

SATURDAY, DECEMBER 22, 2018

VOLUME 12 NO. 51

THE SPIRIT OF CHRISTMAS

Imagine Snow In Sierra Madre!

Washington Irving was one of the earliest authors in America to gain acceptance in England, so he was called the first American man of letters. Irving was born on April 3, 1783, arriving a few months before the conclusion of the Revolutionary War. The newly formed nation, The United States of America, was only a sparsely populated place of three million citizens. Entering a world before the invention of trains, telephones, radios, and the primary communication of this period, handwritten letters, Irving generally required weeks, or months, for a delivery of any distance. In the publication of "Sleepy Hollow and Rip Van Winkle," Washington Irving received acclaim, and inserted his name alongside the greatest authors of his era.

Washington Irving was born in New York, but did not attempt to inspire America with reminders of their own Christmas customs, which he believed lacked the irresistible merriment befitting the day. His ambitions yearned to fashion Christmas as a superior season of love. In the earnest hope of encouraging this philosophy, and exposing America to the more sophisticated traditions of thought, Washington wrote of England, and those ancient rituals which had mysteriously gone out of practice in the commonwealth of their own society.

The limits of space award me but a modest mention of this eminent man of America. It is impossible for two paragraphs to convey the appropriate praise deserving of an author who immortally amuses and whose dialogue has never lost the ability to teach. In truth, the whole of a Sunday newspaper is incapable of characterizing the enormity of Washington Irving's influence upon America and the world. Let us then, for the sake of Christmas, turn to the season at hand, and rummage through the treasure chest of his Christmas writings.

With the morning's crow of the rooster, he abandon his bed, and by the dark hour of evening, he toiled beside the rippling illuminations of candlelight. The industry of his labor emanated from his belief in the necessity of Christmas, and the liberal transmission of charity, kindness and cheer. Washington Irving was a significant donor to the modern notion of Christmas, our enthusiasm for the day, and the whole of the Holiday Season. Thanks to his benevolent dream, Christmas has become the time- honored tradition where we are most affable to the ideas of charity, and attentive to the bonds of the human heart.

The estate of Bracebridge, the island of England; and the day of Christmas, is where Washington Irving begins our journey. As is tradition, the fireplace has been lit with the yule log, being the charred remnants of last year's Christmas fire. The squire of the house is seated upon his ancient chair beside the fireplace. The flames brighten against the storyteller's face. He is a man of a million jokes, a clown who makes the children laugh, and a compelling historian of the family's past. He is an encourager to all who promotes and passes along the sentimental ideas of Christmas. The great gathering is composed of family and friends, and they delight in laughter, dancing, music and the sacred songs of Christmas past, which tender a reverent comfort to all who have the pleasure of this night. In the studied observance of ancient customs, the silver is brought forth, and the dinner table is filled with the abundant horn of plenty that is rumored to exist in the estates of this type. After the sixth course is removed from the table, a wonderful spirit of health and a deepening sense of the season is tasted in the spiced pies that flourish upon their dessert plate.

Let us move away from England to another Christmas. It is well established in the writings of Washington Irving that he loved the wilderness. The reader encounters many episodes of exodus from civilization in his stories, and the call of an invitation into the mysterious woods of nature. Let us ride with Washington Irving as he travels in his native New York, to dine with a friend on Christmas.

Washington Irving's sleigh progressed under the graceful virtues of the horse's hooves. Their rhythmic strides drummed in the expressions of an earthly orchestra, which appeared to delicately dance over the newly fallen snow. With his jacket buttoned high, his hat upon his head, and his woolen scarf draped tightly around his neck, Washington penetrated the world of winter. His eyes observed in solitary reflection, and his tufts of chocolate brown hair determinedly curled past his ears in the meditation of his nose. At the entrance of the forest, his horses accelerated with excitement, dashing past trees that were once green with life, but now stood as white as granite mountains. Beneath this wooded world, Washington peered through the trees as one must through clouds to see the sun, utterly rendered in the curious instincts of a child -- ever hopeful that he might encounter the needles of an evergreen branch, exposed by the hand of wind or the weight of its own snow. With sight as eager as eagles, he probed the snowy world beneath the limbs for the miniature pitter-pattering of squirrel tracks. Looking deep into



Artist Sonny Salsbury created this painting depicting snow in Sierra Madre at Christmas. His caption, "Wouldn't It Be Nice?" reflects the sentiments of many a child and adult alike. Salsbury is also a Grammy nominated musician who was born in Pasadena. He is the brother of local businesswoman Judith Brandley, owner of Leonora Moss in Sierra Madre.

the hills of the distance, he searched for the pointed antlers of a deer.

Amongst these cold confines of nature came the warmest thoughts of Irving's mind. The horse turned alongside the banks of the river, where a cluster of different trees flourished. Still lingering in Washington's mind were the memories of October, and those exalted chameleons of color, in leaves that started orange and changed to gold, before ultimately surrendering to red. Now empty of every leaf and pitifully plucked as a peacock, the old limbs of the sugar maples were bald with winter. The leaves now substituted for the crystal whiskers of winter and the splendid sight of icicles decorating branches. Past these ornaments of ice, emerged the symphony of the river -- a rebellious river that disobeyed the commandments of winter and refused to be frozen. The rushing sound of water past rocks tickled his ears and gave comfort to his soul.

Every glint of snow deepened the reverent understanding of Washington Irving for the celestial kingdom to come. He was mesmerized by the miracles of winter and the elegant art it etched upon the world. He deemed the snowy landscape with its avalanche of diamonds to be the holy work of angels, delicately sprinkled upon the earth, in the exalted aim of inspiring a vision of Heaven. The world has been made wise by those authors of old, who heralded the news that the kingdom of Heaven exists with eternal celebration, laughter and devoid of tears.

Might we consider in this season of peace, and upon the blessed day of Christmas, the great treasure bestowed upon all creation in blessed birth of Bethlehem. If we were afforded the power of gathering every gift of Christmas and measuring every peaceful thought it had placed upon the world, it might improve us by knowing that it is but a single drop of pleasant rain when weighed against that inestimable ocean of grace. That is the gift of God on Christmas Day.

May your journey be guided by the light of a star.

Merry Christmas, Craig Hakola

SIERRA MADRE HOLIDAY PARKING SCHEDULE

Christmas/New Year's Holidays

Please be advised that beginning at 2:00AM on Saturday, December 15th, 2018 there will be a City wide exemption for parking related to Permit Parking and Overnight Parking. This Exemption will extend until 2:00AM on Wednesday, January 2nd, 2019, in observance of the Holiday Season. Please note that safety violations related to parking will be enforced 24/7.

There will be Officers staffing the SMPD, 24/7 to handle enforceable parking issues and safety violations during these times.

SAFETY VIOLATIONS (e.g. Red Zones, White Zones, Blue Zones, parking violations obstruction egress/ingress to the roadway or sidewalk).



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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

CALENDAR

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
December 11th, 2018 at 6:30 pm
December 25, 2018 at 6:30 pm - CANCELLED

Planning Commission
December 20th, 2018 at 7:00 pm
January 3rd, 2019 at 7:00 pm
January 17th, 2019 at 7:00 pm

Community Service Commission
December 17th, 2018 at 6:30 pm
January 21st, 2019 at 6:30 pm

Senior Community Commission
January 3rd, 2019 at 3:00 pm CANCELLED
Special Meeting January 10th, 2019 at 3:00 pm

Library Board of Trustees
December 26th, 2018 at 7:00 pm - CANCELLED
January 23rd, 2019 at 7:00 pm

Energy, Environment, and Natural Resource Commission
December 19, 2018 at 7:00 pm
January 16th, 2019 at 7:00 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

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.



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GFWCSierraMadreWomensClub.org

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



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Nearly 98% of all fire and security alarm calls are false alarms.

In an effort to reduce the number of false alarms and conserve valuable City resources, the City of Sierra Madre is partnering with PM AM Corporation to implement and administer an Alarm Permit Program for residents and business within the City of Sierra Madre.

*The annual registration fee will not apply to Fire and Life Safety systems or Med-Alert systems.

For more information, FAQ and registration link visit www.CityofSierraMadre.com/FALSEAlarmProgram

SMPD TOY DRIVE



The Sierra Madre Police Department is once again pleased to participate in toy campaigns for the United States Marine Corps, "Toys for Tots" and Pasadena Foothill Air Support Team (FAST). Please bring unwrapped toys to drop in the appropriate bin in the SMPD lobby from now until Dec. 24th!

Catch breaking news at:
mtnviewsnews.com

SIERRA MADRE

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia



KATIE Tse.....This and That UNSEASONAL

Did you like the rain we just had? Winter's finally here, at long last. I've been pretty good recently about not recycling old articles, but this was a busy week.

Besides that, I barely even remember this article, it's so old! And like I always say, if I hardly remember it, that means for sure you won't! It's unseasonal, though. The topic is summer, but in the dead of winter we need to remind ourselves that there's a light at the end of the tunnel, as far as the calendar's concerned. But before I launch into my lightly used article, let me apologize for my photo of Fibs, my parrot, not making it into the paper last week. My last story referenced it, and I asked you to use your imagination to envision rabbit ears on his head. Looks like you had to imagine not only the rabbit ears, but the whole parrot! Anyway, sorry about that. So here goes. I promise I'll try harder next week. Thank you for your patience!

Ah, summer! Three mellow, sunny months that make the other nine tolerable. There are a myriad of ways to celebrate summer. People enjoy the beach, gardening, barbecues, floating in a pool, or just chilling on the deck appreciating being alive in Southern California in the summer. One of summer's many advantages over the rest of the year is there are not gift-giving holidays you feel obligated to attend (Fourth of July doesn't count). But on that same note, summer has one pitfall -- it's wedding season.

Have you been to a wedding this summer? I haven't... yet. Possibly you got by without having to go to any, but most likely you'll have to do face time at at least one. Is it just me, or have a lot of weddings (like the rest of the culture) become totally overblown spectacles of excess? I must confess a couple elements of my wedding (not my idea) were more elaborate than they needed to be, but that's a whole other article.

In the olden days, being a bridesmaid only required that you wear an ugly dress and show up for the rehearsal and wedding. But these days I've heard of brides asking their bridesmaids to change their hair color or get Botox in preparation for the big day. And bachelor/bachelorette parties have grown into week-long affairs such as golf excursions in Arizona and cruises to Mexico. Resorts spas are

also popular. I understand that some girls like to bond while getting peeled and exfoliated together, but I ain't one of them.

Of course probably the most annoying new wedding trend is the "surprise" first dance. This has been so overused it hardly warrants the terms "new" and "trend." If you're unaware of this gimmick, it starts off with the bride and groom slow dancing to a tame wedding classic. Then SUDDENLY the music turns to static. The happy couple is "shocked." When the sound comes back, it's a rock or rap song, to which the bride and groom start break dancing and doing other gown-threatening stunts. Some even go as far as having their bridal party join the action, and put on a highly choreographed show. It's hard enough coordinating ten or more people for the wedding and one regular rehearsal; I can't imagine the planning necessary for a group that size to learn something worthy of "The Lion King."



While the whole surprise first dance idea is ridiculous in and of itself, it reveals a larger concept now widely accepted regarding weddings. They must be unique and entertaining. Those aren't evil desires, but they have become the driving force among many weddings. I've quoted the book, "The Narcissism Epidemic: Living in the Age of Entitlement" before, and this seems like a good opportunity to put another plug in for it. I agree that no one should purposely bore their guests, but when everyone is trying to have a unique wedding, that means no one really is. And frankly, if I remember someone's wedding because the groom arrived by helicopter or they had Justin Timberlake MC-ing, I'm just going to remember that they overdid it.

I can only speak for myself, but I would wager that most guests don't come to be entertained. If that's what they wanted, they'd go to a Lakers' game. They come because they like you or they're related to you -- sometimes even both. At the end of the day, guests have only a few requests: don't make them sweat (literally), don't ask for audience participation (If uncle Bob didn't plan a speech, don't have your MC stick a microphone in his face), the food need not be gourmet, but shouldn't bounce if it falls off the plate. Finally, and most universally agreed upon: make it brief. That's all! No helicopters necessary!

HOLIDAY TRASH SCHEDULE AND CHRISTMAS TREE RECYCLING

There will be a one-day delay in collection of residential and commercial refuse, green waste, and recyclables after both Christmas Day and New Year's Day.

Also, please note that Christmas trees are 100% recyclable! Athens Services collects Christmas trees each year, from the day after Christmas through the second week of January, on your normal pickup day. Trees are delivered to various landfills to be used as mulch or cover material, or to Athens' American Organics compost facility in Victorville.

Tips to ensure your tree is properly collected:

- Remove stands, ornaments, lights and tinsel.
- Place holiday trees next to your regular trash containers.
- Trees over 6 feet in length must be cut in half.
- Trees with flocking or fire retardants ARE acceptable.
- If you miss the date for recycling, please cut up your tree and place it in your yard waste container(s).
- Please help keep our parks clean and safe during holidays. If you see anyone illegally dumping holiday trees, please call your city's Police Department.

WALKING SIERRA MADRE.. The Social Side

By Deanne Davis



"Have yourself a merry little Christmas, let your heart be light.

From now on, our troubles will be out of sight."

Ralph Blane & Hugh Martin

Remember that? Judy Garland singing to Margaret O'Brien in the 1944 movie, "Meet Me In St. Louis." You probably do as this is a perennial favorite Christmas movie, along with "Miracle on 34th Street," "It's a Wonderful Life," and about 17 different versions of Dickens' "A Christmas Carol." My least favorite version: Bill Murray in "Scrooged." Of course, we love "Charlie Brown's Christmas" and the new version of Dr. Seuss' "How the Grinch Stole Christmas" is great, featuring the voice of Benedict Cumberbatch -- who is also a terrific Sherlock Holmes and was a really splendid villain in "Star Trek Into Darkness" a couple of years ago. This Grinch was such fun and the gadgets and effects were really neat. If you haven't seen it, see it!

Of course, there's "Frosty" and "Rudolph," and the Hallmark Channel has shown a whole bunch of really nice Christmas movies.

The Star Shower adds magic to just about any sort of outdoor lighting. I've got two of them, one inside shining on my tree and another one outside that lights up the whole front of the house and shines nicely on my reindeer. All the neighbors have spectacular light displays and it's nice to just stand outside and admire them. However, once again this year, I'm giving the Walking Sierra Madre...The Social Side Most Amazing Christmas Decorations award to Jeff and Laurie Bohn who live on Highland and have every conceivable inflated Christmas decoration possible, as you can see. It makes me smile to drive past their house. Also, being a huge fan of Minions, and there being two of those on display had a lot to do with my decision.

We hope yours is being a merry little Christmas this year, and that your heart has been light. As we were out walking Sierra Madre a couple of years ago, my Christmas decorations admiring walking buddy, John, and I, found a piece of paper on the sidewalk and this is what it said:

A Child's Prayer of Thanks

REMEMBRANCE

ELIZABETH J. RASMUSSEN

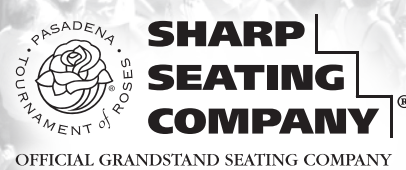
April 3, 1927 - Dec. 15, 2018

Elizabeth J. Rasmussen, a 42 year resident of Sierra Madre, passed away early Saturday morning, Dec. 15, 2018 in her Sierra Madre residence. She was 91 years old. Elizabeth had been in ill health for a number of years but was able to stay in her beloved home in the canyon, with the help of caregivers, up until the end.

Elizabeth Jean Lyon was born in Los Angeles to Genevieve & Orville Lyon in 1927. She married Anton Hugo Rasmussen in 1944, soon after meeting him at the Monterey Park USO, where her mother, Genevieve, was the house mother. He was playing the piano and she came up behind him to turn the pages of the sheet music. He turned his pale blue eyes up to her to say he didn't read music, and it was instant love for both of them. Tony, as he was known, preceded her in death in 2003. Elizabeth worked her entire life until retirement. She worked at the Los Angeles College of Medicine and Osteopathy, after which she worked for one of the students, Steve Seyarto, M.D., in his office. She also owned a plant shop in Arcadia for a few years. In retirement she excelled at her creative and artistic talents writing 2 books and several articles. She was a gifted painter, ceramicist, crafts Person..... She had a natural sense of beauty. In addition she could make anything grow. She loved her family deeply and she will be missed beyond expression. She is survived by her son Anthon James Rasmussen, her daughter Janet Elizabeth Kincaid, two granddaughters Jennifer Cari Wein & Ashley Brianna Rasmussen and her daughter in law Cinda Elizabeth Rasmussen. In addition she has 3 great granddaughter's, Taylor, Riley & Emerson Wein and numerous nieces & nephews. Elizabeth will be interred at Woodlawn Memorial Park next to her much loved husband on Saturday, Dec. 22, 2018.



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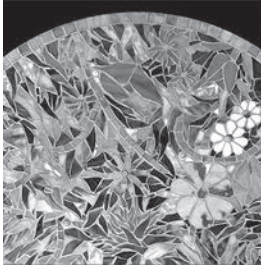


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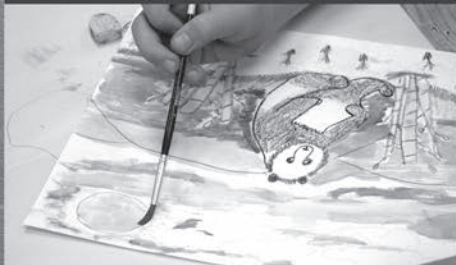
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Pasadena Altadena

News From Your Community For Your Community

Pasadena Man Charged in DDoS Attacks

The Justice Department Thursday announced the seizure of 15 internet domains associated with DDoS-for-hire services, as well as criminal charges against three defendants who facilitated the computer attack platforms, including one from Pasadena.

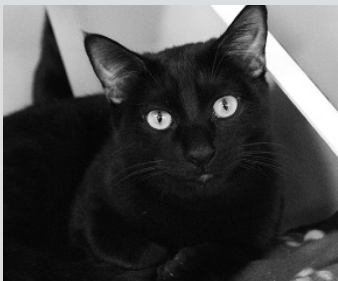
According to authorities, the sites, which offered what are often called “booter” or “stresser” services, allowed paying users to launch powerful distributed denial-of-service, or DDoS, attacks that flood targeted computers with information and prevent them from being able to access the internet. Booter services such as those named in this action allegedly cause attacks on a wide array of victims in the United States and abroad, including financial institutions, universities, internet service providers, government systems, and various gaming platforms.

Pursuant to seizure warrants issued by a federal judge in Los Angeles, the FBI on Wednesday seized the domains of 15 booter services, which represent some of the world's leading DDoS-for-hire services. Among these sites were critical-boot.com, ragebooter.com, downthem.org, and quantumstress.net.

In conjunction with the seizure warrants, federal prosecutors in Los Angeles on Wednesday filed a criminal complaint that charges Matthew Gatrel, 30, of St. Charles, Illinois, and Juan Martinez, 25, of Pasadena, California, with conspiring to violate the Computer Fraud and Abuse Act through the operation of services known as Downthem and Amnpode.

They encourage all DDoS victims to contact your local FBI field office.

Pet of the Week



Eclipse (A468903) is an 8-month-old kitty looking for a home for the holidays. She was surrendered to the Pasadena Humane Society a month ago and is in need of a new friend and home. When you visit her in the Cat Communal Room she is the first to approach you. She enjoys playing, cuddling, and napping and is looking for that special someone to make her part of the family this holiday season.

The adoption fee for cats is \$75. All cats are spayed or neutered, microchipped, and vaccinated before being adopted.

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.



Part of the 134 Freeway has Signs Up Official Barack H. Obama Highway

The signs were unveiled 10 a.m. Thursday

California State Senator Anthony J. Portantino announced Thursday that Caltrans has installed the President Barack H. Obama Highway Signs renaming a portion of the CA-134 Freeway after our 44th President. The renaming was a result of the passage of SCR 8 authored by Portantino and Congressman Jimmy Gomez. SCR 8 called for the stretch of the CA - 134 freeway between the Glendale CA-2 and the Interstate 210 Freeway at Fair oaks in Pasadena to be named the “President Barack H. Obama Highway”.

Earlier in the year, community members from across Southern California attended a reception hosted by Portantino, Bob and Faye Davidson and Occidental College to generously donate the money to Caltrans for the creation and installation of the signs.

“This is an exciting day for Southern California and it showcases our deep respect and appreciation for President Obama. The President has often mentioned his fond memories of living in Pasadena and attending

Occidental College, so it was very appropriate to name the portion of the freeway he travelled after him. Our community came together to make this happen. It is an honor to be in a position to have helped facilitate this wonderful symbol of our collective respect for the grace and dignity embodied by our 44th President,” commented Portantino.

President Obama attended Occidental College from 1979 to 1981 and lived in Pasadena during his sophomore year. His attendance at Occidental College influenced his political trajectory and lead him to become one of the most revered and respected Presidents in history. Local democratic activists John Gallogly suggested the idea to name the freeway to Portantino who then took the idea to Sacramento. SCR 8 passed the legislature with bi-partisan support. When news of the freeway naming hit the media, Portantino was inundated with offers from across the country to pay for the sign however he chose to keep it local. Community members were invited to participate and take “ownership” of the project. Local responses were overwhelming, and the sign was quickly paid for.

“So many generous

people can share in the accomplishment of this appropriate recognition of an inspiring, positive leader. I am very grateful to Caltrans for its rapid response to our community's generosity by installing the signs before Christmas. What a great way to bring in 2019. I hope to have a formal unveiling and program in the New Year to properly commemorate the President and our new freeway,” Portantino said.

Climate Change in the Library

Dr. Austin J. Minnich, Professor of Mechanical Engineering and Applied Physics at California Institute of Technology (Caltech) will kick off 2019: Year of Science for the Pasadena Public Library at Linda Vista Branch, 1281 Bryant St. on Saturday, Jan. 12, at 11 a.m. Professor Minnich will present “Citizen Scientist: Climate Change in the Library” and demonstrate the processes at work on our planet with live experiments right in front of you.

In 2011, Professor Minnich received his doctorate at the Massachusetts Institute of Technology (MIT). He was appointed Assistant Professor at Caltech in 2011 and has received several awards including the National Science Foundation CAREER award (2013), Office of Naval Research Young Investigator award (2015), and the Office of Naval Research Director of Research award (2017). Professor Minnich is also founder and Principal Investigator of the Minnich Group: minnich.caltech.edu/.

For more information on this and other upcoming science programming events planned, contact Robin Reidy at (626) 744-7278 or rreidy@cityofpasadena.net

Police on the Lookout for DUI Drivers

Pasadena police officials announced that they will be on the lookout for impaired drivers during the upcoming holiday season. Whether you are out celebrating with friends at your favorite restaurant or enjoying a holiday party at a residence, please find a safe way home. Remember that averting a holiday tragedy starts with all of us. DO NOT drink and drive. Authorities said “make the smart choice - go safely and arrive at your destination safe and sound.”

Annual Kwanzaa Celebration

Join The Pasadena Library for Kwanzaa: A Celebration of Family, Community & Culture. Enjoy music, stories and tasty dishes prepared by members of the Pasadena Alumnae Chapter of Delta Sigma Theta Sorority. Thursday, Dec. 27 • 11 a.m.-1 p.m. • La Pintaoreca Branch located 1355 N Raymond Ave, Pasadena.

John Perez Appointed New Chief of Police



John Eduardo Perez, (pictured above) a thirty-three year veteran of the City of Pasadena Police Department, has been appointed the City's new Chief of Police by City Manager Steve Mermell. Perez had been serving as the Interim Chief of Police since April 2018, after former Chief Phil Sanchez announced his retirement.

“After conducting a five-month long national search which attracted almost seventy applicants from a range of agencies,” Mermell said, “it became clear to me that Chief Perez is what Pasadena needs at this time. His knowledge of the City—and of its people—is certainly germane, but it is his leadership, his innovation

and his willingness to work with the community that he serves which ultimately led to his selection. Chief Perez is supremely qualified to lead us forward and we congratulate him on this well-deserved promotion.”

Perez will oversee a Department with 325 employees and an annual budget of \$82 million.

Prior to assuming the Interim Chief of Police position, Perez served as the Deputy Chief of Police from 2012-2016. Since joining the force in 1985 as a cadet, Perez has worked in all facets of the organization including Patrol, Community Relations, Internal Affairs, Special Enforcement Section, S.W.A.T., Special Investigations Unit and the Counter Terrorism Team. He has served in command of all three PPD divisions: Strategic Services, Field Operations and Criminal Investigations.

Perez holds a Ph.D. in Public Administration from North Central University, a Masters' degree in Behavior Science from California State Dominguez Hills and a Bachelor's degree in Criminal Justice from Mountain State University. He serves on the executive board of the Patron's Saints Foundation.

Royal Court Visit with Future Royals

The 2019 Rose Queen and her Princesses will share their favorite princess stories and recent Tournament experiences as members of the Royal Court on Saturday, Jan. 12, 2019 from 1:30 to 3:30 p.m. at Pasadena Public Library's Hastings

Branch, 3325 E. Orange Grove Blvd.

Future Kings, Queens and Princesses are invited to come dressed in their finery for this special visit. Parents are encouraged to bring a camera and take photos of their own prince or princess with the Royal Court.

For more information, contact Diane Walker at (626) 744-7262 or dianewalker@cityofpasadena.net.

Free Monthly Events at Pasadena Senior Center

There is something for everyone in December 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.

Stay Connected with Social Media – Tuesdays and Thursdays to Dec. 27, from 9 to 11 a.m. Learn how to keep in touch with family and friends via email, Skype, Facebook and other forms of social media during a 30-minute, one-on-one session with instructor Edison Samuel. You'll choose which applications you want to learn. Bring a laptop or use one of the onsite computers. If you have an email address, bring it and your password. Sign up at the Welcome Desk or by calling 626-795-4331.

Friday Movie Matinees – Fridays, Dec. 28, at 1 p.m. Everyone enjoys watching movies and the pleasures they bring. Dec. 28: Crazy Rich Asians (2018, PG-13) starring Constance Wu and Henry Golding. An Asian American New Yorker is apprehensive about meeting her longtime boyfriend's family when she accompanies him to his best friend's wedding in Singapore.

Disaster Preparedness – Thursday, Jan. 3, at 10 a.m. Are you prepared for the next major earthquake and other potential disasters? Learn how to create a disaster kit, make disaster plans and how to get the free training you will need before the next disaster occurs. Presented by the Pasadena Fire Department.

Legal Consultations – Thursday, Jan. 3, at 10 a.m. Legal advice will be provided about conservatorship, wills and trusts, estate planning and durable power of attorney. Appointments are required

by calling 626-795-4331.

California Legislation that Affects Seniors – Thursday, Jan. 10, at 10 a.m. Significant progress has been made in expanding services for older adults in the past five years, but recent state budget cuts have led to cost-cutting measures. Learn more at this informative talk presented by Wise & Healthy Aging.

Cultural Thursdays – Thursdays, Jan. 10 and 17, at 2 p.m. Jan. 10: Pianist Bob Lipson and commentator/singer Saul H. Jacobs will lead a musical journey through the life and works of George and Ira Gershwin. Jan. 17: Musicians from the Pasadena Symphony and Pops will perform in concert.

Improvisation for Lifeskills PLAYshop – Jan. 11, from 10 a.m. to noon. Tap into your natural, creative talents while enhancing your health and well-being. This series will focus on improv techniques, theater games and creative drama to increase your spontaneity, memory, focus and interactive social and communication skills in a fun, playful and creative environment. Sign up at the Welcome Desk or by calling 626-795-4331. Presented by Trisha Jauchler, founder and director of On Bright Wings and Theatre on the Threshold. For more information visit: pasadenaseniorcenter.org or call 626-795-4331.

Founded in 1960, the Pasadena Senior Center is an independent, donor-supported nonprofit organization that offers recreational, educational, wellness and social services to people ages 50 and older in a welcoming environment. Services are also provided for frail, low-income and homebound seniors.

ARCADIA

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

SANTA ANITA RACETRACK BACK IN THE DAY

A stroll down memory lane courtesy Arcadia Historical Society and Arcadia's Best

Clara Baldwin Stocker and her friends pose for a photo at her father's Santa Anita Racetrack in 1907. Clara loved to entertain. She and her husband were hosts to lively parties at their estate on Foothill Blvd., and their establishment, "Clara Villa" in Arcadia, was known as the "swellest" place in the

San Gabriel Valley. Note that all of Clara's guests, but one, were well dressed for the races. Clara stands fourth from the left in the front row.

Below is a photo of Santa Anita Race Track circa 1940.

Whether it was 1907, 1940 or 2018, Santa Anita Race Track has been a major social venue in Arcadia!



"SENIOR" RED CARPET SENIOR PROM



Arcadia Senior Services is having a special Senior Prom for individuals age 50 and over. The event will take place at the Arcadia Community Center, 365 Campus Drive on Friday, January 25 from 4-6pm. There will be a catered dinner, music and dancing

to the Stardust Trio Band, a prom king and prom queen will be chosen. Cost to attend this red carpet affair is \$13. Tickets are on sale now and can be purchased at the Arcadia Community Center. For additional information please call 626.574.5130.

ARCADIA POLICE BLOTTER

For the period of Sunday, December 9th, through Saturday, December 15th, the Police Department responded to 1,019 calls for service, of which 133 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, December 9:

Shortly before 7:07 a.m., an officer responded to a residence in the 100 block of Bonita Street regarding a trespassing report. The officer located four transients and a reported missing juvenile inside the home. A records check revealed one of the transients, a 28-year-old male from Hacienda Heights, had two outstanding misdemeanor warrants. He was arrested and transported to the Arcadia City Jail for booking. The juvenile was with her father, one of the transients located in the residence, so she was removed from the Missing Persons System.

At approximately 2:24 p.m., an officer initiated a traffic stop on a bicyclist in the 100 block of East Huntington Drive for riding his bicycle on the sidewalk. Upon contacting the suspect, the 65-year-old male from El Monte exhibited signs of being under the influence of an alcoholic beverage. The suspect was arrested and transported to the Arcadia City Jail for booking. During the booking process, the suspect provided a breath sample and it was determined he had a blood alcohol content of 0.20%.

Monday, December 10:

Just after 1:17 a.m., officers responded to the intersection of Santa Anita Avenue and Newman Avenue regarding a vehicle that had collided with a fire hydrant. Upon contacting the driver, the officers noticed signs of drug use. The 19-year-old male from Monrovia later admitted to driving under the influence of marijuana. He was arrested and transported to the Arcadia City Jail for booking.

At approximately 7:29 a.m., an officer responded to a residence in the 1600 block of Oakhaven Drive regarding a burglary report. An investigation revealed unknown suspect(s) entered the home through an open garage door and entered an unlocked vehicle. The suspect(s) ransacked the vehicle and fled with the victim's work ID card. No suspects were seen and no witnesses were located.

Shortly after 5:00 p.m., an officer responded to JJ Bakery, 1130 South Baldwin Avenue, regarding a vehicle burglary report. A witness saw the suspect, a male wearing a hooded sweatshirt, smash the victim's window and steal a bag containing \$5,500 in cash and checkbooks. The investigation is ongoing.

Tuesday, December 11:

Around 8:44 a.m., an officer responded to the area of Foothill Boulevard and El Caballo Road regarding suspicious suspects looking through mail boxes. The officer located the suspects and during a consensual search, discovered they were both in possession of stolen mail, and the female suspect was in possession of methamphetamine and had an outstanding misdemeanor warrant. The 30-year-old male from San Gabriel and the 32-year-old female from Pasadena were arrested and transported to the Arcadia City Jail for booking.

Just before 11:49 a.m., an officer was dispatched to the area of Live Oak Avenue and Sixth Avenue regarding the notification of a stolen vehicle in the area. The officer

located the vehicle and contacted the two suspects as they attempted to walk away. During a search of the vehicle, the officer located burglary tools. During a search of the suspects, the officer located drug paraphernalia and a controlled substance on the 18-year-old male from South El Monte. A records check revealed this suspect also had an outstanding misdemeanor warrant. The second suspect was a 24-year-old male from El Monte. Both were arrested and transported to the Arcadia City Jail for booking. The stolen vehicle was released to the registered owner.

At 9:46 p.m., an officer responded to Macy's, 400 South Baldwin Avenue, regarding an embezzlement report. The officer discovered an employee embezzled nearly \$450.00 while working her shifts with the assistance of an accomplice. The 35-year-old female from Duarte was arrested and transported to the Arcadia City Jail for booking.

Wednesday, December 12:

At about 9:51 a.m., an officer responded to a residence in the 00 block of West Palm Drive regarding an attempted residential burglary report. Surveillance footage revealed two black males walked onto the victim's property, attempted to enter the home through a rear door, and eventually walked away. No entry was made and no loss was reported. The investigation is ongoing.

Shortly after 9:37 p.m., an officer responded to the Santa Anita Mall, 400 South Baldwin Avenue, regarding a stolen vehicle report. The victim's Kia Optima was stolen from the mall parking lot sometime between 8:00 p.m. and 9:20 p.m. on December 12th. No suspects were seen and no witnesses were located.

Thursday, December 13:

Before 3:26 p.m., an officer responded to Arcadia High School, 180 Campus Drive, regarding a grand theft report. A student placed his backpack, containing a cellphone, unattended during a cross country practice and when he returned, he discovered the phone had been stolen. No suspects were seen and no witnesses were located.

Around 4:45 p.m., an officer responded to a residence in the 600 block of Gloria Road regarding a package theft report. The victim's camera system captured a suspect stealing her package at 2:00 p.m.

The suspect is described as a white or Hispanic male wearing a dark colored long sleeve shirt, blue jeans, and a black hat. The investigation is ongoing.

Friday, December 14:

At about 3:26 a.m., officers responded to a traffic collision involving an overturned vehicle in the area of Colorado Street and Chelsea Road. The driver stated he had smoked marijuana six hours prior to the incidence and during a series of tests, the officer determined the 35-year-old male from Los Angeles was driving under the influence of marijuana. He was arrested and transported to Arcadia Methodist Hospital for medical clearance prior to booking.

Just before 8:55 a.m., officers responded to RePlanet, 1101 West Huntington Drive, regarding a commercial burglary report. An investigation revealed an unknown suspect entered the business by unknown means, then entered a locked storage closet and forcefully removed a secured suitcase containing \$5,849.00. The investigation is ongoing.

MONROVIA - DUARTE

Sierra Madre

Arcadia

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Monrovia

MONROVIA POLICE BLOTTER

To see a complete listing of crimes reported, go to <http://www.crimemapping.com/map/ca/monrovia> for crime mapping. For Police Department news and information, visit our website and follow us on Twitter, Instagram or Nextdoor.

Attempt Extortion

December 13, at 11:42 a.m., an employee who works at a business in the 200 block of E. Huntington called to report that he received a threatening email which stated an explosive device would detonate if a ransom was not received. Officers responded and evacuated the building. A search for any suspicious devices were conducted and no suspicious devices were located. It was determined that similar emails were sent nationwide and the FBI and LASD Bomb Squad were aware of the threats.

Violation of Court Order - Suspect Arrested

December 13, at 4:12 p.m., officers made contact with a subject in the 600 block of S. Canyon who was in violation of an active restraining order. The subject also had multiple warrants for his arrest. He was arrested and taken into custody.

Domestic Battery

December 13, at 11:35 p.m., a domestic violence incident was reported in the 100 block of Montana. The caller reported she went to her ex-boyfriend's house to pick up personal property. The caller stated that ex-boyfriend battered her but did not cause any injuries. The caller refused to prosecute him for the battery. This investigation is continuing.

Driving Under the Influence of Alcohol - Suspect Arrested

December 14, at 1:51 a.m., an officer was patrolling the 100 block of W. Foothill when he saw a motorist commit a driving violation. He stopped the vehicle and found the driver to be intoxicated. After field sobriety tests were conducted, the driver was arrested for Driving Under the Influence.

Vehicle Burglary

December 14, at 6:22 a.m., a victim called to report his truck was broken into while it was parked at a business in the 1600 block of S. Mountain. An iPhone and \$3,000 worth of construction equipment was stolen. The investigation is continuing.

Grand Theft Auto

December 14, at 11:28 a.m., an employee from a business in the 3300 block of S. Peck called to report a stolen vehicle. The employee reported a red 1996 BMW they just received from a tow yard in Van Nuys was a reported stolen vehicle. The victim was contacted and the vehicle was recovered. The investigation is continuing.

Vehicle Burglary

December 14, at 11:44 a.m., an officer responded to the report of a vehicle burglary in the 1800 block of Tenth. The victim called to report his vehicle's driver side window had been smashed and his iPod was missing. The investigation is continuing.

Petty Theft - Suspect Arrested

December 14, at 4:54 p.m., an employee from a business in the 500 block of W. Huntington called to report a

theft. A male adult concealed merchandise on his person and left without paying. Officers arrived and located the subject a short distance away. The merchandise was recovered and the subject was arrested.

Battery / Public Intoxication - Suspect Arrested

December 14, at 9:05 p.m., a resident in the 600 block of E. Lemon called to report a disturbance. The resident reported two male subjects in front of her house were yelling at one another. Officers arrived and found two brothers on the street had sustained injuries from hitting one another. Both lived in the neighborhood. One of the brothers was too intoxicated to care for his own safety and due to his injuries he was transported to a nearby hospital for treatment and sobering. Both refused to prosecute one another.

Park Afterhours - Subjects Cited

December 15, at 12:02 a.m., an officer was patrolling in the 300 block of S. Primrose when he saw five subjects in the Library Park after the park had closed. The officer stopped the subjects and issued citations for the violation.

Commercial Burglary

December 15, at 12:19 a.m., officers responded to a burglary call in the 100 block of S. Myrtle. An employee of a business arrived to work and discovered someone entered through the rear door of the business and cut the cash box drawer from the register. The cash box drawer did not contain any money. The alarm activated and the suspect fled. The investigation is continuing.

Injury Traffic Collision

December 15, at 8:12 a.m., a caller reported a traffic collision occurred in the 1300 block of S. Primrose. The collision was between a vehicle and motorcyclist. The motorcyclist was transported to a local hospital for treatment of road rash and complaint of pain. Investigation continuing.

Injury Traffic Collision

December 15, at 8:43 a.m., a caller reported a motorist collided into a wall of a business in the 200 block of W. Huntington. The driver was elderly and suffered from unknown medical conditions. The driver was transported to a nearby hospital for treatment. The investigation is continuing.

Injury Traffic Collision

December 15, at 12:54 p.m., a caller reported a traffic collision occurred in the 600 block of E. Evergreen. A vehicle failed to yield to oncoming traffic and collided into an approaching vehicle. One of the passengers was transported to a nearby hospital for treatment. Investigation Continuing.

Public Intoxication / Possession of Drug Paraphernalia - Suspect Arrested

December 15, at 8:05 p.m., an employee of a restaurant in the 1100 block of E. Huntington reported a male subject inside their bar was heavily intoxicated and grabbing the bar counter with a pocket knife. Officers arrived and contacted the subject. He was too intoxicated to care for his own safety and was taken into custody. He was found to be in possession of a pipe used to smoke methamphetamine.



MONROVIA FIRE DEPARTMENT HOLDS MEMORIAL DEDICATION FOR CHIEF HARRY A. STEVENS ON DECEMBER 4

By Joan Schmidt

Earlier this month, the Monrovia Fire Department held a special Memorial Dedication for their late Fire Chief, Harry A. Stevens, who served on their Department eighteen years, and died in the line of duty on December 4, 1934, eighty-four years ago.

Fire Chief Dover welcomed us and explained that there never has been a formal Memorial for the late Fire Chief Stevens. A few times over the years, it had been planned, but never came to fruition. Chief Dover told us how he was at the annual Firemen Memorial, and as he looked through the Program, he saw men honored from long ago. He felt Chief Stevens needed to be honored; he lost his life while on patrol in the wind-blasted areas of Monrovia during a major storm. An electric Red Car (Trolley) struck to his vehicle.

In addition to Chief Dover, Monrovia Historian Steve Baker gave highlights of Stevens' career. Stevens was hired in 1916, and first served as "Chauffeur" (Engineer). In 1920, he was appointed Fire Chief. Stevens quickly recognized the needs of the growing community and modernized the Department. During his time there, he ordered a new American La France Pumper, built a new fire

station, and hired more firemen which allowed the community to be serviced by two complete fire companies.

The engine used during this time was a "Seagrove"; one was on display during the ceremony. A beautiful plaque was unveiled during the Memorial.

Marshall Stevens, grandson of the late Fire Chief attended with his wife, and on display were so many wonderful memorabilia items, donated by the family. For instance, his "Chauffeur" Badge, a few wonderful photos-one of Stevens at the wheel of a Seagrove, also of the two Seagroves (Engines)- Monrovia had TWO complete fire companies back then, a set of OLD keys with "tags"-like electric company, gas company, etc. It was so kind of the family to share these with the City to be on display at the Monrovia Historical Museum.

Also on hand for the festivities were Mayor Tom Adams, City Council Members Larry Spicer and Gloria Crudginton, City Manager Oliver Chi, Police Chief Sanvictores, Captain Heath Harvey, Captain Robert Wilken, our good friend Wendy from Wonder Dog Ranch and so many members of the Fire Department. Afterwards there were refreshments for all; it was truly a special event.

HOLIDAY
PET SAFETY

The holiday season is here and for many this means spending time with family, friends, and - of course - furry four-legged friends. But nothing can spoil good cheer like an emergency trip to the veterinary clinic. That's why it is important to be aware of the potential hazards that are inherent to decking the halls for the holidays.

The American Veterinary Medical Association offers this practical list of holiday pet safety tips that I hope you find helpful for having a safe and happy holiday season.

1) Plan in Advance - Make sure you know how to get to your 24/7 emergency veterinary clinic before there's an emergency. Talk with your vet in advance to find out where to take your pet during off hours, and plot your travel route ahead of time to avoid the chaos of mapping as you go, while you are under stress. Always keep the phone numbers for your vet, the 24/7 emergency clinic and your local ASPCA posted in an easy-to-find location.

2) Food - Keep 'people food' away from pets. If you want to share holiday treats with your pet, make or buy treats formulated just for them. Some 'people foods' are especially hazardous for pets.

Chocolate is an essential part of the holidays, but it is toxic to dogs and cats. Although the toxicity can vary based on the type of chocolate, the size of your pet and the amount they ate, it is safer to consider all chocolate off limits. Other sweets and baked goods should also be kept out of reach. Not only are they too rich for pets; Xylitol, an artificial sweetener often found in baking goods, candy and chewing gum has been linked to liver failure and death in dogs.

Turkey and turkey skin, sometimes even in small amounts, can cause pancreatitis, a life-threatening condition for pets. Table scraps, including gravy and meat fat should also be kept away from pets. Many foods that are healthy for people are poisonous to pets including onions, raisins and grapes. During the holidays, when our own diets tend toward extra-rich foods, table scraps can be especially fatter and hard for animals to digest and can cause pancreatitis. Yeast dough can cause problems for pets, including painful gas and potentially dangerous bloating.

3) Decorating - Greenery, lights and Christmas trees make the holidays festive, but they pose risky temptations for our pets. Christmas trees can tip over if pets climb on them or try to play with the lights and ornaments.

Happy Tails

by Chris Leclerc



Consider tying your tree to the ceiling or a door using fishing line to secure it. Water additives for Christmas trees can be hazardous as well. Do not add aspirin, sugar or anything else to the water if you have pets in the house.

Ornaments can cause hazards for pets. Broken ornaments can cause injuries and ingested ornaments can cause intestinal blockage or even toxicity. Keep any homemade ornaments, particularly those made from salt-dough or other food-based materials out of pets' reach. Tinsel and other holiday decorations can also be tempting for pets. Consuming them can cause intestinal blockages, sometimes requiring surgery. Unattended plugged-in electric lights can become a major hazard if a curious pet chews the cords.

Flowers and festive plants can result in an emergency vet visit if your pet gets hold of them. Amaryllis, mistletoe, balsam, pine, cedar, and holly are among the common holiday plants that can be dangerous and even poisonous to pets of ingested. Poinsettias can be troublesome as well. The ASPCA offers lists of plants that are toxic to dogs and cats.

Candles can be as attractive to pets as they are to people. Never leave a pet alone in an area with a lit candle as it could result in a fire. Potpourris should be kept out of inquisitive pets' reach as well. Liquid potpourris pose a risk because they contain essential oils and cationic detergents that can severely damage your pet's mouth, eyes and skin. Solid potpourris can also cause problems if eaten.

4) Entertaining - Having a lot of guests in the home can be upsetting to pets, as can the noise and excitement of holiday parties. Even pets that aren't normally shy may become nervous in the hubbub that accompanies a holiday gathering. To help reduce the emotional stress, be sure your pet has access to a room or crate somewhere away from the commotion where he/she can retreat.

Keep a careful eye on the exits when you are entertaining for the holidays and ask your guests to be equally vigilant. With people coming and going, distracted by all the festivities, the chances of a pet getting out and into the street is increased exponentially. Take proper precautions to ensure that your pet stays safe and sound inside, particularly during New Year firework displays.

Enjoy the holidays with your family, friends and pets and don't forget to love and let live!

BEST FRIEND

Sweetie is a super fun and active four-year-old American Staffordshire mix with a gorgeous golden coat, beautiful auburn eyes, and a big happy smile. At about 47 lbs. Sweetie is a compact bundle of energy who loves spending time in the sunny outdoors. She was surrendered by her prior owners because they were not able to provide the active lifestyle that she needs. Since she has been at the shelter, this intelligent and pretty girl has been a great playmate for the volunteers and learned how to sit on command. As long as treats and human affection are involved, Sweetie would be willing to learn even more commands! This delightful girl also enjoys going out on long walks or going jogging with her human friends. Sweetie



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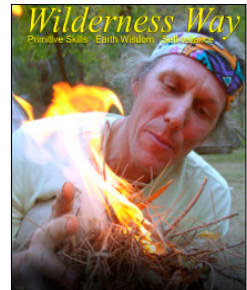
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THE WORLD AROUND US

CHRISTOPHER Nyerges
SEARCHING FOR THE REAL MEANING
OF CHRISTMAS

[Nyerges is the author of several books, including "Enter the Forest," "How to Survive Anywhere," and "Whose Child Is This" (about the meaning of the symbols of Christmas). He can be reached at www.ChristopherNyerges.com or Box 41834, Eagle Rock, CA 90041.]

I was waiting in line to buy something at Target, and the friendly checker asked the man ahead of me if he was ready for Christmas. It was a cheerful and innocent question. After all, in December in the United States, it does seem like getting ready for Christmas is the number one dominant activity, and it's the reason that lines in all the stores are long and why you cannot easily find parking.

"No, I don't celebrate Christmas," the man responded, and then he went on to explain how much money he saves by not observing "all that silly stuff." I did overhear enough to hear that he was single, and then he walked on. I wondered if that was the real reason he didn't observe Christmas. He could have been a Jehovah's Witness, Jewish, Muslim, Buddhist, or any of the other dozens of religions and sects which don't observe the Christian Christmas holidays.

Though I have both fond and depressing memories of the Christmas season growing up, I have worked through all the mish-mash of symbols that have gotten thrown into the Christmas motif, and I regard them as generally uplifting. I have long ago ceased my mindless Christmas card-sending and gift-giving out of some sense of social obligation, but I still immensely enjoy special times with friends and families in what is the darkest time of the year.

Many years ago, I was asked by a local non-profit to share at a Christmas event the "real meaning" of Christmas. Even after I agreed to do this, I wondered to myself: How can I do that? How can I be sure that I've really got it? How will I know whether or not I'm right?

My job was to discover what all the symbols and practices of Christmas mean, and how we might best realize and vivify those meanings during this time. Needless to say, it was a tall task.

I found that the best way to share my research was to be honest, explaining my background, how I went about my research, and what I personally concluded.

I explained how I grew up in a Catholic family, and was taught that Jesus was born on December 25, which is obviously why we celebrate his birthday on that date. So I had to begin my presentation with the man who is at the center of Christmas, Jesus. It turns out that all historians agree that Jesus was not born on December 25, but rather in May or September, probably in the year 6 B.C. by our current reckoning. Not only that, many of the modern symbols and practices of Christmas-time actually pre-dated Jesus, and were celebrations of the Winter Solstice by the people that Christians called "pagans." So then I had to stop and define "pagans." Originally people outside of the strong influence of Roman power were called the pagani, country folk, a term that had no religious overtones in the beginning. Eventually it became a term of derision, meaning non-Christian, for the people who practiced the old religion of Mithraism.

In the time of Jesus, there were many religions and gods and Gods, and they didn't all get along. Jesus, as everyone knows, was a practicing Jew, and observed the Jewish holy days. After the crucifixion, his followers carried on the message of Jesus the Christ, and they still mostly-observed

the Jewish traditions, hence, Judaeo-Christianity. None of this is new, of course, and these details can be found in any encyclopedia, including such tomes as *The Golden Bough*, and Manly Hall's *Secret Teachings of All Ages*.

So why do we celebrate Jesus' birth on December 25, when we know that the early Judaeo-Christians didn't celebrate Jesus' birthday at all?

Most ancient religion is astronomy-based, and draws great symbolism from the cycle of the earth around the sun. The winter solstice is the day of the least light, from which the days have been increasingly more light. The birth of the sun has long been anthropomorphized into the birth of the sun. Jesus wasn't the first to be commemorated with the winter solstice. Mithra, born of a virgin mother in a cave, was said to be born on December 25. Nimrod from Babylon was also said to be born on December 25, as was Osiris, Quetzalcoatl, and others.

The new religion of Christianity was still struggling in the 4th century, and its adherents were still being persecuted for their faith when Constantine became the emperor. Constantine also converted to Christianity. In his attempt to unite his kingdom, he made Christianity the official religion, and he Christianized all the so-called pagan commemorations. As a result, the birth of the Sun that was already commemorated by the Mithra-pagans was now going to commemorate the birth of the Son, Jesus.

Some of the symbols that have been adopted into the Christmas season are universal symbols of eternity, life, and light, symbols such as wreaths, evergreens, the tree, lights and candles, the giving of gifts, the virgin birth, and birth in a stable.

Santa Claus was based on a very real Catholic bishop named Nikolas of Myra (modern day Turkey) who gave gifts during the winter and the newly-established Christmas season. He was born in March 15, 270, and actually participated in the First Council of Nicaea in 325, the famous council where early church doctrine was argued and decided. He died on December 6th, 343. This generous bishop was remembered for the gifts he gave, and his image was severely watered-down over the years by Coca-Cola and others who used him in their advertising.

It's correct that many people have been turned off when they learn of the roots of modern Christmas. Some even find all this depressing. But I am not like the man in line ahead of me at Target. I'll still observe the Christmas season, and I enjoy the lessons that are buried within all these symbols.

Can I say that today I know the "real meaning" of Christmas? I have come closer to experiencing the universal "magic" of Christmas in my personal life, year by year, and I feel that this is an on-going process, where there are always more nuances to be learned. I never get tired, for example, of watching Capra's wonderful Christmas movie, "It's a Wonderful Life," and watching Jimmy Stewart confront the meaning and purpose of his own life, and the value of true friendship. Though he had nothing to give others that fateful year, it turned out his greatest gift was the service he'd done for so many in the town. And for this reason, I have long felt that "It's a Wonderful Life" expresses "the real meaning" of Christmas: slow down, breathe, recognize the higher power, and acknowledge your friends and family who are the real gifts in your life.



OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

Oh Wisdom, Wherefore Art Thou Dr. James L. Snyder
One feature of the Christmas story has to do with the wise

men. I'm not sure if there were three or not, but if there were I should like to be number four. Wisdom is such a rare commodity today I think it would be a wise thing to resurrect these wise men. After all, you never can have too much wisdom.

I was thinking about this the other day as I was going over my weekly "to-do-list." I make one of these every week so I know what I'm supposed to do. As I finish one task, I check it off in red ink. It's not that I don't do a lot of things during the week, it's simply that I sometimes don't do the things that I plan to do for the week.

I certainly am not like the Gracious Mistress of the Parsonage who has a PhD in planning. I know that if I don't make my own plans and write them down, she will be glad to assist me. Looking at her "to-do-list," makes me dizzy. How she can do so much in one week is beyond my understanding, and frankly, I don't want to understand.

My "to-do-list" contains things that I want to do. That is not too hard to figure out. My wife's "to-do-list" contains things that she wants done, whether she does them or I do them.

For example. Next month my wife will begin making plans for next year's Christmas. We are not over this year's Christmas and she has ideas for next year's Christmas.

That brings me to the point of wisdom. I do not have enough wisdom, or at least not enough that I would like to have. I am not smart enough to figure out how much I really need, but I am smart enough to know that I sure do need more wisdom than I've got.

Wisdom tells us what we can do and cannot do. That sounds like my wife.

One of the great advantages of getting old (and the definition of old is up to the person using it) is that I can always say, "I'm too old to do that anymore."

The real problem with this excuse is, it does not work well with my wife. She is, and I say this most cautiously, just a wee bit older than I am. When I offer this excuse, she always says, "I'm older than you and I can do it, so go ahead and do it, and no more excuses."

That is why I need to have my own planner where I can outline my own plans.

This created somewhat of a problem not too long ago. I am not making any accusations, mind you. But I do have my suspicions.

The beginning of the week I opened my weekly planner and noticed I had jotted down "to-do" things I really did not quite remember. I just

thought that was old age and I had forgotten I had jotted down these things.

The whole page was filled with all kinds of things for me to do during the week. I did not recognize one of them. Being the kind of person I am, I began doing those things and checking them off with my red pen as I finish them.

When I got to the fifth thing to do, I was a little surprised and not sure what it meant. It simply said, "Get groceries for the week."

I did not quite understand this. I went back through my weekly planner to see when the last time I got groceries for the week was. I could not find one time that I did.

Right after that one was, "Fill my wife's car up with gas."

The next one was, "Do the laundry for the week."

Now I was getting a little bit frustrated. I do not ever remember writing any of these things down. I know I am getting old and lack a lot of wisdom, but this is ridiculous.

I examined my weekly "to-do-list" and noticed nothing on that list that in any way pertained to me. None of the chores I do every week was even hinted on that page.

Sitting in my chair slowly going over the list my wife walked in and looked at me. She said, "What are you so much in thought about?"

Without even looking up I replied, "I'm trying to figure out my weekly to do list here. I must've been crazy when I planned this week out."

Then, the person on the other side of the room began laughing hysterically. When she quieted down a little she said, "Have you finished all your chores for the week?"

I looked up at her and saw her laughing and all of a sudden, I had a stroke of wisdom like never before. Looking at her I asked, "Did you write this in my book?"

She did not have to answer with words, her dancing eyes and hilarious laughter, told me everything I needed to know.

I thought of what Solomon said, "Blessed is the one who finds wisdom, and the one who gets understanding, for the gain from her is better than gain from silver and her profit better than gold" (Proverbs 3:13-14).

One good thing about having wisdom is that you do not have to be too serious about everything in life.

Rev. James L. Snyder is pastor of the Family of God Fellowship. He lives with the Gracious Mistress of the Parsonage in Ocala. Call him at 1-866-552-2543 or e-mail jamesnyder2@att.net. His web site is www.jamesnyderministries.com.

TABLE FOR TWO by Peter Dills thechefknows@yahoo.com

THE HAPPIEST OF HOLIDAYS TO YOU ALL!!

I hope that you were able to spend valuable time during Christmas with your family and friends. Next up on the calendar, The New Year! I think time is speeding up on me.

One of my favorite subjects is joyfully known as "Bubbly." I do not wish to be a referee with zebra stripes but I think it is important to discover some of the more intriguing historical elements of the liquid that tingles within our glass upon the stroke of midnight. There is a difference between "Champagne" and "Sparkling Wine." Champagne is a distinct region in France and by strict French Law, only grapes grown and produced in the region can be called Champagne. Many states and countries produce a sparkling wine using very similar methods as the French. In California the procedure is called, "Champion Method." In Spain they call it Cava, and South Africa uses Cap classique. An Italian sparkling wine is called Asti. In Germany, Sekt is a common sparkling wine. Other French wine regions cannot use the name Champagne, i.e. Burgundy and Alsace produce Crémant. Sparkling wines mislabeled Champagne can be and are often seized and destroyed by legal authorities.

How did this wonderful bottle of Bubbly come into our world? Most believe that the monks of France developed and began the process some four hundred years ago. It appears that these guys have a lot of free time on their hands. Like some many of our greatest discoveries, Champagne was actually a mistake. Can you believe that! Most wines were drunk very early, but some were transported long distances and through the journey, the casks would warm and set off a secondary fermentation. A strange bubbling would be noticed when these casks were opened. Dom Perignon gets the credit for one of the first successful deliberate capture of the "mousse" in a bottle. Since then many a ship have set sail and many weddings have started and ended with Champagne. Here are a few of the funnier quotes I

found...

* "I only drink Champagne when I'm happy, and when I'm sad. Sometimes I drink it when I'm alone. When I have company, I consider it obligatory. I trifle with it if I am not hungry and drink it when I am. Otherwise I never touch it - unless I'm thirsty." (Lily Bollinger)

* "I drink Champagne when I win, to celebrate . . . and I drink Champagne when I lose, to console myself." (Napoleon Bonaparte)

* "In victory we deserve it, in defeat we need it." (Winston Churchill)

* "Champagne makes you feel like it's Sunday and better days are just around the corner." (Marlene Dietrich)

* "My only regret in life is that I did not drink more Champagne." (John Maynard Keynes)

* "Champagne is the only wine that leaves a woman beautiful after drinking it." (Madame De Pompadour)

* "Three be the things I shall never attain: envy, content and sufficient Champagne." (Dorothy Parker)

So, if this has got you in the mood for bubbly, I can't blame you. In fact, I toast you!! Drink responsibly! Wear eye protection if you insist on letting the kiddies rocket the cork with a bottle opening!

Come join me this Tuesday at Pop Champagne Bar for a night of Bubbly!! Reservations required. Email me thechefknows@yahoo.com for further information. Thanks to Google for helping me research this.

Tune into my Live Radio Show 12 Noon Sunday AM 830 KLAA, Are you on Instagram? I am! Follow me there too!



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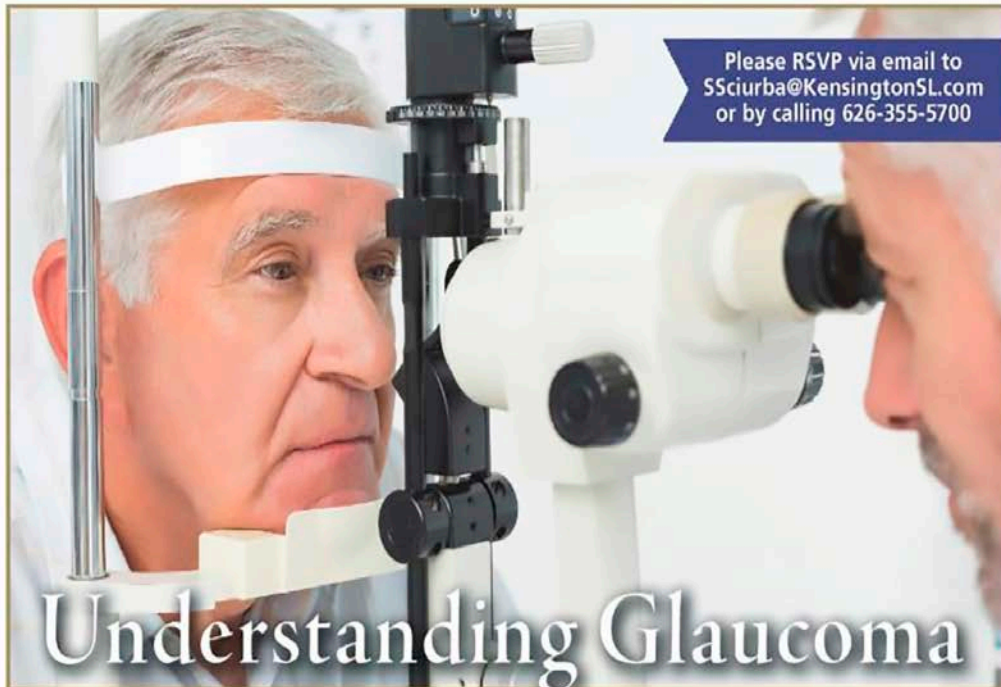


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Dr. Xu attended Yale University where he graduated cum laude with a bachelor of science in biomedical engineering. He received his MD and PhD degrees from Columbia University where he was part of the NIH-sponsored Medical Scientist Training Program. He completed a well-received thesis studying how the brain uses eye position signals to coordinate accurate eye movements. Dr. Xu completed his residency in ophthalmology at the LAC+USC Medical Center and USC Roski Eye Institute, where he served as Chief Resident and was recognized for his academic and teaching achievements. He completed his glaucoma fellowship with Dr. Robert Weinreb at the UCSD Shiley Eye Institute and Hamilton Glaucoma Center.



Speaker: Dr. Benjamin Xu
USC Roski Eye Institute

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CALIFORNIA SCHOOL OF THE ARTS – SAN GABRIEL VALLEY RECEIVES \$25,000 GRANT FROM THE MAX H. GLUCK FOUNDATION TO PROVIDE FREE ARTS PROGRAMMING TO LOCAL COMMUNITIES

Duarte, Calif. – Dec. 18, 2018 – California School of the Arts – San Gabriel Valley's (CSArts-SGV) enthusiastic and talented young artists will spread the joy of the arts to underserved communities throughout the San Gabriel Valley through a new Gluck Community Service Arts Fellowship Program, launching in January 2019. The Max H. Gluck Foundation has awarded the school \$25,000 for the inaugural year, which will provide the means to present free performances and educational activities to those in need or with little access to the arts. The program was originally designed by founding school Orange County School of the Arts (OCSA) in 2001, and has served more than 500,000 underserved community members in the past 17 years.

"We are very grateful to the Max H. Gluck Foundation for enabling us to bring our community service program to the San Gabriel Valley. We have seen firsthand the way the arts can positively affect both our students and those in the audience since we began the program at Orange County School of the Arts," said Ralph S. Opacic, Ed.D., founder and executive director for OCSA and chief executive officer for CSArts-SGV. "Our partnership with the Gluck Foundation exemplifies our commitment to community service, and the new grant for CSArts-SGV is expected to make a similar impact in the coming years."

Led by Dean of Arts Abbe Levine and Associate Dean of Arts Stephen Cook, D.M.A., the CSArts-SGV program aims to present 75 performances in the first year, reaching an estimated 5,000 people. Partner organizations will include community centers, cultural festivals, churches, hospitals, retirement homes and other civic agencies that welcome and service a broad and diverse audience. Students from all 10 conservatories will be involved in presenting a variety of arts programs in the areas of commercial dance, commercial music, instrumental music, musical theater, poetry, visual arts, vocal arts and more.

The Gluck Foundation's mission is to support programs that address the educational, health, cultural and creative needs of the underserved. Gluck Board President and CEO Jon Kaswick, M.D. commented on why CSArts-SGV was chosen as a grant recipient.

"Science develops technologies that facilitate our lives, treat our maladies and augment our longevity. Art enhances our lives and makes longevity pleasurable and worthwhile. CSArts-SGV nurtures interest in art in talented students with a proclivity for creativity. The Gluck Foundation embraces institutions such as CSArts-SGV that promote artistic endeavors in venues that reach out to local communities," said Kaswick.

Many respected studies have shown that the arts benefit young people by enhancing intellectual

development, stimulating creativity, building self-esteem and helping them to develop essential skills that prepare them for success in work or life. For children who face barriers to engaging in school, the arts can help to unlock their potential and motivate learning. The arts also have the power to heal. Major health care institutions recognize the therapeutic effects of the arts ranging from lowering stress levels, to faster recovery times, to increased social interactions.

The educational outcomes of the program for CSArts-SGV students include increased leadership and critical thinking skills, ability to express ideas through live performance, creation of social bonds, and compassion and understanding for diverse populations. The Gluck Community Service Arts Fellowship Program will help students realize the importance of community service, thus fostering a generation of artists who view volunteerism as an essential part of their career.

The Gluck program is designed to offer these benefits to students and the community, removing boundaries and broadening horizons, as well as uniting many audience members through the power of art. Organizations interested in partnering with CSArts-SGV may contact Dean of Arts Abbe Levine at abbe.levine@sgv.csarts.net for more information. About California School of the Arts – San Gabriel Valley

California School of the Arts – San Gabriel Valley (CSArts-SGV) provides a creative, challenging and nurturing environment that offers bright and talented students unparalleled preparation for higher education and a profession in the arts. CSArts-SGV is the first satellite school to open in a network of public charter schools being established by the California School of the Arts Foundation, an organization created to replicate the award-winning, 30-year model established by Orange County School of the Arts (OCSA).

CSArts-SGV opened on Aug. 14, 2017 in a unique public-private partnership with the Duarte Unified School District, and is a tuition-free, donation-dependent program for seventh through 12th grade students. CSArts-SGV students study in one of the 10 arts conservatories offered including acting, classical & contemporary dance, commercial dance, creative writing, instrumental music, integrated arts, musical theatre, production & design, visual arts and vocal arts. Students receive opportunities to participate in master classes, guest artist presentations, field trips and performances, as well as a variety of campus clubs and activities. Small student/teacher ratios in academic and arts classes allow for personalized attention to students.

CSArts-SGV is located at 1401 Highland Avenue, Duarte, CA. For more information, visit sgv.csarts.net.

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(626) 355-1428 Principal: Lindsay Lewis
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Sierra Madre Middle School
160 N. Canon Sierra Madre, Ca. 91024
(626) 836-2947 Principal: Garrett Newsom
E-mail address: newsom.garrett@pusd.us

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

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

Wilson Middle School
300 S. Madre St. Pasadena, Ca. 91107
(626) 449-7390 Principal: Ruth Esseln
E-mail address: resseln@pusd.us

Pasadena Unified School District
351 S. Hudson Ave., Pasadena, Ca. 91109
(626) 396-3600 Website: www.pusd@pusd.us

Arcadia Unified School District
234 Campus Dr., Arcadia, Ca. 91007
(626) 821-8300 Website: www.ausd.net

Monrovia Unified School District
325 E. Huntington Dr., Monrovia, Ca. 91016
(626) 471-2000
Website: www.monroviashools.net

Duarte Unified School District
1620 Huntington Dr., Duarte, Ca. 91010
(626) 599-5000
Website: www.duarte.k12.ca.us

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

THE GOOD LIFE

HOW TO COPE WITH SEASONAL AFFECTIVE DISORDER

Dear Savvy Senior:

What can you tell me about seasonal affective disorder? I have always hated wintertime, but since I retired and am home a lot more, the dark and cold winter months make me depressed and lethargic. Fighting the Blues

Dear Fighting,

If you get depressed in the winter but feel better in spring and summer, you may indeed have seasonal affective disorder (or SAD), a wintertime depression that affects roughly 6 percent of Americans.

In most cases, SAD is related to the loss of sunlight in the winter months. Reduced sunlight can upset natural sleep-wake cycles and other circadian rhythms that can affect the body. It can also cause a drop in the brain chemical serotonin, which affects mood, and can increase the levels of the hormone melatonin, which can make you feel more tired and lethargic.

If you think you may have SAD, a trip to your doctor's office is the best way to diagnose it or you can take a SAD "self-diagnostic" test at the Center for Environmental Therapeutics website at CET.org/self-assessment. In the meantime, here are several treatment options and remedies that can help.

Light therapy: The most effective treatment for SAD is sitting in front of a specialized light therapy box for 15 to 20 minutes a day. Light therapy mimics outdoor light to cause a change in brain chemicals linked to mood. It's most effective when timed to fit a person's individual circadian rhythm, which varies widely from person to person depending on whether they're a night owl or a morning lark. You can calculate the proper time for doing light therapy by taking the circadian rhythm test at CET.org/self-assessment.

The best light therapy lamps provide 10,000 lux of illumination, many times stronger than typical indoor light, and have a diffuser screen that filters out ultraviolet rays and projects downward toward the eyes.

Some top-rated products as rated by Wirecutter.com include the Carex Day-Light Classic Plus Lamp (\$115), Verilux HappyLight Deluxe 10,000-Lux Sunshine Simulator (\$160), and the Northern Light Technology Boxelite Desk Lamp (\$190), all of which are available at Amazon.com.

Cognitive behavioral therapy: Even though SAD is considered to be a biological problem, identifying and changing thought and behavior patterns can help alleviate symptoms too. To help you with this, choose a therapist who specializes in cognitive behavioral therapy and who has experience in treating SAD. To locate someone in your area, check with the Association for Behavioral and Cognitive Therapies (FindCBT.org), or the Academy of Cognitive Therapy (AcademyofCT.org).

Antidepressants: Some people with SAD benefit from antidepressant treatment, especially if symptoms are severe. Some proven medications to ask your doctor about include the extended-release version of the antidepressant bupropion (Wellbutrin XL, Aplenzin), and antidepressants selective serotonin reuptake inhibitors (S.S.R.I.s), sertraline (also known as Zoloft) and fluoxetine (also known under the brand name Prozac).

But keep in mind that it may take several weeks to notice full benefits from an antidepressant. In addition, you may have to try different medications before you find one that works well for you and has the fewest side effects.

Lifestyle remedies: Some other things you can do to help alleviate your SAD symptoms include making your environment sunnier and brighter. So, open up your blinds, sit closer to bright windows and get outside as much as can. Even on cold or cloudy days, outdoor light can help, especially if you spend some time outside within two hours of getting up in the morning. Moderate exercise such as walking, swimming, yoga and even tai chi can also help alleviate SAD symptoms, as can social activities.

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!December Birthdays*



Pat Karamitros, Joan Hufnagel, Mary Alice Cervera, Carol Horejsi, Shirley Anhalt, Mignon Grijalva, Helen Reese, Levon Yapoujian, Toni Buckner, Lottie Bugl, Pat McGuire, Sheila Wohler, Nan Murphy, Eleanor Hensel, Sylvia Curl, Elizabeth Levie, Gayle Licher, Cindy Barran, and Melissa Stute. * 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, December 13th 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, December 19th 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 Brandlely. 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. December 5th National Lampoon's Christmas Vacation Rated - PG-13 1hr 37 min

Its Christmas time and the Griswolds are preparing for a holiday celebration. Things never run smoothly for Clark, his wife Ellen and their children. His bad luck is worsened by obnoxious family but he stays positive knowing his Christmas bonus is near.

December 19th Book Club 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.



At first, Dad and I didn't
see eye to eye about moving to
The Kensington, but since
he did, we're both thrilled

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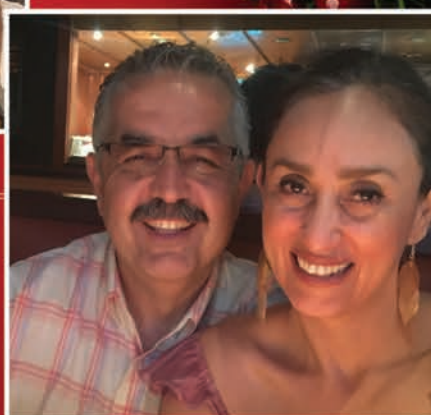


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Every Heart Rejoice

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home as art.*



*We wish you the Warmth that Christmas brings
We wish you peace in your hearts & home
We wish you happiness, love, and friendship
right beside you and wherever you might be
We wish you and your loved ones a Very Merry Christmas*

- Luther, Georgina, Lidia & Rocket



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Christmas

AT CHRIST CHURCH



*The angel said to them, "Behold, I bring you good tidings of great joy which shall be
to all the people; for there is born to you this day a Savior, who is Christ the Lord."
~ Luke 2:10*

CHRISTMAS SUNDAY SERVICES
December 23, 9am & 10:45am

SPECIAL CHRISTMAS EVE SERVICE
December 24, 4pm

170 W SIERRA MADRE BLVD.
SIERRA MADRE, CA 91024



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Sierra Madre Edition: Sierra Madre - Arcadia - Monrovia - Duarte

Pasadena Edition: Pasadena - South Pasadena - Altadena - San Marino

SATURDAY, DECEMBER 22, 2018

AROUND SAN GABRIEL VALLEY

A MESSAGE FROM SIERRA MADRE SEARCH AND RESCUE



Dear Friends and Neighbors,

For 67 years, the Sierra Madre Search and Rescue Team has answered the call whenever someone is lost or injured in the local mountains. After all this time, the Team is still serving the local community by providing wilderness search and rescue services free of charge to all those in need.

And we close 2018 by thanking you for your continued support! This year we conducted almost 90 search and rescue operations during the first 11 months of this year – all at no cost to the victim or taxpayers. In the course of these rescues, we have aided more than 100 people and their families.

Sierra Madre Search and Rescue is the primary search and rescue agency for our local mountains, responsible for the foothill areas stretching from Pasadena to Duarte. The Team also assists our neighboring teams in Los Angeles County and participates in large-scale searches in National Parks and other counties such as Santa Barbara, Riverside, and San Bernardino, when requested.

Notable search and rescue operations during the year, included:

- A 24-hour search in the Monrovia Canyon area for a local man who lost the trail

- A technical rescue of two friends who were stuck on a steep cliff on the south side of Jones Peak

- Two multi-agency searches in Santa Barbara and Riverside Counties in the aftermath of mudslides

In addition to our activities in wilderness areas, the Team also assisted the Sierra Madre Police Department in locating a missing city resident with Alzheimer's and assisted the Los Angeles County Sheriff's Department with evacuations during the recent fires in Malibu.

The Team is made up entirely of volunteers who are on call 24 hours a day, 365 days a year, in order to provide these life-impacting services. Our members are certified Emergency Medical Technicians and are trained experts in a variety of mountain rescue techniques such as high-angle rope rescue, search tactics, snow and ice travel, and wilderness navigation.

All of our team members share a passion for helping others in their time of need, no matter the hour, the distance required, or the weather.

Who are our members?



Our Team is composed of educators, nurses, doctors, engineers, and the self-employed. If you, or someone you know, has a passion for the outdoors and a desire to help those lost or injured in the mountains, we ask you to consider joining the next training class. To learn more about how to join the Team, please visit the recruiting page at www.smsr.org. We are always accepting applications for future training classes.

The current training class includes seven members who began their 18-month mountain rescue training course this summer. Each week, the probationary members train to prepare for the mountain rescue field exams, after which they enter their EMT training program. Additionally, all team members meet at least twice per month to train and keep their skills sharp.

One of the team's founding mandates is to prevent rescues through mountain safety education.

In addition to the more than 17,000 hours donated by our team members this year during search, rescue, and training activities, our volunteers also provided free wilderness safety education to the public, training more than 1000 children and adults this year alone.

We provide free training and preparation for the Boy Scouts' SAR merit badge, as well as present the free Hug-A-Tree and Survive program for children. If you are interested in scheduling a presentation for your school or community group, please email us at pr@smsr.org.

We could not do any of this without your support!

Sierra Madre Search and Rescue is not funded by tax dollars or government funds, and we never charge a victim or their family. Every life we save is the direct result of generous donations from people like you. Your donations provide the ropes, splints, gasoline, and the training that get the job done.

Thank you again for your support! We hope you have a safe and happy holiday season.

Sincerely, Barbara Fortini, Team President

JOIN OUR TEAM. LIVE THE DREAM.

LACoFD Seeks to Fill Vacant Positions for Fire Fighter Trainee/ Paramedics

Last week, the Los Angeles County Fire Department posted an exam bulletin for a priority recruitment of paramedics. This specific exam is only for applicants who already have a valid, non-probationary paramedic license, issued by the California Emergency Medical Services Authority. Applicants must also have 12 months of experience as a paramedic running 9-1-1 calls. The Los Angeles County Fire Department will begin accepting applications for this priority paramedic recruitment beginning Monday, January 7, 2019.

Additionally, in the spring of 2019, a second exam will be offered to all those interested in applying for Fire Fighter Trainee. The Fire Fighter Trainee exam will require applicants to have a valid Emergency Medical Technician Certificate, issued by the National Registry of Emergency Medical Technicians.

Both exams will assist the Los Angeles County Fire Department in filling critical firefighter paramedic and firefighter vacancies to sustain the necessary level of emergency staffing in the communities we serve.

"We are pleased to officially begin the process of recruiting new team members who will join us in carrying out our daily mission of protecting lives and property in the communities we serve," said Los Angeles County Fire Chief Daryl L. Osby. "While we anticipate this exam will be competitive, we commend applicants for embarking on this exciting journey towards a rewarding career as a Los Angeles County firefighter – a career that provides fulfillment, purpose, and excitement."

Information regarding both exams can be found by visiting the Department's Fire Fighter Trainee/Paramedic and Fire Fighter Trainee Exam Information webpage at <http://www.fire.lacounty.gov/be-a-firefighter/recruitment-exam>.

SANTA ANITA PARK & MATHIS BROTHERS FURNITURE TEAM TO DONATE \$10,000 IN COLLEGE SCHOLARSHIPS ON OPENING DAY, WEDNESDAY, DEC. 26

ARCADIA, Calif. (Dec. 17, 2018)—The eyes of the racing world will be upon Santa Anita Park for its 82nd annual Winter Meet opening day on Wednesday, Dec. 26, and in addition to world class racing, The Great Race Place and Mathis Brothers Furniture will team to donate \$10,000 in college scholarships.

Based in Oklahoma, Mathis Brothers Furniture, which is family-owned, with a major retail outlet in nearby Ontario, has been a tremendous supporter of Thoroughbred racing and philanthropic causes for many years.

With first post time for a blockbuster 10-race program (that includes the Grade II, \$200,000 Mathis Brothers Mile) at 11:30 a.m., Santa Anita will provide free Club House Admission to all college students with a current student I.D. and along with Mathis Brothers, will tender a total of four (4) \$2,500 college scholarships which will be given away throughout the day.

All currently enrolled college students are encouraged to enter for a chance to be selected via a random draw at any one of three official sweepstakes entry tables, located at three different admission gates; the East Admission Gate, adjacent to the Club House East Gate, the South Admission Gate, next to the Jockeys' Room and the Infield Thoroughbreds Club Center, next to the center fountain. Upon presentation of valid student ID, each student will receive an official sweepstakes entry card along with one Club House admission pass.

Students may also enter in advance of opening day at santaanita.com/college. Online entries must be made prior to 4 p.m. PT on Dec. 20.

Random drawings to select four College Scholarship finalists will be held in the Paddock Gardens at 1:15 p.m. PT. Eligible students must be present to win.

All fans will receive a beautiful 2019 Santa Anita Wall Calendar free, with paid admission on opening day and Mathis Brothers Furniture will also provide a plush Thoroughbred toy free to the



first 4,000 kids 12 and under when accompanied by an adult with paid admission.

Mathis Brothers will also provide 10,000 one hundred dollar gifts, to be given away free on opening day, with paid admission. (A minimum Mathis Brothers Furniture purchase is required).

For more information on Santa Anita's Winter Meet opening day, please visit santaanita.com or call (626) 574-RACE.

ABOUT SANTA ANITA PARK

Santa Anita Park is a Stronach Group company, North America's leading Thoroughbred racetrack owner/operator. The Stronach Group racetracks include Santa Anita Park, Gulfstream Park & Casino, Golden Gate Fields, Portland Meadows, Laurel Park and Pimlico Race Course, home of the world-famous Preakness. The company owns and operates the Palm Meadows Training Center in Florida, and is one of North America's top race horse breeders through its award-winning Adena Springs operation. The Stronach Group is one of the world's largest suppliers of pari-mutuel wagering systems, technologies and services. Its companies include AmTote, a global leader in wagering technology; Xpressbet, an Internet and telephone account wagering service; and Monarch Content Management, which acts as a simulcast purchase and sales agent of horseracing content for numerous North American racetracks and wagering outlets. The Stronach Group is North America's premier supplier of virtual online horseracing games, as well as a leading producer of social media content for the horseracing industry.



Correction: Last week the photo above was not labeled. "On Election Night, retired LASD Commander Ray Leyva stopped by Paco's to visit Assembly Candidate, Burt Brink, "Good Luck". Ray was appointed as the new Undersheriff.

Joy + Gratitude
We Wish You a Wonderful Holiday Season!

THE WEBB-MARTIN GROUP



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#00942500



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626.688.2273

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What Makes A Legend?

Combined Team Stats:

- 85 Years' Experience
- 1000+ Transactions
- 108 Years as Sierra Madre Residents

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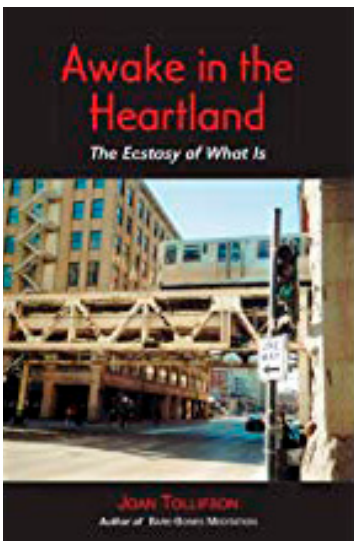
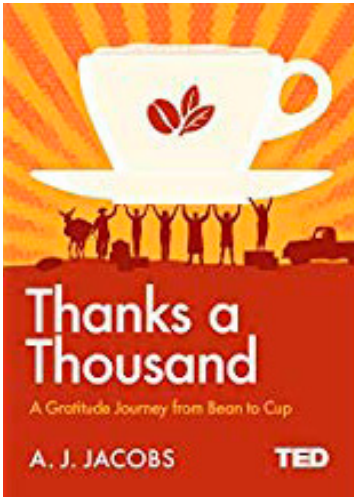
Jeff's Book Pics

By Jeff Brown

Thanks A Thousand: A Gratitude Journey by A. J. Jacobs

The idea was deceptively simple. N.Y.Times bestselling author A.J. Jacobs decided to thank every single person involved in producing his morning cup of coffee. The resulting journey takes him across the globe, transforms his life, and reveals secrets about how gratitude can make us all happier, more generous, and more connected. Author A.J. Jacobs discovers that his coffee—and every other item in our lives—would not be possible without hundreds of people we usually take for granted: farmers, chemists, artists, presidents, truckers, mechanics, biologists, miners, smugglers, and goatherds. By thanking these people face to face, Jacobs finds some much-needed brightness in his life. Gratitude does not come naturally to Jacobs—his disposition is more Larry David than Tom Hanks—but he sets off on the journey on a dare from his son. And by the end, it's clear to him that scientific research on gratitude is true. Gratitude's benefits are legion: It improves compassion, heals your body, and helps battle depression. Jacobs gleans wisdom from vivid characters all over the globe, including the Minnesota miners who extract the iron that makes the steel used in coffee roasters, to the Madison Avenue marketers who captured his wandering attention for a moment, to the farmers in Colombia. Along the way, Jacobs provides wonderful insights and useful tips, from how to focus on the hundreds of things that go right every day instead of the few that go wrong. And how our culture overemphasizes the individual over the team. And how to practice the art of “savoring meditation” and fall asleep at night. Thanks a Thousand is a reminder of the amazing interconnectedness of our world. It shows us how much we take for granted. It teaches us how gratitude can make our lives happier, kinder, and more impactful. And it will inspire us to follow our own “Gratitude Trails.”

Awake in the Heartland: The Ecstasy of What Is by Joan Tollifson



Awake in the Heartland offers clear non-dual understanding, not in the abstract, but grounded in the actuality of daily life with all its messiness, complexity, uncertainty, paradox, and apparent imperfection. If there seems to be a gap between what the enlightenment books describe and what you find in your own life, if you still think enlightenment is something that will happen to “you” someday in the future (or not at all), if you're still chasing spiritual experiences or self-improvement, then this book may be just what you need to wake up to the truth that what you are seeking is Here / Now. It cannot be attained, nor can it be lost, and it belongs to no one. Awake in the Heartland takes a fresh look at questions of addiction, free will, good and evil, authority, and identity. It encourages the reader to look for themselves without clinging to old opinions or relying on outside authorities. Honest, funny, and profound, this is a book that invites you to discover who or what you really are.

Leah on the Offbeat by Becky Albertalli (Young Adult Fiction)

In this sequel to the acclaimed Simon vs. the Homo Sapiens Agenda—now a major motion picture, Love, Simon—we follow Simon's BFF Leah as she grapples with changing friendships, first love, and senior year angst. When it comes to drumming, Leah Burke is usually on beat—but real life isn't always so rhythmic. She's an anomaly in her friend group: the only child of a young, single mom, and her life is decidedly less privileged. She loves to draw but is too self-conscious to show it. And even though her mom knows she's bisexual, she hasn't mustered the courage to tell her friends—not even her openly gay BFF, Simon. So Leah really doesn't know what to do when her rock-solid friend group starts to fracture in unexpected ways. With prom and college on the horizon, tensions are running high. It's hard for Leah to strike the right note while the people she loves are fighting—especially when she realizes she might love one of them more than she ever intended. The 3 reviews are from Amazon.com

FAMILY MATTERS

By Marc Garlett



DEMENTIA AND GUNS: A TRAGEDY WAITING TO HAPPEN

It's common for families of those with Alzheimer's and other forms of dementia to realize that at some point, their loved one shouldn't be allowed to drive. But fewer people are aware they should exercise the same level of caution when it comes to restricting their loved one's access to firearms.

This was one of the findings of a May 2018 study published in the Annals of Internal Medicine covering firearm ownership among Alzheimer's patients. The study noted that even though 89% of Americans support restricting access to firearms for those with mental illness, there's been little attention focused on limiting firearm access among elderly dementia patients.

Indeed, there are currently no federal gun laws prohibiting the purchase or possession of firearms by persons with dementia. And only two states—Hawaii and Texas—have laws restricting gun access for dementia patients.

A ticking time bomb

This lack of attention comes despite an increasing number of incidents involving elderly dementia patients shooting and killing family members and caregivers after confusing them for intruders. And with so many Baby Boomers now entering retirement age, this dangerous situation could get much worse.

In fact, the number of people with dementia is expected to double to around 14 million in the next 20 years, with the vast majority of those over age 65. Since nearly half of people over 65 either own a gun or live with someone who does, it's clear that firearm safety should be a top priority for those with elderly family members—even if they don't currently have any signs of dementia.

That said, just talking about restricting someone's access to guns can be highly

controversial and polarizing. Many people, especially veterans and those in law enforcement, consider guns—and their right to own them—an important part of their identity. Given this, the study's authors recommended that families should talk with their elderly loved ones early on about the fact that one day they might have to give up their guns. Physicians suggest bringing up the topic of firearms relatively soon after individual's initial dementia diagnosis.

This discussion should be like those related to driving, acknowledging the emotions involved and allowing the person to maintain independence and decision control for as long as it's safe. Even though this can be a very touchy subject, putting off this discussion can literally be life threatening. All part of the plan

Since it relates to so many other end-of-life matters, this discussion should take place as part of the overall estate planning process. One way to handle the risk is to create a separate “gun trust,” an estate planning tool specially designed to deal with the ownership of firearms.

Such a trust allows the gun owner to name a trusted family member or friend to take ownership of their firearms once they're reached a certain age or stage of dementia. In this way, the process may seem more like passing on a beloved family heirloom and less like giving up their guns.

Moreover, the transfer of certain types of firearms must adhere to strict state and federal regulations. Unless the new owner is in full compliance with these requirements, they could inadvertently violate the law simply by taking possession of the guns.

With a gun trust, the firearm is legally owned by the trust, so most of the transfer requirements are avoided, making it a lot easier for family members to manage access after the original owner's death or incapacity.

Indeed, gun trusts can be a valuable planning strategy even for gun owners without dementia. Speak with us to see if a gun trust would be a suitable option for your family.

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.

All Things

By Jeff Brown

EXERCISE

Once again, scientists are finding fresh evidence that exercise is basically a wonder drug. Research published in the British Journal of Sports Medicine on Tuesday suggests that exercise may be just as effective as drugs at lowering high blood pressure. The review analyzed nearly 400 different studies on drugs and exercise, and focused on patients with top-line (systolic) blood pressure cuff readings of 140 or higher. The results

suggested that it doesn't matter much what kind of exercise you perform; as long as you're moving, your doing good things for your heart. Also new research finds that a 6-month regimen of aerobic exercise can reverse symptoms of mild cognitive impairment in older adults. Mild cognitive impairment (MCI) is characterized by a mild loss of cognitive abilities, such as memory and reasoning skills.

HEALTHY LIFESTYLES



YOGIC WISDOM

This time of year is filled with so much. Amidst the busy-ness, there is great beauty in the compassion we have for one another. And, behind the material gifts there is the spirit of giving. The emotions of this lead to a feeling of gratitude for the people in our lives that support us. Sitting with gratitude, there is a beautiful recognition all that IS.

Personally, this is where my mind goes to power of Grace. It recalls those moments of utter, unexplainable divine presence. One of my favorite writers Anne Lamott says something profound on grace: “I do not understand the mystery of grace - only that it meets us where we are but does not leave us where it found us.” The healing presence of grace SEES us. It sees straight through to our highest purpose, our dharma. It's

like a bridge that appears when hope is lost. Or a safety net that appears out of nowhere. It's healing capacity is invisible yet known. Consider those moments of grace in your own life. Is there a moment or a time period happening right now? I feel that grace waits for us to recognize the work to be done. The wait is not indefinite though - the moment or time period will end, and then it is time for self-responsibility and self-empowerment. Not to worry, another moment of grace will come in just at the right time - probably unrequested. Acknowledge this, be thankful and practice self-compassion in between.

I wish you the best, most peaceful holiday. Remember to take care of yourself. Take care of your body, your mind and emotions.

Namaste,
Keely Totten
Yoga & Meditation Teacher, Grateful Grace Filled Woman
www.keelytotten.com

THE MISSING PAGE

Real Life Tips from Life's Instruction Manual

THE PURSUIT OF HAPPINESS

What would happen if each one of us told the truth to ourselves and did what we want to do? We would change the world!

Anyone that explores their desires, mines their creativity, and genuinely harnesses their power has nowhere to go but up.

At this time of year, it is easy to get caught up in the hustle of shopping, gathering, and hoarding. We make lists. We record things to buy, parties to attend, and gifts to give. We run from pillar to post, but are we happy?

We make a list and check them twice, but do we make onto our list?

Do you love yourself as you know you should? Or are you always putting other people in front of you and ahead of you?

When was the last time you filled your cup?

When will it be time to explore what is important to you, to explore what makes you excited about life? There comes a time in life when we must ask, "what do I want?"

"How do I get to my goal?"
January and February are busy times for me, but the time is now. You don't have to wait and create a list of resolutions. You can put yourself at the top of your list.


If you could do, be, or have anything what would that be?

Write me back and share just one thing you would love to see improvement in your life now.

Lori A. Harris is a Certified Life Master Consultant, transformational life coach and the developer and creator of the Gratitude Train App, available in Google Play and the App Store.

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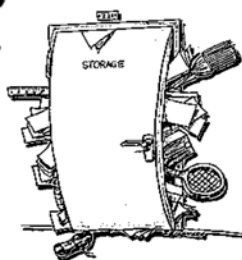
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Mountain Views News Mission Statement

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.

SUSAN HENDERSON
Editor/Publisher**'DON'T NOBODY BRING ME NO BAD NEWS!'**

The above quote is from the Broadway Musical *The Wiz*, the soulful remake of *The Wizard of Oz*. The lyrics also include, "If you're gonna bring me something, Bring me, something I can use - But don't you bring me no bad news". Those words also reflect exactly how I have been feeling of late, especially as I put this edition to 'bed', 3 days before Christmas - a time of celebration, love and sharing. 'Bad News' is all we have heard this week. I'm not going to articulate all of the bad news that came out of Washington and/or Trump's mouth just suffice it to say, it has been bad, very bad, for a great many people, especially the almost 800,000 federal employees who, as of this writing are caught in the crossfire of political malfeasance led by the primary resident at 1600 Pennsylvania Ave. So.....I've decided that this week, our Opinion Page is going to be on the lighter side of things. Items that will divert our attention from the cancerous chaos that has overwhelmed us all. I hope something on this page will make you laugh, or at least temporarily forget about everything else except the real Joy of the Season. Merry Christmas



*Happy Holidays from our family to yours
Best wishes for a wonderful holiday season!*

*Thank you so much for your continued support!
From Your Mountain Views News Family,
H. Susan Henderson, Publisher/Editor*

**LAST MINUTE GIFT IDEAS**

From Kevin McGuire

It's that time of year again —the time of year when you scream, “WHAT? CHRISTMAS IS IN THREE DAYS!!!” But, before you run out there to buy that last minute gifts like the emoji poop hat, draft beer Jelly Bellies, or lightsaber chopsticks, consider these other gems for that special someone in your life.

1. Motion-Activated Toilet Light- Not sure why you would take a chance on positioning your backside on the toilet in the dark, but if that's the dare you choose to take, then a multi-color glowing toilet bowl may just be your thing! You better hope it works tough, if not you may be spending your new year straightening your spine (and your pride) in the hospital. Try blue, pink, or green, though I don't recommend yellow. If your toilet bowl isn't more fun, you are guaranteed a refund. If you are flush with cash, this item is only \$13 at Amazon.



2. Bumper Balls- You know; for the kids. Worried about the little ones coming in from the yard with bumps and bruises from wrestling around? Well, now they can not only have a ball—they can be a ball too. These look like something straight out of an 80s New Order video. Call it a hamster ball, sumo wrestling suit or human soccer ball, these 36-inch orbs inflate in minutes for hours of bouncy fun, until you get that call from the neighbor, “hey, your kid bounced over my fence again...the dog is going nuts...come get him.” Makers also say grandpa can join in the fun. Not sure this is wise, especially if you live on a slope. One tumble and the family will begin 2019 stapling signs in the neighborhood. Missing: Silver-haired man, wearing “Number 1 Grandpa” shirt, tan khakis and a big, inflatable blue ball...last seen rolling down Madison Street. Hopefully, it won't come to that. This one is \$46.97 for a two-pack.



3. Smart Phone-Controlled Paper Airplane – “You'll shoot your eye out! You'll shoot your eye out!” Yeah, nothing could go wrong here. This baby is propeller run and travels up to 25 mph with a battery life of 30 minutes and a range of 180 feet. Perfect for flying over office partitions and dive bombing unsuspecting co-workers, like



Mary who couldn't help herself at Barry's birthday party and had that second piece of cake leaving you, well, cake-less. This bird is Bluetooth-enabled, and made from “crash-proof” carbon fiber. Crash-proof? Isn't that what they said about driverless cars? Anyway, it can be yours for \$40.00 at uncommongoods.com.

4. The Ostrich Wearable Pillow- You just can't make this stuff up! This pillow is not just for your head, it's for over your head, like an ostrich sticking its head in the sand (which really doesn't happen...I mean, how would they breathe?). Made with “super comfy micro-beads” this is the perfect gift for the slacker in your life. Ideal for the office so you can hide your head in a sack and hope the boss doesn't notice you didn't get that expense report done that was due an hour ago.



Bonus: KFC YULE LOG- As a bonus, I can't help but mention that KFC has come out with a fireplace log that smells like fried chicken (I'll give you a minute to adjust your glasses to make sure you read that right). It's a finger-lickin' fire! Here is the actual tweet from @ KFC: “Introducing the 11 Herbs & Spices Firelog from Enviro-Log”, the best way to make a fire smell less like fire and more like fried chicken.” Doesn't sound like the safest way to enjoy the season, especially if you have pets...oh my! Anyway, Merry Christmas!

**TOM PURCELL**
JOY, WONDER, LAUGHTER
CHILDREN'S CHRISTMAS GIFTS TO ADULTS

I love Christmas. I love it because my mother has worked hard to make the day magical and eventful for her family for more years than she will permit me to share!

My mother has six children, 17 grandchildren and nine great-grandchildren - and counting. Every Christmas, we, along with a mix of cousins, aunts and uncles, gather in my parents' home.

After we enjoy a Christmas feast - our dining room table abuts two folding tables borrowed from a local church - we enjoy coffee and desert as we talk about everything and nothing at all and marvel that another year has passed so quickly. And then it's time for the best part of our annual gathering: the gift exchange.

We retire to the family room in the basement, the only room big enough to hold everyone. My siblings and I helped my father remodel it into a family room years ago, and my mother's elaborate Christmas decorations fill it with a warm glow.

My mother plays the very Christmas albums, scratches and all, that we listened to as children 40-plus years ago. These include “Holiday Sing-Along with Mitch Miller,” “Snoopy vs. the Red Baron” and Bing Crosby's “White Christmas.”

We adults usually do a modest grab-bag swap, but the gift ritual isn't for us. It's for the youngest family members in the room.

Our large, extended family has suffered its share of loss over the years. We are filled with grief as our older family members pass on to the next life, leaving a huge hole in our hearts.

But our grief is eased by the energetic young souls who are born into our family - souls filled with boundless joy and wonder as they bask in the love of their extended family on Christmas. There are few things more rewarding than to see the excitement and happiness in a young child's eyes when she opens a gift you got just for her - there are few words more satisfying than “I love it, Uncle Tom!” We must learn from our children - we must remember the truths we knew so well when we were their age.

Children are curious. “Why?” is the question they ask over and over again. Their minds are wide open, trying to understand the world - not closed and judgmental, certain that their positions are correct and their opponents are fools.

Children are filled with love. Much of the evil in our world is caused by hatred. Hatred is a learned behavior that some adults pass down to their children. Love is innate. Adults must remember how to embrace love.

Children know how to laugh. Laughter is a cure for multiple ills, in particular stress. Laughter helps us escape the narrowness of our limited points of view - helps us escape self-importance. Remember how easily laughter came as a child? Adults must remember to laugh.

I hope the eventfulness of my parents' family room on Christmas will be a memory our youngest family members will cherish for the rest of their lives. They have no idea how much their presence and excitement fills us adults with boundless joy.

How much better the world would be if we adults became more curious and loving and laughed more as we navigate the complexity of the adult world. That's why I love Christmas - and wish you, dear readers, and your families an uplifting holiday season!

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