Deputy Sheriff at LASD’s Compton Station? Maybe anticipation of the first-time ever musical performance in Duarte by Lake Avenue Church’s Bell Choir or just Recognition of many fine Duarteans?

The Program began with a warm welcome by Robert Stone, CEO, City of Hope. Tina Carey, Duarte Kiwanis Club, Mistress of Ceremonies, also welcomed us and introduced Dignitaries: Duarte Mayor Pro Tem John Fasana, Council Members Liz Reilly, Sam Kang and Tzeitel Paras-Caraci, City Manager Darrell George, Deputy City Manager Karen Herrera, Duarte School Board President Reyna Diaz and Board Members Doug Edwards and Dr. Irene Murray; Terrence Williams, Vice President Monrovia School Board and MAD Town Council Member; Field Representatives, Hector Elizalde for Congresswoman Napolitano, Kristi Lopez for Senator Portantino, Alfonso Somilleda for Assemblywoman Blanca Rubio, and Debby Mendelsohn for Supervisor Kathryn Barger; and Captain Flores and Sergeant Kearny from Temple Station.

The Presentation of Colors was by LACFD Honor Guard, Flag Salute by Tina Carey, a beautiful rendition of “God Bless America” by Duarte’s own Melida Smith-Byrd and Invocation by Pastor Emilito Hernandez, Church of the Foothills, United Methodist. Patrick Miller, Mayor’s Prayer Breakfast Chair, gave Personal Testimony of “Being Thankful”- both his son and wife are cancer survivors. He explained how hard it was to deal with, but emphasized his gratitude for their recovery to the Lord, and to the City of Hope for their fine care.

After an awesome Musical Performance by the Bell Choir of Lake Avenue Church, (“Grace and Thanksgiving” and “Great is Thy Faithfulness”), Father Randy Campos prayed a National and Global Prayer. Max Lee and Carly Lyman treated us to a rendition of their song, On the Duarte. Then Daniel Zamarripa, a 10 year old student read his testimony thanking the City for its youth mentoring program (Thank you, Deputy Abernathy) and the Holiday Basket giveaway.

It was now time for the Awards. All four representatives from our elected officials and Mayor Pro Tem Fasana stood in a line on stage and Tina called up each recipient, one at a time. There were Certificates from each elected official and a plaque from the City.

The Honorees were Outstanding Youth Award: Yesenia Chavez and Faith Peoples, Outstanding Service to Youth Award: Naeth Othman, Outstanding Service to Senior Citizens/Disabled Award: Kirsten Nielsen, Outstanding Civic Service Award: Steve Hernandez, Outstanding Humanitarian Award: Tina Carey, Outstanding Business Person Award: Raul Villanueva, Duarte Tile & Stone, and the Lifetime Achievement Award: Jim Kirchner.

Pastor Owens gave an inspirational talk with focus on the Bible Story from Luke, Chapter 17, about the ten lepers who were cured, but only one, a Samaritan, came back and thanked Jesus. He spoke of what we should be grateful for, and how we should appreciate loved ones and tell them that. He said there are MANY good people in the world, but the Media only concentrates on the bad. Pastor had a loud, forceful voice, blew everyone away and had a standing ovation!

The Bell Choir performed again, Benediction by Pastor Ivan Villalta and Tina thanked us all for coming. What an inspirational event, and Darrell George said, “I’m going home and hugging my kids!” Thank you Duarte and all involved! WOW!

## ARCADIA POLICE BLOTTER

*For the period of Sunday, November 12th, through Saturday, November 18th, the Police Department responded to 918 calls for service, of which 93 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.*

**Sunday, November 12:**  
Shortly before 10:29 a.m., an officer responded a residence in the 00 block of Alta Street regarding a vandalism report. The officer determined an unknown suspect likely used a piece of glass to cause a tear in the cloth convertible top of the victim’s vehicle. No suspects were seen and no witnesses were located.

At approximately 9:49 p.m., an officer responded to a parking lot in the 100 block of East Huntington Drive regarding a vehicle burglary report. Sometime between 5:00 p.m. and 9:30 p.m. on this date, an unknown suspect smashed a rear window and fled with boxes of books and various vehicle repair supplies. No suspects were seen and no witnesses were located.

**Monday, November 13:**  
Just after 8:27 a.m., officers responded to a residence in the 1300 block of South Fifth Avenue regarding a burglary in progress. An investigation revealed 2 to 3 suspects broke a rear window but were seen fleeing before entering the residence.

The suspects are described as black males wearing tight fitting hooded sweatshirts and driving a newer model black sedan with tinted windows. The investigation is ongoing.

At approximately 12:18 p.m., an officer responded to Hickman & Son Mechanical LLC, 11930 Goldring Road, regarding a burglary report. Surveillance footage revealed a single suspect forced open a perimeter gate, used a torch to cut a lock to a storage box and proceeded to steal more than \$50,000 in pipe cutting machines and welding tools.

The suspect is described as a white or Hispanic male, 20 to 30-years-old, dark hair, goatee, and wearing a light colored hooded sweatshirt. He was seen driving a newer model white Mercedes Sprinter van. The investigation is ongoing.

**Wednesday, November 15:**  
Shortly after 1:41 a.m., an officer responded to a residence in the 00 block of Genoa Street regarding a disturbance report. An investigation revealed a physical altercation occurred between an elderly mother and her adult son resulting in the son punching and pulling his mother’s hair. The 25-year-old male from Arcadia was arrested and transported to the Arcadia City Jail for booking.

At about 11:36 a.m., an officer responded to a commercial construction site located in the 00 block of East Duarte Road regarding a burglary report. The officer determined the unknown suspect(s) entered the construction site, forcefully broke into a locked storage container, and stole nearly \$1,400.00 worth of tools. The investigation is ongoing.

Just before 11:45 a.m., an officer responded to the Santa Anita Mall, 400 South Baldwin Avenue, regarding a battery report. The officer discovered the adult son, possibly under the influence of drugs, pushed his father down the escalator outside of Dave and Buster’s Restaurant. The investigation is ongoing. The 25-year-old male from Los Angeles is

outstanding at the time of this report. The victim did not require medical attention.

Around 6:05 p.m., an officer responded to Sephora, 400 South Baldwin Avenue, regarding a shoplifting report. Surveillance footage revealed the female suspect concealed merchandise, and then exited the store, failing to make payment. The Loss Prevention employee then contacted her and escorted her into the security office. Once there, the suspect’s boyfriend pushed the employee in an effort to help his girlfriend escape. Both the 23-year-old female from South Pasadena and the 29-year-old male from Pasadena were arrested and transported to the Arcadia City Jail for booking.

**Thursday, November 16:**  
Before 11:47 a.m., an officer responded to the 100 block of Crystal Court regarding a theft from vehicle report. The officer discovered sometime between 6:20 a.m. this morning and 10:40 a.m., an unknown suspect entered the unlocked vehicle and stole the victim’s wallet containing \$240.00. No suspects were seen and no witnesses were located.

Around 12:16 p.m., an officer responded to a residence in the 100 block of La Sierra Drive regarding a burglary report. The officer determined unknown suspects smashed a rear window, rummaged through the residence, but fled empty handed. The investigation is ongoing.

**Friday, November 17:**  
At about 4:49 p.m., an officer responded to the Santa Anita Mall, 400 South Baldwin Avenue, regarding an activation of an Arcadia Police Department GPS tracker. Arcadia PD detectives had previously deployed decoy bicycles with tracking devices to combat the increase in bike thefts throughout the city. An investigation revealed a 44-year-old male from Azusa was in possession of the stolen bicycle, the GPS tracker, and he also had two outstanding misdemeanor warrants. The suspect was arrested and transported to the Arcadia City Jail for booking.

Just before 7:32 p.m., an officer responded to a residence in the 800 block of West Camino Real Avenue regarding a threat report. The victim stated his brother had been sending him text messages throughout the day threatening to kill him. The suspect then arrived at the brother’s house with an unknown object behind him and threatened to stab the victim. The suspect, a 32-year-old male from Arcadia, was arrested and transported to the Arcadia City Jail for booking.

**Saturday, November 18:**  
Shortly after 10:29 a.m., an officer responded to the intersection of Duarte Road and Golden West Avenue regarding an intoxicated subject. Upon contacting the 60-year-old male from Monrovia, the officer noticed symptoms of alcohol intoxication and determined the suspect was unable to care for himself. A records check revealed the suspect also had an outstanding misdemeanor warrant. He was arrested and transported to the Arcadia City Jail for booking.

At approximately 1:50 p.m., an officer responded to a residence in the 00 block of East Floral Avenue regarding a burglary report. An investigation revealed unknown suspects shattered a rear door, stole a camera and souvenir, and fled the residence. The investigation is ongoing.

**MONROVIA POLICE BLOTTER**

*Following are the weekend’s highlighted issues and events. To see a complete listing of crimes reported, go to the City of Monrovia website and click on the crime mapping link. Sign up to follow us on Twitter for police notifications.*

**Injury Traffic Collision** November 16 at 10:54 a.m., an elderly female driver was pulling out of a parking lot onto eastbound Huntington and failed to yield to traffic coming off the 210 Freeway offramp. She collided into three vehicles. She complained of pain to her shoulder from her seatbelt. A DMV re-examination form was completed for the driver.

**Vehicle Burglary** November 16 at 6:29 p.m., a vehicle burglary was reported in the 700 block of S. Myrtle. The victim’s car had been parked in the parking structure for two days. When he returned to his vehicle, he discovered the window had been broken and electronic items that had been left in the vehicle were missing. The investigation is ongoing.

**Stolen Vehicle Recovered** November 17 at 1:41 p.m., a suspicious vehicle was reported in the 800 block of W. Chestnut. The vehicle was parked in a red zone for several days with a flat tire and it had paper plates on it. Officers responded and conducted a computer check of the VIN number, which revealed the vehicle had been reported stolen out of San Dimas. The vehicle was recovered.

**Shoplifting – Suspect Arrested** November 17 at 4:35 p.m., a shoplifting incident was reported at a business in the 1600 block of S. Mountain. The suspect entered the store, took a circular saw from a display and walked out of the store without paying for it. He was detained by loss prevention personnel. A private person’s arrest was completed and the suspect was taken into custody for the theft.

**Shoplifting / Warrant – Suspect Arrested** November 17 at 8:07 p.m., officers responded to a business in the 500 block of W. Huntington regarding a shoplifting incident in progress. The suspect fled and ran through the parking lot. An officer arrived and the suspect was detained on Huntington. A computer check of the suspect revealed an outstanding warrant. The suspect was arrested for shoplifting and the warrant.

**Hit and Run Traffic Collision** November 18 at 11:31 a.m., a hit and run traffic collision was reported in the 400 block of S. Myrtle. The female suspect parked her vehicle in the rear lot of a business. Another driver double parked behind the suspect’s vehicle.

As the suspect was backing out and was trying not to hit the vehicle that blocked her in, she ended up colliding into the building, striking a water main. Water started shooting out into the parking lot. The suspect then fled the scene in her vehicle at a high rate of speed. Witnesses obtained a license plate number from the vehicle. The Los Angeles Sheriff’s Department was called to assist in locating the registered owner at their residence, however, they were unable to locate the owner at the location. The investigation is continuing.

**Injury Traffic Collision** November 18 at 1:29 p.m., a traffic collision involving injuries was reported at Mayflower and Lime. A driver was traveling west on Lime, stopped at the stop sign at Mayflower and entered the intersection, failing to yield to oncoming traffic. The vehicle collided into another vehicle and rolled over in the intersection. Three subjects involved were taken to a nearby hospital for treatment for minor to moderate injuries.

**Vehicle Burglary** November 18 at 5:49 p.m., a vehicle burglary was reported in the 1200 block of N. Canyon. The victim parked their vehicle and went hiking in Canyon Park. When they returned approximately four hours later, they found their wallet containing credit cards and cash had been taken from their car. The victim’s credit card was used at a business in Monrovia and then in Pasadena. The investigation is continuing.

**Possession of Drug Paraphernalia / Warrant – Suspects Arrested** November 18 at 10:59 p.m., an officer stopped a vehicle in the 100 block of W. Walnut for vehicle code violations. After investigation, the passenger was arrested for warrants and the driver was cited for possession of drug paraphernalia.

**Possession of Drug Paraphernalia – Suspect Arrested** November 19 at 2:06 a.m., an officer stopped a subject riding a bike without lighting equipment during darkness. After further investigation, the rider was cited in the field for possession of drug paraphernalia.

**Driving Under the Influence – Suspect Arrested** November 19 at 2:43 a.m., an officer stopped a vehicle for vehicle code violations in the area of California and Euclid. The driver was found to be too impaired to drive a motor vehicle safely. After further investigation, the driver was arrested for driving under the influence. The vehicle was stored.

Catch breaking news at:  
mtnviewsnews.com



## CITRUS COLLEGE EARNS EIGHTH CONSECUTIVE "MILITARY FRIENDLY" DESIGNATION

Glendora, Calif. (Nov. 21, 2017) - Citrus College has been named a 2018 Military Friendly School by Victory Media, publisher of G.I. Jobs, STEM Jobs and Military Spouse magazines.

This is the college's eighth consecutive appearance on the Military Friendly Schools list, which honors the top 15 percent of the nation's colleges, universities and trade schools that have demonstrated a commitment to embracing military students by providing them with the resources needed to ensure success.

"Citrus College is deeply committed to helping student veterans. To once again be included on Victory Media's list of Military Friendly Schools affirms all the college has done to create an environment in which members of the military can thrive," said Dr. Geraldine M. Perri, superintendent/president of Citrus College. "Our veterans have made many sacrifices in the service of our country, and it is an honor and privilege to assist them as they pursue their academic and professional goals."

According to Victory Media, the Military Friendly Schools list is compiled using public data sources, responses to the organization's data-driven survey and personal data from veterans themselves. Final ratings are determined by combining the institution's survey scores with an assessment of its ability to meet academic thresholds, such as student retention, persistence and graduation rates.

Published every year since 2003, the purpose of the list is to assist veterans in making wise educational

choices. As an honoree, Citrus College will appear on Victory Media's website, [militaryfriendly.com](http://militaryfriendly.com). It will also be included in the "2018 Guide to Military Friendly Schools," which is published in G.I. Jobs and Military Spouse magazines.

"Citrus College is proud to receive this outstanding recognition for the eighth year in a row," said Dr. Barbara R. Dickerson, president of the Citrus Community College District Board of Trustees. "Thanks to the great work of the Citrus College Veterans Success Center, our student veterans are receiving specialized support services that are empowering them to succeed in the classroom and beyond."

Approximately 500 students are served by the Citrus College Veterans Success Center annually. In addition to providing students with computers and quiet rooms for studying, the Veterans Success Center offers academic counseling, financial aid assistance, mental health services and more.

"Those students who have served in the military and are transitioning back to civilian life often face unique challenges. However, they also have a lot to contribute to the college community," said Dr. Martha McDonald, vice president of Student Services. "Being named a Military Friendly School shows that Citrus College understands the magnitude of the responsibility it has in serving this important group, and that it is working to serve these students as effectively and efficiently as possible."



Dan Golden, PhD

## GOLDENWORDS: Dr. Dan's College Corner BIG COLLEGES? SMALL COLLEGES? A HYBRID OPTION FOR HIGH SCHOOL CANDIDATES TO CONSIDER. THE HONORS COLLEGE!

From giant mega-universities public and private to smaller, more intimate institutions, colleges come in many shapes and sizes. What's right for you?

As I've suggested in this column in the past, no matter the size of institution you choose to attend, you'll likely follow what one Dean called "the rule of 95," which was her way of saying that a typical college student will assemble slightly under 100 friends of significance during a four-year enrollment. The sooner you make a start on accruing this group of allies, the more connected you'll be to your school, and, most likely, the more engaged you'll be with its resources and your own learning.

Engaged? This is a buzz word in the evaluation of higher education outcomes, and you might want to learn how institutions try to measure their success. There is a National Survey of Student Engagement that actually gets administered at most 4-year institutions (see [www.nsse.indiana.edu](http://www.nsse.indiana.edu) for more information).

The data tell us that it's clearly easier to be both 'connected' and 'engaged' at smaller colleges, where you're more likely to be taught by full-time faculty, get earlier opportunities for research partnerships with these professors, and have more frequent and in-depth advisement, not only on your path of study, but also on career and graduate school topics, too.

But you may be set on the big schools as your target group of institutions, and you should know that these kinds of schools recognize they need to do a better job of engagement, and have, over the past 20 years, addressed this shortcoming by devising the school-within-school model of Honors Colleges embedded in the larger university.

Barbara Geller writes a very useful blog on college issues, "The College Counselor for Gifted Kids," <http://collegecounselor.wordpress.com> and has something to say in this link about honors programs, which can range from a mere

honorific designation based on inbound GPA to preferential or blocked courses, to a more inclusive residential model that includes cluster housing, teaching by professors in the dorms and other amenities.

If you want a big school but want a better chance at engaged learning, you could explore the many larger institutions with distinguished honors college programs. Two regional choices come to mind, the Clark Honors College at U Oregon and the Barrett Honors College at Arizona State University.

Barrett enrollment would mean you'd have a cohort of approximately 3000 other Honors designees from all major academic areas, with curricular and housing enrichments, all tucked into a big major university with the cultural, sport and other lifestyle amenities that are so alluring to high schoolers. Same goes for the Clark program.

The book Inside Honors profiles over 60 large public institutions with honors tracks, but big privates are fast-developing strong honors programs (SMU, NYU, Northeastern and George Washington, to name a few).

If you have worked hard to develop a strong GPA (3.5 and up) as you launch your college search, and you want to get the meld of big school energy with small school intimacy, the Honors College path could be for you.

*Dr. Dan Golden was the founding director of Life Planning at the Vistamar School in El Segundo. He was a professor, program director and Dean for Work & Service-Learning at Wheaton College (MA), and now consults with individuals, schools and educational districts on college access, post-graduate study and career planning issues.*

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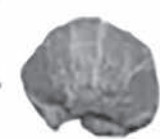
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## CANINE COGNITION

Well-Founded Fact or Fallible Fantasy?

Much ado has ensued in recent years, regarding the cognitive capacity of the "common" domestic canine, and some psychologists who've conducted studies in this field, have earned due respect from their peers in the animal behavioral science community. The burden of proof always lies on the individual whose desire it is to prove a particular theory as fact, and with that comes the responsibility and challenge of addressing and proving un-true, numerous opposing viewpoints.

Science is a discipline defined by very specific perimeters that must be acknowledged in determining the difference between fact and theory, and the process of proving a theory as fact requires accurately documenting the results of repeated controlled studies with consistency, tenacity and patience.

Therein lies the uniquely inherent value of the discipline itself. Anyone can come up with a theory, and hopefully we have all had a theory or two of our own that we deemed important enough to share at some point in our lives, but it is the proven fact that ultimately becomes a part of true science in the end.

When it comes to studying the thought processes and learning abilities of a dog, the first major challenge is communicating effectively with the subject. As we all know, animals don't speak human language, so in order to figure out what is really going on the mind of a canine, an alternative language that the subject will hopefully comprehend and respond to, must be employed.

Various studies have been conducted over the past several decades where-in sounds, signals, sign language, objects and/or graphic imagery were used to communicate with the canine, in an effort to learn more about what they are thinking. The results of some of those studies have sustained strongly enough scientifically, to be accepted as true building blocks for future research into how a dog thinks & learns, and why he even bothers to.

Does "Fido" respond consistently to a hand signal or verbal command simply out of natural instinct, or does he do it because he feels the desire to please the human? Is his response more the result of empathy about what the human is asking of him, or is it simply an inherent reflex or robotic response completely absent of logic? How much of how "Fido" responds to stimuli comes from cognitive comprehension versus natural instinct?

These are among the questions yet to be answered definitively and ones that many animal behavior psychologists and professionals are on a major quest to find answers to. There is a fine line between defining whether our four-legged furry friends understand what we are saying and thus respond by virtue of cognition, or if they respond in a certain way simply because they were wired by nature to do so.

This subject stirs up an immense amount of interest and intrigue not only among professionals in the field, but also among lay people such as myself, who love their pets and want to know what they are thinking in order to form stronger bonds and know better how to care for them.

It also stirs up a hot pot of controversy among folks of various schools of thought regarding the cognitive capacity of a canine, and whether they are even capable of experiencing phenomena such as intelligence and emotions as we humans understand them.

Indeed the concept of canine cognition is a

very touchy subject among some religious groups who deem it blatant blasphemy to give a dog the credit for being able to have feelings and thought processes such as we humans have. I don't see the conflict, myself.

I believe God created the dog for a very specific purpose, just as He created us for a specific purpose. We come from different species, but we all play an important role in this universe and on this planet. I wouldn't be so bold as to assume my reason for being is more important than any other creature's on earth. We are all part of a big picture, and we should humble ourselves to the knowledge that we are blessed to be alive at all.

I don't have enough time or space in this article to go into the details of all the studies that have been conducted or are currently underway on canine cognition, but here is a short list of websites that I found during a brief Google search, for those readers who are interested in learning more about this intriguing subject.

Duke Canine Cognition Center (Duke University)  
- <http://evolutionaryanthropology.duke.edu/research/dogs>  
Max Plank Institute for Evolutionary Anthropology  
- <http://www.eva.mpg.de/psycho/dog-cognition.php>  
Horowitz Dog Cognition Lab (Columbia University)  
- <http://www.columbia.edu/~ah2240/>  
Harvard Canine Cognition Lab (Facebook)  
- <https://www.facebook.com/pages/Harvard-Canine-Cognition-Lab/105507889498335>

You may also want to visit [Dognition.com](http://Dognition.com), where you can assess your own dog's cognitive tendencies by using a list of categories such as empathy, communication, cunning, memory and reason. There are various games and tests you can choose from for you and your dog to participate in. When you complete the assessment, you enter the data results and the site provides feedback that is supposed to be accurate regarding your canine's cognitive capacity.

I found it interesting, and I believe you will too. How scientifically correct the results are is another question. At least you your family will have fun in the process. You can purchase a one time assessment kit for as low as \$19. If you are not interested for yourself, it might make a great Christmas gift for a friend.

I'm fascinated with the concept of canine cognition, and I'm grateful for the many scientific research projects underway to help us better understand our furry four-legged friends. I may never know exactly what my girl, Molly is thinking, but I can't help believing there is more going on in her head than, "When's dinner? ". Regardless of what she thinks, one thing is for sure... she KNOWS I love her!



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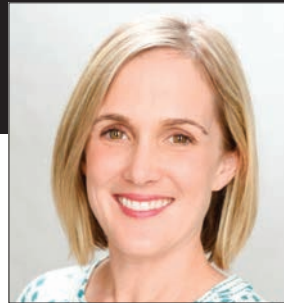
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GOOD NEWS: Musa the Magnificat, Mishka, and Chubbs have been adopted. Happy Catsgiving!

## HEALTHY LIFESTYLES

## THE JOY OF YOGA

## HANG ON TO IT



Do you ever have a burst of energy or inspiration that is short lived? For most people, it happens all the

time. Wouldn't it be wonderful if we could learn to hang onto this energy and harness it for good use? The sages recognized long ago this need for building and retaining energy.

When we first come to yoga, a powerful purification takes place. I love to see new students begin classes and immediately receive relief and clarity. It's like their bodies were calling out yoga! They come to class often and are thrilled by the effects of the practice. Along with purifying, the body and mind begin to become strong. In fact, it's ideal to spend a good amount of time getting strong. Yoga can be incredibly gentle at times and, as it should be, it can also be challenging. The practice reaches far and wide physically, strengthening and stretching vast areas and deeper muscles. There is a sense or a feeling of power that comes with all of this-- vitality.

So what happens if we purify and strengthen and build, build, build without any counterbalance? We get an uptight, possibly unstable yogi. Here is when it's time for calm and steadiness. Without both of these, there is no sustainable foundation for harnessing the great created vitality or the clean and clear state of being. Calm and stable is achieved through the breath and the body. Meditations or visualizations that create focus or concentrated energy are excellent as well.

Consider in your practice if you were to hold poses longer, what would be the effect? How about the breath? What impact does 1:1 breathing have on you? How about extending the length of your exhale to twice as long as the inhale? What would be the effect? Try this. You will most likely discover and experience calm and stability. This will provide the foundation for holding onto and building vitality.

Keep in mind as you proceed and enjoy yoga, creating calm and stability is always needed and should be interwoven into practice. Please come find us at Yoga Madre, [www.yogamadre.com](http://www.yogamadre.com). Namaste, Keely Totten, E-RYT 500

## THE MISSING PAGE

## Real Life Tips from Life's Instruction Manual

## A GRATITUDE PRACTICE

Having a gratitude practice can improve your mental and physical health. What is it to have a gratitude practice?

What does it look like to live in Gratitude?

Gratitude is acknowledgment.

Having a gratitude practice means that rather than waiting for something to happen to appreciate, we live in a grateful state. We bend toward gratitude and look for the good in every situation and condition. It means we notice. We decide to generate gratitude.

It's the act of pausing to notice those things that make a difference.

I recently heard the author Ernest J. Gaines interviewed on the "What it Takes" podcast. The interviewer asked about him becoming a writer.

He spoke of many influences, his parents, his aunt, the elders on the farm where he lived as a child. Then he mentioned the library.

He said he used an Andrew Carnegie Library in Vallejo, California. He specified that he used a Carnegie Library. Attribution is an important aspect of gratitude. His specificity was an act of grace and appreciation.

Mr. Carnegie came to the United States as a poor child from Scotland but died as one of the richest men in the world. Many people focus on his wealth, but I appreciate

his service. I believe his greatest influence was the \$60 million he donated to the support of the public library system. The ripple of his gift is eternal, he educated and touched so many lives. In the age of Google, it's easy to forget about the impact of libraries, but getting lost in the pages of a book or the stacks of a library will never be replaced by instant access, electronic books.

Washington, D.C. is the home of the first Andrew Carnegie Library and in 1903 was the only public place that African Americans were welcome to use the public bathroom in the District of Columbia. It was open to women, children and all races. Mr. Gaines spoke of marveling at being allowed in the library without restriction it was the first place he experienced equanimity.

He is one of my favorite authors because he gives voice and dignity to people that are familiar to me and that I love. My people come alive on the pages of his books, and I am grateful.

Lori A. Harris is a lawyer and coach. You can experience more of her gratitude insights in her free app the Gratitude Train and then record your own. Download the app for free in the App Store and Google Play.



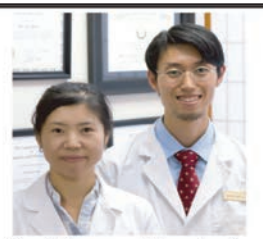
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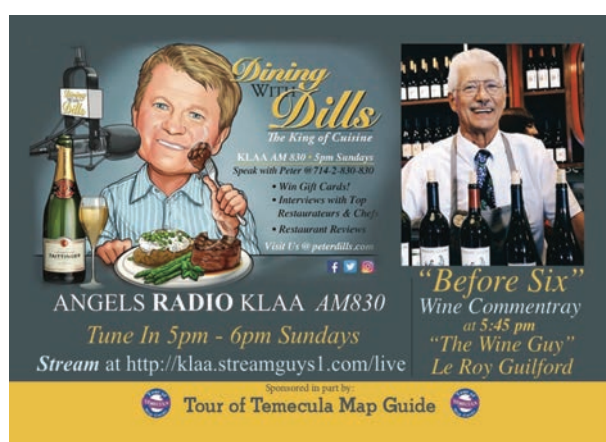
## TABLE FOR TWO by Peter Dills thechefknows@yahoo.com

2017

The holidays are here and every year I dedicate the entire season to bubbles. Bubbles? Yes, more commonly known as sparkling wine. For wine to be called "champagne" it must come from the Champagne region of France, with no exceptions. There are many wines that use the same "Méthode Champenoise" process as the French. Spain has Cava. Germany produces some mighty fine Sekt. Australia, yes from down under, produces what they call a Fizzie - the name sounds right doesn't it? And Italy produces two sparklers, Asti and Prosecco (although Proseccos have become very popular I still think for the money California does the best!) California makes many sparkling wines, and we'll introduce you to them in the next few weeks. One of the better sparkling wines is Schramsberg, which I mentioned a few years ago was Richard Nixon's bubbles of choice - no politics here, just giving you a little trivia.

Sparkling wines are all blends and can be vintage, although the Schramsberg Blanc de Noir is a composition of grapes and regional combination. Blanc de Noir (meaning "white from black") is 85% pinot noir and 15% chardonnay - thus the blend title - and that is just fine with this writer. As with any "bubbles" yeast plays an important role in the fermentation role of the wine's richness and body, making the wine crisp and low in tannins (the monks found this out by accident). Many readers ask me about sparkling wine or champagne storage. I buy champagne to drink right away, but if you are able to purchase a six-pack to save a few dollars, that's fine. This 2013 Schramsberg, if stored properly in a nice cool place its side, will be good for years to come, but why let it sit all alone when it should be enjoyed?

Yes, the holidays are here, and my research tells me



that consumption of bubbles goes way up during the holidays. This is not a picnic sparkling wine - this is one of my favorites and I savor every zesty sip. Enjoy with a special friend, dinner, or a nice soft cheese.

Closure: Corked  
Dills Score: 91

Retail: \$34, find it in a supermarket/Pavilions for about \$29, or restaurant around \$60.

Each week I will give you my Dills Score. Starting with a base of 50 points, I added 8 points for color, 8 points for aroma or "nose", 8 points for taste, 9 points for finish, and 8 points for my overall impression, which includes my value rating.

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## HOW TO PROTECT YOURSELF FROM PERIPHERAL ARTERY DISEASE

Dear Savvy Senior,

For the last six months or so, I've been having problems with my hips and legs cramping when I walk, although they feel better once I stop. I thought it was just because I'm getting old, but my friend was telling me about a leg vein disease called PAD and thinks I may have it. What can you tell me about this condition?

Limping at 60

Dear Limping,

The health condition your friend is telling you about is known as "peripheral arterial disease" (or PAD), which is an under the radar disease that affects up to 12 million Americans.

It happens when the arteries that carry blood to the legs and feet become narrowed or clogged over the years with fatty deposits or plaque, causing poor circulation.

But you also need to be aware that because PAD is a systemic disease, people that have it are also much more likely to have clogged arteries in other areas of the body like the heart, neck and brain, which greatly increase the risks of heart attack or stroke.

### Few Symptoms

Unfortunately, PAD goes undiagnosed and untreated way too often because most people that have it experience few, if any symptoms. The most common symptom, however, is similar to what you're experiencing: pain and cramping in the hip, thigh or calf muscles, especially when walking or exercising but usually disappears after resting for a few minutes.

Another reason PAD is under-diagnosed is because many people assume that aches and pains go along with aging and simply live with it instead of reporting it to their doctor.

Other possible symptoms to be aware of include leg numbness or weakness, coldness or skin color changes in the lower legs and feet, or ulcers or



sores on the legs or feet that don't heal.

### Are You at Risk?

Like most other health conditions, the risk of developing PAD increases with age. Those most vulnerable are people over the age of 50 who smoke or used to smoke, have elevated cholesterol, high blood pressure, diabetes, are over weight, or have a family history of PAD, heart attack or stroke. African Americans are also twice as likely to have PAD as Caucasians.

If you're experiencing any symptoms or if you're at increased risk of PAD, you need to be tested by your doctor or a vascular specialist. He or she will probably perform a quick and painless ankle-brachial index test, which is done by measuring your blood pressure in your ankle as well as your arm and compare the two numbers.

With early detection, many cases of PAD can be treated with lifestyle modifications including an improved diet, increased physical activity and smoking cessation.

If lifestyle changes aren't enough, your doctor may also prescribe medicine to prevent blood clots, lower blood pressure and cholesterol, and control pain and other symptoms. And for severe PAD, the treatment options are angioplasty (inflating a tiny balloon in the artery to restore blood flow then removed), the insertion or a stent to reopen the artery, or a graft bypass to reroute blood around the blockage.

To learn more about PAD, visit the National Heart, Lung and Blood Institute at [www.nhlbi.nih.gov/health/educational/pad](http://www.nhlbi.nih.gov/health/educational/pad).

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit [www.savvysenior.org](http://www.savvysenior.org). Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.

## KATIE Tse .....This and That



### THE THRILL OF THE HUNT

I hope you had a wonderful Thanksgiving and that you're nearly through your leftovers by now! I also hope you enjoy this recycled article that I barely recall, which means you won't remember it from years ago either.

When was the last time you went hunting? Was it an exotic safari spanning the Serengeti. Did you load a rifle to take down an endangered elephant or rhino? Perhaps you enjoyed an English fox hunt, with beagles, bugles, and those silly flared pants.

"That's preposterous!" you say. "What kind of person derives pleasure from tracking down and killing helpless prey?" I agree with you. But by the same token, I see "Black Friday" as fulfilling some kind of retail blood lust within most of us. (I say "most of us" because I LOATH shopping, and I trust some of you feel the same way.)

With a few exceptions, Black Friday brings out the worst in humanity. We've all read about the fights at Walgreens and malls across the nation. What better way to celebrate peace on earth and good will toward men than to slug each others' teeth out? Nothing says "silent night" like a good shiner and an accompanying concussion. I hate shopping even under the best of circumstances, so you can imagine my trepidation about going within a mile of a mall, Walmart, or Best Buy on that dreaded weekend.

Last year I made the mistake of procrastinating too long when buying a gift for one of my close friends, we'll call her Cassandra. Cassandra frequently chooses clothing for my Christmas and birthday gifts. I'm the first to admit that I need wardrobe help, so I wholeheartedly welcome all

her clothing gifts.

But last year I made the mistake of trying to buy HER some clothes. I asked a mutual friend what brands of clothing Cassandra prefers. Our friend recommended the Gap and Banana Republic outlet stores at the Citadel. Noting my puzzled expression, she patiently explained to me what the Citadel is. You can tell I love to shop...

My husband gallantly drove us out to the Citadel at a day dangerously near Christmas. I've never

witnessed such utter chaos in a store before. There were children running around, tripping over piles of clothes, all while strewing mounds of display items onto the floor. The checkout "line" snaked around the aisles and climbed over heaps of clothes. One would assume that vast numbers of items were stolen that night. This insight prompted the question --just how much are these products marked up above their true value? Obviously, the Gap can afford to loose a quarter of its merchandise

during one holiday sale and still make a profit.

These thoughts and others swirled through my over-stimulated mind that night, as I dodged running children and tried to avoid tripping over piles of discarded clothes. Reaching the parking lot at the end of the night was like embracing the promised land. However, the lingering stress caused me to unconsciously clench my bag of clothing for a good half hour after the lights of the Citadel faded into the distance.

My friend probably didn't fully appreciate my sacrifice in buying her gifts last year --which is why, this year, I'm ordering her present online. Any shipping expenses are worth their weight in gold as far as my mental health is concerned. Merry shopping!

## SENIOR HAPPENINGS



### HAPPY BIRTHDAY! ....November Birthdays

Flo Mankin, Alberta Curran, Carmela Frontino, Kathy Wood, Lena Zate, Joe Pergola, Janice Kacer, Valerie Howard, "Mike" Ruggles, Joan Ruggles, Lois Stueck, Jean Wood, Shirley Yergeau, Kathi Jefferson, Pat Krok, Irene Nakagawa, Anna Ross, Mary Steinberg and Sue Quinn. \* To add your name to this distinguished list, please call the paper at 626.355.2737. YEAR of birth not required but you must be over 60.

### ACTIVITIES:

Unless listed differently, all activities are at the Hart Park House (Senior Center) 222 W. Sierra Madre Blvd., Sierra Madre



Hawaiian & Polynesian Dance Class: Every Tuesday morning from 10a.m. to 11a.m. Join instructor Barbara Dempsey as she leads you in the art of Hula.

Bingo Time: Every Tuesday beginning at 1:00p.m. Cards are only \$0.25 each! Everyone is welcome to join. Activity may be canceled if less than five people.

Free Blood Pressure Testing: 2nd Tuesdays of the month from 11a.m. to 12p.m. No appt. is necessary.

Brain Games - \*New Activity\*: Join us on Thursday November 16th, at 10:30a.m. to 11:30a.m. for Scattergories. A creative thinking game by naming objects within a set of categories. Everyone is welcome, and no experience is needed. What a great way to strengthen your brain and make new friends. Activities are facilitated by Senior Volunteers.

Free Legal Consultation: Wednesday, November 15th from 10:30a.m. to Noon. Attorney Lem Makupson is available for legal consultation. Specializing in Family Law, Wills, Trusts, Estates, and Injury. Appointments are required by calling 626-355-7394.

Senior Club: Meets every Saturday at the Hart Park House Senior Center. Brown Bag Lunch at 11:30a.m.

Chair Yoga: Mondays & Wednesdays from 11:00a.m. to 11:45a.m. with Paul Hagen. Classes include yoga and balance exercises. All ability levels are encouraged and welcomed!\* A voluntary donation of \$5.00 per week is suggested but not required.

Birthday Celebrations: Every 2nd Thursday monthly at the Hart Park House, share some free birthday cake provided by the Sierra Madre Civic Club.

Game Day: Every Thursday starting at 12:00p.m. Come join this group of Seniors in their poker game. Other games are offered to all.

Free Strength Training Class: Fridays from 12:45p.m. to 1:30p.m. with Lisa Brandley. This energetic class utilizes light weights, low impact resistance and training conditioning. Class equipment is provided.

### UPCOMING EXCURSIONS:

#### The Maloof House and Gardens



.. (Alta Loma)  
Date: Wednesday, November 29, 2017  
Time: 9:15am to 2:30pm  
Meeting Location: Hart Park

House Senior Center

Cost: \$20 (Does not include lunch)

Guided tour of the fascinating home handcrafted by renowned American woodworker Sam Maloof and furnished with examples of his signature furniture. The house is also a showcase of Sam and Alfreda Maloof's incomparable collection of 20th Century Studio craft and fine art. Following the house tour, take a self-guided tour of the Maloof Garden with its water-wise plantings and enchanting garden art and then visit the Museum Shop. Patrons are required to leave their handbags and other large belongings in a locked coat check room prior to touring the home. Lunch is on your own at Walter's Restaurant in Claremont. Level of Walking: Medium. Please call the Hart Park House 626-355-7394...



### HOLIDAY CRAFTS

Holiday Crafts Thursday, November 16th, 12:30 p.m. – 1:30 p.m. Participants will be painting and decorating repurposed wine bottles. Art materials and supplies will be provided, however spaces are limited. Reservations are required to save your spot. \*\*Please call the Hart Park House 626-355-7394\*\*

Monday, December 4th, 12:30 p.m. – 1:30 p.m.

Kt Boyce will demonstrate paper crafts and ornament-making. Turn paper and charms into a beautiful holiday ornament or a present garnish. Bring ornaments from home and share your personal stories. Materials and supplies will be provided, but spaces are limited - Reservations at 626-355-7394.



### SENIOR CINEMA -

November 15th at 1:00 p.m.  
Planes Trains and Automobile (1987)

Neal Page (Steve Martin) is somewhat of a control freak. Trying to get home to Chicago to spend Thanksgiving with his wife and kids, his flight is re-routed to a distant city in Kansas because of a freak snowstorm and his sanity begins to fray. Worse yet, he is forced to bunk up with talkative Del Griffith (John Candy), whom he finds extremely annoying. Together they overcome the insanity of holiday travel to reach their intended destinations. Run Time: 1h 33m.

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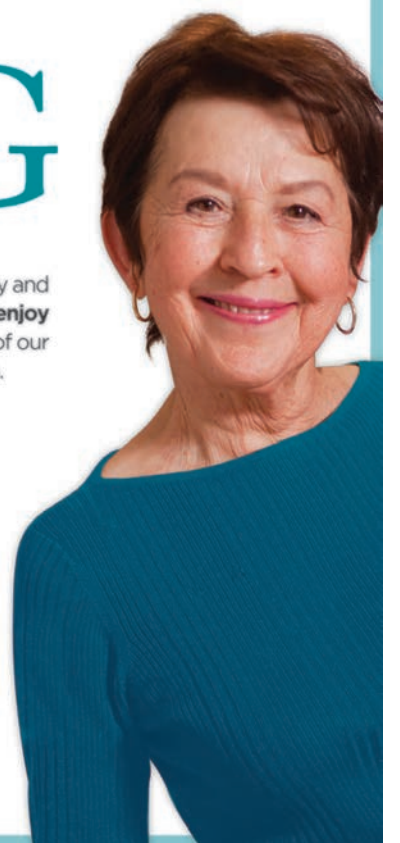
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Looking Up  
with Bob Eklund

## SOLAR SYSTEM'S FIRST INTERSTELLAR VISITOR DAZZLES SCIENTISTS

Astronomers recently scrambled to observe an intriguing asteroid that is passing through our solar system on a steep trajectory from interstellar space—the first confirmed object from another star.

Now, new data reveal the interstellar interloper to be a rocky, cigar-shaped object with a somewhat reddish hue. The asteroid, named 'Oumuamua by its Hawaiian discoverers, is up to one-quarter mile long and highly-elongated—perhaps 10 times as long as it is wide. That aspect ratio is greater than that of any asteroid or comet observed in our solar system to date. While its elongated shape is quite surprising, and unlike asteroids seen in our solar system, it may provide new clues into how other solar systems formed.

The observations and analyses were funded in part by NASA and appear in the Nov. 20 issue of the journal *Nature*. They suggest this unusual object had been wandering through the Milky Way, unattached to any star system, for hundreds of millions of years before its chance encounter with our star system.

Immediately after its discovery, telescopes around the world, including ESO's Very Large Telescope in Chile, were called into action to measure the object's orbit, brightness and color. Urgency for viewing from ground-based telescopes was vital to get the best data.

Combining the images from the ESO telescope with those of other large telescopes, a team of astronomers led by Karen Meech of the Institute for Astronomy in Hawaii found that 'Oumuamua varies in brightness by a factor of 10 as it spins on its axis every 7.3 hours. No known asteroid or comet from our solar system varies so widely in brightness, with such a large ratio between length and width. The most elongated objects we have seen to date are no more than three times longer than they are wide.

"This unusually big variation in brightness means that the object is highly elongated: about ten times as long as it is wide, with a complex, convoluted shape," said Meech. "We also found that it had a reddish color, similar to objects in the outer solar system, and confirmed that it is completely inert, without the faintest hint of dust around it."

These properties suggest that 'Oumuamua is dense, composed of rock and possibly metals, has no water or ice, and that its surface was reddened due to the effects of irradiation from cosmic rays



over hundreds of millions of years.

This remarkable object was discovered Oct. 19 by the University of Hawaii's Pan-STARRS1 telescope, funded by NASA's Near-Earth Object Observations (NEOO) Program, which finds and tracks asteroids and comets in Earth's neighborhood that could pose a danger to Earth.

Preliminary orbital calculations suggest that the object came from the approximate direction of the bright star Vega, in the northern constellation of

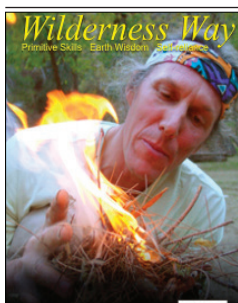
Lyra.

The object's official name is interstellar asteroid 11/2017 U1. In addition to the technical name, the Pan-STARRS team in Hawaii dubbed it 'Oumuamua (pronounced oh MOO-uh MOO-uh), which is Hawaiian for "a messenger from afar arriving first."

'Oumuamua is travelling about 85,700 miles per hour relative to the Sun. Its current location is approximately 124 million miles from Earth—the

distance between Mars and Jupiter—though its outbound path is about 20 degrees above the plane of planets that orbit the Sun. The object passed Mars's orbit around Nov. 1 and will pass Jupiter's orbit in May of 2018. It will travel beyond Saturn's orbit in January 2019; as it leaves our solar system, 'Oumuamua will head for the constellation Pegasus.

You can contact Bob Eklund at: [beklund@MtnViewsNews.com](mailto:beklund@MtnViewsNews.com).



**CHRISTOPHER** Nyerges

## MORE ON THANKSGIVING

[Nyerges is the author of "How to Survive Anywhere," "Foraging California," "Enter the Forest" and other books. He leads courses in the native uses of plants. He can be reached at Box 41834, Eagle Rock, CA 90041, or [www.SchoolofSelf-Reliance.com](http://www.SchoolofSelf-Reliance.com)]

I met a man who began to discuss with me the column I wrote for this paper last week, about the historical origins of Thanksgiving, and what happened, and what didn't happen.

"I was a little puzzled after I read it," Burt told me. "I wanted to know more. I understand that the first historical Thanksgiving may have not happened the way we are told as children," he told me, "but how did we get to where we are today? What I understood from your column was that there are historical roots, and that we today remember those roots and try to be very thankful, but the connection was unclear." Burt and I then had a very long conversation.

A newspaper column is typically not long enough to provide the "big picture" of the entire foundation of such a commemoration, as well as all the twists and turns that have occurred along the way. But here is the condensed version of what I told my new friend Burt.

First, try reading any of the many books that are available that describe the first so-called "first Thanksgiving" at the Plymouth colony that at least attempts to also show the Indigenous perspective. You will quickly see that this was not simply the European pilgrims and the native people sitting down to a great meal and giving thanks to their respective Gods, though that probably did occur.

As you take the time to explore the motives of the many key players, in the context of that time, you will see that though the Europeans were now increasingly flowing into the eastern seaboard, their long-term presence had not been allowed – until this point. Massasoit was the political-military leader of the Wampanoag confederation, which was the stronger native group in the area. However, after disease had wiped out many of the native people, Massasoit was worried about the neighboring long-time enemies – the Narragansett -- to the west. The gathering of the European leaders of the Plimouth Colony and Massasoit and entourage had been more-or-less brokered by Tisquantum (aka Squanto) who spoke English.

Yes, there had been much interaction between the new colonists and native people for some time, and this gathering of 3 days in 1621 was intended to seal the deal between the colonists aligning with Massasoit. The exact date is unknown, but it was sometime between September 21 and November 9.

Yes, historians say that a grand meal followed, including mostly meat. The colony remained and there was relative peace for the next 10 to 50 years, depending on which historians were correct in their reading of the meager notes.

Politicians and religious leaders continued to practice the giving of thanks, in their churches and in their communities, and that is a good thing. They would hearken back to what gradually became known as the "first

Thanksgiving" in order to give thanks for all the bounty they found and created in this new world. But clearly, the indigenous people would have a very different view of the consequences of this 1621 pact, which gradually and inevitably meant the loss of their lands and further decimation of their peoples from disease. Of course, there was not yet a "United States of America," and it was with a bit of nostalgia and selective memory that we refer to this semi-obscure gathering of two peoples as some sort of foundational event in the development of the United States. And it is understandable from the perspective of a national mythology that the native people were forgotten and the "gifts from God" remembered.

My new friend Burt was nodding his head, beginning to see that there was much under the surface of this holiday. I recommended that he read such books as "1491: New Revelations of the Americas Before Columbus" by Mann, "Native American History: Idiot's Guide" by Fleming, and others.

As I still believe, giving thanks is a good thing – good for the soul and good for the society. Just be sure to always give thanks where it is due!

Eventually, in the centuries that followed, Thanksgiving was celebrated on various days in various places. George Washington declared it an official Thanksgiving in 1789. However, the day did not become standardized as the final Thursday each November until 1863 with a proclamation by Abraham Lincoln.

The gross commercialization of Thanksgiving is a somewhat recent manifestation of the way in which we have tried to extract money from just about anything. One way to break that cycle is to just choose to do something different.

When I used to visit my parents' home for annual Thanksgiving gatherings, I disliked the loud arguing and banter, the loud TV in the background, and the way everyone (including me) ate so much that we had stomach aches! I felt that Thanksgiving should be about something more than all that. I changed that by simply no longer attending, and then visiting my parents the following day with a quiet meal. It took my parents a few years to get used to my changes, but eventually they did.

This year, before the actual Thanksgiving day, I enjoyed a home-made meal with neighbors and friends. Before we sat down to eat, everyone stated the things they are thankful-for before the meal. Nearly everyone cited "friends and family," among other things. It was quiet, intimate, and the way that I have long felt this day should be observed. Yes, like most holidays we have a whole host of diverse symbols, and Thanksgiving is no different. And like most modern holidays, their real meanings are now nearly-hopelessly obscured by the massive commercialism. Nevertheless, despite the tide that is against us, we can always choose to do something different. Holidays are our holy days where we ought to take the time to reflect upon the deeper meanings. By so doing, we are not necessarily "saving" the holiday, but we are saving ourselves. As we work to discover the original history and meanings of each holiday, we wake up our minds and discover a neglected world hidden in plain sight.



## OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

## BLACK FRIDAY ALWAYS RESULTS IN RED MONDAY

I'm not sure who come up with this term "Black Friday" but I am definitely not for it. To me, Black Friday is rather devious and I know the only purpose is to get their teeth into my money, which is a sacred area to me.

When it comes to shopping, I certainly am not a fan. I really do not like shopping. I get nervous when I'm in the shopping mall, start sweating and have to leave and sit in my car for at least half an hour to regain composure.

I have many interests and passions in life, but trust me, shopping is not one of them. I can live my whole life without ever shopping.

On the other side of our residence, it is a different story.

I am not sure, but I suspect shopping is second nature to the Gracious Mistress of the Parsonage. She has it down to a science; she collects coupons and whatever else is associated with it all year long.

She is always boasting about how much money she has saved. Because I enjoy our life together and I enjoy living, I always go along with her. But, and it's a big but, I'm not sure it's legitimate.

For example, one time she came from a shopping spree and showed me on the receipt she had saved \$79.43. I studied the receipt and realized that in order to save that much money she had to spend over \$200. Now, my dilemma is, do I point this out to her and encourage a scolding look back at me? Or, do I smile and keep on enjoying living?

Here is the difference between my wife and me. All year long, she saves coupons for this shopping spree that she enjoys. I, on the other hand, save up money all year long to enable her shopping spree.

I am beginning to think I am an enabler. Is she a Shopaholic? Is this a disease?

Don't tell her I'm thinking about this, but I believe I am enabling her in this Shopaholic lifestyle.

One thing about being a Shopaholic is that it's not contagious. It is outrageous, but not contagious.

For me, black Friday always ends on red Monday.

On Friday, my checkbook is all in the black. Come Monday afternoon, it is all in the red.

Of course, I must say it has been working out very well for someone like me who does not like to go shopping. If I liked to go shopping, we might be in competition and that could create some stress. As it stands, she loves shopping and I love her enough to support her shopping. Can you think of a better scenario?

The reason I do not like shopping, especially at the mall, is because of all of the people crowding the stores in the hallways. Although I don't like

to shop, there are times when I must go shopping and when I go shopping, I like to ponder carefully what I'm shopping for.

I do not buy the first thing I see. I used to do that and got into a lot of trouble. But now, I need to think through what I'm buying and make sure it's the exact gift I want to purchase. When there are all kinds of people crowding the store, it does not give me the space to ponder my purchase. I like my personal space.

Not only that, but when I am shopping I want to get the best price and maybe there is another store across town that has the same item for a lot cheaper price. After I buy an item, it always worries me that maybe I could have bought it cheaper at another place.

My thinking about shopping begins when I start shopping. The other side of our marital bliss does it completely different. She thinks about shopping weeks and sometimes months ahead of the purchase date.

When she goes shopping, she has everything thought through and all she has to do is go and pick it up, give them a coupon and pay the bill.

I wish I could be that put together when it comes to shopping. My wife can shop for everybody at the same time and keep all the gifts in order.

I can never do that. I have to think of one present and I cannot think of the next one until I purchased the first present. It takes me forever to do any kind of Christmas shopping. That is just the way my clock ticks.

Through the years, I have come to a wonderful solution to this problem. I have one present to buy at Christmas time and that is for my wife. All the other presents for all the other members of the family are negotiated quite successfully by my wife.

I sweat and ponder the proper gift to give. I'm not sure if I have ever given the proper gift, but she always opens it and smiles and says "Thank you." That's all I need.

I like what David said about giving. "Give unto the Lord, O ye mighty, give unto the Lord glory and strength. Give unto the Lord the glory due unto his name; worship the Lord in the beauty of holiness" (Psalm 29:1-2).

I may not be very good at giving presents, but I'm trying to become a better giver of thanks to God.

Dr. James L. Snyder is pastor of the Family of God Fellowship, 1471 Pine Road, Ocala, FL 34472. He lives with his wife in Silver Springs Shores. Call him at 352-687-4240 or e-mail [jamesnyder2@att.net](mailto:jamesnyder2@att.net). The church web site is [www.whatafellowship.com](http://www.whatafellowship.com).

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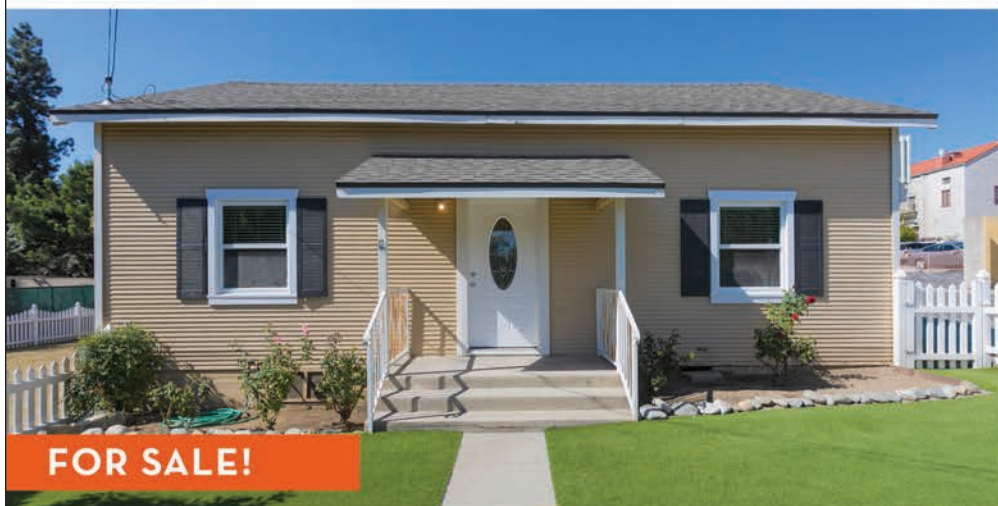
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*Warmly,  
Luther & Georgina Tsingoglou*



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**SECTION B**

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The Arroyo Singers presents “My Favorite Holiday Things!” A Winter Concert featuring Christmas Carols, old and new, Chanukah songs and Holiday favourites!” The group is accompanied by long time Pianist, Nonna Ayrapetova, and is directed by guest director, Lilybeth Evardome. The group is under the Music Direction of Dr. James Reitzell who has lead the Group Since 1994.

Sunday December 3, 2017 at 4:00P.M.  
Oneonta Congregational Church  
1515 Garfield Avenue  
So Pasadena, CA. 91030

Tickets: Adults ~ \$15 Seniors/Students ~ \$10 Children Under 10 ~ Free

The Arroyo Singers is a Women’s Choral group and was formed in 1961 by a group of Cal Tech wives. It’s membership is now from all around the San Gabriel Valley. We welcome new members at the beginning of January and September. The Arroyo Singers is a 501(C)3 Non-Profit organization. For Information, Call (626) 351-1862.

### CHRISTMAS CONCERT AT SIERRA MADRE PLAYHOUSE

Sunday, December 17, 2017 at 7:00 p.m. A selection of contemporary Christmas songs in addition to classical yuletide favorites will be performed including Chanukkah songs. Jessica Pierce, flute. Almer Imanovic, guitar.

Abram Poliakoff, tenor. Sierra Madre Music Children’s Choir will perform. Presented by Sierra Madre Playhouse and Sierra Madre Music.

Admission: \$20 adults and seniors. \$12 students (up to age 21). Reservations: (626) 355-4318, or online at [www.sierramadreplayhouse.org](http://www.sierramadreplayhouse.org)

### FOOTHILL UNITY CENTER INVITES YOU TO A HOLIDAY SALON CONCERT & ART SHOW

*Celebrate the masterful talents of Dr. Adam R. Kendall, Dr. Samuel W. Chung and local artists while supporting families throughout our community.*

Dr. Kendall has carried a passion for classical music ever since he began playing the violin and piano at the age of 5. In 2011 he began performances in public settings from train stations to street corners. He also teaches about ten students at a local church. In lieu of performance fees and lesson fees, he encourages donations to locally operated charities even in his early performance career with the Columbia Symphony Orchestra.

Many of Dr. Kendall’s violin and piano solos are chosen for their ability to console and to inspire, two qualities which he found patients appreciated when he played in hospitals and convalescent homes. In 2015, Dr. Kendall began raising money for the Foothill Unity Center at the Monrovia Farmer’s Market. We are honored that he has chosen to support the Foothill Unity Center.

**Special Duet: Dr. Samuel W. Chung**  
Dr. Chung, a medical oncologist, earned his undergraduate degree in biology from the University of California at Riverside and his medical degree from the Loma Linda University School of Medicine. In 2003, he began his residency in internal medicine at the Roger Williams Medical Center at Boston University where he was chosen as chief resident in 2006. He went on to complete a fellowship in hematology/oncology with the UCLA-Olive View Program in Sylmar, California.

Dr. Chung started playing violin at the age

of six under the tutelage of Janice Radford of Long Beach. He then studied under Fung Ho of Arcadia. Samuel was the concertmaster of the Arcadia High School Orchestra during all four years of high school and the Pasadena Young Musicians Orchestra, as well as the All-State Orchestra during my senior year. While studying Biology at Riverside, he was concertmaster of the University Orchestra for all four years, and was the featured soloist with the Orchestra on three occasions, performing the Tchaikovsky violin concerto, the Carmen Fantasy by Pablo de Sarasate, and the Mendelssohn Violin concerto. These days, when he is not practicing as an oncologist, he is the Music Director of Foothills Neighborhood Church.

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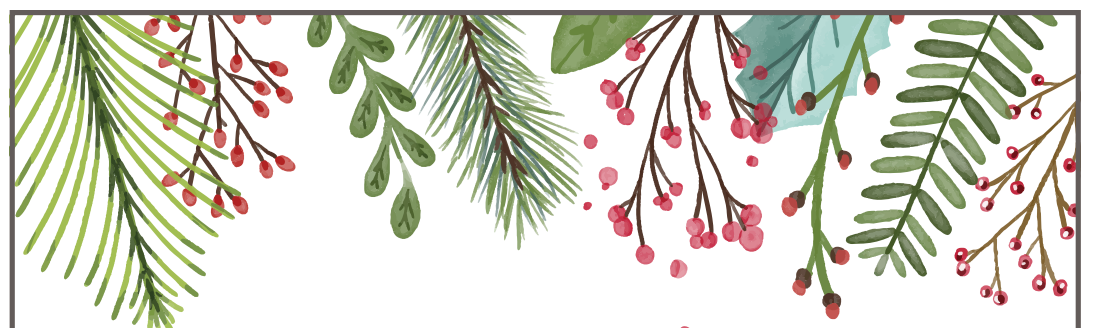


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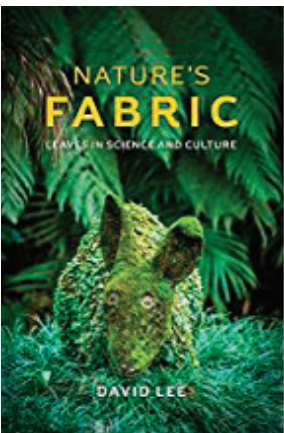
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# Jeff's Book Pics

**Beautiful and Impossible Things: Selected Essays of Oscar Wilde** by Oscar Wilde and Gyles Brandreth  
This selection of Oscar Wilde's writings provides a fresh perspective on his character and thinking. Compiled from his lecture tours, newspaper articles, essays and epigrams, these pieces show that beneath the trademark wit, Wilde was a deeply humane and visionary writer, as challenging today as he was in the late 1800s. This edition includes essays on interior design, prison reform, Shakespeare, the dramatic dialogue Decay of Lying and the seminal Soul of Man.



**An Address in Amsterdam: A Novel** by Mary Dingee Fillmore  
Rachel Klein hopes she can ignore the Nazis when they roll into Amsterdam in May 1940. She's falling in love, and her city has been the safest place in the world for Jewish people since the Spanish Inquisition. But when Rachel's Gentile boyfriend is forced to disappear rather than face arrest, she realizes that everything is changing, and so must she,so although she is often tired and scared, she delivers papers for the underground under the Nazis' noses. But after eighteen months of ever increasing danger, she pushes her parents to go into hiding with her. The dank basement where they take refuge seems like the last place where Rachel would meet a new man,but she does.The book shows that, even in the most hopeless situation, an ordinary young woman can make the choice to act with courage,and even love.

**Nature's Fabric: Leaves in Science and Culture** by David Lee  
Nature's leaves are all around us—in backyards, cascading from window boxes, even emerging from small cracks in city sidewalks given the

slightest glint of sunlight. Perhaps because they are everywhere, it's easy to overlook the humble leaf, but a close look at them provides one of the most enjoyable ways to connect with the natural world.A lush, incredibly informative tribute to the leaf, Nature's Fabric offers an introduction to the science of leaves, weaving biology and chemistry with the history of the deep connection we feel with all things growing and green. Leaves come in a staggering variety of textures and shapes: they can be smooth or rough, their edges smooth, lobed, or with tiny teeth. They have adapted to their environments in remarkable, often stunningly beautiful ways—from the leaves of carnivorous plants, which have tiny “trigger hairs” that signal the trap to close, to the impressive defense strategies some leaves have evolved to reduce their consumption. (Recent studies suggest, for example, that some plants can detect chewing vibrations and mobilize potent chemical defenses.) In many cases, we've learned from the extraordinary adaptations of leaves, such as the invention of new self-cleaning surfaces inspired by the slippery coating found on leaves. But we owe much more to leaves, and Lee also calls our attention back to the fact that that our very lives—and the lives of all on the planet—depend on them. Not only is foliage is the ultimate source of food for every living thing on land, its capacity to cycle carbon dioxide and oxygen can be considered among evolution's most important achievements—and one that is critical in mitigating global climate change.Taking readers through major topics like these while not losing sight of the small wonders of nature we see every day.Nature's Fabric is eminently readable and full of intriguing research, sure to enhance your appreciation for these extraordinary green machines.

# All Things

**MORE MIDDLE-SCHOOL GIRLS ARE INFLECTING SELF-PAIN AND SUICIDE ATTEMPTS. EXPERTS SAY IT MIGHT BE BECAUSE OF SMARTPHONES BY MARWA ELTAGOURI**

A study shows that self-harm and suicide attempts are climbing among teenage girls nationwide. Experts say it could be because of smartphones and increased time spent online.A 15-year study of emergency room visits reveals new signs of emotional suffering among the nation's young women and girls — particularly those in their middle-school years.Emergency room visits for girls 10 to 14 who inflicted self-pain were relatively stable before 2008 but escalated in the years since, according to new data. It is unclear why the rate of self-injury among younger teens has climbed, though some experts say it could be because of the girls' access to smartphones and Internet bullying.Self-harming behaviors like ingesting poisons, cutting and overdosing on drugs are strong indicators of suicide — the second-leading cause of death among people between 10 and 24 in 2015.Suicide rates for both teenage boys and girls are on the rise. Most girls and women were admitted to emergency rooms after ingesting pills or poisons, although some were treated for

injuring themselves with sharp objects, according to the new data. From 2009 to 2015, the number of girls 10 to 24 admitted to emergency rooms for nonfatal self-inflicted injuries grew by 8.4 percent annually.The data is in line with rates of teen suicide, particularly for girls, whose suicide rate hit a 40-year high in 2015, according to the CDC. Over the past decade, suicide rates doubled among teen girls and jumped by more than 30 percent among teen boys.The highest rate of emergency room visits for self-inflicted injuries was among older teen girls, who had about 633 visits per 100,000 in 2015. Some researches say the rise in self-harm and suicide among teenagers could be because those born after 1995 are more prone to mental-health issues than millennials. The most likely reason for this, they say, is the rise of the smartphone.Researchers said the findings underscore the need to beef up prevention efforts including finding ways to help at-risk kids feel less isolated and more connected to their peers, and teaching coping and problem-solving skills.

# FAMILY MATTERS



## HOW TO SHARE FAMILY HISTORY AND HEIRLOOMS THROUGH YOUR ESTATE PLAN

One of the most important aspects of your estate plan is – or at least should be – protecting and passing on your legacy. And this coming holiday season is a great opportunity to reminisce about your family's stories, values, and history because you'll probably have your loved ones nearby.

While having those conversations is important, did you know you can also use a personal property memorandum in your estate plan to pass along special memories and stories about specific items that are meaningful to you and connect your family with the past?

**What Is a Personal Property Memorandum?**  
California state law allows you to include a “personal property memorandum” in your estate plan. This supplemental document, specifically referenced in your will or living trust, lets you describe which personal property items you wish to leave to heirs, without having to call your lawyer and arrange for a meeting. You can handwrite or type this document, but it must be signed and dated to be valid. In conjunction with a will or living trust, a personal property memorandum can provide a roadmap for your executor regarding the distribution of specified items to your beneficiaries.

One important feature of a personal property memorandum is that you can change or update it whenever you like without the assistance of an attorney or notary. This freedom can be beneficial to you, because although you can also change your will as often as you like (and you absolutely should update it periodically to make sure it still reflects your wishes!), updating your will or living trust does require a visit to the estate planner's office.

Another great reason to have a personal property memorandum in addition to your will and living trust is that your personal possessions likely change more frequently than other assets. For example, you probably add items to your closet more often than you add vehicles to your driveway.

**What Can Be Included in a Personal Property Memorandum?**  
Not every asset can be distributed using a personal property memorandum! However, here are a few examples of assets that we commonly see people list in their personal property memorandum:

- Furniture
- Jewelry
- Clothes
- Books
- Photographs and portraits
- Important certificates (birth, marriage, death, citizenship/naturalization)
- Collections (coins, stamps, dolls, figurines, etc.)
- Other family heirlooms

### Taking Your Personal Property Memorandum to the Next Level

We include a personal property memorandum as part of each client's trust plan, but more importantly, I always suggest being a little creative with the process. Instead of just using the legal documents to pass on valuable heirlooms, I encourage each client to take a picture of every item of importance and write two paragraphs on the back of each picture.

The first paragraph is the story of why that item is meaningful. How, why, and when was it acquired? What is the item's history? Why is the item so important to you? The second paragraph is the story of why you chose that particular person to receive the item. Why is continuing that item's story on through them so important to you?

The picture makes it clear which items you're talking about so there's no confusion. The two paragraphs transform the gift from the realm estate planning documents and legalese into that of heart and soul, making the gift that much more meaningful to the recipient, and continuing the story of the item for future generations just as you ensure the story of your connection to the item lives on.

### Giving It Away Now Versus Waiting Until Later

One option you always have is to give personal items to your loved ones while you're still alive. You can share with them the accompanying stories as you're making the gift. Indeed, this in-person exchange is often the surest way to know your wishes will be followed. If you do choose to give away possessions during your lifetime, you must be aware of any potential gift tax consequences that could arise for items of a larger value. But, generally any gift or series of gifts, within the calendar year, valued at less than \$14,000 (up to \$15,000 starting in 2018) can be given without concern.

Remember, verbal wishes alone are insufficient to gift personal property after you've passed away. So whether you decide to hand down your prized possessions now or later, know that one of the best gifts you can give your loved ones is the story behind a personal possession that connects it with you and your family forever. A good estate plan not only protects your family financially, it also protects and passes on the stories and heirlooms of your life's legacy.

MARC

*A local attorney and father, Marc Garlett is on a mission to help parents protect what they love most. His office is located at 55 Auburn Avenue, Sierra Madre, CA 91024. Schedule an appointment to sit down and talk about ensuring a legacy of love and financial security for your family by calling 626.587.3058 or visit [www.GarlettLaw.com](http://www.GarlettLaw.com) for more information.*

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By La Quetta M. Shamblee, MBA

## BUSINESS TODAY

The latest on Business News, Trends and Techniques



With the holiday season upon us, it is time to finalize the list of gifts that we plan to purchase, including year-end gifts to a worthy cause or individuals who would benefit by a generous show of support. Don't underestimate how appreciative someone may be to receive a gift of something that is old and outdated for you, yet may be welcomed by the recipient as a new favorite thing. As long as what you're giving is in good working condition and looks presentable, you will be surprised at how useful your friend or neighbor may find it to receive your old computer desk that you need to discard because you're replacing it while converting your office into an exercise room.

Look first to determine things that you already possess that can be given away to bring joy or benefit to someone else. Next, think of some talent you have or some service you could render to bring a smile to someone's face. Put on your thinking cap and get creative with your ideas, then settle on at least one thing that you will actually do and at least one thing that you will actually give to someone. Replacing an old iPad? Golf clubs? Certainly someone in your life would be elated at the prospect of an unexpected “new” item. Ideas for other gifts to give, old and new, include:

- The next time you're dining at one of your favorite restaurants, purchase a gift certificate for an amount at least equal to your tab on that visit, then give it

to someone in your life who has never been to the establishment. You can let them know that you wanted one of your favorite people to be enjoy a meal at one of your favorite restaurants.

- If you're among the folks who still uses elbow grease to was their own cars, surprise your neighbor by taking your water hose and washcloth to theirs the next time they jokingly say, “Hey, you washing mine next?”

- If you don't feel comfortable reaching out to render some type of service or to give used items to someone you know, perhaps a donation to a local charitable cause will suffice. “It's better to give than it is to receive” is a well-known saying adopted from Acts 20:35 in the Bible. Consider blessing yourself by being a blessing to someone less fortunate during this festive season.

We can all brace ourselves for the onslaught of promotional campaigns and advertisements that have already started to consume every available second of airtime on broadcast media. Technology has made it easy for shoppers to browse, shop and click to complete purchases through countless websites and related media. So why not purge your environment of things that are no longer useful to you and bless someone else, while making room for the latest and greatest additions that you may eventually pass along when you repeat this process in the future.

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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.

**BLAIR BESS**



**ALL HAIL THE QUARTERBACK-IN-CHIEF**

Once again, our fearless leader has insinuated himself into the national dialogue. Don't get me wrong, the president is entitled to his opinion, just as you are or I am. The difference, however, is that when words are impulsively spouted by someone in a position of leadership, the message being conveyed sometimes sounds ominous.

While criticizing the separation of powers to a talk-radio host earlier this month, President Trump whined about his inability by law to direct the FBI and Justice Department in matters related to criminal or civil investigations. He stated emphatically, "I'm the only one who counts!"

Not according to the Constitution. The president's latest distraction from corruption investigations, as well as domestic and world affairs is, once again, the NFL; specifically, Oakland Raiders' running back Marshawn Lynch. Apparently, the Quarterback-in-Chief was dismayed by Lynch's standing for the Mexican national anthem, while sitting it out for the "Star Spangled Banner" during this past Sunday's game against the New England Patriots, in Mexico City.

In the wake of published photos showing Lynch allegedly dissing the flag, the president proclaimed that he should be suspended from play. It's apparent the president has never personally tangled with energized Raiders fans. While respectful in their own inimitable fashion, they do not take lightly slings and arrows launched against their beloved team. This was in evidence during a ferocious battle between Raiders fans and Miami Dolphins fans a few weeks back.

The brawlers in question, unfortunately, did not have members of the Secret Service in between them. It was brutal. Had the president attended the game, he may very well have cheered them on. Especially if one of the maligned fans was wearing a "Make America Great Again" cap.

During the 70's, another presidential armchair quarterback - one who failed to earn a varsity letter when he played in college - regularly called then-head coaches George Allen, of the Washington Redskins, and Don Shula of the Dolphins to offer advice. Yes, former President Richard Nixon took time away from plotting bombing missions over Laos to strategize over the downfield movements of players with those who knew better. But, hey, he was the president of the United States.

There is a difference however. Nixon offered behind-the-scenes opinions, unwanted or unsolicited though they may have been. Trump dictates. Publicly. There is a distinction between private opinion versus public edict. While many readers may share the president's sentiments, he huffs, puffs, and thrusts out his chin Mussolini-like, before launching broadsides at whoever he deems to be his enemy.

Take for instance, Minnesota Senator Al Franken, the latest casualty of inappropriate behavior. Evidently, sexual misconduct is not reserved solely for church-going Republican conservatives like Alabama senatorial candidate Roy Moore. Democrats and liberals are equally as culpable when committing this type of an offense. As is the president.

Tweeting and opining away about matters regarding unwanted touching, groping, grabbing, and molestation is a hot topic the president should probably avoid. But he can't. Even when there is clear indication that claims related to the president's own intrusiveness and unwanted sexual advances is documented on tape.

They say a picture is worth a thousand words. Whether the subject matter of a photo are the actions of a U.S. Senator or those of a professional football player. In the president's case, however, a thousand words more or less - even spoken off-camera - are equally as telling as pictures. The president's taxed and selective memory probably doesn't include his infamous bus ride with reporter Billy Bush of "Access Hollywood," where he confessed that he could do anything.

Of a daytime television actress: "I did try to 'F' her." For the sake of propriety, I removed a few letters.

How about this gem: "...I just start kissing them. It's like a magnet. Just kiss. I don't even wait. And when you're a star, they let you do it. You can do anything."

Sounds like something Sen. Franken and candidate Moore have been accused of and might believe.

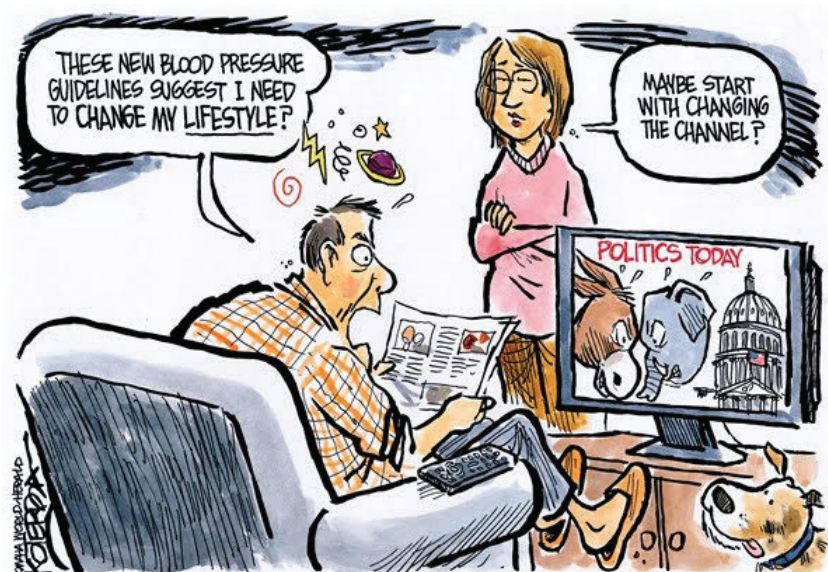
Or the most infamous of all: "Grab 'em by the p---y. You can do anything." Which is clearly how he feels about being president. To the umpteenth degree. Nice to know when the person in question possesses the ability to blow the entire planet to kingdom come.

Many readers familiar with Scripture may recognize this verse from John 8:7. "Whoever is without sin among you, let him be the first to cast a stone..." The president is probably unfamiliar with one of the great cultural, moral, and religious lessons of all time.

When asked by a radio talk-show host during his presidential campaign whether he had a favorite Bible verse, candidate Trump replied: "An eye for an eye." Which Jesus actually repudiated during his Sermon on the Mount. Makes sense that this is President Trump's favorite verse though. "An eye for an eye" is the guiding principle of his life. That and "Lock her up."

Words count. Words matter. But when issued as commands and decrees by the President of the United States, we are on the threshold of tyranny.

Blair Bess is a Los Angeles-based television writer, producer, and columnist. He edits the online blog [Soaggragated.com](http://Soaggragated.com), and can be reached at [BBess.soaggragated@gmail.com](mailto:BBess.soaggragated@gmail.com).



**LEFT TURN/RIGHT TURN**

**DICK POLMAN**



**SHOULD AL FRANKEN RESIGN? WHOA, TAKE A BREATH.**

It's admirable, in a way, that so many left-leaners are calling for Al Franken to quit the Senate.

Columnist Paul Waldman says Democrats have "a good opportunity" to take the high road against sexual harassment. Activist-podcaster Sally Kohn tweets, "Wrong is wrong. Democrats need to show they strongly and consistently stand for women's rights." The same sentiment is echoed by progressive groups like Credo Action and Indivisible.

But let's not be hasty here.

I'm warning against haste not because Franken is a Democrat; if he were to quit, Minnesota's Democratic governor would keep the seat blue anyway. I'm warning against haste simply because, amidst the flood of raw info about predatory misogyny in high places, and with so much we still don't know, the allegation-and-punishment process threatens to veer out of control before we've even established a fair and balanced system of justice.

I'll explain what I mean in a moment. But first, here's Waldman's argument. He wrote on Monday that Democrats should call for Franken to resign, as penance for the two accusations lodged against him, because "it would demonstrate that they're willing to put their actions where their principles are, that they want to take this opportunity to begin really changing the culture of male supremacy ... If Democrats want to show that they're different [from Republicans], now's their chance."

I get what he says - with one massive caveat.

He's basically advocating unilateral disarmament. Democrats can walk the high road and set whatever noble example they want, but there's no way Republicans will follow suit. At virtually the same time that Waldman and other liberals were calling for Franken's head, Trump propagandist Kellyanne Conway was telling Fox News that Roy Moore, accused repeatedly of pedophilia, was perfectly acceptable because "we want the votes in the Senate to get this tax bill through." If self-policing Democrats stand up for morality, amoral Republicans will try to leverage that to their advantage.

In that view, I'm hardly alone. Kate Harding, a feminist author and podcaster who wants Franken to stay, points out that, like it or not, we have a two-party system, and that unilateral Democratic disarmament will empower the other party: "If we [compel Franken to quit] in the interest of demonstrating our party's solidarity with harassed and abused women, we're only going to drain the swamp of people who, however flawed, still regularly vote to protect women's rights and freedoms. The legislative branch will remain chockablock with old, white, Republican men who regard women chiefly as sex objects and unpaid housekeepers, and we'll show them how staunchly Democrats oppose their misogynistic attitudes by handing them more power."

But, as mentioned earlier, I'm most concerned that we're at risk of losing all sense of proportion. We're at risk of ushering in an era of mandatory sentencing (Franken must go!) before we even set up a fair system of justice.

Step back from Franken and look at the big picture. Not all accused male lawmakers (the ones we know, the ones we will soon know) have erred equally. Should an isolated grope be deemed as serious as a serial pattern? Should verbal harassment warrant the same punishment as physical assault? Should accusations that involve the use of taxpayer money be treated more seriously than other accusations? Should bad behavior outside the congressional workplace be deemed as dire as bad behavior with underlings at the workplace? Should any exculpatory weight be given to testimonials from professional women who were treated with respect by the accused?

In Franken's case, he has gotten such testimonials. And neither of his two accusers were in the workplace. If he is frog-marched out of the Senate - if quitting one's seat is deemed the appropriate punishment for non-consensual kissing and groping - it surely means that all lawmakers accused of anything more severe should summarily resign. Heck, if Franken is compelled to quit, then surely Donald Trump (with 16 accusers) should do the same.

Even Waldman, whose work I admire, acknowledges that "we need to make sure we don't lose our ability to make moral distinctions between different kinds of sexual misconduct, and whatever punishments we mete out are proportional and just ... A man who does out the occasional unwanted kiss might deserve a vigorous public shaming, but still be allowed to have a career."

All the more reason to take a deep breath. We need proportion. We need just punishments that fit the alleged offenses. And rest assured, our Thanksgiving will be better than Franken's.

Dick Polman is the national political columnist at NewsWorks/WHYY in Philadelphia ([newsworks.org/polman](http://newsworks.org/polman)) and a "Writer in Residence" at the University of Pennsylvania. Email him at [dickpolman7@gmail.com](mailto:dickpolman7@gmail.com). All Hail the Quarterback-In-Chief

**MAKING SENSE by MICHAEL REAGAN**

**THINGS I'D LIKE TO BE THANKFUL FOR**



Thanksgiving's the day we Americans are all supposed to give thanks and show appreciation for all the good people and things we have.

I'll do that - and like most Americans I have a lot to be thankful for.

But first, here are some political and personal things I'd like to have the chance to be thankful for someday but now can't.

I'll give thanks ...

... when the president quits taking everything so personally.  
... when CNN and MSNBC report all the news.

... When the mainstream media finally announces that there was nothing to the charges that President Trump's campaign colluded with Russia.

... when the members of Congress actually does something to fix the health care system they destroyed.

... when all the members of Congress are forced to live under the same laws they say we have to.

... when Congress tells us who it was that put together its \$15 million-plus "hush fund" to pay off the women and men its members are accused of sexually harassing.

... when Congress reveals the names of the members who've had to pay their accusers to go away - and what their offenses were.

I'll give thanks when the Republicans in Washington can find their rear ends with both hands.

... when the Republican Party can find a way to work together for the greater good.

... when the GOP and President Trump quit trying to pass vindictive tax reform legislation designed to punish high-tax Blue States like California and New York for not voting for them.

... when the liberals who run Hollywood quit punishing the conservatives who work there.

I'll give thanks when I can watch entertainment award shows and be proud, not angered.

... when I can start watching late-night talk shows again and really laugh at the jokes.

... when pro football players begin to stand again.

... when pro football players -- no matter what their grievance and whether they are black or white -- understand they live in the greatest country in the world.

... when the Dodgers win Game Seven of the World Series.

... when we stop hearing new stories about politicians, prominent media personalities and famous actors who've spent their careers groping, harassing or assaulting young women or men.

... when PBS' dirty-old man Charlie Rose puts his clothes back on - and keeps them on.

Seriously, I do give great and sincere thanks on Thanksgiving, and every day, for my five greatest treasures - my wife Colleen, my daughter Ashley, my son Cameron, my daughter-in-law Susana and my granddaughter Marilyn.

Michael Reagan is the son of President Ronald Reagan, a political consultant, and the author of "The New Reagan Revolution" (St. Martin's Press).

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### NOTICE OF AMENDED PETITION TO ADMINISTER ESTATE OF: PATRICE CANTRELL CASE NO. 17STPB08606

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of PATRICE CANTRELL.  
AN AMENDED PETITION FOR PROBATE has been filed by MARGIE CANTRELL in the Superior Court of California, County of LOS ANGELES. THE AMENDED PETITION FOR PROBATE requests that MARGIE CANTRELL be appointed as personal representative to administer the estate of the decedent.

THE AMENDED PETITION requests the decedent's WILL and codicils, if any, be admitted to probate. The WILL and any codicils are available for examination in the file kept by the court.  
THE AMENDED PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held in this court as follows: 12/14/17 at 8:30AM in Dept. 99 located at 111 N. HILL ST., LOS ANGELES, CA 90012

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code.

Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

Attorney for Petitioner  
THOMAS G. STYSKAL - SBN 58416  
KINLEY AND STYSKAL LAW OFFICE  
2600 WALNUT AVENUE, SUITE E  
TUSTIN CA 92780  
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