



SIERRA MADRE EDITION

Mountain Views News

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SATURDAY, NOVEMBER 3, 2018

VOLUME 12 NO. 44

SIERRA MADRE CITY COUNCIL DENOUNCES PROPOSED PARCEL TAX

The Sierra Madre City Council, in a unanimous decision, passed a resolution denouncing the county wide proposed parcel tax on the November ballot as Measure W.

The measure as presented on the ballot says,

"MEASURE W

COUNTY MEASURE LOS ANGELES COUNTY FLOOD CONTROL DISTRICT Los Angeles Region's Public Health and Safe, Clean Water W Program. capturing Shall an ordinance improving/protecting rain/stormwater to increase safe drinking water water quality; supplies and prepare for future drought; protecting public health and marine life by reducing 210 YES 211 NO pollution, trash, toxins/plastics entering Los Angeles County waterways/bays/beaches; establishing a parcel tax of 2.5¢ per square foot of impermeable area, exempting low-income seniors, raising approximately \$300,000,000 annually until ended by voters, requiring independent audits, oversight and local control be adopted?"

Sierra Madre resident and EENR Commissioner Marguerite Shuster spoke during public comment in support of the measure citing the fact that there are no "perfect political measures". She also brought to the council's attention the conclusion of numerous analyses is that we are drawing on our water resources at an "unsustainable rate" and that given the bigger picture water challenges in California, action is needed now rather than later.

Councilman John Capoccia, the council's 'expert' on water issues said that Measure W is "totally unnecessary for the San Gabriel Valley" as 95% of the storm water in the area is already being collected in the San Gabriel and Rio Hondo watersheds.

In the end, the council voted 4-0 not to support Measure W. The Resolution reads as follows:

RESOLUTION OF THE CITY COUNCIL OF THE CITY OF SIERRA MADRE, CALIFORNIA, OPPOSING THE COUNTY OF LOS ANGELES CLEAN, SAFE WATER PROGRAM,;_ LOS ANGELES COUNTY MEASURE W.

WHEREAS, City of Sierra Madre recognizes the values of clean watersheds and has diligently worked towards clean water objectives in its local Rio Hondo River watershed; and

WHEREAS, the City of Sierra Madre has participated and will continue to work with neighboring communities as part of the Rio Hondo/San Gabriel River Water Quality Group to further clean watershed efforts; and

WHEREAS, the City of Sierra Madre's General Fund expenditures for stormwater related requirements is limited and will be severely inadequate for future expenditure estimates; and

WHEREAS, the City of Sierra Madre is committed to identify and obtain nonGeneral Fund revenues to further work towards water quality objectives when the funds can be identified as reasonably efficient in their use and appropriateness; and when local control of Sierra Madre's tax revenues can be assured; and

WHEREAS, the City of Sierra Madre shares concerns with other Los Angeles County cities about the appropriateness of the 2012 MS4 regulations.

NOW, THEREFORE THE CITY OF SIERRA MADRE DOES HEREBY RESOLVE AS FOLLOWS:
SECTION

1. That the City of Sierra Madre is opposed to the Safe, Clean Water Program as approved by the Los Angeles County Board of Supervisors on July 17, 2018 and is opposed to the Los Angeles County Measure Won the November 6, 2018 ballot.

S. Henderson/MVNews

SIERRA MADRE ROSE FLOAT PRINCESSES CHOSEN



The Sierra Madre Rose Float Association is pleased to announce the selection of the 2019 Sierra Madre Rose Float Association Princesses. Please help us welcome Kate Parry, Lydia Plaut and Tess Perkins who will represent SMRFA and the City of Sierra Madre over the coming year. Ms. Parry is a senior at Maranatha, Ms. Plaut is a senior at Westridge School and Ms. Perkins is a senior at Pasadena High School.

The 2019 Parade Theme is "The Melody of Life" and "Harmony's Garden" is the 2019 Rose Parade float entry. The inspiration for this design is our very own Japanese Garden (Goodwill Garden) located on the campus of the Sierra Madre Elementary School. Designed by Jason Redfox.

As the association prepares for the upcoming parade, volunteers are needed. If you want to provide a real community service and have fun while doing so, sign up via the SMRFA website: <http://www.smrosefloat.org>.



ANNUAL VFW VETERAN'S DAY CEREMONY



Veterans of Foreign Wars of Sierra Madre, Post 3208, will celebrate its annual Veteran's Day Ceremony at Memorial Park, Sunday November 9, 2014 at 1:00 PM, with special keynote U.S. Counter Intelligence law enforcement speaker from the East Coast, to be confirmed. We will celebrate Veterans Day by remembering the living brave men and women who have risked their lives for the United States of America from WWII thru our current conflicts.

Major sponsor of the event with VFW Post 3208 is the Knights of Columbus 'SK Matthew P McDonough 4th (Patriotic) Degree Assembly 3784', Pasadena, CA.

Seating capacity is limited so come early. Those interested in attending, please RSVP with the names of attendees at the following email address: VFWPost3208@gmail.com for planning purposes. The ceremony will begin promptly at 1:00 PM followed by our keynote speaker and will last about one hour.

For additional information, please send us a message at VFWPost3208@gmail.com.

Art FESTIVAL November 2-4

2018

Opening Night
Friday Nov. 2, 7-9pm
Saturday Nov. 3, 10am - 5pm
Sunday Nov. 4, 11am - 4pm

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Weather Wise

6-Day Forecast Sierra Madre, Ca.

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Mon:	Sunny	Hi	70s	Lows	50s
Tues:	Sunny	Hi	60s	Lows	50s
Wed:	Sunny	Hi	60s	Lows	50s
Thur:	Sunny	Hi	60s	Lows	50s
Fri:	Sunny	Hi	60s	Lows	50s

Forecasts courtesy of the National Weather Service

SIERRA MADRE CITY MEETINGS

Regular City Council Meeting

Tuesday, November 6, 2018
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 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 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

City Council

November 6th, 2018 at 6:30 pm

Planning Commission
November 1st, 2018 at 7:00 pm
November 15th, 2018 at 7:00 pm

Community Service Commission
November 19, 2018 at 6:30 pm
December 17, 2018 at 6:30 pm

Senior Community Commission
November 1st, 2018 at 3:00 pm
December 6th, 2018 at 3:00 pm

Library Board of Trustees
November 28, 2018 at 7:00 pm

Energy, Environment, and Natural Resource Commission
November 21, 2018 at 7:00 pm
December 19, 2018 at 7:00 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.



Sierra Madre Woman's Club
550 W. Sierra Madre Blvd. 2018: 111 Years
Founded February 23, 1907 - "Living the Volunteer Life" in Friendship
Member of General Federation of Women's Clubs cfwc.org & gfwc.org
SierraMadreWomansClub.org GFWCSierraMadreWomansClub.org

Sierra Madre Volunteers Wanted

Can YOU volunteer regularly each month
At the "Best Little Thrift Shop" in SGVD?

Wistaria Thrift Shop

Help Sort, Prep & in Retail Shop?

Your Time Helps Raise Funds for Our Scholarships

Call Gayle - 355-6007 1-4 pm

Network & Explore Membership with Us

Join us for Member - Only Yoga w/ Paul Tuesdays, 10 am

Rent the 1914 Historic Essick House 626-355-4379

Wistaria Thrift Shop Open: M, Th, F 10a-3p 355-7739

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ANNUAL ART FESTIVAL

The Creative Arts Group Annual Art Festival is around the corner so make sure to mark your calendars.

Over 65 talented artists will be participating. One-of-a-kind art pieces on display and available for purchase. The perfect event to get a jump start on your Holiday shopping.

Friday - Sunday, November 2-4
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CHANGE YOUR CLOCKS, CHANGE YOUR BATTERIES



Don't forget to set As
clocks back
one hour
at 2 a.m.
Sunday.

residents prepare to change their clocks on Sunday, November 4, for daylight saving time, the Los Angeles County Fire Department reminds everyone to change the batteries in every smoke and carbon monoxide detector in their homes.

When properly installed, working smoke and carbon monoxide detectors can mean the difference between life and death.

"A working smoke detector in your home greatly increases your chances of survival during a fire," says Fire Captain Tony Imbrenda. "The device can alert sleeping family members and provide them with critical seconds to escape."

Carbon monoxide poisoning can be fatal; symptoms include severe headache, dizziness, mental confusion, nausea, and fainting.

California law requires the installation of carbon monoxide detectors outside of each sleeping area in a home. For maximum protection against carbon monoxide gas, the Los Angeles County Fire Department also recommends installing a carbon monoxide detector inside each bedroom.



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Founded February 23, 1907 - "Living the Volunteer Life" in Friendship
Member of General Federation of Women's Clubs cfwc.org & gfwc.org
SierraMadreWomansClub.org GFWCSierraMadreWomansClub.org

1st Wed Evening Gathering

Nov 7 6:30 pm

Nibbles, Networking &
Rebecca Little on "Branding"

RSVP by 11/6

Janette : 626 242-3244

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FRIENDS OF THE SIERRA MADRE PUBLIC LIBRARY ANNUAL SILENT AUCTION



Friends of the Sierra Made Public Library Silent Auction of Collectible Books will take place from November 1 – December 3, 2018 at the Library. Featured are many interesting and collectible books, including some SIGNED, FIRST, and LIMITED EDITIONS, and include titles such as: NINETTE: A REDWOODS IDYLL (1894) by John Vance Cheney, PERSONAL GLIMPSES OF FAMOUS FOLKS (1929) by Lee Shippey, THE PHANTOM OF THE OPERA (1925) by Gaston Leroux, and many more. A description of each can be found on the Friends website: sierramadrelibraryfriends.org. Seventeen selections will be in the Display Case in the main

room of the Library and will be available for your inspection on Saturdays, November 3, 10, 17, and December 1 from 1:00-2:00 p.m. and Monday, December 3 from 6:30-7:30 p.m. Bids may be entered in the notebook on the service counter. The highest bidders at 7:30 p.m. on Monday, December 3 will be the winners. Friends of the Sierra Madre Public Library is a non-profit organization and all proceeds benefit the Sierra Madre Library. For more information visit us on Facebook, at our website www.sierramadrelibraryfriends.org, or call the library at 626 355-7186.



KATIE Tse.....This and That THE FILTHY LEADING THE BLIND

Each week, there are numerous ideas readily available for me to craft into articles. Whether or not those ideas should be published is where the question lies. “Who’s going to read this?” I ask myself. Even if the people I’m worried about have never read my column, there remains the slightest possibility they might come across it. Many an amusing topic has been trashed for these reasons. Therefore, I can’t give you a winner every week. That being said, I hope my landlord doesn’t read this, or at least that he reads it with a sympathetic grain of salt. It’s spring! I’m ecstatic, aren’t you? Winter and its dreary, depressing darkness are finally gone and we have a few glorious months of sunshine and warmth to enjoy! In honor of the season, I decided to celebrate with some wholesome spring cleaning! This wouldn’t be a big deal, except for the fact that real cleaning for me happens triennially at best. I have no valid excuse. I’m very thankful for my job and its desirable schedule. There’s nothing stopping me from gallantly picking up a bottle of magic bubbles and a scrub brush after work. But I’m a bit tired after getting up early and putting in my eight hours. Similarly, there’s no reason I couldn’t clean on the weekends. But I spend those two days catching up on all the other vital things I’ve neglected during the week. I realize cleanliness is next to godliness, but whenever the thought of cleaning comes to mind, there always seems to be something more important to do. I actually think cleaning can be therapeutic, like weeding or deadheading roses. But once the pressure of expectations and deadlines are added, cleaning becomes a chore. Any discussion on cleaning needs to delineate the differences between it and “dejunking.” Cleaning is fairly straight forward in that your only goal is to defeat the dirt, dust, and scum. Dejunking is a whole other animal. Dejunking involves heavy decisions, the first being, “Should I keep this?” Let’s say the item in question is a small ceramic butter dish purchased on a family vacation during childhood. “I haven’t used or seen it in five years, but it’s kind of sentimental, and I might find a use for it someday.” My butter usually doesn’t see the outside of its wrapper except when I make brownies for someone. As you can guess, I rarely (never) entertain, so any decorative butter dish of mine would probably not be used for its intended purpose. “But perhaps I could put something else in it...” You can see how deliberations like this could go on forever. Let’s say I decide to be heartless and get rid of my beloved butter dish. I could drop it off at the Women’s Club in town. But if my mom, who is a frequent dropper there, sees it, she might be

hurt. I’ll have to take it to the Goodwill or some other charity. But is it worth the drive just for one thing? I’ll have to wait until I get at least a bag of stuff to warrant the trip. While dejunking is about purging your home of unnecessary clutter, there are underlying themes of guilt and wastefulness. Here’s another example: I have too many pairs of running shoes. They’re too old and worn down to run in, but they can still cover someone’s feet. So, do I throw them away or try to find a homeless shelter? Should I just dump old magazines? My apartment building doesn’t have a recycling bin. If I give them away, I’ll have to rip off all the address labels, which could take a while. Yes, you can see how most of the work in dejunking goes on between your ears. This can leave you exhausted after a few hours and you’ll have little to show for it. So, compared to dejunking, cleaning is a piece of cake. (This time I wasn’t dejunking. So now I just have clean junk.) While scrubbing away at my shower, I thought that there must be a better way. The better way, of course, is not allowing it get into this state in the first place. In the olden days there were more housewives who knew how to clean like pros. And they were home all the time so that their bathrooms and kitchens never got a chance to get creepy. They’d teach their daughters their clever cleaning secrets. Thus, the clandestine knowledge of keeping house was passed down through the generations. But my grandma was the only lady on her block who worked, so she never had time to impart her cleaning wisdom to my mom. That left Mom unequipped to train me in the cleaning arts. So you see, it’s not my fault! I was doomed from the start! As I succumbed to the caustic fumes rising from the tub, I thought about all the cleaning columns in books and films. In the stories, the writer is usually clueless about cleaning and relies on alternative sources for their information (e.g., “The Help” and “Christmas in Connecticut”). I know if I had to give advice about grease stains, it’d really be the filthy leading the blind! Gee, if I had to do that, who would I ask for good insights? My mind wandered into the world of television, and I realized the best authority on cleaning up messes is probably Dexter, from the show of the same name. Hey, that’d be a great idea for an episode! Some poor columnist could discover Dexter with one of his victims, and then blackmail him by making him give weekly tips about the best way to remove blood stains from a shag rug! Wow, I hope someone on that writing team reads this! Maybe they’ll find some use for my cartoon rabbit in an episode, too! Yeah, I hope someone reads this! As long as it’s not my landlord!

WALKING SIERRA MADRE.. The Social Side By Deanne Davis

“The seasons are what a symphony ought to be: four perfect movements in harmony with each other.” Arthur Rubinstein
“It is the tuning of the universe...as if at the beginning of the symphony God turns up the volume just a tiny bit.” Benjamin Zander
“The beginning of Beethoven’s Fifth Symphony is known the world over, yet the opening motif is only four notes long. Music researchers have long wondered — is fate really knocking on the door at the start of this piece? Da-Da-Da-DUM — hardly any succession of notes is as famous around the world as the one at the beginning of Ludwig van Beethoven’s Fifth Symphony. If Beethoven had been alive today, he would have become rich through royalties alone: mobile phone ringtones, musical arrangements of all styles, prints of his music on bags, cups and umbrellas. Not to mention the proceeds from the right to perform his works.” *



We all know those four notes that kick off Beethoven’s Fifth Symphony, but how many of us have actually been privileged to hear the whole symphony, all four movements, played on a fabulous Steinway piano, 6’10” in length, designed in 1924 as a possible prototype for a concert grand line that never materialized. The piano is tinted mahogany and was just restored, a year-long process, by nationally-known piano craftsman, David Anderson, who named her The Purple Queen. David Wheatley - my co-writer for three really splendid musicals: “Hands!” The Musical; Star of Wonder – A Christmas Musical; and Gallery, which was presented at the Hollywood Fringe Festival a couple of years ago - was the artist presenting a program of some of his original compositions, a piece by Chopin, another by Debussy, and, of course, the complete 5th Symphony. The entire audience, and I, were literally on the edges of our seats as this famous piece, over 35 minutes long, flowed flawlessly from David’s fingers. I wish you could have been there as it was one of those memorable lifetime moments that don’t come by nearly often enough. David and I have been collaborating on various musical works for quite a while and have seen all our songs and musicals produced, recorded, and enjoyed by so many people. I write the book and lyrics, but without David’s talent as a composer, they are just words on a page with no life at all. David’s other original compositions at this concert: Out of the Blue, Piano Soundtrack and Adagio were each exceptionally beautiful. Of course, David’s background – The Royal Conservatory of Music where he holds the ARCT in Piano and Pipe Organ Performance; a Bachelor

of Music degree in Composition for the University of North Texas and a Master’s in Composition from USC guarantee exceptional work from him. He has recorded many of his works, as well as played on soundtracks for film and TV. You’ve heard him on Mork and Mindy, LaVerne and Shirley, Happy Days, and he was the organist with a 100 piece orchestra for the soundtrack of Star Trek: The Motion Picture. David performed the Bach B Minor Mass with the Los Angeles Chamber Orchestra at The Kennedy Center in Washington DC and recorded the Five Pieces for Orchestra by Arnold Schoenberg. David recently had his own successful one-man show at the Hollywood Fringe Festival where he showed another side of his talent – droll storytelling and comedy amidst music ranging from classical to jazz, country and R & B.

I wanted to share this experience with you, dear friends, because you need to be on the lookout for David’s next concert experience. This last performance was a house concert at the home of Gloria Goodale and Dan Wood. Their son, Danny, also performed an original piece, Improvisation. Currently David is planning a recording at Disney Hall! When Beethoven was asked about the opening motif of the Fifth Symphony, the composer is said to have replied: “This is the sound of fate knocking at the door.” After seeing/hearing this masterful performance of the Fifth Symphony, I can only imagine that fate will definitely be knocking at David Wheatley’s door with more opportunities and successes. *Original article by Gaby Reucher My book page: Amazon.com: Deanne Davis Blog: www.authordeanne.com Kindle readers, give yourself the gift of the Emma Gainsworth Adventures: “Just Dessert: A Fall Fantasy” – “The Intergalactic Pumpkin Battle” – “The Lost Amulets” They’re on Amazon.com on my book page! Follow me on Twitter, too! <https://twitter.com/playwrightdd>

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Pasadena Altadena

News From Your Community For Your Community

Local Area News Briefs

Man Arrested after Suspicious Device Forces Evacuations



Pasadena police arrested a man Tuesday in connection to a suspicious device found at a U-Haul facility the night before that closed streets for hours as bomb squad officials used a robot to detonate the device. The device, a plastic container about six-to-eight inches in length, rapped in tape, was determined not to be explosive.

According to police, officers were called Monday night, after someone found the suspicious device attached to the rear of a U-Haul truck in a parking lot in the 500 block of South Raymond Avenue.

Police closed California Blvd. from Fair Oaks to Arroyo Parkway and Raymond Ave. from Pico St. to Bellevue. Dr. as Los Angeles County Sheriff's Department bomb squad blew up the device around 9 p.m. Police said they used records at the U-Haul facility to determine Theodore Bancarz, of Glendale, had rented the truck.

Investigators later found a similar container at Bancarz home filled with drugs and syringes. Police said he used the devices to transport illegal drugs by attaching it to the bumper of a vehicle with magnets. They said he forgot to remove it Monday when he returned the truck to the U-Haul facility. Bancarz was arrested and booked on misdemeanor drug charges police said.

Pet of the Week



Since October is National Pit Bull Awareness Month, we would like to highlight Biggie (A467297) this week! He is an adorable 2-year-old not-so-small Pit Bull who was found as a stray in Arcadia at the beginning of the month. He is a good boy who knows how to sit on command, knows how to shake with both paws and responds well to clicker training. He just wants a little bit of praise and some ear scratches in return. Come to the Pasadena Humane Society & SPCA and meet Biggie and his other Pit Bull friends today.

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.

View photos of adoptable pets at pasadenahumane.org. 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.



Doo Dah Queen 'Jenny' Crowned

It was a lively queen's caucus Sunday in East Pasadena to decide who would be crowned Queen of the 2018 Pasadena Doo Dah Parade. Among a boisterous crowd of onlookers, Jennipha-Lauren Nielsen showed amped ability to have fun and also be committed to her community.

Queen Jennipha-Lauren loves that Doo Dah is a coming together of people from all different backgrounds. "Doo Dah is another great piece of Pasadena culture, it's of the people and for the people; a place where diversity and creativity are well honored."

As clued in as she is on fun, "Jenny" has a serious side too. She is co-founder and CEO

of the One World Project, a community-based initiative focussed on providing programs and advocacy in an effort to address problematic global issues. Nielsen was also student body president at CalState L.A., and student representative for the CSULA Foundation, which provides community expertise, oversight and advocacy to fundraising efforts for higher learning.

Jenny is no stranger to royal accolades. She was crowned Miss California World in 2011, with a platform for funding higher learning, girls and minority education especially in STEM. She is currently an avid spokesperson for gender

equality and disability rights.

After crowning, she told Patricia Hurley, Parade Organizer, that she hopes to bring the group "Indivisible" into the parade for their first time.

A close contender this year was Steven Johnson who transformed into "Princess Covfefe." He will join the royal court on Doo Dah Day!

The 41st Occasional Pasadena Doo Dah Parade will be held on Sunday, November 18th, stepping off at 11:00am on the streets of East Pasadena. Entries are still invited! To enter go to: pasadenadoodahparade.info, for the entry form. or call (626) 590-1134.

Photo by D. Lee/MVNews

Meeting to Look at Soft-story Buildings Retrofit Ordinance

The Planning and Community Development Department will be hosting a meeting Thursday night to provide general information regarding a potential ordinance requiring the retrofitting of wood soft-story apartments and condominium buildings. The meeting will be held from 6 p.m. to 8 p.m. Pasadena City Hall Council Chambers, 100 N. Garfield, 2nd Floor

Wood soft-story buildings are wood-framed buildings with more than one story that typically have extensive ground story windows, garage doors,

or open-air spaces (such as parking) with little or no solid walls. The ordinance, if adopted, is estimated to go into effect in the Spring of 2019. The City will make a presentation containing general information about the draft requirements and applicability of the ordinance. The public is welcome to attend the meeting and provide comments. The details for the meeting are below:

For additional information and to stay informed on future updates related to the ordinance: cityofpasadena.net/planning/soft-story-retrofit-ordinance/

Inaugural Pasadena Adaptive Sports Festival

Triumph Foundation, a nonprofit organization working to improve the lives of people living with disabilities, in partnership with the City of Pasadena, hosts the inaugural Pasadena Adaptive Sports Festival featuring eight adaptive recreational sporting events that are open to the general public with free participation on Saturday, November 10, 2018 at Brookside Park.

The adaptive sports include: hand cycling, wheelchair rugby, pickle ball, beep baseball, tennis, boccia, curling, and Zumba. Additionally, the event will feature a creative art section and resource fair.

The purpose of this free Adaptive Sports Festival is to introduce the community to adaptive sports, provide learning opportunities to the general public, and to showcase members of the community with disabilities in a way that the general public does not often see. The Festival brings everyone together, of all abilities—able body and disabled alike—to take part in a day of fun activities and games.

The Adaptive Sports Festival is part of the Paralympic Gateway to Gold, a talent identification program that introduces Paralympic-eligible athletes to sports, acts as a pipeline to competition, and is often the first step toward the podium representing U.S. Paralympic Team.

"The City of Pasadena is excited to partner with Triumph Foundation, which has been serving the disabled community of Southern California for over a decade," said Ali Everett, Accessibility Issues Coordinator for the City of Pasadena. "This is the first of what we hope will be many Pasadena-based events promoting accessible and inclusive sports and fitness opportunities."

"Triumph Foundation attracts thousands of participants to our adaptive sports events every year, and we are excited to be presenting a new annual event in partnership with the City of Pasadena," said Triumph Foundation Founder Andrew Skinner who suffered a spinal cord injury in November 2004 in a snowboarding accident and founded the organization in 2008. "Events like this give people with disabilities a chance to push the limits of their ability, play games with friends and family on a level playing ground, and enhances their quality of life through the benefit of exercise, sports and fitness."

"The City of Pasadena is a passionate supporter of the ADA, and the Arroyo Seco is a perfect venue for the Adaptive Sports Festival. I know the community will embrace it," said Cy Estabrook, a member of the Pasadena Disability and Accessibility Commission. Mr. Estabrook, a local Pasadena math teacher, who sustained a spinal cord injury from a slip and fall accident that left him paralyzed in 2016.

"After my injury two years ago, I thought I would never be an athlete again. But through Triumph Foundation's adaptive recreation program I have continued my passion for tennis, baseball, cycling, and even learned to play rugby! I can't wait to bring a Triumph athletic event to my hometown of Pasadena."

Join Triumph Foundation on November 10th to see how people with disabilities continue to stay active and live fulfilling lives. Triumph is also seeking community partners to help support this event.

Register at: TriumphASF2018.eventbrite.com

For more information, email info@trimuphfoundation.org.

Four of the Library Board of Trustees Seats up for Grabs

By Dean Lee

For the first time in a long time, the Altadena community will have the opportunity Tuesday to directly elect four open seats on the Altadena Library District board.

The community had complained for years that the board members were all appointed by themselves at times skipping elections because of a lack of candidates.

At stake on the five member board are two, four-year seats and two, two-year seats. Both two-year seats were vacated after the resignation of former board members, including former board president John McDonald.

McDonald resigned in March, shortly after being accused of attempting to destroy evidence related to emails that violated the Brown Act, California's open meeting law.

At a Trustees Candidate Forum Oct 24 only one of the questions dealt directly with the Brown Act and the embattled director Mindy Kittay "As we get in new trustees, on the board, and eventually a new library director, how will you maintain transparency and openness to the public to be sure we don't re see the recent problems we have experienced?"

Their answers included.

"I believe in the Brown Act, everything should be public that is appropriate, I have been trained in the Brown Act... that is the best way," said Bernadette Hendry running for a four-year term. "We should make sure the community knows when we have meetings, make sure that the community is involved when we're making decisions."

"My campaign slogan is Community, Transparency and Sustainability..." said Dawn Mooney Digrius also running for a four-year term. What's really important is making sure that agendas are in discussion between the board and director, that they are posted when they are supposed to be posted. That everything goes on to the website in a timely manner. So the public has the ability to view information... to make sure there is a critical dialogue that happens with all of the stakeholders."

"The problems that happened with regard to Brown Act violations had already happened by the time I showed up," said appointed incumbent Betsy Kahn vying to keep her two-year seat. "I think we have committed, as the current board, to really revamp are commitment to transparency and to be as transparent as we can... there are instances where the Brown Act provides for personal issues and privacy is called for."

Free Monthly Events at Pasadena Senior Center

There is something for everyone in September 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.

A Matter of Balance – Tuesdays, to Nov. 20, from 1 to 3 p.m. Are you concerned about falling? Learn how to reduce the fear of falling and increase balance, activity levels, confidence and independence during this eight-week, interactive workshop that combines discussion, video and exercise. Reservations are required: 626-685-6732.

Friday Movie Matinees – Fridays, Nov. 9 and 16, at 1 p.m. Everyone enjoys watching movies and the pleasures they bring. Nov. 9: Mamma Mia! Here We Go Again (2018, PG-13) starring Amanda Seyfried and Meryl Streep. Five years after the events of 2008's Mamma Mia!, Sophie prepares for the grand reopening of the Hotel Bella Donna on a Greek island as she learns more about her mother's life. Nov. 16: On Golden Pond (1981, PG-13) starring Henry Fonda and Katharine Hepburn. On summervacation at their cabin on a lake in New England, a cranky retired professor with memory problems and his understanding wife agree to look after the 13-year-old son of their daughter's (Jane Fonda) fiancé.

Flu Shot Clinic – Wednesday, Nov. 7, from 10 a.m. to 2 p.m. According to the Centers

"The library board must not act in isolation... said Louise Hamlin running for a two-year seat. "I think mandatory training for the board is necessary, it's a bit shocking that's not been written into the Bylaws yet"

"Like Betsy, I arrived on the board after a lot of the Brown Act issues had occurred," said appointed incumbent Terry Andruess, also vying to keep his two-year seat. "I had attended meeting before so I made it my business to get to know the Brown Act before I had my interview with the board... When you look at the current board and episodes where we have got some criticism about not saying enough. Silence is the sound of us doing our job, its these personal issues and things that can't be discussed." Both Andruess and Kahn said they wanted to set up a committee that would look at building refurbishment something they said could happen at their next meeting.

"The reason in California we have a Brown Act is to ensure that public's business is done in public," said Katie Clark running for a four-year term. "I think that a real commitment to transparent deliberation is essential moving forward. I agree there need to be a system and updates to the Bylaws, training, all of that's true... This has to be practiced in every room in Altadena and that means the board needs to get out of this room and into the community, we need to meet people were they are..."

Jason Capell running for a four-year term was not at the forum but wrote "It is clear that we face significant administrative challenges, including hiring a director and finding a way to balance the budget absorb a significant impact to the recent lawsuits."

The board recently offered Kittay, a \$501,000 settlement to end a lawsuit, after they placed her on paid administrative leave pending an investigation. Kittay said she suffered stress related to her whistle blowing on Brown Act violations. Reports last month said Kittay did not agree the terms of the settlement.

Other questions during the hour and a half forum, included the current renovations of the libraries, time commitment needed for being a trustee, the future of libraries (other than books) and outreach and what makes each of candidates want to sit on the board and better than the other candidates.

The full Candidate Forum Videos and other election information can be found at: altadenaelection.org.

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OCTAVIO VEGARA JR.: A CALIFORNIA JOCKEY WITH A DIFFERENT START



By Joan Schmidt

The last couple years have been quite interesting-meeting jockeys with varied backgrounds. The first, Joe Talamo had an Italian name-his grandfather was from Sicily. But Joe grew up in Louisiana; mom's side is Cajun. Joe's dad was a trainer, so Joe learned to ride at an early age. Jockeys Ruben Fuentes and Franklin Ceballas Jr. also learned riding at an early age-their dads were jockeys too!

Then I met Jose Barnes from South Africa and Texan Chad Lindsay with no family ties to racing; yet in their late teens, this was their career choice.

After his race last week, I had a great visit with Octavio Vergara Jr. His dad, Octavio Vegara Sr. is a retired jockey whose career spanned from 1986-2011 with 10,000+ wins and Vergara Sr. still works in the racing business. His maternal grandfather was also a jockey. But when Octavio Jr. was young, his parents separated, and he was raised by his mother and grandmother. They relocated to Torrance, CA and that's where Octavio, Jr. grew up and attended schools. He rarely rode as a kid, a few times on his mother's friend's pony. Octavio told me his mom is "truly my biggest supporter".

In 2008, Octavio decided he wanted to become a

jockey. Octavio got his start in Florida, galloping for five years for Claude Mc Gaughey. He also rode for Bob Hess, Jr., Cindy Weaver, Tom Albertani, and Christophe Clement before launching his career. In 2013, he began racing; on July 26 at Calder Casino and Racing, he had his first win was on Dynamic Duke for trainer Kathleen O'Connell and is very grateful to her. He has had 60 wins and has been at several tracks: Laurel, Arlington, Woodbine, Indian Grand, Ellis Park, Calder, Gulfstream, Tampa Bay, Santa Anita, Del Mar, Los Al and Charlestown. His favorite win: Drop to Pop; when he won the Inaugural Canadian Apprentice Invitational at Woodbine in 2014. This event featured 10 apprentice jockeys from across North America competing for bragging rights and a trophy in a two-day riding event where points were assigned based on winning positions. Octavio finished with a total of 45 points; having earned 25 points for his victory, and 20 for a second place effort.

Octavio stays in shape by eating right, and he runs 4-6 miles a day. A jockey's schedule is grueling-must be at the track by 5:30 am to work out horses. Consequently they retire early in the evening.

His goal is to someday ride on a horse that takes him to the Kentucky Derby. I sure wish this fine young man many wins in the future.

ARCADIA POLICE BLOTTER

For the period of Sunday, October 21st, through Saturday, October 27th, the Police Department responded to 955 calls for service, of which 125 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, October 21:

1. Shortly before 3:17 p.m., an officer responded to the Santa Anita Mall, 400 South Baldwin Avenue, regarding an assault report. The victim stated he was standing in an open parking spot, saving it for a friend, when the suspect asked repeatedly for the victim to move. The victim remained in the spot when the suspect hit the victim with his vehicle. The victim declined medical attention but stated he felt pain in his shoulder and his knee.

The suspect is described as a white male, approximately 60 to 70-years-old, driving a white Toyota van. The investigation is ongoing.

At approximately 7:51 p.m., officers responded to the intersection of Rosemead Boulevard and Colorado Boulevard regarding a hit and run investigation. With the assistance of the air unit, officers located a vehicle similar to the suspect's vehicle and conducted an enforcement stop. Upon contacting the driver, the officer detected a strong odor of alcohol. Through a series of tests, the officer determined the suspect was driving with a blood alcohol content of .149%. A records check revealed the suspect, a 50-year-old male from Tujunga, was driving with an expired license. He was arrested and transported to the Arcadia City Jail for booking.

Monday, October 22:

Just after 11:28 a.m., an officer responded to the 900 block of West Huntington Drive regarding a vehicle burglary report. An investigation revealed the suspect tampered with the door lock and stole the victim's vehicle registration, insurance paperwork, and CD's. No suspects were seen and no witnesses were located.

At approximately 5:19 p.m., an officer responded to Walgreens, 253 East Foothill Boulevard, regarding a stolen vehicle report. The victim stated she parked her silver Mercedes-Benz in the parking lot at 4:00 p.m., and when she returned at 4:45 p.m., her car was gone. No suspects were seen and no witnesses were located.

Tuesday, October 23:

Around 4:05 a.m., officer responded to Taipan Bakery, 1033 South Baldwin Avenue, regarding the activation of an audible security alarm. Officers discovered the suspect(s) pried open the rear door, ransacked the office, and fled before their arrival. No suspects were seen, no witnesses were located, and the loss is unknown.

Just before 1:19 p.m., an officer responded to McDonald's, 143 East Foothill Boulevard, regarding a welfare check of a subject doing drugs in the bathroom. A woman was located and during a consensual search, the officer located a meth pipe and methamphetamine. The 30-year-old female from Huntington Beach was cited and released in the field.

Wednesday, October 24:

At about 10:32 a.m., an officer responded to a

residence in the 2300 block of Lenta Lane regarding a fraud report. The victim discovered two fraudulent withdrawals from his savings account resulting in a total loss of \$6,176.38. The victim does not know how the suspect obtained his personal information or the identity of the suspect.

Shortly after 8:11 p.m., officers responded to a residence in the 200 block of Hacienda Drive regarding an alarm activation. An investigation revealed the suspect(s) smashed a rear bathroom window with the intention of burglarizing the unoccupied home. No suspects were seen, no witnesses were located, and no loss was reported.

Thursday, October 25:

Before 11:21 p.m., officers responded to a residence in the 1300 block of San Carlos Road regarding a burglary in progress. The residents were home when they heard the sound of breaking glass. Officers conducted an area check but didn't locate the suspects. The investigation is ongoing. No loss was reported.

Around 5:28 a.m., an officer responded to the 100 block of East Duarte Road regarding the 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. The officer determined a 39-year-old male from Sylmar was in possession of the stolen bicycle and GPS tracker. A search of the suspect revealed he was in possession of a meth pipe. He was arrested and transported to the Arcadia City Jail for booking.

Friday, October 26:

At about 11:59 a.m., an officer responded to a residence in the 200 block of Colorado Place regarding a stolen vehicle report. Sometime during the previous evening, the victim's motorcycle was stolen from his neighborhood. The investigation is ongoing.

Just before 1:04 p.m., an officer responded to a residence in the 300 block of Alster Avenue regarding a burglary report. The resident was home when she heard someone attempting to enter her home by forcing open a rear window. The suspects fled when the alarm activated.

The suspects were seen fleeing in a newer, sporty white car with tinted windows. The investigation is ongoing.

Saturday, October 27:

Shortly after 3:13 p.m., an officer responded to Neighborhood Music School, Inc., 25 South First Avenue, regarding a grand theft report. A witness reported seeing the suspect steal an employee's personal laptop. She then exited the store and fled southbound on First Avenue on foot.

The suspect is described as an Asian female in her mid-thirties, wearing glasses and a white coat. The investigation is ongoing.

At approximately 6:28 p.m., an officer responded to the Santa Anita Race Track, 285 West Huntington Drive, regarding a fraud report. The victim lost his wallet and a short time later, an unknown suspect used his credit card to purchase gas in El Monte. The investigation is ongoing.

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MONROVIA UNIFIED DEDICATES HIGH SCHOOL LIBRARY TO FORMER ENGLISH TEACHER FRANK JANSSON



Monrovia Unified alumni, administrators, teachers and students stand in front on the Frank Jansson Library at Monrovia High School. Alumni flew in from as far away as Texas and New York to celebrate dedication of the library to former English teacher Frank Jansson on Oct. 26.

MONROVIA, CA – Monrovia High School alumni, teachers and administrators shared memories as they leafed through yearbooks, photos, and paintings of long-time English teacher Frank Jansson during an Oct. 26 dedication of the school's library in his honor.

Jansson – who passed away in 2003 – instilled in his students the importance of literacy. The dedication marked the 15th anniversary of his passing.

Jansson joined Monrovia High in 1958 and taught there until 1995, returning in 1997 after retirement, to teach part time for six more years. His students and colleagues remembered him for his infectious personality and passion for teaching.

"The dedication of this library is another way in which we acknowledge the contribution of educators who truly have made a difference in the lives of our students," Board President Terrence Williams said. "This year, Monrovia High is celebrating its 125th anniversary, and the Board has taken steps to honor our rich legacy and tradition of excellence in education."

Several of Jansson's former students became teachers because they were inspired by his passion for his students and his career.

English teacher Randy Bell, a class of 1981 graduate, said that dedicating the library in honor of Jansson was fitting because it was where he lived for decades.

"He was our best teacher, our hardest teacher, and our scariest teacher. He was our scariest teacher – and this leads me to what I loved most about him – because there was no escaping him if you were in his class," Bell

said.

"He tapped into every student in his class and, as teachers, if our most important job is to pull kids out of their shell and develop them out – Frank was the golden one."

MORE

In addition to teaching English, Jansson was the yearbook adviser and took students and colleagues on summer trips to Europe for years. Many of the alumni in attendance traveled with Jansson on these adventures.

Jansson kept in touch with former students over the years, sending holiday cards, writing letters, and attending high school reunions.

"I came to Monrovia High in 1985 and Frank became a mentor to me and then, 20 years later, I realized he was also my best friend," said Eric Miller, Monrovia High School English teacher and yearbook adviser. "He affected not only his students, but also his colleagues and just about everyone he encountered."

Toward the end of the celebration, everyone gathered outside of the library for the unveiling of the Frank Jansson Library.

"It is our hope that the young adults who come through these doors find that same love and joy of books that Frank Jansson awakened within his students," Superintendent Katherine Thorossian said. "Thank you to our Board of Education for making this dedication a possibility, to our alumni who made it out, and those who sent letters in."

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HOME ALONE

Happy Tails

by Chris Leclerc



I have a darling dog named Molly who is content at home when her beloved humans are away, but it hasn't always been that way. When Molly first came to live with us, she'd literally loose it every time we attempted to leave her at home, even for a short period of time. I'd never before had a pet that was afraid to be left home alone, so I assumed I was among a limited few who had to deal with such a scenario. I soon learned that the problem is far more common than I'd thought.

Typical signs of the canine condition known as pet separation anxiety include constant under-the-fence dirt-digging, scratching at doors, windows and walls, incessant whining or howling, destructive chewing, urinating or defecating indoors during the owner's absence, and effusive frantic greetings upon the owner's return. My Molly displayed every one of these behavioral traits from the day I adopted her, and it was quite disheartening. The poor girl was terrified of being home alone. What causes a typically easy-going, confident canine to become over-the-top anxious and frantically fearful when left alone?

There are numerous theories as to why domestic pets fret in the absence of their humans. Among the most agreed upon reasons is the animal may have experienced some sort of trauma in the past, leaving an imprinted memory that resulted in a lack of trust in the humans' promise to return. Another possible cause is that the dog was, indeed abandoned and left to fend for itself, perhaps coming close to the point of starvation before finally being rescued and cared for by a forever friend.

I found one story in an on-line post about an adult dog that lived in a comfortable home with a loving owner for many years. The dog had access to the house and yard all its life and there had been no history of trauma, but when the owner suddenly passed away in the house, the dog was trapped inside. A week went by before a neighbor became concerned that there had been no activity next door, and decided to investigate.

Ultimately the family was contacted. They came and rescued the dog and, of course dealt with all that went along with loosing their son. One can only imagine what that poor dog went through while staying by his master's deceased body in the meantime. From that day on, the dog was in full fear anytime the family attempted to leave him alone. No wonder.

What can be done to help heal the rooted reasons for pet separation anxiety? I learned quite a lot in my quest to do what I could to help Molly get past her fear of being

alone. Most importantly, the animal's emotional needs must be identified, validated and met. Paying lots of undivided attention to a fretful pet is certainly in order from the start. In fact, positive reinforcement techniques for any pet should include tons of TLC and plenty of petting.

Special treats for good behavior can help as well. Up-lifting verbiage such as "I love you", "You are so precious to me" and "I am very proud of you" should definitely be included in a regimen of healing the heart of a pet suffering from fear of abandonment.

Animal psychology research has proven that certain terms of endearment can have a very positive impact on domestic animal behavior. Even if you are pessimistic about talking to your dog, why not do it anyway? It might lift your own spirits to speak words of encouragement out loud even if no one else understands what you are saying. "Those in the know" also strongly encourage calm greetings upon return home. The tendency is to be excited and use high tones when returning home after time away, but experts say that can exacerbate the problem.

In addition to these common-sense relationship remedies for comforting pets dealing with "left-alone syndrome", there are products on the market that can help lower the level of anxiety. I purchased a natural stress-relief pet product for Molly called Rescue Remedy. Using that, coupled with a consistent regimen of leaving her at home for short periods of time, and gradually increasing the lengths of time we left her, proved to be an affective process for positive progress.

Another purchasable product designed to help minimize pet separation anxiety is what they call a calming collar. There are a few different brands of calming collars out there. I never pursued this means of resolving the problem with Molly because we were able to make good progress with the Rescue Remedy and regular regimen of coming and going over time. But I have heard good things about the collars, so it might be worth a try.

I wish the best to any pet owner out there who happens to be dealing with a pup that is afraid to be left alone. I know it's not easy, but with lots of love and patience, I know from experience, it gets better. Our pets are a lot like us. We humans want to feel needed, loved unconditionally and, certainly, safe at home. Well guess what? So do our furry, four-legged friends. Love and let live.

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BEST FRIEND

Kendall was named after a model and she is definitely a star whose graceful moves illustrate why human models are said to do the catwalk down the runway. Kendall wears her grey tabby coat with striking orange torbie accents in a style all her own. Massages and brushing of her silky fur are appreciated and rewarded by soft purrs. Her vivid green eyes command attention, yet Kendall doesn't let her beauty go to her head. She remains a soft spoken girl with a mild and friendly temperament. Given the right incentives, Kendall can be quite the entertainer. Especially when moving objects such as toys, laser dots and flying feather things are offered to her. She prefers her



play to be with humans but has been known to keep herself busy tossing toys, even if no people are around. Kendall will add a touch of beauty to any décor and a spark of fun and joy to her forever family. Please come to Meow Manor and meet Kendall. Feel free to call us at (626) 286-1159 for more information. She currently resides at the

San Gabriel Valley Humane Society located at 851 E. Grand Avenue in San Gabriel. We are located off San Gabriel Blvd, north of Mission and south of Las Tunas Drive. To arrange a 'Meet and Greet', please stop by any time from 10:30am to 4:30pm Tuesday through Sunday. Website: www.sgvhumane.org

Katnip News!



TWO'S COMPANY!

Meet AVA & LOLA, age 2 yrs. These bonded sisters are soooo sweet and loving! They are easily held, and love to be pet and sweet-

talked. They will look at you with the most beautiful eyes, willing you to love them. Ava & Lola are being fostered at The Cats Pajamas, where you may call to arrange a Meet & Greet, 626-449-1717. Our "Twofur" Offer is a great savings, as they will come current on vaccines and health exam, spayed, and microchipped. See more pictures and adoption info



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THE WORLD AROUND US



CHRISTOPHER Nyerges

JAMES RUTHER: MAKER OF SPOONS

[Nyerges is the author of "How to Survive Anywhere," "Foraging California," "Extreme Simplicity," and other books. He also leads outdoor field trips. He can be reached at www.SchoolofSelf-Reliance.com.]

James Ruther is a diverse man. Day job, working for the Edison company, he's also quite an authority on knives and knife-sharpening, as well as several other bushcraft skills. One day, after we both finished a class about outdoor survival skills in the foothills of Pasadena, Ruther showed me a wooden spoon.

"That's nice," I said. I liked it, and it looked a bit different from the many wooden spoons I've seen over the years at thrift stores and novelty stores.

"Yeah, and I made this one," he continued.

"You made it?" I replied, looking again more closely at the spoon, turning it over in my hands.

"Yes," said Ruther, "and I made it mostly from this knife." He pulled out a Mora knife and handed it to me, which I also examined.

Since I'd initially thought the spoon was something cranked out in a factory woodshop operation like so many others, I paid it little attention. Now that I knew this was individually carved, I examined it more closely, and saw the character that an assembly line product would not have.

"What kind of wood did you use?" I asked.

"Ash," he replied. "I use ash for most of my spoons, because it's so common, and relatively easy to carve. Also, because the ash trees grow like weeds, no one minds if I trim a few branches and use them for making spoons."

Ruther gave me that beautiful spoon, and eventually I attended a spoon-carving class that he conducted.

CLASS SEQUENCE

Here's how the class went.

Once everyone is present, Ruther shared the basics of knife safety, and the importance of always handing a knife to another person with utmost care. He also emphasized that you always carve AWAY from your body and fingers. This sounds easy, but sometimes, to get a certain cut, you have to be very creative to not cut towards your body, and Ruther showed many of these methods. He also described the "blood circle" for safety. If you a standing too close to a person using a knife, and that person accidentally moves his knife in your direction, you might get cut. You're within his blood circle. To know if you're too close to someone, Ruther held his knife out horizontally from his body, and defined a large circle, front and back. If you're within that blood circle, you'll get cut.

Next, his class took a short walk to find and collect suitable woods. Ruther pointed out that just any

wood could be used to make a spoon, even dead wood on the ground, though it's more desirable to use fresh sound wood. Oak is excellent, but harder to carve. Willow is abundant, and easy to carve, but might be a bit too soft for some applications. Ruther likes alder, ash, and other woods; that day, his students all collected pieces of ash wood, about a foot long and a few inches thick.

On our way back to our tables, we observed many of the other trees and Ruther described some of their uses.

MAKING A SPOON

Ruther guided each student to take their section of ash, and to first split it, by batonning it with a sheath knife. Then, they decided which half would be used, and then the cut part of that piece of ash was flattened with the knife.

Next, the shape of the spoon was penciled onto the flat side of the wood, and careful carving began. There were various techniques of wood reduction which were shows to take the piece of wood to a spoon.

For example, a saw was used to reduce some sections, such as to make the spoon part round. To cut away the excess wood which would become the handle, the section would be sawed perpendicular to the handle, at various points, so that the unwanted wood could just be chiseled away.

Then, it was all slow but careful carving. The hollow of the spoon was carved with curved carving knives which made it much easier. However, the hollow could still be done with an ordinary knife, with much more care.

Finally, the spoons were sanded with sandpaper. Or, as woodcraft master Paul Campbell used to teach, the spoons could be "sanded" with a small rock, abrading little by little until the desired smoothness is achieved.

"What happens if the spoon breaks?" a student asked Ruther. He smiles and responds, "Oh darn, you'd have to carve another!" Taking a more serious tone, Ruther says that to discard a biodegradable wooden spoon is not a problem, and is infinitely better than discarding a plastic spoon into a land fill that would take 100 years to decompose. "It's smart for the environment," he says, adding that if you cut from overgrown invasive trees, it's really a form of weed control. "It's always a good thing to learn to make something rather than buying something, and this produce no waste."

Ruther points out that your second spoon will always be a better spoon than your first, because you're still figuring things out on spoon number one.

To learn more about Ruther and his classes, he can be reached at ruther1@gmail.com.



OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

WHY DID I EVER GROW UP?

At times, I have to do some errands for the Gracious Mistress of the Parsonage. It's not that I like to do these errands, but I have learned this is one secret to getting along with her.

The errand she had for me was to go to the Mall and pick up something she had ordered. In my own way I tried to finagle out of that errand, but the more I finagled the more insistent she was. So, I decided to finagle no more.

As the pop song says, "I have a million reasons not to go, give me one reason to go." I tried to play this on her and her response was, "Because I asked you to."

You just cannot get any better than that. I know, because I have tried.

Since I do not go to the mall that often, I thought I would stop in at a coffee shop and have myself a cup of coffee and just chill out a little. Taking my coffee out in the main area of the mall, I sat in one of the lounge chairs and watched the people go by.

As a young person, my favorite author was Ernest Hemingway. In one of his books he says that the important thing for a writer is to, "listen, listen, listen." I tried to practice that throughout my life so I thought here at the mall would be a good opportunity to do just that.

It was rather noisy, but I tried my best to listen. Some of the things I heard I wished I would not have heard, but that is the price you pay for listening.

In my situation, I could not hear much of a conversation, but the little that I did hear I tried to figure out what they were trying to say. I know I got some things wrong, but I laughed very discreetly at some things I heard.

Halfway through my coffee something struck me that I never thought of before.

So many young people and children were racing through the mall. I did not know there were that many children on planet Earth. They were running and laughing and whatever else they could think of.

I just sat back and watched. I tried to listen, but there was so much noise I really could not listen so I watched. Here these young people were having the time of their life. They were laughing and joking among themselves and just having a good time.

Occasionally I caught the joke and laughed to myself, but most of the jokes I did not understand. I guess that has to do with an age difference.

It was right after Halloween and so a lot of the gibberish in the mall had to do with the Halloween spirit. I thought several were dressed for Halloween, but realized that that is exactly

what they wear every day.

I saw one young girl wearing blue jeans with so many holes that they really lack purpose. I was later to find out that you buy these blue jeans with all the holes in them. Moreover, the more holes they have, the more expensive they are.

When I was young I had blue jeans with lots of holes, but I earned every one of those holes.

My spirits were beginning to rise and I was enjoying my visit in the mall. Do not let that get out, I do not want anybody to know I was having a good time, particularly, you know who.

It seemed the more I watched, the more young people and children flooded the mall. And, the laughter rang from one end of the mall to the other with me in between.

As I was enjoying this little episode, a thought snuck into my mind. I must confess that it is a rare occasion when a thought actually comes to my mind. This time a thought did come to my mind.

What I wanted to know was, why were all of these kids happy? Why were they having so much fun?

Don't they know how miserable the world is today? Don't they know how sad and horrific things are on the outside? The hatred, the anger, the putrefaction of the world as we know it.

Quickly my smile turned upside down and I frowned.

It then came to me. These kids in the mall having a wonderful time were not all caught up with what is going on out in the world. Their world is a world of fun and excitement. It is only the "old geezers" that know about all of the terrible things going on in the world. The young only see the good.

In pondering this, I asked myself a very serious question. Why in the world did I grow up?

Why couldn't I have stayed young and naïve and only focused on having a good time? If I had stayed young, I probably would not be so depressed by everything that is going on "out in the world."

In pondering this, I thought of what David once said. "I have been young, and now am old; yet have I not seen the righteous forsaken, nor his seed begging bread" (Psalms 37:25).

I can appreciate what these young people see, but they really cannot appreciate what I have seen through the years. That is simply, God always takes care of his people.

Rev. James L. Snyder is pastor of the Family of God Fellowship. He lives with his wife in Silver Springs Shores. Call him at 1-866-552-2543 or e-mail jamesnsnyder2@att.net. His web site is www.jamesnsnyderministries.com.

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

THE COPS HANG OUT

If and hopefully you have been following me right here in the newspaper and my radio show on Sundays at 12 Noon. With that said you know I have found many Mexican restaurants in Southern California. It makes sense, doesn't hurt to have many Mexican Restaurants, but how many of them are good. I mean even acceptable. There are those that have above average food but the drinks plain stink!!! Or the drinks are good but the food sucks!!! Well my friends since I am high and dry this month, the food part of this equation was what I was looking for, so with my friend Janice, (claims to be a restaurant critic in waiting) I trekked down to East LA to the Original El Tepeyac Café on Evergreen in the heart of East LA.

The restaurant is fairly small with a counter and plenty of parking. The atmosphere is lively and the patrons come from all and I mean all walks of life. So what is it that brings patrons from all parts of the city to this Café? It's the food, and it's darn good too. Portions are big and you'll always leave with half of your food in a to-go bag. I'm telling you friends I tried to order the whole menu so that I could bring to you my loyal readers and viewers the best review possible, but I failed the portions are toooo big. So what did I have? I asked the server on a few suggestions and I went with the Taquitos with Guacamole, as soon as saw this portion I knew I ordered too much food. Next was the Manuel tacos, friend Janice wouldn't share but the look on her eyes I can tell she was pleased or was it that I am so handsome? Hmmm. The staple or the signature dish at El Tepeyac are the burritos my selection was the #2 A Chile Colorado at this is a great dish and is pork slowly simmered in a red chile sauce, man it's worth driving back for. If you are running from the cops stay away, El Tepeyac is a fav of the men in blue. The Hollenbeck Burrito is a favorite of the police and comes with chips and guacamole. Next time I'm going to order the Okie de Pollo...shredded chicken breast. So what does El Tepeyac mean? The Hill that the Virgin Mary was sighted!!! No beer or wine. My only complaint is this darn to go menu. I guess I'm just getting old the print is too small.

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Looking Up
with Bob Eklund



NASA RETIRES KEPLER SPACE TELESCOPE, PASSES PLANET-HUNTING TORCH

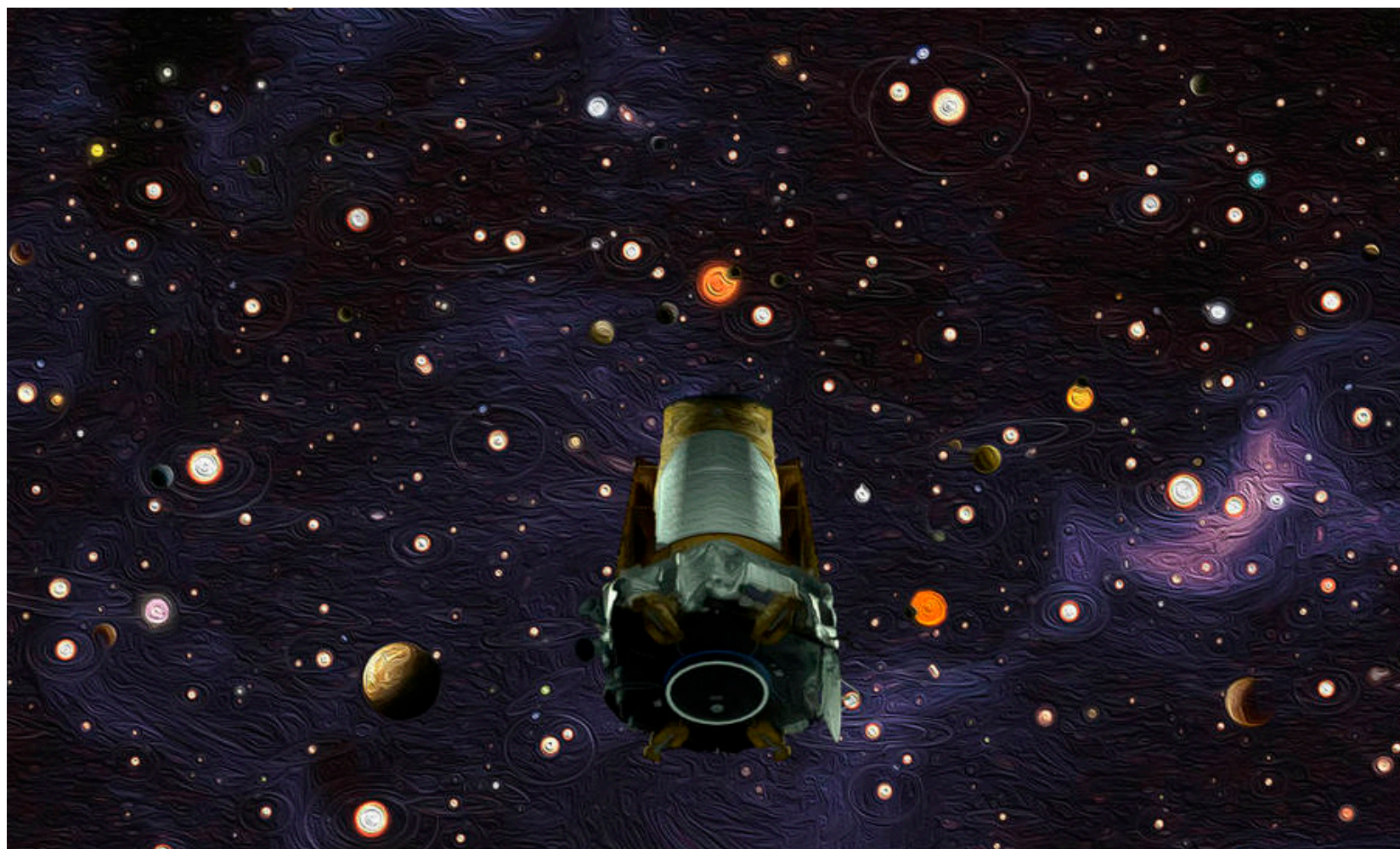
After nine years in deep space collecting data that indicate our sky to be filled with billions of hidden planets—more planets even than stars—NASA's Kepler space telescope (<https://www.nasa.gov/kepler>) has run out of fuel needed for further science operations. NASA has decided to retire the spacecraft within its current, safe orbit, away from Earth. Kepler leaves a legacy of more than 2,600 planet discoveries from outside our solar system, many of which could be promising places for life.

"As NASA's first planet-hunting mission, Kepler has wildly exceeded all our expectations and paved the way for our exploration and search for life in the solar system and beyond," said Thomas Zurbuchen, associate administrator of NASA's Science Mission Directorate in Washington. "Not only did it show us how many planets could be out there, it sparked an entirely new and robust field of research that has taken the science community by storm. Its discoveries have shed a new light on our place in the universe, and illuminated the tantalizing mysteries and possibilities among the stars."

Kepler has opened our eyes to the diversity of planets that exist in our galaxy. The most recent analysis of Kepler's discoveries concludes that 20 to 50 percent of the stars visible in the night sky are likely to have small, possibly rocky, planets similar in size to Earth, and located within the habitable zone of their parent stars. That means they're located at distances from their parent stars where liquid water—a vital ingredient to life as we know it—might pool on the planet surface.

The most common size of planet Kepler found doesn't exist in our solar system—a world between the size of Earth and Neptune—and we have much to learn about these planets. Kepler also found nature often produces jam-packed planetary systems, in some cases with so many planets orbiting close to their parent stars that our own inner solar system looks sparse by comparison.

"When we started conceiving this mission 35 years ago we didn't know of a single planet outside our solar system," said the Kepler mission's founding principal investigator, William Borucki, now retired from NASA's Ames Research Center



in California's Silicon Valley. "Now that we know planets are everywhere, Kepler has set us on a new course that's full of promise for future generations to explore our galaxy."

Launched on March 6, 2009, the Kepler space telescope combined cutting-edge techniques in measuring stellar brightness with the largest digital camera outfitted for outer space observations at that time. Originally positioned to stare continuously at 150,000 stars in one star-studded patch of the sky

in the constellation Cygnus, Kepler took the first survey of planets in our galaxy and became the agency's first mission to detect Earth-size planets in the habitable zones of their stars.

Before retiring the spacecraft, scientists pushed Kepler to its full potential, successfully completing multiple observation campaigns and downloading valuable science data even after initial warnings of low fuel. The latest data, from Campaign 19, will complement the data from NASA's newest planet

hunter, the Transiting Exoplanet Survey Satellite, launched in April. TESS builds on Kepler's foundation with fresh batches of data in its search of planets orbiting some 200,000 of the brightest and nearest stars to the Earth, worlds that can later be explored for signs of life by missions such as NASA's James Webb Space Telescope.

You can contact Bob Eklund at: beklund@MtnViewsNews.com.

LA SALLE COLLEGE PREP HEAD COACH OPENING

La Salle College Preparatory will be opening the position of Head Football coach for the 2019 season. La Salle would like to thank Interim Coach Andrew Pankow for his leadership and dedication during the 2018 season. Coach Pankow and his staff's effort during this year of transition is greatly appreciated and their dedication should be commended.

At this point, the search for a new head coach will begin immediately. La Salle will be accepting applications from qualified candidates beginning Monday, November 5, 2018 and will close its application process Friday, November 30, 2018. Desired and preferred qualifications are as follows:

Minimum Qualifications

- Bachelors Degree
- A commitment to Catholic education
- 7 years of successful high school coaching experience
- The skill to organize and implement a competitive Football Program.
- The talent to inspire achievement and leadership among student-athletes.
- The ability to communicate effectively with student-athletes, parents, staff, faculty, administrators, and members of the media. The commitment to adhere to
- The regulations, philosophies, and educational mission of La Salle College Preparatory, the Camino Del Rey Association, the California Interscholastic Federation (CIF), and the Pursuing Victory with Honor program.

Preferred Qualifications

- Masters Degree
 - California Teaching Credential
 - 5 years of successful high school Head coaching experience
 - NFHS/CIF or ASEP/CIF certification
- Salary will be commensurate with education and experience.



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THE GOOD LIFE

HOW TO CAPTURE YOUR ELDER LOVED ONES' STORY

Dear Savvy Senior,

I am interested in making a video of my 82-year-old parents' life story/legacy and how they want to be remembered. With the holidays approaching, I thought this could be a neat gift to my older siblings, but I could use some help. What can you tell me?

Youngest of Five

Dear Youngest,

A personal recording of your parents' life story could be a wonderful holiday gift and something you and your family could cherish the rest of your lives. Here are a few tips to help you get started.

What You'll Need

Your first step is to find out if your parents are willing to make a legacy video, which would entail you asking them a number of thoughtful questions about their life in an interview format in front of a video recording device. If they are, all you'll need is a smartphone or camcorder and a list of questions or prompts to get them talking.

Recording Equipment

If you have a smartphone, making a video of your parents' story is simple and free. However, you may want to invest a "smartphone tripod" to hold the phone while you conduct the interview, and a "smartphone external microphone," which would improve the audio quality. You can find these types of products at Amazon.com for under \$20.

Most smartphones today have good quality cameras and have the ability to edit/trim out the parts you don't want. Or you can download a free video-editing app like Magisto or Adobe Premiere Clip that can help you customize your video.

If you want a higher quality video, consider purchasing a HD camcorder. Sony, Panasonic and Canon are the top-rated brands, according to Consumer Reports. These can run anywhere from a few hundred dollars, up to \$1,000 or more.

Questions and Prompts

To help you prepare your list of questions for your parents' video interview, go to "Have the Talk of a Lifetime" website at TalkofaLifetime.org. This



resource, created by the Funeral and Memorial Information Council, offers a free workbook that lists dozens of questions in different categories. Some of these include: earliest memories and childhood; significant people; proudest accomplishments; and most cherished objects. This will help you put together a wide variety of meaningful, open-ended questions.

Old photos of your parents, their family members and friends are also great to have on hand to jog your parents' memory and stimulate conversations. After you select your questions and photos, be sure to share them with your parents ahead of time so they can have some time to think about their answers. This will make the interview go much smoother.

Interview Tips

Arrange an interview time when your parents are rested and relaxed, and choose a quiet, comfortable place where you won't be interrupted. You may need several sessions to cover everything you want.

When you get started, ask your parents to introduce themselves and ask a warm-up question like "When and where were you born?" Then ease into your selected questions, but use them as a guide, not a script. If your parents go off topic, go with it. You can redirect them to your original question later. Think of it as a conversation; there's no right or wrong thing to talk about, as long as it's meaningful to you and your parents.

Also, be prepared to ask follow-up questions or diverge from your question list if you're curious about something. If you'd like to hear more, try "And then what happened?" or "How did that make you feel?" or "What were you thinking in that moment?"

And end your interview with some reflective questions, such as "What legacy would you like to leave?" or "How do you want to be remembered?"

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

SENIOR HAPPENINGS



HAPPY BIRTHDAY!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.



HART PARK HOUSE MONTHLY PROGRAMS:

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 10:00 a.m. - 11:00 a.m. Join the class with Instructor Barbara Dempsey as she leads you in the art of Hula!

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

Free Blood Pressure Testing: 2nd Tuesdays Monthly from 11:00 a.m. - 12:00 p.m. No appointment is necessary.

Brain Games: Thursday, November 15th 10:30 - 11:30 a.m. Join us for Scattergories, a creative thinking game by naming objects within a set of categories; or Jenga, a block-building challenge that keeps you stacking and balancing your tower. Everyone is welcome, and no experience is needed. A great way to strengthen your mind and make new friends... Games are facilitated by Senior Volunteers.

Free Legal Consultation: Wednesday, November 14th from 10:30 a.m. - Noon. Attorney Lem Makupson is available for legal consultation. Specializing in Family Law, Wills, Trusts, Estates and Injury. Please call the Hart Park House for an appointment, 626-355-5278 ext. 704.

Senior Club: Meets Saturdays Monthly at Hart Park House... Brown Bag Lunch and great company at 11:30 a.m.

Chair Yoga: Mondays & Wednesdays 11:00 - 11:45 a.m. with Paul Hagen. Classes include Yoga and balance exercises. All ability levels are encouraged and welcomed! * Voluntary Donations of \$5.00 per week per participant are suggested but not required.

Birthday Celebration: Every 2nd Thursday Monthly at the Hart Park House. Share free birthday cake and ice cream kindly provided by the Senior Community Commission!

Game Day: Every Thursday Monthly 12:00 Noon come into the Hart Park House and join a lively poker game with friends!

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

Save the Date: Senior Excursion, Wednesday, Dec. 19th to Rogers Gardens in Corona Del Mar.

SENIOR MOVIE: 1st and 3rd Wednesdays Monthly 1:00 p.m.

November 7th The Greatest Showman PG Rated - PG 1hr 45 min

Inspired by the imagination of P.T. Barnum, the Greatest Showman is an original musical that celebrates the birth of show business and tells of a visionary who rose from nothing to create a spectacle that became a worldwide sensation.



November 21st Pirates of the Carribean - Dead Men Tell No Tales Rated - PG-13 1hr 59 min

When deadly ghost pirates led by his old nemesis, the terrifying Captain Salazar escape from the Devil's Triangle, determined to kill every pirate at sea, Captain Jack Sparrow's only hope for survival lies in seeking out the legendary Trident of Poseidon, the powerful artifact bestows upon its possessor total control over the sea.



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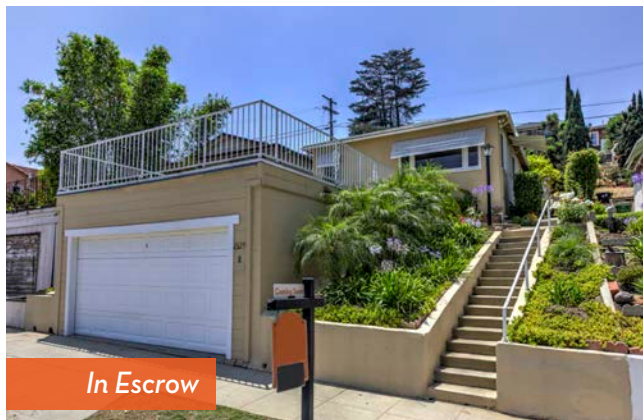
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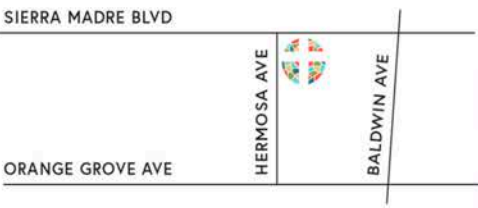
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Pasadena	Pasadena (Pasadena Public Library - Hastings Branch) 3325 E Orange Grove Blvd Pasadena, CA 91107	*Ballot Drop-Off Location	Oct 9 - Nov 6 Mon-Thurs: 10 AM - 9 PM Fri & Sat: 10 AM - 6 PM Sun: 1 PM - 5 PM



MOUNTAIN VIEWS NEWS ENDORSEMENTS

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	ADAM SCHIFF	Dist 28
	GRACE F.NAPOLITANO	Dist 32
State Assembly Member	CHRIS HOLDEN	Dist 45
Sheriff	JIM MCDONNELL	
Assessor	JEFFREY PRANG	
Supt. Public Instruction	TONY K THURMOND	

COUNTY MEASURE W LACounty Flood Control Parcel Tax **YES**

STATEWIDE PROPOSITIONS

PROP 1 YES AUTHORIZES BONDS TO FUND SPECIFIED HOUSING ASSISTANCE PROGRAMS.

PROP 2 YES AUTHORIZES BONDS TO FUND EXISTING HOUSING PROGRAM FOR INDIVIDUALS WITH MENTAL ILLNESS.

PROP 3 YES AUTHORIZES BONDS TO FUND PROJECTS FOR WATER SUPPLY AND QUALITY, WATERSHED, FISH, WILDLIFE, WATER CONVEYANCE, AND GROUNDWATER SUSTAINABILITY AND STORAGE.

PROP 4 YES AUTHORIZES BONDS FUNDING CONSTRUCTION AT HOSPITALS PROVIDING CHILDREN’S HEALTH CARE. INITIATIVE STATUTE.

PROP 5 YES CHANGES REQUIREMENTS FOR CERTAIN PROPERTY OWNERS TO TRANSFER THEIR PROPERTY TAX BASE TO REPLACEMENT PROPERTY.

PROP 6 NO ELIMINATES CERTAIN ROAD REPAIR AND TRANSPORTATION FUNDING. REQUIRES CERTAIN FUEL TAXES AND VEHICLE FEES BE APPROVED BY THE ELECTORATE. AMENDMENT

PROP 7 YES CONFORMS CALIFORNIA DAYLIGHT SAVING TIME TO FEDERAL LAW. ALLOWS LEGISLATURE TO CHANGE DAYLIGHT SAVING TIME PERIOD.

PROP 8 YES REGULATES AMOUNTS OUTPATIENT KIDNEY DIALYSIS CLINICS CHARGE FOR DIALYSIS TREATMENT.

PROP 10 YES EXPANDS LOCAL GOVERNMENTS' AUTHORITY TO ENACT RENT CONTROL ON RESIDENTIAL PROPERTY.

PROP 11 NO REQUIRES PRIVATE-SECTOR EMERGENCY AMBULANCE EMPLOYEES TO REMAIN ON-CALL DURING WORK BREAKS. ELIMINATES CERTAIN EMPLOYER LIABILITY. INITIATIVE STATUTE

PROP 12 YES ESTABLISHES NEW STANDARDS FOR CONFINEMENT OF SPECIFIED FARM ANIMALS; BANS SALE OF NONCOMPLYING PRODUCTS. INITIATIVE STATUTE.



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Jeff's Book Pics

By Jeff Brown

The Broken Teaglass: A Novel by Emily Arsenault
A NEW YORK TIMES NOTABLE CRIME BOOK OF THE YEAR. In the maze of cubicles at Samuelson Company, editorial assistant Billy Webb struggles to focus while helping to prepare the next edition of a dictionary. But there are distractions. He senses that something suspicious is going on beneath this company's academic façade. What's more, his (possibly) flirtatious co-worker Mona Minot has just made a startling discovery: a trove of puzzling citations, all taken from the same book, The Broken Teaglass. Billy and Mona soon learn that no such book exists. And the quotations read like a confession, coyly hinting at a hidden identity, a secret liaison, a crime. As Billy and Mona try to unearth the truth, the puzzle begins to take on bigger meaning for both of them, compelling them to redefine their notions of themselves and each other. The book is at once a literary mystery, a cautious love story, and an ingenious suspense novel that will delight fans of brilliantly inventive fiction



only Leon Lewis and his daring ring of spies stood in the way. From 1933 until the end of World War II, attorney Leon Lewis, the man Nazis would come to call “the most dangerous Jew in Los Angeles,” ran a spy operation comprised of military veterans and their wives who infiltrated every Nazi and fascist group in Los Angeles. Often rising to leadership positions, this daring ring of spies uncovered and foiled the Nazi's disturbing plans for death and destruction. Featuring a large cast of Nazis, undercover agents, and colorful supporting players, Hitler in Los Angeles, by acclaimed historian Steven J. Ross, tells the story of Lewis's daring spy network in a time when hate groups had moved from the margins to the mainstream.

The Birthday: An Absolutely Gripping Crime Thriller (Detective Natalie Ward Book 1) by Carol Weyer ‘Absolutely stunning!... wow it blew me away. Totally my favorite book so far of 2018... I loved everything about it...’ Bonnie’s Book Talk, 5 stars. One hot summer’s afternoon, five-year-old Ava Sawyer went to a party. She never came home... two years later, Ava’s body is found and another little girl, Audrey Briggs, goes missing. Audrey also attended that party ...Leading the investigation is Detective Natalie Ward. A mother of two teenagers, this case chills her to the bone, and is a disturbing reminder of the last job she worked on. One that still keeps her awake at night... Natalie soon discovers that Ava’s mother has some worrying gaps in her alibi and as she digs deeper, she’s sure Ava’s father is not telling the full story. And what did the owner of the garden centre Elsa see that day? Something that she’s not telling Natalie ...Just as Natalie is facing up to the grim possibility that Ava and Audrey were killed by someone close to home, another little girl from the party doesn’t come home from her ballet lesson. Can Natalie find a way to stop this killer before more innocent lives are taken? Gripping, fast-paced and nail-bitingly tense, this book will keep you flying through the pages long into the night. The 3 reviews are from Amazon.com

Hitler in Los Angeles: How Jews Foiled Nazi Plots Against Hollywood and America by Steven J. Ross
A 2018 FINALIST FOR THE PULITZER PRIZE. The chilling, little-known story of the rise of Nazism in Los Angeles, and the Jewish leaders and spies they recruited who stopped it. No American city was more important to the Nazis than Los Angeles, home to Hollywood, the greatest propaganda machine in the world. The Nazis plotted to kill the city’s Jews and to sabotage the nation’s military installations: plans existed for hanging twenty prominent Hollywood figures such as Al Jolson, Charlie Chaplin, and Samuel Goldwyn; for driving through Boyle Heights and machine-gunning as many Jews as possible; and for blowing up defense installations and seizing munitions from National Guard armories along the Pacific Coast.U.S. law enforcement agencies were not paying close attention--preferring to monitor Reds rather than Nazis--and

All Things

By Jeff Brown

KIDS AGAINST SMARTPHONES

“Your kids hate your smartphone addiction”said Ian Sherr in CNET.com. The average American now “spends about 5 hours a day on a mobile device,” and a growing body of research suggest kids resent competing for attention with the gadgets. One Louisiana elementary school asked students to write essays “on an invention they wished had never been created.” 4 out of 21 choose the smartphone. “I hate my mom’s phone, “ a

second grader wrote,”and I wished she never had one.”One student of parental behavior found that the more parents use their phones, the more their preschool children “whined,sulked, or became irritable, easily frustrated, or hyperactive “ even if the phone use was well within “normal” level. Most troubling: even babies became uncomfortable when they saw their parents distracted “phone face.”From The Week

HEALTHY LIFESTYLES



YOGIC WISDOM - EASE IN MEDITATION

Have you ever said, “Today, I will meditate. I’m going to sit down, be quiet and clear my mind”? I have said this exact thing SO many times, but when I approach meditation this way, it is TOUGH. My body and mind want to do the exact opposite of being quiet and getting clear. My thoughts aren’t easy to turn off. So, I watch my thoughts and, boy, are there a lot of thoughts. Getting comfortable is also problematic in this approach. Some part of me always needs adjusting--my feet or knees or clothing. After about three minutes, I’m exhausted by the process. My body may feel a little calmer just from sitting still, but afterward, I don’t feel like my head settled down and I don’t notice a sense of quietness inside.

This was the way I tried meditation for a long time. It was an earnest spiritual effort on my part since I was taking time to try it, but it didn’t produce the sense of transformation or peace that I had heard from others. My experience changed when I applied technique to my approach. There are many methods and styles of meditation which do work well. However, it was the approach of the ancient tradition of Tantra that changed everything for me. ‘Let’s define Tantra as ancient teachings that use and weave all the tools of yoga to create an experience of joy and transformation. There is no impure nature to this

practice. There’s a focus on shaping each individual’s energy. The ancient sages of this method were so smart, they said let’s not resist the mind. Give the mind jobs to do and keep it active. There’s breath practice, cleansing techniques, visualization of specific images, and use of sound, or mantra. This is a different approach from many styles. While doing these “jobs,” the mind becomes trained and focused. It actually reaches a deeper state of stillness and absorption. After meditating in this systematic way, the experience of stillness is profound.

When I began meditation with a Tantric approach, my experience during the meditations was transformational. I also was able to establish a consistent practice. My mind felt calm, my body relaxed and I felt a deep internal connection. My awareness of breath and energy shifted. I highly recommend a structured approach such as this one. There are so many styles which are deeply impactful and peace giving as well. At the very least, apply a basic breath practice prior to meditation. Use the sound of the breath as a focal point. Please contact me if you’d like to learn more and find some consistency in your own practice: keely@keelytotten.com or find me at www.keelytotten.com. I hold a meditation group on select Wednesday evenings. The next session begins November 14th. Please email me to join.

Namaste, happy breathing, and sitting.
Keely Totten
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FAMILY MATTERS

By Marc Garlett

3 DEADLY SINS OF RETIREMENT PLANNING

Retirement planning is one of life’s most important financial goals. Indeed, funding retirement is one of the primary reasons many people put money aside in the first place. Yet many of us put more effort into planning for our vacations than we do to prepare for a time when we may no longer earn an income.

Whether you’ve put off planning for retirement altogether or failed to create a truly comprehensive plan, you’re putting yourself at risk for a future of poverty, penny pinching, and dependence. The stakes could hardly be higher.

When preparing for your final years, it’s not enough to simply hope for the best. You should treat retirement planning as if your life depended on it—because it does. To this end, even well-thought-out plans can contain fatal flaws you might not be aware of until it’s too late.

Have you committed any of the following three deadly sins of retirement planning?

1. Not having an actual plan
Even if you’ve been diligent about saving for retirement, without a detailed, goal-oriented plan, you’ll have no clear idea whether your savings strategies are working adequately or not. And such plans aren’t just about calculating a retirement savings number, funding your 401(k), and then setting things on auto-pilot. Once you know how much you’ll need for retirement, you must plan for exactly how you’ll accumulate that money and monitor your success. The plan should include clear-cut methods for increasing income, reducing spending, maximizing tax savings, and managing investments when and where needed.

What’s more, you should regularly review and update your asset allocation, investment performance, and savings goals to ensure you’re still on track to hit your target figure. With each new decade of your life (at least), you should adjust your savings strategies to match the specific needs of your new income level and age.

Failing to plan, as they say, is planning to fail.
2. Not maximizing the use of tax-saving retirement accounts

One way or another, the money you put aside for retirement is going to be taxed. However, by investing in tax-saving retirement accounts, you can significantly reduce the amount of taxes you’ll pay.

Depending on your employment and financial situation, there are numerous different plans available. From traditional IRAs and 401(k)s to Roth IRAs and SEP Plans, you should consider using one or more of these investment vehicles to ensure you achieve the most tax savings possible.

What’s more, many employers will match your contributions to these accounts, which is basically free money. If your employer offers matching funds, you should not only use these accounts, but contribute the maximum amount allowed—and begin doing so as early as possible.

Since figuring out which of these plans will offer the most tax savings can be tricky—and because tax laws are constantly changing—you should consult with a professional financial advisor to find the one(s) best suited for your particular situation. Paying taxes is unavoidable, but there’s no reason you should pay any more than you absolutely must.

3. Underestimating health-care costs

It’s an inescapable fact that our health naturally declines with age, so one of the riskiest things you can do is not plan for increased health-care expenses.

With many employers eliminating retiree health-care coverage, Medicare premiums rising, and the extremely volatile nature of health insurance law, planning for your future health-care expenses is critical. And it’s even more important seeing that we’re now living longer than ever before.

Plus, these considerations are assuming that you don’t fall victim to a catastrophic illness or accident. The natural aging process is expensive enough to manage, but a serious health-care emergency can wipe out even the most financially well off.

Start preparing for retirement now.

The best way to maximize your retirement funding is to start planning (and saving) as soon as possible. In fact, your retirement savings can be exponentially increased simply by starting to plan at an early age.

Let us know if we can help. We’ll be glad to review what you have in place now, advise you about what you need, introduce you to advisors you can trust, and ensure you and your family are well-protected and planned for, no matter what.

Dedicated to empowering your family, building your wealth and defining your 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 626.355.4000 or visit www.GarlettLaw.com for more information.

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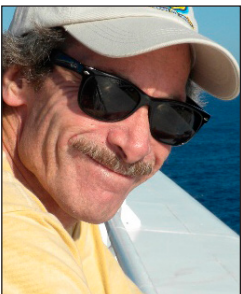
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Mountain Views News Mission Statement

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

HAIL HAMILTON

Left of Left



DO YOUR DUTY—VOTE TUESDAY, NOVEMBER 6TH!

A lot of things have happened since my last OpEd. On October 26th, the attempted mass bomber, who had planted 14 explodable bombs across the nation allegedly intending to kill 14 individuals, including two ex-presidents and their wives, was arrested and charged. The next day, October 27th, the suspected mass murderer was arrested and charged for the alleged shooting at a Pittsburg synagog, leaving 14 dead and six wounded.

Then Tuesday, October 30th, came the news of a “credible plot” to smear Special Counsel Robert Mueller in a sex scandal to discredit him and shut down his investigation that, according to the Washington Post, was exposed and a “fell apart in record time...”

All these things presumably because Ringmaster Trump’s decided to turn up the heat in his divisive, vitriolic, hate-filled rhetoric, “energizing his base” to do whatever it takes to marginalize and eliminate his perceived political enemies, “Knock the crap out of them, would you?” Remember he said campaigning in 2016. “Seriously, ok? Just knock the hell out of any disrupters! I promise you I will pay for the legal fees. I promise.”

Now, if that’s not inciting political terror, I’m an eccentric retired multi-billionaire living alone in a shack somewhere on Social Security! And if I that’s not enough, President Trump has the audacity to blame his opponents for very chaos he has created in the first place campaigning around the country and labeling those same opponents “Enemies of the People!”

Wake up media! We have become accessories after the fact in Trump’s and Putin’s grand plan to destroy the United States from within, and reduce it to a second-rate world power incapable of defending its NATO allies against Russia. If you haven’t noticed since becoming President, Trump has taken control of by hogging the daily news cycle. Most of this can be attributed to his overwhelming paranoid, sociopathic, narcissistic personality, but not all. Some must be viewed as intentional.

As such, it is our responsibility for letting Trump run his circus on his terms, by his rules, framing the news in ways best suited for him; then letting ourselves be used [wittingly or not] do the his bidding [for free!] repeating ad nauseam his self-constructed narrative without first fact-checking [as best we can] his facts and confirming [as best we can] his sources of information, before we allow him to disseminate his suspect information as “news.”

What we should be doing, instead, is whenever the President is caught lying, his lies should be stated as such, in the “lead” of a story, for all to see, whether in print or on TV. No more free presidential press passes. Press conferences should be considered from now on a two-way street! The President must be held as accountable for what he says, as the media must be held accountable for what it communicates.

Remember, we are much better people than the vulgar, nincompoops Donald Trump persists portraying many of us since he took office—apparently only because so many of us are so vehement in our opposition to his administration’s outrageous, immoral, racist policies.

We care about the quality of character and morality of our leaders, we care about basic right and wrong, we care about the quality of our environment, we care, like the late John McCain, about truth, justice, and fundamental fairness.”

I am reminded of RFK’s words when he was a candidate for President: “Some men see things the way they are, and ask why? I dream of things that never were, and ask why not.”

When I vote, I will be thinking of the sonnet by American poet Emma Lazarus [herself an Ellis Island immigrant] cast onto a bronze plaque placed inside the pedestal of the Statue of Liberty, welcoming immigrants to America:

“Give me your tired, your poor, Your huddled masses yearning to breathe free. The restless refuse of your teeming shore. Send these, the homeless, tempest-tossed to me, I lift my lamp beside the golden door!” If you haven’t already, DO YOUR DUTY—VOTE

TOM PURCELL



AFTER PITTSBURGH'S SYNAGOGUE TRAGEDY, START WITH MISTER ROGERS

Saturday morning is normally my favorite morning of the week.

Usually, I sit in a festive coffee shop near downtown Pittsburgh, working on a novel, a love story, I’m eager to complete.

Last Saturday morning, I heard police cars and ambulances racing past the coffeehouse - headed, I now know, to the tragic scene at the Tree of Life Synagogue just 4 miles away, where innocents were targeted as they worshiped.

It’s the latest in a series of tragedies in which powerful weapons were used to slaughter defenseless people.

My first impulse was incredible sadness. I pray for the victims and their families.

My next impulse was anger. Why aren’t we moving faster to keep weapons out of would-be killers’ hands? Why are too many political leaders, on both sides, so carelessly ginning up anger, even violence, with their poor choice of words?

My anger isn’t unique. But some are exploiting this horrible event to attack political opponents, call them names, even blame them for directly inspiring this apparently unhinged man to come out of the woodwork and strike.

We will never solve this incredible shooting problem - the causes go deep and the solution will require multiple thoughtful actions by many people - if we let it pull us apart rather than bring us together.

PittsburghBeautiful.com suggests we heed Mister Rogers’ kind and loving words. I couldn’t agree more.

Ironically, the studio where Fred Rogers recorded “Mister Rogers’ Neighborhood” is only a few neighborhoods away from Tree of Life - making one scratch his head that a place that cultivated so much love and kindness for so many years could be so near a place where such an act of hatred would occur.

Here, from “The World According to Mister Rogers,” is a fine Fred Rogers quote to begin:

“When I was a boy and I would see scary things in the news, my mother would say to me, ‘Look for the helpers. You will always find people who are helping.’”

God bless the courageous police officers who risked their lives to confront the shooter. Four were wounded. Two face long-term recoveries. God bless the many first responders who cared for the wounded. And God bless the hundreds of Pittsburghers who waited in long donation lines well after blood banks’ normal closing hours.

“We live in a world in which we need to share responsibility,” Fred Rogers also said. “It’s easy to say, ‘It’s not my child, not my community, not my world, not my problem.’ Then there are those who see the need and respond. I consider those people my heroes.”

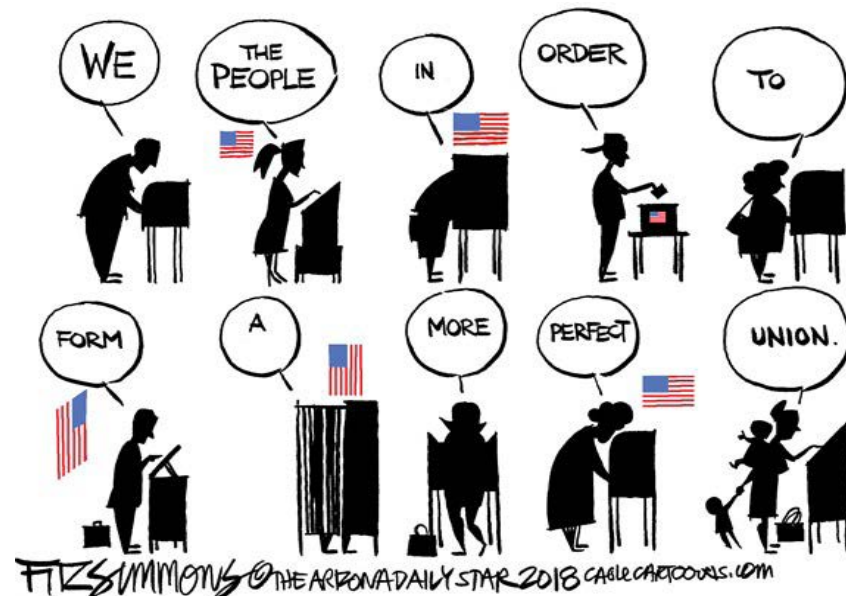
We all must never accept the shedding of innocents’ blood as “the new normal.” We all must become heroes and use all the tools available to us - political, scientific, technological, personal - to inform ourselves, escape the narrowness of our political inclinations, bridge our divides and agree on a unified solution that will stop these shootings from being so sickeningly commonplace.

Our work is cut out for us. The only way we will successfully resolve this problem is to ratchet down the angry rhetoric and thoughtfully and intelligently address its complexity.

The first step to success is to follow Mister Rogers’ sage advice:

“There are three ways to ultimate success - The first way is to be kind, the second way to be kind and the third way is to be kind.”

- Tom Purcell, author of “Misadventures of a 1970’s Childhood,” a humorous memoir available at amazon.com, is a Pittsburgh Tribune-Review humor columnist . or info on using this column in your publication or website, contact Sales@cagle.com or call (805) 969-2829. Send comments to Tom at Tom@TomPurcell.com.



BLAIR BESS

SHAME IS ON LIFE-SUPPORT



Unlike most of his staged presidential moments, Donald J. Trump’s arrival in Pittsburgh earlier this week was a somber affair. The tenor was not solely due to the nature of his visit, which was ostensibly to pay his respects to the eleven Jewish worshippers massacred at the Tree of Life Synagogue over the previous weekend. It was the mere fact that he had traveled to Pittsburgh at all.

Rather than being greeted at the airport by civic leaders, as is customary when the president of the United States comes to town, Trump’s arrival was decidedly low key. He was effectively alone on the tarmac, surrounded by family members and aides. And not by choice.

Pittsburgh Mayor Bill Peduto and other government officials specifically asked the president not to come. They exhibited true leadership, putting the needs of their constituents ahead of participating in a presidential photo opportunity. Trump had asked members of the congressional leadership of both parties to join him. They declined. Relatives of at least one of the victims chose not to accept an invitation to meet with him.

The senseless murders committed in Pittsburgh and the attempted assassinations of more than a dozen other “enemies of the state” (including former presidents, government officials, members of the media, and others who don’t share the Trumpian vision of America) over the last few weeks, as well as the increase in white nationalism, racism, anti-Semitism, and nativism, all underscore a brutal reality.

Our collective sense of shame is on life-support and barely breathing. We are daily bearing witness to its slow, painful death and Trump, through his actions, words, and deeds, is partially responsible for its untimely demise.

The president spent thirteen minutes visiting the Tree of Life Synagogue, followed by a visit to a hospital where some of the wounded first responders and victims remained. Then, it was off to the airport for the flight back to Washington, where preparations were already underway for campaign rallies throughout the country. Normally verbose, Trump boarded Air Force One stony-faced and silent; whether a result of the solemnity his visit required or disappointment over his underwhelming reception is unclear.

One day after his visit - with many of the dead yet to be buried - the president was back on the campaign trail, his spirits invariably lifted as orchestrated throngs cheered him upon his arrival in other cities and towns throughout this divided nation.

From calls for the arrest and incarceration of political opponents, attacks upon the free press, blatant support for extremist groups, flouting of ethics and societal norms, disregard for the Constitution and the rule of law, violations of human rights and so much more, Trump is using words as weapons. The American ideal of democracy is under fire and may be his ultimate victim.

When an emboldened serial bomber composes a hit list of individuals the president has targeted, Trump bears a measure of responsibility. When his description of oppressed people as “invaders” finds its way into the social media screeds of racists and is used as motivation for the taking of innocent lives, he shares some degree of blame. When a Southwest Airlines passenger gropes a woman aboard a flight and tells federal agents he did so because “the president of the United States said it’s okay to grab women by their private parts,” Trump needs to reassess the impact his words have.

Rather than unite us a country, the president is growing increasingly emboldened and divisive. He is tapping into the worst in us rather than lifting us up as a nation united. It’s time he casts the politics of personality aside. If he is capable of doing so.

Donald J. Trump is an intelligent man; far from book smart, more street smart. He may be ignorant of the nuances of governance, the Constitution, and the role of the president. He may not understand the concept of moral leadership or basic human decency. But make no mistake. He is cunning and has his finger on the pulse of an unwavering third of the electorate. He is tapped into a culture of hate that has been percolating beneath the surface of our country for quite some time. And he readily, repeatedly and shamelessly exploits those who share his sentiments to advance his own agenda.

There is still time to resuscitate our fundamental sense of shame. We can only hope the president attempts to revive his own.

Blair Bess is an award-winning journalist and columnist. He can be reached at bbess@soaggregated.com.

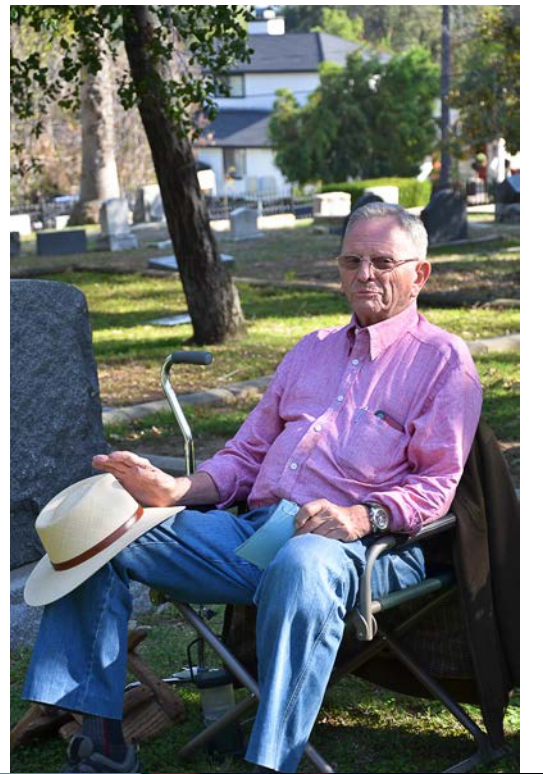
HALLOWEEN IN SIERRA MADRE



Halloween is one of the largest celebrations in Sierra Madre. Starting with the Scarecrow Festival or the Window Painting in Downtown right to the thousands of visitors on Alegria (left) or the Cemetery Tour Below. The Grand Finale of it all is the Trick or Treating, Parade and Contest on Halloween. Halloween Photos by D. Lee/MVN



Cemetery photos courtesy SMHPS



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