

Mountain Views News

Sierra Madre

Arcadia

Duarte

Monrovia

Pasadena

Altadena

South Pasadena

San Marino

SATURDAY, SEPTEMBER 21, 2019

VOLUME 13 NO. 38

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to the community.

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PREPARING FOR THE NEW VOTING PROCEDURES

Mock Election To Be Held September 28-29, 10 am to 4 pm

How we cast our votes is going to drastically change beginning with the Primary in March, 2020. Precinct polling places will be a thing of the past. Polling Centers will be open throughout LA County and any registered voter may use them, regardless of where you live. However, the most significant change will be in the way we vote. The system has been totally updated and the use of modern technology for casting our votes is being introduced to the public now, so votes will be prepared by March. In fact, a mock election will be held on September 28-29, 2019.

The LA County Registrar-Recorder is partnering with 50 locations across the County and inviting everyone to experience the new voting system, Voting Solutions for All People.

This will be light and fun, no real contests from past or future elections. But you will vote on things like your favorite sports team, park or music venue!

Select locations will have live DJs, surprise celebrities, food trucks and chances to win L.A. experiences such as: tickets to professional sports games, amusement parks, celebrity meet and greets and a whole lot more!

NEAREST MOCK ELECTION LOCATIONS

Villa Parke Community Center Auditorium
363 E. Villa St. Pasadena, CA 91101

Pamela Park 2236 Goodall Ave. Duarte, CA 91010

Azusa Memorial Park 320 N. Orange Ave. Azusa, CA 91702

Verdugo Recreation Center 3201 W. Verdugo Ave.
Burbank, CA 91505

LOCAL DEMONSTRATIONS:

If you can't participate in the Mock Election, the City of Sierra Madre will be doing a demonstration of the new ballot device on October 7th at 1PM at the Hart Park House Senior Center.

The Sierra Madre Kiwanis Club will also have a demonstration at noon on Tuesday, October 15, 2019 at The Lodge, 33 E. Sierra Madre Blvd.

To RSVP for the Hart Park event, please email or call Tevin Voong at tvoong@cityofsierramadre.com or 626-355-7135 x306.

To RSVP for the Kiwanis Event, please email s.henderson@mtnewsnews.com or call Judy Webb-Martin at 626-688-2273.

Representatives from the County of Los Angeles will be at both demonstrations.

COMMUNITY GARDEN NOTICE:

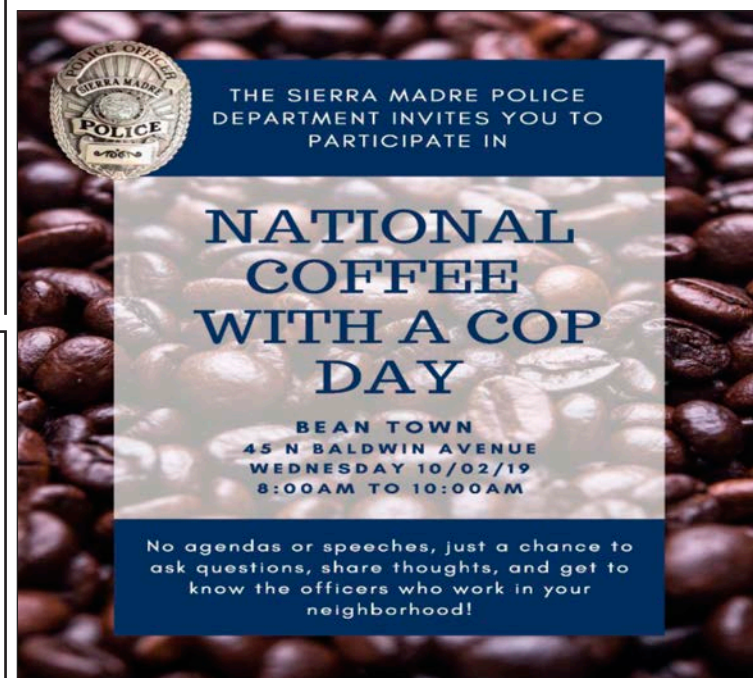
This courtesy notice is to inform all Community Garden participants that the garden restructure will be effective: Monday, December 2, 2019 - Thursday, January 2, 2020. All gardeners will have until Sunday, December 1, 2019 to remove their harvest or personal items from the Community Garden. If you have any questions please call the Community Services Department at (626) 355-5278.

CONGRATULATIONS CORPORAL GRANT CADZOW



SMPD Interim Chief Jim Hunt presented the Corporal's badge and stripes to Officer Grant Cadzow at the last City Council meeting. Corporal Cadzow, was promoted from a Field Training Officer (FTO), to the rank of Corporal!

Photo Courtesy City of Sierra Madre



The Friends of the Sierra Madre Library
invite you to

A Harvest Festival

49th Wine and Cuisine Tasting

Friday, September 27, 2019

Premier Event

\$80

6:00 to 7:00 P.M.

Limited to 100 Guests

Premium Wines
Specialty Foods

Door Prizes

Access to Main Event



Main Event

\$60

7:00 to 9:30 P.M.

Limited to 400 Guests

Domestic and
International Wines

Fine Local Restaurants

Magic Castle Magicians

Live Music • Silent Auction • Fine Art • Door Prizes

Tickets available at:

Sierra Madre Library • The Bottle Shop • Savor The Flavor • Arnold's Frontier Hardware

Online at: sierramadrelibraryfriends.org
or eventbrite.com



Like us on Facebook @ Friends of the Sierra Madre Library
All proceeds benefit the Sierra Madre Public Library

City of Sierra Madre

PUBLIC HEARING NOTICE

From: The City of Sierra Madre
Subject: ORDINANCE NOS. 1416 AND 1417 – AMENDING THE MUNICIPAL CODE TO AMEND AND ADOPT BY REFERENCE THE 2019 CALIFORNIA BUILDING STANDARDS CODE WITH CERTAIN EXCEPTIONS, MODIFICATIONS AND ADDITIONS; AND ORDINANCE 1417 RELATING TO THE ADOPTION AND AMENDMENTS TO THE 2019 INTERNATIONAL FIRE CODE AND THE 2019 CALIFORNIA FIRE CODE UPDATES

Applicant: City of Sierra Madre
Project Location: Citywide

The City of Sierra Madre gives notice, pursuant to State of California law, that the City Council will conduct public hearings to consider Ordinance 1416 – Updating the Building Code to include amendments to Building, Residential, Green Building Standards, Reference Standards, Mechanical, Electrical, and Plumbing Codes and the Los Angeles Regional Uniform Code Program Technical Amendments to the 2019 California Building Code; and Ordinance 1417 – to adopt and amend the 2019 International Fire Code and the 2019 California Fire Code. Additionally, this Ordinance amends current fire sprinkler requirements.

DATE AND TIME OF HEARING

PLACE OF HEARING

City of Sierra Madre
City Council meeting
Tuesday, October 8, 2019
(Hearing begins at 6:30 p.m.)

City of Sierra Madre
City Council Chambers
232 W. Sierra Madre Blvd.
Sierra Madre, CA

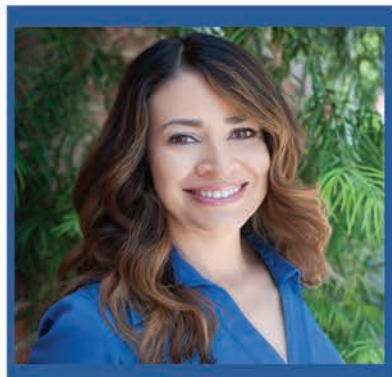
All interested persons may attend this meeting and the City Council will hear them with respect thereto. This summary is published pursuant to Government Code Section 36933(c)(1) and a full and complete certified copy of the text of Ordinance 1416 and 1417 is available at the City of Sierra Madre City Manager's Office located at Sierra Madre City Hall, 232 W. Sierra Madre Blvd., Sierra Madre, CA. Residential Code and Green Building Standards, and Fire International Fire Code and California Fire Code are available for review at the Planning and Community Preservation counter at Sierra Madre City Hall, 232 W. Sierra Madre Blvd., Sierra Madre, CA.

ENVIRONMENTAL DETERMINATION: Pursuant to Section 15061(b)(3), this project is categorically exempt from the California Environmental Quality Act (CEQA).

APPEAL: If in the future anyone wishes to challenge the decision of the City Council in court, one may be limited to raising the issues that were raised or presented in written correspondence delivered to the City Council at, or before, the scheduled public hearing.

For further information on this subject, please contact the Planning and Community Preservation Department at (626) 355-7138.

By Order of the City Council
Vincent Gonzalez
Director of Planning & Community Preservation



Janette Ledea
Realtor/Consultant E-Pro, GRI, CDPE, and SRES®

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Weather Wise

6-Day Forecast Sierra Madre, Ca.

Sun	Sunny	Hi	80s	Lows	60s
Mon:	Sunny	Hi	70s	Lows	60s
Tues:	Sunny	Hi	70s	Lows	60s
Wed:	Sunny	Hi	80s	Lows	60s
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

September 10, 2019 at 6:30PM
September 24, 2019 at 6:30PM

PLANNING COMMISSION

September 5, 2019 at 7:00PM
September 19, 2019 at 7:00PM

COMMUNITY SERVICE COMMISSION

August 19, 2019 at 6:30PM Cancelled
September 16, 2019 at 6:30PM

SENIOR COMMUNITY COMMISSION

September 5, 2019 at 3:00PM

LIBRARY BOARD OF TRUSTEES

August 21, 2019 at 7:00PM
September 25, 2019 at 7:00PM

ENERGY, ENVIRONMENT, AND NATURAL RESOURCE COMMISSION

August 28, 2019 at 7:00PM
September 18, 2019 at 7:00PM

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.

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


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

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

Your event must:

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

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



Sierra Madre Woman's Club

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

How about them Dodgers?

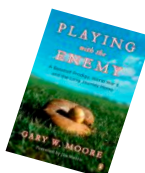
LATTES & LITERATURE

Wed, Oct 9 1:00 pm
Direct from Chicago for Us

Author Gary W. Moore
"Playing with the Enemy"

RSVP by Mon, 10/7 to smwomansclub@gmail.com

Explore Opportunities & Membership with Us
Join us for Member-Only Yoga w/ Paul Hagan Tuesdays, 10 am
[GFWCSierraMadreWomansClub.org](https://www.facebook.com/GFWCSierraMadreWomansClub.org)
[Facebook/SierraMadreWomansClub](https://www.facebook.com/SierraMadreWomansClub) 355-4379
Rent Our 1914 Historic Essick House - Anita @ 626-355-4379
Shop Award-Winning Wistaria Thrift Shop 355-7739





Sierra Madre Woman's Club

550 W. Sierra Madre Blvd. 2019: 112 Years
Founded February 23, 1907 – "Living the Volunteer Life" in Friendship
Member of General Federation of Women's Clubs cfwc.org & gfwc.org

Plan to Join Us at Our Fall "Blue & Gold" Salad Luncheon
Wed, Sept 25 – 1 pm

Member OR Guest \$11 Member+Guest \$11

SGVD Prez Rita Aleman Shares the NEW !!!
RSVP Barbara : 626 355-8979 by Sun, 9/22
Come Regularly 2nd Wednesdays Oct-May

Join us for Member - Only Yoga w/ Paul Tuesdays, 10 am
[GFWCSierraMadreWomansClub.org](https://www.facebook.com/GFWCSierraMadreWomansClub.org)
[Facebook/SierraMadreWomansClub](https://www.facebook.com/SierraMadreWomansClub)
Rent our 1914 Essick House 626-355-4379
Help @ **Wistaria Thrift Shop** - Re-Opens Sept 5 355-7739
Clean, Gently Used Donations Accepted Weekdays to 2 pm



9 Kersting Court Sierra Madre, Ca. 91024
626-355-1180

EXTRAORDINARY CUSTOM FLORAL ARRANGEMENTS



This week at the Sierra Madre Public Library

September 23-28

Monday

Preschool Storytime 10:00 - 11:00 am

Tuesday

Baby Rhyme Time 10:00 - 11:00 am

Weekly LEGO Challenge 3:00 - 5:00 pm

Virtual Reality 5:30 - 7:30 pm

Wednesday

Library Board of Trustees Meeting 7:00 pm at City Hall

Thursday

Chain Reaction Machine Challenge 4:00 - 5:00 pm

Friday

Friends of the Library Wine & Cuisine Tasting at Alverno High. Visit the Library to purchase tickets.

Saturday

Coffee Cupping with Jones Coffee 10:00 - 11:00 am

Read, Discover, Connect
@ Sierra Madre Public Library



SIERRA MADRE UNITED METHODIST CHURCH

Sunday worship
9:30 a.m.

RUMMAGE SALE

October 5th

695 W. Sierra Madre Blvd.
Sierra Madre, CA 91024
(626) 355-0629

Website: smumc.net






KIWANIS CLUB OF SIERRA MADRE
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EVERY TUESDAY

Save the Date:
KIWANIS ANNUAL PANCAKE BREAKFAST & POOCH PARADE & PET ADOPTION
SATURDAY, SEPTEMBER 21, 2019
7:00 AM - 11:00 AM
MEMORIAL PARK
SIERRA MADRE



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Together, we see a world where people unite.
Take action to create lasting change across the globe,
In our communities, and in ourselves.

The Hart Park House,
222 W. Sierra Madre Bl.,
Sierra Madre, CA 91024,

Tuesdays, 7-8:30 a.m.

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THE SHOPS ON BALDWIN IN SIERRA MADRE



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Kai

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Sierra Madre, Ca. 91024
Mon-Sat 11-6 Sunday 12-5
626-351-2004

Sierra Madre

CERT

COMMUNITY EMERGENCY RESPONSE TEAM

Map Your Neighborhood

In a disaster, your most immediate source of help are your neighbors living around you.

Perry Helm leads the discussion on how to empower you and your neighbors through simple steps to help enhance your preparedness for an emergency. You will learn how to coordinate activities with your neighbors, turn off the gas, water, and electricity, put out small fires, and address minor injuries.

As always, the public is welcome to attend

Sierra Madre CERT General Meeting
Thursday, September 26th, 7:00 PM
Hart Park House - Memorial Park
222 W. Sierra Madre Blvd.
Sierra Madre, CA

SIERRA MADRE

SIERRA MADRE

ARCADIA

PASADENA

ALTADENA

MONROVIA

WALKING SIERRA MADRE - The Social Side by Deanne Davis

"Vegetables are a must on a diet. I suggest carrot cake, zucchini bread and pumpkin pie."
Jim Davis/Garfield

"When is the first day of Fall? Silly! Everyone knows it's when Starbucks starts serving Pumpkin Spice Lattes."

The first day of Fall this year is Monday, September 23rd. However, as I just left the Cheesecake Factory and am still tasting my first piece of Pumpkin Cheesecake, and my house is filled with pumpkins of all sorts, I think I kind of pushed it and Fall started for me around the middle of August. Trader Joe's has bins of the most amazing and unusual pumpkins, boxes of Pumpkin Pancake Mix, Pumpkin Spice Coffee, Pumpkin butter and even Pumpkin Spice Potato Chips. I got a big ceramic pumpkin at our local Safeway store and it stands guard outside my front door.

Yes, friends and neighbors, It's Fall, even though the weather is not cooperating by dropping down into cooler – let's get out those sweaters – temperatures. I found myself singing "September Song" by Kurt Weill and Anderson Maxwell a day or so ago, which is kind of a melancholy song:

"Oh, it's a long, long while from May to December
But the days grow short when you reach September
When the autumn weather turns the leaves to flame
One hasn't got time for the waiting game

Oh, the days dwindle down to a precious few
September, November
And these few precious days I'll spend with you
These precious days I'll spend with you."

Here's a much happier September fact: National Grandparents' Day is also celebrated in September on the first Sunday after the first Monday of the month. I, being a grandparent, got an absolutely fabulous card from granddaughter, Emily, delivered through the U.S. Mail! I quote:

"Happy Grandparents Day. I hope you have the best Grandparents Day ever. I have made lots of memories with you and wish to make more. I love you tons and I always will." She made this card at school and I can't think of anything that could make me any happier. If you're a grandparent, I hope you got a greeting from one of your grandchildren. My friend, folksinger, Rosalie Sorrels, now residing in heaven, playing her guitar and singing her songs there instead of here, used to say, "The reason grandparents and grandchildren get along so well is that they have the same common enemy!" That's kind of an exaggeration, but it's funny and always got a laugh for her.

The best thing you can do to celebrate Fall is to make yourself some pumpkin bread. I got this recipe from my sister-in-law, who lives in Florida. She makes tons of it for friends, neighbors and Mah Jong buddies and



shared it with me. I've made it for years and think it's the best recipe anywhere.
Pat's Pumpkin Bread

Preheat oven to 350 degrees. Lightly coat two loaf pans (those foil ones are dandy) with cooking spray.

2 cups sugar
1 cup vegetable oil
3 large eggs
1 15 oz. can solid pack pumpkin
Put all that in your electric mixer and blend till it's totally combined. Set aside.

3 cups all purpose flour
1 tsp. ground cloves
1 tsp. cinnamon (generous)
1 tsp. nutmeg
1 tsp. baking soda
½ tsp. salt
½ tsp. baking powder

Mix all that together then add to the pumpkin mixture, mixing till it's totally combined. Add a handful of dried cranberries, a Granny Smith apple cut in chunks, raisins, nuts (I like pecans for pumpkin bread). Divide between the loaf pans and bake till a tester inserted in the center comes out clean. About an hour or so. Transfer to racks to cool and remove from pans. Wrap in foil or cling-wrap. This bread freezes beautifully, too. You can double this recipe, which makes about 5 loaf pans, or you can make a whole bunch of small loaves and consider yourself ahead of the game if you're a Christmas baker. Your house will smell divine and people will beat a path to your kitchen to ask when they can have some.

"Sunrises & Sunflowers Speak Hope" is a great gift for yourself or someone you love! Look for it on my book page: Amazon.com: Deanne Davis

Star of Wonder the CD is now on TuneCore! Take a look! Blog: www.authordeanne.com
Follow me on Twitter, too! <https://twitter.com/playwrightdd>

"A Tablespoon of Love, A Tablespoon of Laughter" is also available on my Amazon book page.

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KATIE Tse...This and That



My mom is de-junking their bathroom. That's a very admirable thing to do, de-junking. Me, I just embrace the mess.

Now whenever I go down to visit, she's got a box of stuff to run by me. To see if I want anything before it makes its way to the Women's Assistance League, or whatever charity she donates lightly used toiletries to.

It's often an exercise in futility, her holding up items and me saying, "Nope. Thanks, though."

She'll sigh and drop it back in the box.

"Too bad there's no community lounge, like at school," I tell her.

I work at a school, and since time immemorial people have been dumping unwanted things in the teachers' lounge. Just leave it on a table, come back later that afternoon, and it will be gone. So convenient.

"Yeah, that'd be nice," she agrees.

It really would. I don't think my mom and I are the only ones who'd appreciate a communal dump spot. I'm not talking about trash. I'm talking about honestly still-useful items you just don't want to keep.

Of course there's Good Will and the Vietnam Vets, but wouldn't it be even easier if you didn't have to drive there during business hours or make an appointment? Or sort your stuff?

My vision is a table, similar to the one at the Women's Club, that would be accessible 24/7. The only difference would be that you could bring food items and toiletries in addition to home goods. Heck, people could even bring produce if they wanted.

Another difference would be that the stuff wouldn't have to be re-sold. Everything left on the table would be fair game for whoever wanted it. A kind of graveyard for unsuccessful miracle creams, body-transforming exercise equipment, and celebrity-endorsed cosmetics. Hope may disappoint, but it sure does springs eternal.

Or you could look at it as an ever-changing treasure trove of free stuff. Like Easter egg hunting all year round. One man's miss-spent trip to the Amazon shopping cart is another's find of the month. Win-win for everyone!

Just imagine all the cool goodies to be found the day after Christmas. A local goldmine. That's assuming, of course, that the people who gave you that stuff don't live in town. That could be embarrassing.

There's a whole code of re-gifting etiquette one must follow in order to stay couth and Kosher. I wrote an article on it once, years ago. But who knows, maybe it's time for a refresher. Halloween, the unofficial kick-off of the holiday season will be here before we know it. And Christmas following soon after that. Get your boxes ready.

*This possibly isn't the best article to plug my book, talking about de-junking your life and all, but check out my novel, "A Year at Apex!" It's got humor, romance, the human condition, and public education. Paperback and ebook on Amazon and Barnes & Noble.

COMMUNITY LOUNGE



information online.)

If you are planning to participate this year, please be sure to fill out the contest registration form online, and include your Scarecrow's name and backstory using the following link:

<https://www.creativeartsgroup.org/scarecrow-festival/contest/>

More important dates...
September 7 – September 20 – Pick up your ID tag at Creative Arts Group during office hours, M-F: 10-5pm, Sat. 10-2pm.

September 21 – All Scarecrows must be in place with ID tags visible. Creative Arts Group photographers will take pictures on September 21. If your scarecrow is not in place with it's ID tag at this time, you will need to submit your own vertically oriented photo to scarecrow@creativeartsgroup.org. This may delay your scarecrow's web page.

October 1 – Online map and printed Map/Ballots will be available; web pages and Facebook page will be live.

Creative Arts Group Facebook page is <https://www.facebook.com/creativeartsgroup.sierramadre/>

Your scarecrow's web page can be found on your ID Tag, as well as at <https://www.creativeartsgroup.org/scarecrow-festival>

October 1 – Voting begins
October 4 – Kickoff Party, 7:00pm at Creative Arts Group
October 15 – Voting ends at noon.
October 19 – Awards Announced on CreativeArtsGroup.org, our Facebook page and the Mt. Views News

For more information, please visit www.creativeartsgroup.org/scarecrow-festival

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Local Area News Briefs

Two People Shot at the Rose Bowl, One Dead

Police are asking for the public's help after an 18-year-old young man died during a shooting in the Rose Bowl parking lot late Saturday night that also left a 51-year-old man wounded.

Pasadena police officers said they received a "shots fired" call in the area of Arroyo Blvd and Seco St. shortly before 11:30 p.m. They said Kamryn Stone from Los Angeles was rushed to a nearby hospital but later died. Another, unidentified man from Los Angeles was also taken to the hospital in stable condition.

Investigators said they do not think the shooting was random but also believe Stone was "in the wrong place at the wrong time."

Stone's father said his son was on his first day cleaning the parking lot working Cynthia's Cleaning Company. He was also a student at West LA College.

According to Pasadena Public Information Officer Lisa Derderian, the shooting took place about three hours after the University of Oklahoma played the UCLA Bruins.

Police did not release a description of the suspects. The shooting remains under investigation.

Anyone with information should call police at (626)-744-4241 or anonymously at (800) 222-TIPS (8477).

Library Free Second Sunday Concert

The Second Sunday Concert sponsored by the Tuesday Musicale of Pasadena, will present a concert called "An Afternoon with The Three Cellists" on Sunday, October 13 at 2:30 PM in the Pasadena Public Library, 285 E. Walnut, Pasadena. The three cellist are In Hee Na, Wonson Keem and Ashley Kim. They will perform a variety of works by composers from Bach to Piazzolla. The concert is free.

South Pasadena Housing Workshop

Owners of multi-unit properties, homeowners, tenants and all interested residents are invited to participate in the last of a series of workshops held in September on proposed housing policy initiatives being developed by the city of South Pasadena.

The workshops each covered housing-related topics under consideration for policy changes: tenant protections; accessory dwelling units (ADUs); and inclusionary (or affordable) housing policies. The last in the series will be:

Inclusionary Housing: Tuesday, Sept. 24 at 7 p.m. in the Library Community Room.

The topic of the final workshop in the series will be inclusionary housing, including affordable housing requirements for developers.

The Library Community Room is located at 1115 El Centro St. in South Pasadena.



Bills to Eliminate 710 Tunnel Await Governor

A pair of bills passed in Sacramento look to end any 710 tunnel plans and make it easier for nonprofit tenants to buy Caltrans-owned properties.

First, Senator Anthony Portantino announced last week that SB 7 has passed the California State Legislature and is now at the Governor's desk. The bill follows through on a promise that the Portantino made to the activists, non-profits, and tenants in the 710 corridor when he helped negotiate the end of the 710 tunnel.

Portantino said that in the final hours of the negotiations with the Administration, the proposed bill language included a provision that would dramatically interfere with the city of Pasadena's plans to develop the left over freeway stubs.

In addition to ending the tunnel, SB 7 helps the non-profit tenants in the 710 corridor purchase their properties in a fiscally prudent manner; something long sought by the Pasadena Ronald McDonald House, Arlington Gardens, Cottage Co-op Nursery and Sequoyah School.

"It will be a new day in Pasadena when the 710 freeway is history. SB 7 ensures that outcome and helps all of us turn our attention to solving local traffic needs, raising the funding necessary to purchase the non-profit properties, and brings some relief to tenants in Caltrans' affordable rent program," said Pasadena Mayor Terry Tornek.

Second, Assemblymember Chris Holden's legislation would also eliminate any future possibility for the 710 tunnel, Assembly Bill 29, also passed the state legislature Monday after votes in both the Senate and Assembly Floors. The bill also awaits Governor Newsom's signature.

"We're just one step away from burying the tunnel idea for good," said Holden (pictured above). "The concept of changing the Highway Code came directly from the community and I'm looking forward to seeing this through till the end."

Assembly Bill 29 specifies that State Route 710 is from Route 1 to Route 10, abolishing the freeway tunnel. The legislation will close loopholes in both Caltrans' Final Environmental

Impact Report and the 2017 Los Angeles Metro motion that drops the tunnel concept for strictly financial reasons.

In Related News

Arlington Garden is set hold their annual fundraiser Sept. 29. from 4 p.m. to 7 p.m.

Autumn in the Garden will be an immersive, sensory experience with music curated by dublab, a listener supported, non-profit radio station dedicated to the growth of music, arts and culture. Plus hear the plants sing as Data Garden activate their interactive MIDI Sprout listening station.

There will be a special VIP reception from 3 to 4pm to celebrate the garden's designation as California Nonprofit of the Year Award and to formally dedicate the garden's newly completed fountain. Designed by local artist Char-Rie Tang, the custom Pasadena Craftsman Tile fountain will be dedicated during the reception in honor of Betty and Charles McKenney, who founded Arlington nearly 15 years ago. For more information visit: arlingtongardenpasadena.com.

PUSD College Fair Is Oct. 15

The Pasadena Unified School District's (PUSD) annual College Fair will be held from 4 p.m. - 7 p.m. on October 15, at the Pasadena Convention Center. Students and their families can meet with admission representatives from public and private colleges and universities in California, the U.S., and abroad. At the College Fair, students can learn about academic courses, admission requirements, financial aid, and campus life. The event is free and open to students of all ages in Pasadena and surrounding areas.

"Our goal at PUSD is to provide a viable and exciting opportunity for our students once they are college and career ready. The annual College Fair provides a vast arena of post-secondary options in a collaborative environment," said Dr. Julianne Reynoso, Assistant Superintendent. "Taking the initiative to come out and see all that is available for you and your future is already taking the first step toward success."

Workshops on "How to Apply for Local Scholarships," "Navigating Selective College Admissions," and "Overall Financial Aid and Student Finance," will be presented at the College Fair.

Graduates of PUSD's Class of 2019 earned more than \$16 million in scholarships and grants and won admission to competitive public and private colleges and universities across the country.

For more information about the College Fair and a list of participating schools visit pusd.us/Page/6435.

Players Inducted into the Rose Bowl Hall of Fame



The Tournament of Roses announced Tuesday that Harvard graduate and College Football Hall of Fame inductee Eddie Casey, former Ohio State quarterback and three-time Rose Bowl Game starter Cornelius Greene, former USC quarterback and Heisman Trophy-winner Matt Leinart and former University of Washington running back and Rose Bowl MVP Jacque Robinson will be inducted into the Rose Bowl Hall of Fame as the Class of 2019.

The Rose Bowl Hall of Fame Induction Ceremony will take place at the Lot K Tent on December 31, 2019, outside of the Rose Bowl Stadium, one day prior to the kickoff of the 106th Rose Bowl Game presented by Northwestern Mutual. This year's game will be a traditional Rose Bowl Game, with a team from the Big Ten meeting a team from the Pac-12 on Wednesday, January 1.

The Rose Bowl Hall of Fame was established in 1989 to pay tribute to members of the Rose Bowl Game who have contributed to the history and excitement of the game, and those who embody the highest level of passion, strength, tradition and honor associated with The Granddaddy of Them All.

Eddie Casey may have been small in stature but played football larger than life. The 155-pound halfback and defensive back had remarkable quickness and agility that made him an outstanding player on both offense and defense. Casey started as a freshman in 1916, then served in the Navy during World War I. After returning to Harvard in 1919, Casey led the Crimson to an undefeated 9-0-1 record, including a 7-6 victory over Oregon in 1920 Rose Bowl Game.

Cornelius Greene is in a small fraternity of football players

who played in four Rose Bowl Games. Greene played for Ohio State in the 1973 Rose Bowl Game, then started in the 1974, 1975 and 1976 games. In the 1974 game, Greene was named MVP in a 42-21 victory over USC.

Matt Leinart was one of the most celebrated quarterbacks of the last 20 years of college football. The USC signal caller led the Trojans to a pair of Rose Bowl Games, including a 28-14 victory over Michigan in the 2004 Granddaddy of Them All. In the win, Leinart won MVP by throwing three touchdowns and running for another. In his second Rose Bowl Game, Leinart completed 73-percent of his passes and threw a touchdown pass, but the Trojans lost to Texas in the 2006 BCS National Championship, 41-38.

Jacque Robinson was the spark that led the University of Washington to a 28-0 victory over Iowa in the 1982 Rose Bowl Game. Robinson became the first freshman to be named MVP in the Rose Bowl Game after he racked up 142 yards rushing on 20 carries and scored a pair of touchdowns. The Husky running back started the scoring with a one-yard touchdown run in the second quarter. He then broke the game open in the fourth quarter with a 34-yard touchdown scamper that gave Washington a 21-0 lead. Robinson went on to win Orange Bowl MVP honors in 1985, one of just four players to win MVP in both the Orange Bowl and Rose Bowl Game.

With the addition of this year's class, the Rose Bowl Hall of Fame includes 133 inductees over its 31-year history. Inductees are honored with a permanent plaque that includes their name and year of induction at The Court of Champions at the Rose Bowl Stadium.

Experience the Excitement of Pasadena's Free Fall ArtNight

Enjoy an evening in beautiful Pasadena exploring 20 prestigious arts and cultural institutions showcasing diverse works of art, music and dance by the best the city's creative community has to offer Friday, October 11, 6-10 p.m. This free event will delight those of all ages and interests. Experience memorable visual and performing arts and participate in hands-on, interactive activities.

The theme at City Hall for this fall's ArtNight is Rocky Horror Picture Show. Attendees are encouraged to dress as their favorite character and sing alongside Theatre Americana performers on the steps of City Hall. Those stopping by City Hall will also enjoy face painting, live music, and a photo booth.

Visit: artnightpasadena.org for a complete list of the art and cultural offerings at ArtNight, one of the most exciting events in Southern California!



the 8th Annual Scarecrow Festival September & October 2019

September 7 - Free Scarecrow Workshop (Register Online)

September 16 - Enter the Contest (Register Online)

October 1 - Voting begins

October 4 - Kickoff Party at Creative Arts Group! (7 to 9pm)

October 19 - Awards announced in Mt. Views News & online CreativeArtsGroup.org and

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AROUND SAN GABRIEL VALLEY

WE SUPPORT HORSERACING

By Joan Schmidt

Recently, WE SUPPORT HORSERACING held a most informative meeting with speakers (Kelly Haggerty, Oscar De La Torre, John Valenzuela), and planned a strategy to combat the negative movement by HRW to ban horseracing in California, which would be devastating to many people, and the local economy.



WE SUPPORT HORSERACING is a grassroots group of fans and horsemen who want to preserve the 354-year old sport... they support improvements to safety and medications protocols. Visit www.WeSupportHorseRacing.org.

Karen Norton who has spearheaded this movement began with a plea for support. She warned of the seriousness of the situation; it affects not only California, but if racing is banned here, it will happen in New York, Kentucky and other racing states. Also attending were trainers Dallas Keen, Marcelo Polanco, Hector Palma, Javier Jose Sierra and Scarlet Timphony. (Widow of Vincent)

RACEHORSES SUPPORT PEOPLE: In California, 148,000 thoroughbreds, 50,000 jobs and 5.1 billion direct contribution to GDP.

THOROUGHbred RACING INDUSTRY IN US: \$28 billion direct contribution to GDP, almost 4.2 million people employed daily and \$100 billion annual economic impact.

HORSE INDUSTRY ENGAGEMENT: 271,000 Californians volunteer their time for activities in various equine disciplines. 30% of California households include race enthusiasts. The AVERAGE HORSE RACING OWNER has an annual income between \$25,000 and \$75,000. Only 28% of racing owners have a 6 figure income.

RACING INDUSTRY CHARITABLE ENGAGEMENT: Thoroughbred charities pair equine retirees with PTSD Army Vets, inmate rehab, abused women, at-risk youth. \$2.6M+ (Kentucky Derby Festival) and \$600,000 (Woodford Reserve Mint Julep) for American Red Cross, Multiple Sclerosis Society and Alzheimer's Association. (There are college scholarships for backstretch workers' kids too)

What about the 30 horses that died during the last meet at Santa Anita? Did you know that 200,000 trainings went over the track at Santa Anita from Dec-May; 1900 horses

were stabled at Santa Anita during the same time frame; CHRB tracks all horses who are retired from the track for the first year of retirement to private ownership and report their deaths; animal activists are including these retired horse deaths in their count deaths at the track; California spends more money testing for medications after a race than all 49 states combined to ensure that no race horses are being given drugs; there are more than 535,000

horses; horses are subject to pre and post-race examinations, there are approximately 9.2 million horses in the US...840,00 are racehorses. The annual deaths from horse racing is .001%...one thousandth of one percent; pre-race and post-race day vet checks are by two separate vets.

SOME of the REFORMS AT SANTA ANITA PARK AND GOLDEN GATE: Trainers must apply for permission to work out a horse at least 48 hours in advance; Chief Veterinary Officer position created: Dr. Dionne Benson hired; \$500,000 investment by Stonach Group towards purchase of cutting-edge PET scan for early detection of pre-existing conditions; trainers must submit pre-entry vet forms to Racing Office before they wish to enter a horse for a near future race day: the Vet will have more time to identify any questionable horse; daily inspections of the track/turf with world renowned independent track experts.

Karen also explained the "Claims" by HORSERACING WRONGS and how they are wrong! As I expected, the rain had a lot to do with the deaths. Scarlett explained several years ago that this happened. I don't have the space today, but will elaborate in the future. There also was mention of Hollywood Park-its track had different dirt, and the Fairgrounds at Pomona. Everyone said the Fairground Track should be open and it was great for the younger horses to train on. Please visit the website: www.WeSupportHorseRacing.org.

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Applications for the 2020 Young Legislators Program



Assemblymember Chris Holden last week announced the availability of applications for the 2020 Young Legislators Program. Now in its fifth year, the Young Legislators Program, offers high school seniors in the 41st Assembly District a front row seat to the public policy and political arena.

"I'm excited to launch the fifth annual Young Legislators Program for the 41st Assembly District," said Assemblymember Chris Holden. "I have no doubt this program will again have a lasting impact on the students and I look forward to meeting next year's Young Legislators."

During the six month program, students will meet once a month to become better advocates on issues they care about, gain valuable leadership skills, and learn about the legislative process. The program concludes with a free trip to northern California to visit the Facebook headquarters and the State Capitol.

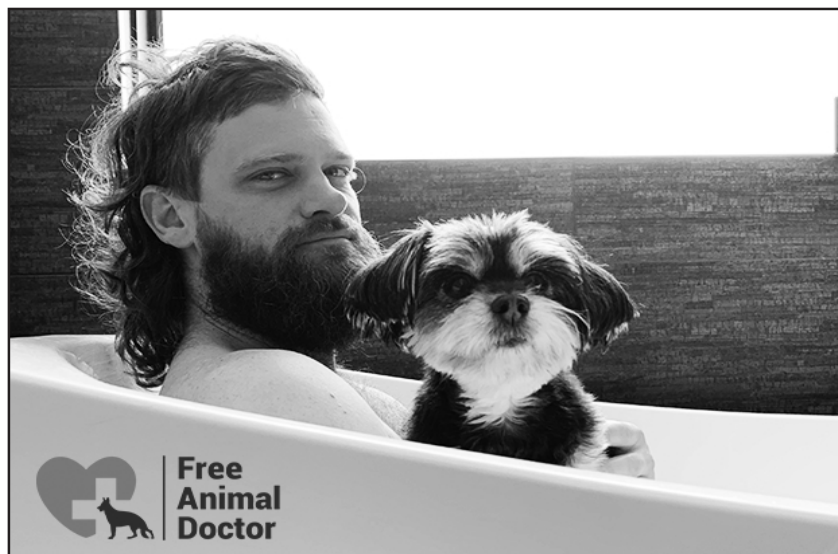
"I loved learning about the role and importance of both local government and agencies that work to serve their communities," said Bess Brandow who participated in the 2019 Young Legislators Program.

"The entire program was phenomenal! It strengthened my passion for politics and has made me become more engaged to further follow what I believe in," said Osvaldo Valdiviezo who participated in the 2018 Young Legislators Program. "Also the friendships and memories I made are something I treasure and am grateful for."

The 2020 Young Legislators Program is open to high school seniors living in the 41st Assembly District. Applicants must commit to five monthly, 3-4 hour Saturday meetings starting in January 2020 and submit applications by November 13. Program details and application are available at: a41.asmdc.org.

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Float to Honor Centennial of Women’s Right to Vote



A Women’s Suffrage Float, In the 2020 Rose Parade, is set to launch the 100th Anniversary Commemoration of the Passage of the 19th Amendment, securing for women, their right to vote.

Offered by a wide representation of women and women’s groups to the 2020 Rose Parade, the float, Years of Hope. Years of Courage. announces this expansion of democracy. The float’s grass-roots organizer, Pasadena Celebrates 2020, is under the umbrella of the National Women’s History Alliance, a charitable organization, committed to the goals of education, empowerment, equality and inclusion.

Hope and Courage, women campaigned for 72 years to have a voice in their government. Even with this voting victory on August 26, 1920, minority women still faced challenges to their voting rights.

The 2020 parade themed “Power of Hope” is a great opportunity to illuminate this historical event. The float will feature a 30-foot Statue of Liberty, a symbol of enlightenment, holding the tablet of the 19th amendment and dressed in a suffrage sash. The Float honors those upon whose shoulders the vote was won. And banners in front of the Statue of Liberty encourage the right to vote for all Americans. Riders on the float will include a “Bouquet of Suffrage Descendants” – those in

direct line to Elizabeth Cady Stanton, Susan B. Anthony, Ida B. Wells, and Frederick Douglass. Other distinguished advocates for equality will be announced soon. The float is designed as a symbol of inspiration and a reminder for all Americans to recognize the responsibility and the power to Vote.

In honor of the 100th Anniversary, the PC2020 Group is launching two opportunities for the public to be part of this exciting and historic celebration. The first is a chance for only 100 people to walk the 5 miles down Colorado Blvd, behind the float during the 131st Rose Parade on January 1, 2020 in Pasadena, California. These out-walkers, dressed in white with historic sashes, memorialize the Suffrage Campaigns. For more information on becoming an “out-walker” please click here.

The second opportunity to be a part of this celebratory float is the purchase of floral vials. The float will be covered with vials of yellow roses, the flower which indicated support for Women’s Right to Vote. The names of the donors are written on the vials and will be placed on the float. Anyone can purchase and name a vial to honor this suffrage victory. Learn more about volunteering, donating, or participating at: pasadenacelebrates2020.org.

Boston Court Pasadena presents Alexander Miller: TO...OBLIVION



Boston Court Pasadena presents Alexander Miller: TO...OBLIVION – Historic Landmarks Around Los Angeles on Friday, October 25 at 8pm. This multi-media project, conceived and performed by Miller, uses electric guitar, sound effects and visuals to describe six seminal landmarks in the Los Angeles area that have been either indelibly altered or destroyed. This will be the first time his album, TO...OBLIVION is performed live in a concert setting, in its entirety.

The landmarks include places such as the Dunbar Hotel, the Zanja Madre and the Belmont Tunnel, among others. These locations are symbols of larger issues that have shaped the city, such as race, water access, or public transportation’s impact on the development of the city. The suite of songs is named for a banner from the last of the Red Car subway cars to carry passengers, moving through the Belmont Tunnel.

In an interview with New Classic LA Miller expands on the multi-media aspect of the performance, “To...Oblivion is a solo electric guitar, with electronics and a video slideshow. The electronics include both live processing of the guitar as well as recorded sounds which aim to capture an impression of the acoustic environment of each site.”

Miller explained the process of exploring the landmarks for his album to LAist, “I needed to hear the sounds before fully committing to each of these locations, to make sure that they would really resonate and speak to me. You’re often just working in isolation in a room, and just imagining sounds, and hoping that they’ll reach someone outside of that room one day. [It] was an adventure.

For tickets and more information, please visit: bostoncourtpasadena.org or call 626.683.6801.

Alexander Elliott Miller is a composer and guitarist whose music has been described as “deceptively laid back in an LA way...inventive.... unconventional” (Mark Swed, LA Times), and “wild...unearthly... lyrical...a voice worth listening to” (San Francisco Classical Voice).

His compositions have been


performed at Carnegie Hall and London’s Mile End Art Pavilion; he has collaborated with Grammy nominated musicians including pianists Vicki Ray, Aron Kallay and soprano Tony Arnold, and had works performed by ensembles and organizations such as HOCKET, Juventas New Music Ensemble, Earplay New Chamber Music, the Boston New Music Initiative, the Los Angeles Percussion Quartet, Panic Duo and Duo Montagnard among others. His compositions have been presented on the programs of many California based venues and series including San Francisco’s Center for New Music, Hot Air Festival and ODC Theatre, and Los Angeles’ Piano Spheres, Tuesdays at Monk Space, Hear Now Festival, Synchromy, People Inside Electronics, Carlsbad Music Festival, Microfest and the LA Conservancy. He has received honors including a MacDowell Colony Fellowship, Earplay Donald Aird Composers Award, a Definiens C3 Commission and the CAPMT Commissioned Composer Award.

His album TO...OBLIVION: Historic Landmarks Around Los Angeles was released in the fall of 2018, receiving local profiles in the LAist and Long Beach Press Telegram; the work is a collection of pieces inspired by six lost landmarks in LA, each of some social significance, performed by Miller on electric guitar, with sound effects and a slideshow video.

Miller is on the faculty of California State University Long Beach, where he teaches music theory, composition and musicianship at the Bob Cole Conservatory of Music.

The 2019 Fall Music Series is sponsored by Elaine Kramer & Al Latham. Additional sponsors include Sandy Greenstein, Diane Henderson, Tom Jacobson & Ramone Muñoz, Eileen T’Kaye & David Bischoff, Liza Beres, Bill Kennedy, Robert Leventer & Jenna Blaustein, Sarah Lyding and Michael Welsh. Additional generous support provided by The Colburn Foundation, The City of Pasadena, Pasadena Showcase House for the Arts and the Peter Glenville Foundation.

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ARCADIA - MONROVIA - DUARTE

ARCADIA POLICE BLOTTER

For the period of Sunday, September 8th, through Saturday, September 14th, the Police Department responded to 1,034 calls for service, of which 110 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, September 8:

- Shortly before 3:51 p.m., an officer responded to JCPenney, 400 South Baldwin Avenue, regarding a theft report. The Loss Prevention Officer witnessed three Hispanic females steal a total of \$272.62 worth of merchandise. The females fled in white Nissan Sentra. The investigation is ongoing.
- At approximately 6:26 p.m., an officer responded to the intersection of South Santa Anita Avenue and El Dorado Street regarding an animal bite. The officer discovered a small dog bit a man on his leg causing minor breaks to the skin and bruising. The victim refused medical attention.

Monday, September 9:

- Just after 7:58 a.m., an officer responded to 7-Eleven, 102 East Huntington Drive, regarding a theft report. An investigation revealed the suspect stole the victim's unattended backpack from Springhill Suites on 99 North Second Avenue before leaving the stolen backpack at 7-Eleven. The victim recovered all of his stolen items. The suspect is described as a white male, between 30 and 40-years-old, with a blonde ponytail and crooked teeth. The investigation is ongoing.
- At approximately 1:20 p.m., an officer responded to a residence in the 1100 block of Panorama Drive regarding an attempted residential burglary report. A witnessed saw two suspicious males walking onto the lawn of a neighboring residence. As the witnessed then took a photo of their vehicle, the suspicious males returned to their vehicle and fled. The subjects are described as black males wearing hooded sweatshirts. They fled in a silver Chevrolet Impala. The investigation is ongoing.

Tuesday, September 10:

- Around 8:45 a.m., an officer responded to a residence in the 2400 block of South Baldwin Avenue regarding a theft from vehicle report. The victim discovered her gym bag had been stolen from her unlocked vehicle sometime during the previous night. No suspects were seen and no witnesses were located.
- Just before 12:49 p.m., an officer responded to the 24 Hour Fitness parking lot, 125 North First Avenue, regarding a vehicle burglary report. An investigation revealed an unknown suspect smashed the victim's car window and fled with miscellaneous paperwork. No suspects were seen and no witnesses were located.

Wednesday, September 11:

- At about 9:58 a.m., an officer responded to an apartment complex in the 400 block of Fairview Avenue regarding a vandalism report. A residence reported an unknown male suspect damaged landscape lighting and threw patio furniture into the pool. The suspect is described as an Asian male in his mid-30's with thick dark hair. The investigation is ongoing.
- Shortly after 11:14 a.m., an officer responded to a residence in the 700 block of West Naomi Avenue regarding a vandalism report. The officer determined an unknown suspect damaged the community mailbox by prying it open. Two of the mail slots were empty. No suspects were seen and no witnesses were located.

Thursday, September 12:

- Before 7:33 a.m., an officer responded to Arco Gas Station, 625 Las Tunas Drive, regarding a theft report. Surveillance footage revealed two male suspects cut the lock to the propane tank locker and stole six propane tanks. They fled in an older model, sedan, brown or tan in color. The investigation is ongoing.
- Around 5:25 p.m., an officer responded to Extended Stay, 401 East Santa Clara Street, regarding a stolen vehicle report. The suspect, who had just met the victim the night prior, was left alone in the victim's vehicle with the keys while the victim returned to the hotel room to get something. When the victim returned to her vehicle, the suspect had fled. The suspect is described as a white female with black hair and green eyes. The investigation is ongoing.

MONROVIA SET TO CONSIDER A MODEST PRICE SHIFT FOR GOMONROVIA (\$0.50 / RIDE INCREASE ON SHARED PLATFORM) TO COUNTER ACTIONS BEING TAKEN BY THE CALIFORNIA STATE LEGISLATURE

During the past few weeks, staff has been monitoring Assembly Bill 5 (“AB 5”) in the California State Legislature, which aims to transform the gig economy by reclassifying “independent contractors” as employees. AB 5 seeks to radically alter the environment and context in which certain companies operate, which would have the impact of creating significant new operating cost increases. Among the companies that would be impacted include Uber, Lyft, Postmates, and DoorDash, along with any other industries that rely on the use of independent contractors to operate.

On September 10, 2019, California State Legislature formally passed AB 5. The measure was adopted by the State Senate by a vote of 29-11, and the State Assembly voted to ratify the legislation by a 56-15 margin. Also of note, Governor Newsom has stated that he will sign the bill into law, and the new regulations will take effect January 1, 2020.

From a Monrovia-centric perspective, this new bill will have an impact on our GoMonrovia operation. By forcing companies like Lyft and Uber to transition drivers (who are currently classified as independent contractors) into employees, experts have indicated that labor costs for both companies could increase by \$800 million annually. This will almost undoubtedly translate into increased costs for passengers, and given the current transit model we have deployed in Monrovia, approval of AB 5 means that we are likely going to see higher program costs in 2020.

Currently, based on the pricing model that we’ve developed for GoMonrovia (\$0.50 – Old Town & Station Square & Hospitals // \$2.50 – Shared Ride Anywhere in Monrovia // \$5.00 – Classic Ride Anywhere in Monrovia), the overall program is fiscally sustainable, with projected Lyft costs falling right in line with our identified transportation revenues of \$1.2 million / year.

However, given the approval of AB 5, staff believes that the City should consider instituting a relatively minor GoMonrovia rider fare cost increase at this time. Given that AB 5 introduces significant uncertainty for the gig economy, and by extension Lyft, staff believes that the best way to address that uncertainty would be to create financial breathing room for the overall program. In that way, if Lyft is impacted in the future by AB 5, the financial flexibility that we create now will give us more options for assessing future challenges that we will no doubt have to address.

Based on analysis conducted by staff, we are recommending that the following program fare modifications be implemented, as outlined below:

\$1.00 / Shared ride for any ride to / from Old Town and the Gold Line Station

- This constitutes a \$0.50 fare increase.

\$3.00 / Shared ride anywhere else in the service area

- This constitutes a \$0.50 fare increase.

\$5.00 / Classic ride anywhere in the service area

- This constitutes no change in rider fare

Based on our analysis to date, staff is recommending that the new pricing take effect November 1, 2019. Furthermore, by implementing this pricing shift, staff has identified that overall program costs will decrease by around \$180,000 / year, which will help create some financial breathing room to offset the anticipated future cost increase that will result as a result of the approval of AB 5.


This matter will be reviewed and considered by the City Council this coming Tuesday

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“Where there is no struggle, there is no merit.”

TABLE FOR TWO by Peter Dills
thechefknows@yahoo.com

Open for well over a year now I can't say it's the New Kid on the Block!! Recently I visited **ARBOUR ON SOUTH LAKE STREET**, before the Smitty's, Del Frisco's, Crocodile Café and Paul Martin's, there was Burger Continental and The Chronicle, that was pretty much it for food faire on So Lake .

Before I get into the menu the scene is typical of any modern built from ground up restaurant, beautiful bar area, open kitchen, a nouvel feel to it . Certainly this not say that the other restaurants on Lake don't have their space looking sharp, but there is a feel to The Arbour that might make you think that you were dining in Napa if you didn't know any better, so much similar butt so much different, ready sports fans... Spoiler alert, there is no television, no Big Screen anywhere to be found at The Arbour, and I get it!! This series place with a real focus on the food, imagine that! Chef Ian was the youngest pastry chef in the US with a Michelin Star while at Patina, now those are hard to come by. I know Ian and his wife aren't going to like this, but do yourself a favor, call first and make sure he is there, it makes the night so special with the owner/chef comes by and says hello and his charm is the signature of the restaurant. And if you hold your breath and say M-I-S-S-I-S_-S-P_-I, you might get him to make his signature dessert the California right at your table, looking to score points with the one you love? This a deal closer, but wait Johnny there is more we haven't even gone over the food yet.

My dad used to say pictures tell a thousand stories and I am glad this article includes the dishes that I tried. Start off with a couple of cold appetizers (appetizer: Defined as a small portion to stimulate the desire to eat) first up is the Seafood Salad, yep that is the name crab, shrimp and shellfish with parsnips and meyer lemon vinaigrette, side note if you like lemonade . Meyer lemons are the best. Next up was the Bison steak tartare, Fresno chili stamp served with puffed bread, I mentioned that just before I was born that parents lived in Germany and tartare was very common, Chef Ian of course was familiar with European eating habits, next up from the hot appetizers was the Tagliatte, crumbled pork sausage , rapini light chili flakes and san Joaquin gold cheese, from the entrees menu the Butternut Squash agnolotti, then a taste of the Sea Bass. My assessment was two thumbs up, only problem is there are dishes that I didn't get to, and so badly want to return for the Beef Chili and the Heritage Pork Chop. Amusing to me that the menu doesn't offer descriptions but what I had was so good that I can't wait for my return.

527 South Lake Ave. Pasadena

Notable Notes: Valet Parking/street Parking. Full Bar , reservations suggested. Menu changes so go to website www.thearbour.com



CHRISTOPHER Nyerges



[Nyerges has been leading wild food classes since 1974, and he has authored 19 books on wild foods and self-reliance. He can be reached at www.SchoolofSelf-Reliance.com]

I visited Griffith Park in the spring with an Italian TV crew to create a short spot about the possibility of foraging for one's own food in the city of Los Angeles. I went to Grif-fith Park deliberately, to follow in the footsteps of the famous Euell Gibbons who like-wise took a film crew there some 50 years ago. In Gibbons' case, he was trying to an-swer the question of whether or not all of the residents of L.A. could subsist on the weeds that grew everywhere. The answer was "no." He was also trying to simply demonstrate that food is abundant, and that though a lot of it could be used, it's not used, but is rather mowed down, pulled up, or poisoned.

I followed in Gibbons' footsteps in part out of curiosity. Since Gibbons wrote about all the plants he encountered in Griffith Park, I was able to tour the park and take a botanical inventory of what might still grow there today.

Gibbons was not a native. He was raised in the desert Southwest, spent some time in Hawaii, and eventually moved with his wife to Pennsylvania, where most of his popu-lar foraging books were written. Everything he described in Griffith Park could be found pretty much anywhere in North America at the right season. Weeds! Those plants that gardeners find so undesirable, which in fact are some of the hardiest – and most nutritious – plants in the world.

In Gibbons' day, one was often regarded as a bit backward, or "kooky" if you wanted to eat wild foods. Gibbons didn't care, since he was doing what he did his whole life, and he laughed all the way to the bank when the sales of his books took off, fueled in part by his constant television appearances.

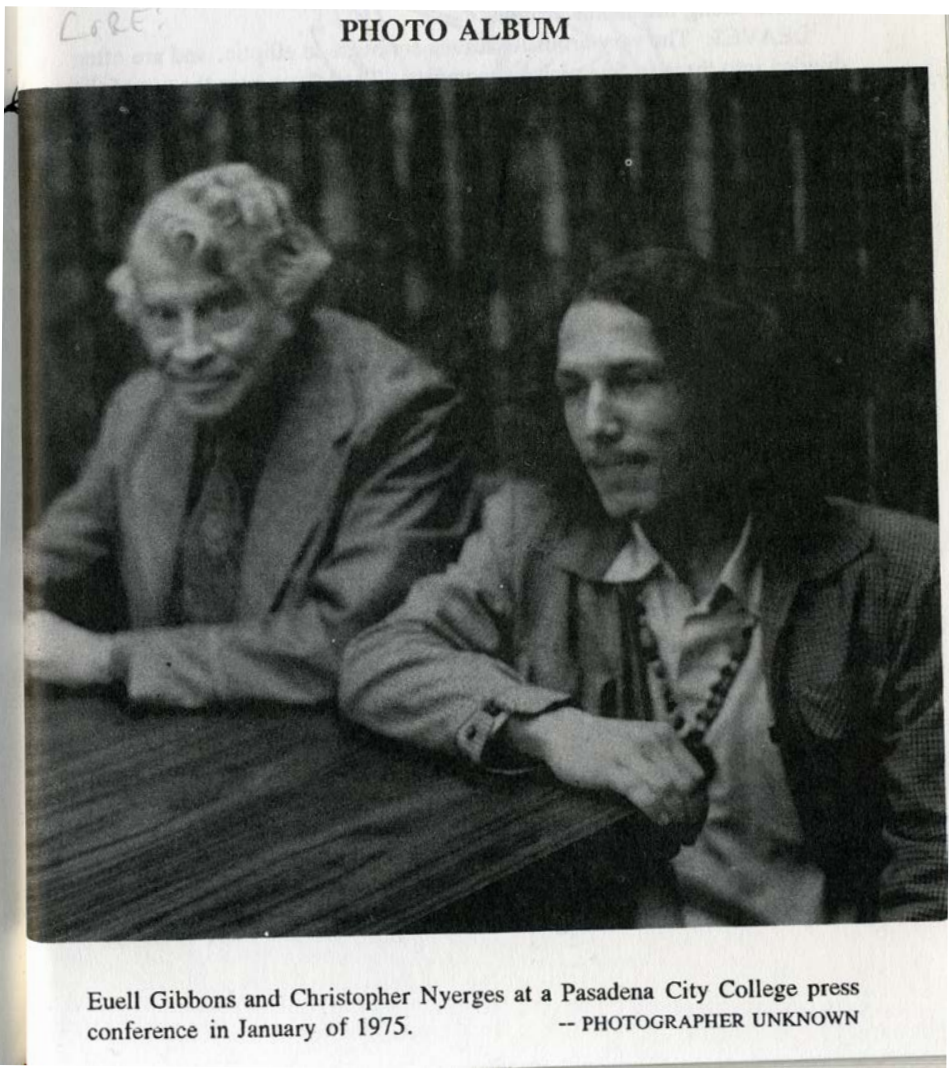
Fifty years later, I encountered something that Gibbons probably didn't see in Griffith Park. Homelessness! Though Gibbons and his followers were trying to live life more self-reliantly, they were not, for the most part, starving, homeless, and penni-less. Gibbons himself, did experience some rough times in his life where the ability to collect a meal for free made all the difference.

In my exploration for Italian TV, we started at the northern part of the park and found mallow, lambs' quarter, and chickweed along a little used trail. There was no indication that anyone was using or collecting any of these three edible plants, even though a homeless tent was steps away.

The mallow has a round leaf and can be eaten raw or cooked, or as it is done in Mexi-co, infused into a tea for coughs and sore throats. Mallow – think marsh mallow, you know, the mallow of the marshes, from where we once got a healthy medicine, and whose name is still used on the sugar foodless product that campers roast over a flame.

The lamb's quarter was growing healthily in the uncut grassy area, and Gibbons would

FOLLOWING EUELL GIBBONS' FOOTSTEPS IN GRIFFITH PARK



have known this plant well, for this European native can now be found just about eve-rywhere in the world. Known as Chenopodium album, the lamb's quarter leaves are rich in minerals, and can be used in salads or any cooked dishes, as you'd use ordi-nary spinach. As a cousin to the hip quinoa, the seeds of lambs' quarter can be col-lected and added to soups or bread batters for extra protein.

Chickweed too is another cosmopolitan that weed that grows in Griffith Park, and pretty much every where in L.A. County, and everywhere in North America where it's not freezing. It's a low-growing plant which gets its names because it is fed to chickens in Japan, though it's still a tasty salad plant for humans.

With the Italian film crew, we looked at some of the native Californians that were once the food source for the indigenous people who lived here, plants like toyon, oak trees (and their acorns), and prickly pear cactus.

There were some late season toyon berries still on the tree so I picked a few to boil later and eat. These would have been a great winter food for the Tongva. The acorns were not ripe in the spring, would have been collected in the past as one of the main staples and used in mixed-food stews. Cactus pads have long been cleaned of their spines and eaten in a variety of dishes, as they still are today in Mexican communities. They are delicious when properly prepared, and are now being regarded as a superfood, due to the presence of so many essential and non-essential amino acids, and their usefulness

in combatting adult onset diabetes.

I followed Euell Gibbons route that day, from the north part of the park, behind the zoo, the old zoo, around the golf course, and eventually over to the L.A. River. All the wild foods that he extolled 50 years are still growing abundantly, and generally, still unused by a growing population.

In my various encounters with homeless people, I have shown various individual such wild foods as carob pods, or lambs' quarter, or fennel, and other common and easy-to-recognize and easy to digest plants that could be used. I have noticed only minimal interest in what I was sharing, but this is partly due to the fact that it takes time and study to accurately be able to identify a plant unknown to you, before you can safely eat it on your own. But the minimal interest is also a matter of poor diet, where a ham-burger and coke is considered a good meal, and where there is a real fear of nature. It is not an easy task to share wild foods with the very people who need it the very most.

Still, I'm not suggesting that knowledge of wild foods can solve the problem of homelessness, but it could solve the problem of hunger, day by day.

For me, Euell Gibbons was the prophet of self-reliance who showed that food and medicine are everywhere, and the price is simply the time that it takes to educate your-self. It is a path that I have followed to this day, whose benefits are complex and multi-faceted.

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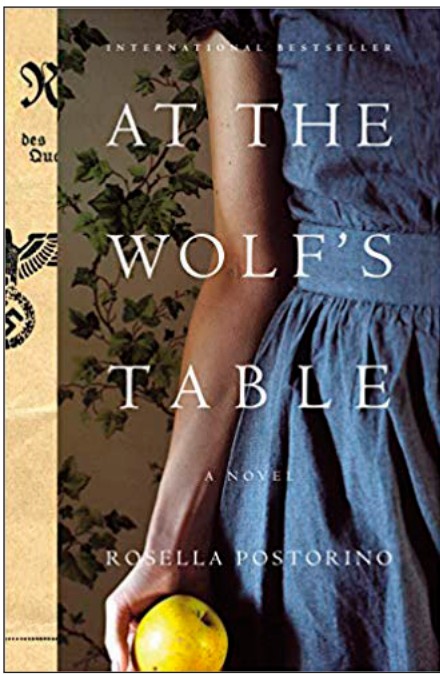
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Jeff's Book Pics By Jeff Brown

AT THE WOLF'S TABLE: A NOVEL
by Rosella Postorino & Leah Janeczko

The international bestseller based on a haunting true story

that raises provocative questions about complicity, guilt, and survival. They called it the Wolfsschanze, the Wolf's Lair. "Wolf" was his nickname. As hapless as Little Red Riding Hood, I had ended up in his belly. A legion of hunters was out looking for him, and to get him in their grips they would gladly slay me as well. Germany, 1943: Twenty-six-year-old Ro-sa Sauer's parents are gone, and her husband Gregor is far away, fighting on the front lines of World War II. Impoverished and alone, she makes the fateful decision to leave war-torn Berlin to live with her in-laws in the countryside, thinking she'll find refuge there. But one morning, the SS come to tell her she has been conscripted to be one of Hitler's tasters: three times a day, she and nine other women go to his secret headquarters, the Wolf's Lair, to eat his meals before he does. Forced to eat what might kill them, the tasters begin to divide into The Fanatics, those loyal to Hitler, and the women like Rosa who insist they aren't Nazis, even as they risk their lives every day for Hitler's. As secrets and resentments grow, this unlikely sisterhood reaches its own dramatic climax, as everyone begins to wonder if they are on the wrong side of history.



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HALLOWEEN WINDOW PAINTING APPLICATIONS ARE AVAILABLE

Sierra Madre Civic Club is calling all Sierra Madre 9 to 17-year-olds to sign up for the 2019 Halloween Window Painting contest. The Halloween Window Painting contest is free to participants. The contest is by age group with one member being a Sierra Madre resident on a team of up to 4 students painting one window per team.

Painting begins on October 25th at 2:30 p.m. and will wrap up October 26th at 10 a.m. Judging will begin at 10 a.m. October 26th. Teams will be judged on Cleanliness, Color Use, Halloween Theme and Creativity. Once the judging is complete awards will be given around noon October 26th in Kersting Court. Winning is not the main objective, but having fun and showing off your talent is!



Rules and Applications are now available at local schools, Sierra Madre City Hall, Sierra Madre Library as well as Facebook, sierramadrecivicclub.org (click on 'Upcoming Events'), cityofsierramadre.org (click on 'Residents, Special Events, Halloween Happenings, 2019 Halloween Window Painting Application'). The deadline to turn in your drawing and Application is October 7.

For more information contact Sierra Madre Civic Club Halloween Window Painting Chair: Virginia Mullaney at vir-girl2006@yahoo.com or see our website: sierramadrecivicclub.org

25 ARCADIA HIGH STUDENTS NAMED NATIONAL MERIT SEMIFINALISTS



ARCADIA-- Another year and another impressive Arcadia High showing in the National Merit Scholarship competition with 25 Arcadia High students named as 2020 National Merit Scholarship Semifinalists. Arcadia High is the leader of all Los Angeles County high schools with the most students named to this year's semifinalist cohort.

While some high schools have less than a handful of students or no students accepted into the National Merit Scholarship program each year, over the past 26 years, Arcadia High has had an annual average of 20 students admitted into this prestigious program.

Arcadia High's 25 astute Apache semifinalists represent less than 1 percent of high school seniors across the nation who now have the opportunity to vie for a share of 7,600 scholarships that are collectively worth more than \$31 million.

In order to qualify for entry into the National Merit Scholarship Corporation's acclaimed academic competition, these Arcadia High students, during their junior year of high school, joined fellow 11th-graders from nearly 21,000 high schools across the country in taking the 2018 Preliminary SAT/National Merit

Scholarship Qualifying Test. The highest-scoring students from each state serve as the pool of National Merit Scholarship semifinalists.

"I was surprised and ecstatic," shared National Merit Semifinalist and Arcadia High senior Sandi Khine on her reaction to the announcement.

"While there is an element of luck involved," explained Khine when asked what factors she believed played a role in her success on the PSAT, "in addition to a summer SAT course that I was fortunate to be able to take, the critical thinking, problem-solving, and time management skills that the PSAT required were well incorporated in the classes I have taken at Arcadia High. Adding in the support and encouragement I received from teachers, staff, and advisors, I had the confidence to not worry about the result and to just put my best effort in."

"Having started my career 15 years ago with Arcadia Unified as a principal for Arcadia High, it's humbling to see our students' continued success in this program," said Arcadia Unified Superintendent Dr. David Vannasdal. "We are a district

with one comprehensive high school, meaning that the success of our high school students is created years before they enter Arcadia High and continues when they become Apaches because of the vertical, collaborative efforts of our incredible team of staff, students, and families."

Of the approximately 16,000 semifinalists, 15,000 are anticipated to advance to the finalist phase of the program. In order to be considered for a finalist spot, semifinalists must complete an application, which includes providing an SAT score, essay, and letter of recommendation from a high school official. Students' academic records, community service, participation in school activities, leadership roles, employment, and other awards and honors are also taken into account. Typically, over 95 percent of Arcadia High semifinalists continue on as finalists in this program. Scholarship winners will be announced in news releases beginning in April 2020.

Arcadia High School was recently ranked in the top 1 percent of best public high schools in the nation by Niche.com. Its Class of 2018 saw a 100 percent graduation rate. The Home of the Apaches has also been distinguished as a U.S. News and World Report Gold Medal School three times, an honor bestowed on less than 3 percent of the more than 19,000 schools in the country. Similarly, Newsweek named Arcadia High on its Top Public High Schools in America list. Arcadia High graduates are represented in every Ivy League school and in top universities across the country. Likewise, for two consecutive years, the Arcadia Unified School District has been named on the College Board's Annual AP * District Honor Roll. For additional details on the National Merit Scholarship program, visit <http://nationalmerit.org>, and for information about Arcadia High School, visit <https://ahs.ausd.net/>.

Arcadia High School National Merit Scholarship Semifinalists: (Alphabetical order by last name) Filbert Aung, Samuel D. Berkun, Jason M. Chan, Ryan Y. Chan, Albert Chang, Markis J. Cheng, Stephen X. Dai, Kenneth B. Hsu, David Ju, Sandi W. Khine, Robin Lee, William J. Lee, Kayli S. Mak, Ajay M. Manneth, Michael J. Shi, Michelle E. Tan, Wesley Tong, Evan T. Tsuji, Brandon Vo, Tingxuan Wang, Braden M. Wong, Anabell M.Xu, Elizabeth Y. Yeh, Andre Yeung, David X. Zhu.

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Arcadia High School
180 Campus Drive Arcadia, CA 91007
Phone: (626) 821-8370, Principal: Brent Forsee
bforsee@ausd.net

Arroyo Pacific Academy
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(626) 294-0661 Principal: Phil Clarke
E-mail address: pclarke@arroyopacific.org
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(626) 351-8951 website: www.lasallehs.org
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Monrovia High School
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(626) 471-2800 Principal Darvin Jackson
Email: schools@monrovia.k12.ca.us

Odyssey Charter School
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E-mail address: lewis.lindsay@pusd.us

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Preschool - and TK - 8th Grade
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Email: inquiry@acslions.com
Principal: Cindy Harmon
website: www.acslions.com

FINANCIAL AID TIP OF THE MONTH, SEPTEMBER 2019

Time for college-bound seniors to fill out the FAFSA

High school seniors planning to attend college or technical school next fall should fill out the Free Application for Federal Student Aid, also called the FAFSA, as soon as possible beginning Oct. 1, according to KHEAA.

The information on the FAFSA determines if students qualify for federal grants and student loans. It is also required to apply for state grants and scholarships. In addition, many colleges use the information to award their own grants and scholarships.

The FAFSA asks for information about income, assets and expenses. A formula set by Congress determines eligibility for federal and state aid. If the student is considered a dependent under federal guidelines, both the student and parents must provide financial information. Nearly all students going directly to college from high school are considered dependent.

Some student aid programs have limited money and provide funds on a first-come, first-served basis, so it is important to submit the FAFSA as soon as possible.

Even if they don't think they'll qualify for financial aid, students should submit the FAFSA. They may be surprised because student aid rules change all the time.

KHEAA is a public, non-profit agency established in 1966 to improve students' access to college. It provides information about financial aid and financial literacy at no cost to students and parents.

KHEAA also helps colleges manage their student loan default rates and verify information submitted on the FAFSA. For more information about those services, visit www.kheaa.com.

FAMILY MATTERS

By Marc Garlett



USE ESTATE PLANNING TO AVOID ADULT GUARDIANSHIP—AND ELDER ABUSE: PART 2

In the first part of this series, we detailed how criminally minded individuals can take advantage of an overloaded court system and seize total control of seniors' lives and financial assets by gaining court-ordered guardianship. Here we'll dive deeper into how seniors and their adult children can use proactive estate planning to prevent this from happening.

It's important to note that any adult could face court-ordered guardianship if they become incapacitated by illness or injury, so it's critical that every person over age 18—not just seniors—put these planning vehicles in place to prepare for a potential incapacity.

Keep your family out of court and out of conflict

Outside of the potential for abuse by professional guardians, if you become incapacitated and your family is forced into court seeking guardianship, your family is likely to endure a costly, drawn out, and emotionally taxing ordeal. Not only will the legal fees and court costs drain your estate and possibly delay your medical treatment, but if your loved ones disagree over who's best suited to serve as your guardian, it could cause bitter conflict that could unnecessarily tear your family apart and open the door to potential abuse.

Planning for incapacity

The potential turmoil and expense, or even risk of abuse, from a court-ordered guardianship can be easily avoided through proactive estate planning. Upon your incapacity, an effective plan would give the individual, or individuals, of your choice immediate authority to make your medical, financial, and legal decisions, without the need for court intervention. What's more, the plan can provide clear guidance about your wishes, so there's no mistake about how these crucial decisions should be made during your incapacity.

There are a variety of planning tools available to grant this decision-making authority, but a will is not one of them. A will only goes into effect upon your death, and even then, it simply governs how your assets should be divided. To this end, a will does nothing to keep your family out of court and out of conflict in the event of your incapacity—nor does it help you avoid the potential for abuse by professional guardians.

Your incapacity plan shouldn't be just a single document. It should include a variety of planning tools, including some, or all, of the following:

Healthcare power of attorney: An advanced directive that grants an individual of your choice the immediate legal authority to make decisions about your medical treatment in the event of your incapacity.

Living will: An advanced directive that provides specific guidance about how your medical decisions should be made during your incapacity.

Durable financial power of attorney: A planning document that grants an individual of your choice the immediate authority to make decisions related to the management of your financial and legal interests.

Revocable living trust: A planning document that immediately transfers control of all assets held by the trust to a person of your choosing to be used for your benefit in the event of your incapacity. The trust can include legally binding instructions for how your care should be managed and even spell out specific conditions that must be met for you to be deemed incapacitated.

Family/friends meeting: Even more important than all of the documents we've listed here, the very best protection for you and the people you love is to ensure everyone is on the same page. As part of our planning process, we'll walk the people impacted by your plan through a meeting that explains to them the plans you've made, why you've made them, and what to do when something happens to you. With a team of people who love you, watching out for you and what matters most, the risk of abuse from a professional guardian is low.

Don't wait to put your plan in place

It's vital to understand that these planning documents must be created well before you become incapacitated. You must be able to clearly express your wishes and consent for these planning strategies to be valid, as even slight levels of dementia or confusion could get them thrown out of court. Not to mention, an unforeseen illness or injury could strike at any time, at any age, so don't wait to get your incapacity plan taken care of.

Finally, it's crucial that you regularly review and update these planning tools to keep pace with life changes, including changes in your assets or the nature of your relationships. If any of the individuals you've named become unable or unwilling to serve for whatever reason, you'll need to revise your plan.

MARC

Dedicated to empowering your family, building your wealth and defining your legacy, 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.CaliLaw.com for more information.

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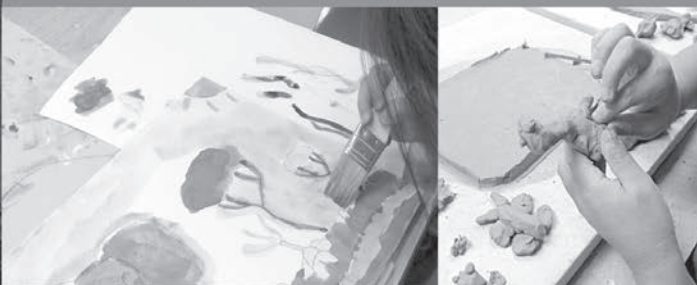
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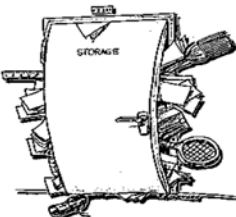
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CAT OF THE WEEK

Katnip News!



BLINKY &
RAVEN

Two sweet peas in a pod who have never known a real home. Rescued together, they are inseparable little loves. They will bring somebody a lot of joy and happiness. Blinky is more social and loves attention & pets and will follow you around, while Raven is a tad more shy. However, lately, he has followed his girlfriend's lead, has come out of his shell, wanting to be pet. Raven also loves to play. Both would be a little shy to a new home at first, but it is worth the wait, just watching these two cuties who grew up as babies, still madly in love with each other. Rescued at a pretty young age, they are now about 4 yrs old now. Both have silky fur coats, but Blinky has a little petite body and little legs, while Raven is a little bigger and normal size. Both have beautiful golden eyes. Call 626-676-9505 and see our adoption procedures at www.lifelineforpets.org.



Pet of the Week

Patience is the name of the game with Tofu, a gorgeous Tortie Point Siamese. Tofu is a discerning cat who doesn't give her love to just anyone. So when she does love you, you'll know it's real! A few tips: she loves treats, and enjoys playing with toys. It may take a little time to gain her trust, but it's worth it. Be the envy of all your friends when you become Tofu's one and only!

The adoption fee for cats is \$90. 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.



LOOKING FOR A BEST FRIEND?

Oliver is a 4 1/2-year-old American Staffordshire terrier mix who's a bundle of puppy energy wrapped up in a creamy white coat with charming brown spots, a springy lively tail, and your typical bouncy American Staffie ears! This 59-pound young pup is pure fun to be around, he loves to play with toys and spend time in the yard with people. Oliver is a blast and will be great companion to go jogging, running, hiking, and even swimming. He has also been entertaining our staff and volunteers with his antics. Just give Oliver a squeaky or chew toy and let the good times roll! He's the perfect companion for an active family. Please stop by and meet this fun-loving young pup and give him the forever home he deserves! The adoption fee is \$145, which includes neuter surgery, microchip, first vaccinations and a free wellness check-up at a participating veterinarian.



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& MORE**
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Even though you need help each day, we agree that you're still in charge

Many seniors fear that moving out of their home into an assisted living residence means forfeiting control of their lives. At The Kensington, nothing could be further from the truth. We believe it is our role to support our residents, not to assume complete decision-making authority. Of course, as specialists in caring for older adults, we monitor routines, behavior and mood every day. If we see changes that concern us, then we talk with residents and their families immediately. Together, we all decide about making adjustments to care and services to preserve comfort, wellness and morale.

We regard ourselves as our residents' champion, not their boss.
Call or visit soon to learn about our collaborative approach to assisted living.

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Cremation: An Affordable Way to Go

Dear Savvy Senior:

How much does cremation cost and how can I find a good deal in my area? I would like to get a simple, basic cremation that doesn't cost me, or my family, a lot of money.

Frugal Senior



Dear Frugal:

Cremation costs can vary widely. Depending on your location, the provider and the services you request, cremation can range anywhere from \$500 to \$7,500 or more. But that's a lot cheaper than a full-service funeral and cemetery burial that averages nearly \$11,000 today. Here are some tips to help you get a good deal.

Shop Around

Because prices can vary sharply by provider, the best way to get a good price on a simple "no frills" cremation is to call several funeral homes in your area (most funeral homes provide cremation services) and compare prices.

When you call, ask them specifically how much they charge for a "direct cremation," which is the basic option and the least expensive. With direct cremation, there's no embalming, formal viewing or funeral. It only includes the essentials: picking up the body, completing the required paperwork, the cremation itself and providing ashes to the family.

If your family wants to have a memorial service, they can have it at home or your place of worship after the cremation, in the presence of your remains.

If you want additional services beyond what a direct cremation offers, ask the funeral home for an itemized price list that covers the other service costs, so you know exactly what you're getting. All providers are required by law to provide this.

To locate nearby funeral homes, look in your local yellow pages, or Google "cremation" or "funeral" followed by your city and state. You can also get good information online at Parting.com, which lets you compare prices from funeral providers in your area based on what you want.

Or, if you need more help contact your nearby funeral consumer alliance program (see Funerals.org/local-fca or call 802-865-8300 for contact information). These are volunteer groups located in most regions around the country that offer a wide range of information and prices on local funeral and cremation providers.

Pricey Urns

The urn is an item you need to be aware of that can drive up cremation costs. Funeral home urns usually cost around \$100 to \$300, but you aren't required to get one.

Most funeral homes initially place ashes in a plastic bag that is inserted into a thick cardboard box. The box is all you need if you intend to have your ashes scattered. But if you want something to display, you can probably find a nice urn or comparable container online. Walmart.com and Amazon.com for example, sells urns for under \$50. Or, you may want to use an old cookie jar or container you have around the house instead of a traditional urn.

Free Cremation

Another option you may want to consider that provides free cremation is to donate your body to a university medical facility. After using your body for research, they will cremate your remains for free (some programs may charge a small fee to transport your body to their facility), and either bury or scatter your ashes in a local cemetery or return them to your family, usually within a year or two.

To find a medical school near you that accepts body donations, the University of Florida maintains a directory at Anatbd.acb.med.ufl.edu/usprograms.

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

USC TROJAN AFFILIATES POP UP SALE

USC Trojan Affiliates invites the community to attend its second annual USC Merchandise Pop Up Sale on Saturday, October 5, 2019 at 929 Buena Vista Street, South Pasadena, from 10:00 a.m.-2:00 p.m.

A wide assortment of merchandise will be available at very discounted prices. There will be clothing, items for the home and garden, and collectibles available.

For further information contact Aleta Blanc at aleta.blanc@gmail.com




SENIOR HAPPENINGS

HAPPY BIRTHDAY! September Birthdays



Clem Bartolai, Pat Hall, Donna Anderson, Teresa Chaure, Cathy Gunther, Esther Macias, Sheila Pierce, Nancy Sue Shollenberger, Patti O'Meara, Judie Cimino, Mary Steinberg, Geri Wright, Parvin Dabiri, Denise Reistetter and Nehama Warner.
* To add your name to this distinguished list, please call the paper at 626.355.2737. YEAR of birth not required

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: Every third Thursday of the month at 12:45-1:45pm 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. *Will Resume in September 2019*

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

Senior Club: Meets Saturdays, Weekly at Hart Park House Brown Bag Lunch, great company and bingo 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!

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

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

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

Gentle Yoga for Active Seniors: Every Monday & Wednesday from 8:15 - 9:45 a.m. with Andrea Walsh at the Hart Park House. Classes include complete floor relaxation, standing and floor postures, balancing, and featuring extended meditations on the fourth Wednesdays of the month! Call (626)-355-5278 for more information.

August Craft with Lauren—August 19th 12:30 p.m.-1:30 p.m.
Come on into the Hart Park House Senior Center and create one of a kind tea cup bird feeders. Paint a design of your desire or use one of several stencils that will be available for use. Then we will glue the two sections together and attach a chain or twin to hang from your favorite tree or display at your favorite outdoor seating area.
8:30 a.m.-5:30 p.m. Senior Cinema - 1st & 3rd Wednesday Beginning at 1:00 p.m.



SEPTEMBER EXCURSION

Los Angeles County Fair (Pomona) September 18, 2019 \$10.00
10:45 a.m. - 5:00 p.m. Maximum 47 Participants
• Level of Walking: High

- Participants should bring money for lunch and souvenirs (optional)...
 - Must be 60 years or older
 - Must present I.D. at the gate.
- The Los Angeles County Fair is an annual event, one of the largest county fairs in all the U.S. Fair attendance has topped one million people every year with the exception of 1948. It is the 4th largest in the country serving as the premiere destination for visitors to engage in all kinds of activities including rides, animal shows, sumptuous food, music, concerts, and much more.
***Resident and non-resident registration Now Open ***
Last day to register is Monday, September 16, 2019.

SENIOR CINEMA - 1st & 3rd Wednesday 1:00 pm



September 4th "Men In Black, International" PG-13; 1 hr. 54 min.
The Men in Black have always protected the Earth from the scum of the universe. In this new adventure, they tackle their biggest threat to date: a mole in the Men in Black organization.

September 18th "Breakthrough" PG; 1 hr. 57 min.

After a 14-year-old falls into a frozen Missouri Lake, his adoptive parents refuse to give up hope on their son, lying unconscious in a hospital bed. The boy's mother prays intensely and inspires others to pray for him too, as she asks God for a miracle in this true story.



MEALS - ON - WHEELS PROGRAM

The Home Delivered Meals Program provides healthy meals to homebound Seniors 60 and above. Seven frozen meals, milk, bread and fruit are included and delivered once a week. \$3 Donation per meal is suggested but remains completely anonymous and voluntary. Clients must be eligible and we invite you to contact YWCA Intervale Senior Services at 626-214-9467. SUBJECT TO CHANGE WITHOUT NOTICE SUGGESTED DONATION \$3.00 1% LOW FAT MILK INCLUDED



OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

I WASN'T BORN OLD IT JUST HAPPENED THAT WAY

Everywhere I look these days people are obsessed with age. More products are sold today to make you look younger than anything else. Everybody desires to look younger than what they actually are. I think that is rather hypocritical. Just saying. It seems to me that nobody is happy with the way they are. When you are young, you want to be old and then when you get old you want to be young. Nobody is happy being what they are at the time. The problem with me is that not all my clocks are ticking at the same time. Things seem to just creep up on me without me being aware of any of it. For one, I did not know I was old. It dawned on me this past week when I was sitting in my chair in the middle of the afternoon. I had no inspiration to get out of the chair and go do something. I was just feeling a little tired. You know, sometimes it is important just to chill out for a little bit. Not everybody thinks this. The Gracious Mistress of the Parsonage has a different view of all this. As I said, I was just chilling in my chair when my wife walked by, stopped in front of me, put both hands on her hips and stared at me for a moment giving me that look. Then she said, "I guess you're getting old, aren't you?" With that, she whirled around and walked away, leaving me to my own thoughts. Nothing is scarier in the whole world than to be left with your own thoughts. However, as I thought about this, certain things seemed to come to the surface. I did appear to be "old," whatever that may entail. It is funny how people use words and they mean different things to different people at different times. I never thought of myself as "old," but then, my wife would never lie to me. If she thinks I am getting old, well, I must be getting old. Then I chuckled to myself. I like to keep my chuckles to myself for a variety of reasons. As I thought about me being old and my wife recognizing that I am old, it dawned on me that she is older than me. Now please, do not let her know I let this slip out of the bag. But, if I'm old, what does that make her? You did not hear it from me, but I had a nice chuckle as I thought about this whole scenario of being old. Being the gentleman that I am, and a great lover of life, I will never bring this to her attention. If she finds out that she is old, she will never learn this information from me. I may be old, but my goal is to get older. Right after this little incident, I walked into a McDonald's restaurant to get some coffee. I prefer to

keep certain things to myself and my age is one of them. I cannot hide my good looks; it is all out there in the open for everybody to see. But my age is something a little different. I try to keep that to myself. "Are you a senior citizen?" The waitress behind the counter asked chipperly. At first, this really irritated me. What business is it of her with regards to my age? I was just about ready to ask her what her age was when she changed the whole conversation. "If you are a senior citizen your coffee is only \$.80." With that she smiled quite gingerly. That puts age in a very different perspective for me. Normally, coffee is \$1.39, but for senior citizens, it is only \$.80. A lot of things I am not very proficient at, but arithmetic is not one of them. If I would admit to this young lady that I was a senior citizen, I could save \$.59. I do not know about anybody else, but \$.59 is \$.59! "Why, yes," I muttered, "I am a senior citizen." "Oh dear," she giggled, "you sure do not look like a senior citizen to me." Now, I do not know if she really meant that or not but allow me to repeat myself, \$.59 is \$.59! I have never thought of myself as old, just older. And, as a friend of mine used to say, "I plan to get as old as I possibly can get." Getting old has many benefits and \$.59 is only the beginning. My great objective from this time on is to cash in on as much Senior Citizen benefits as I can get. After all, \$.59 is \$.59! And, if I get a cup of coffee every day, I will save \$215.35 in the year, every year. Who would have thought that getting old would pay such rich dividends? There is a strange anomaly that most people do not want to get old but then they do not want to die either. The only remedy for not getting old is... It is not getting old that is the problem, it is not discovering the real foundation of life which is none other than Jesus Christ. "The glory of young men is their strength: and the beauty of old men is the gray head" (Proverbs 20:29). Getting old is not for sissies. It takes a real man to get old. Dr. James L. Snyder, pastor of the Family of God Fellowship, lives with the Gracious Mistress of the Parsonage in Ocala, FL. Call him at 352-687-4240 or e-mail jamesnsnyder2@att.net. The church web site is www.whatafellowship.com.

MOUNTAIN VIEWS NEWS

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Mountain Views News Mission Statement

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

STUART TOLCHIN



A LESSON BROUGHT HOME

Last week my wife and I boarded a cruise ship to Alaska. In the capital city of Juneau we climbed a hill going past the accessible tourist shops and discovered a memorial in front of a Russian Orthodox Church. The Memorial was erected in 2016 and reads as follows:

" In the turbulence of World War II as Japan invaded the Aleutian Islands, Aleut Americans were removed from their homes by the United States government and sent to isolated internment camps in Southeast Alaska. Between June 1942 and August 1945, Aleuts were confined to camps where abysmal conditions and government neglect led to disease and death. Ten percent of the men, women, and children died. As Aleuts prayed for deliverance their homes and churches were looted by Allied "friendly forces" sent to defend the Aleutian and Pribilof islands. Suspected of nothing, accused of nothing, the Aleuts loyalty to the U.S. was never in question. Decades later a special commission determined federal official had as a matter of simple convenience limited Aleuts' freedoms. The many who died in the camps were a huge loss, "the Commission on Wartime Relocation and Internment of Civilians concluded..."America proud of its cultural diversity, thereby lost a distinctive part of itself. We will speak your name and tell stories about you. We will remember you"

Unfortunately our internet phones did not work in Juneau so I could not learn more about the Memorial at the time. Luckily my wife took a picture of the Memorial the text of which is reproduced above. Today learned more about the Memorial and discovered that it was erected by Governor Bill Walker, an independent elected a few years subsequent to the resignation of Sarah Palin in 2009. (I would have been very surprised if the Memorial had been erected during her short term in office.)

A little research led me to an article in the Smithsonian Magazine dated February 22, 2019 which described "the infamous Executive Order 9066 which singled out "resident enemy aliens" in the United States during World War II, forcing 120,000 Americans of Japanese background into relocation camps like Manzanar. (If you are not aware of the internment of Japanese Americans during World War II both you and the American educational system should be ashamed.)

The article describes how 881 Aleuts were forcibly relocated and interred, transported to unsanitary camps in Southeast Alaska, and held there throughout the war. The evacuation itself was nasty and traumatic and nobody was allowed to bring more than one suitcase. Troops then set fire to the villages that had been inhabited just days before. "The Aleut evacuees were forced to live in abandoned canneries, a herring saltery and a gold mine camp, rotting facilities with no plumbing or electricity or toilets. Aleuts were kept in the camps for 2 full years. Those who survived the war went home to find their villages burned and destroyed.

The reason for the removal and the internment was stated to be necessary to protect the Aleuts and move them to safer places in the case of an invasion that never took place. There is little more to the article which ends by saying that the United States in 1988 issued an apology but the legacy of the Aleut people's forcible relocation and harsh treatment endures.

I want to conclude my article with just a few thoughts on how I was affected. Certainly the parallel between what happened 80 years ago at our northwestern border seems eerily similar to the shocking United States governmental behavior now taking place at our Southern Border.

Shortly after our walk down the large hill we saw a young boy struggling to properly fix a basketball hoop to a pole. I ran (or at least walked purposely across the street) and managed to solve the problem. More than I usually do but it felt like the right thing to do.

On leaving the cruise ship and being transported to the airport we waited in an interminable lines. As we waited I noticed a middle-aged woman in a blue coat sneak under a rope and butt in line. She was well behind us and actually had no effect on our wait but I was incensed and yelled at the Security People to eject her from the line and force her to the rear. The only effect of my outrage was that the woman removed her coat and my wife scolded me for getting involved when it was none of my business. I endured her scolding, saying little, but knowing that to myself I had done the right thing.

I am sure the Memorial effectively reminded me of the importance of doing whenever possible, the right thing. To always recognize when things are being done that are not right and TO TRY AND DO SOMETHING ABOUT IT.



What is West Nile Virus

West Nile virus (WNV) is a disease transmitted through the bite of an infected mosquito. The virus is now endemic to California. Originating in parts of Asia, Eastern Europe, Africa and the Middle East, it was first detected in the U.S. during 1999 in New York City. The disease spread rapidly across the country, and was reported in humans, mosquitoes, sentinel chickens, wild birds, and other vertebrates.

WNV debuted in California in 2003. Currently, the virus has infected thousands of people and caused hundreds of fatalities. WNV is a potentially deadly disease that will remain in California. Proper protective measures can be taken to reduce your risk of infection.

How do people and animals get WNV?

WNV is transmitted to people and animals by infected mosquitoes. Certain species of mosquitoes are more capable vectors of the virus, and only a small percentage of mosquitoes are actually infected. A mosquito most often becomes infected by feeding on a wild bird that has the virus in its blood. The mosquito transmits WNV in its saliva when it bites another person or animal.

Humans and horses are "incidental hosts" of WNV. If infected they cannot transmit the disease to mosquitoes, humans, or other animals. The virus is most prevalent during the warmer months when mosquitoes are most abundant.

In rare instances, WNV can be transmitted through blood transfusions, organ transplants, from mothers to fetuses and breast fed infants. Consult a physician for more information.

Which animals can get WNV?

An infected mosquito can bite any animal, but not all animals will become infected. The disease affects birds most often but occasionally causes illness in other animals. Dogs and cats rarely show symptoms if infected with WNV.

Birds

Mosquitoes primarily acquire the virus from birds. Although many birds infected with WNV do not appear sick, WNV does cause serious illness and death in some birds. The most severe cases occur in corvids (including crows, jays, ravens, and magpies). The most common reported dead bird is the American crow.

Horses

Horses are also susceptible to WNV. Clinical signs of the disease consist of central nervous system abnormalities similar to those caused by infection with Eastern equine encephalitis (EEE) and Western equine encephalomyelitis (WEE). WNV is fatal approximately 30% of the time in the equine population. A WNV vaccine is available for horses, and is highly recommended.

What are the symptoms of West Nile virus?

One in five persons infected with WNV will exhibit symptoms. Symptoms may include:

- Fever
- Nausea
- Headache and body aches
- Skin rash
- Swollen lymph nodes

These symptoms can last for several weeks or months. In severe cases, WNV neurological symptoms may occur as a result of encephalitis (inflammation of the brain) and meningitis (inflammation of the membrane surrounding the brain). Severe symptoms may include:

- High fever
- Neck stiffness
- Disorientation
- Coma
- Tremors
- Paralysis
- Death

Neurological damage can be permanent. The elderly and those with weakened immune systems are at greatest risk of infection.

The time between the mosquito bite and the onset of illness ranges from 5 to 15 days in humans.

For More Information

WNV in California: www.westnile.ca.gov

CDC Information: www.cdc.gov/westnile/

Wildlife Information: www.nwhc.usgs.gov/disease_information/west_nile_virus/

WNV in Horses: www.cdffa.ca.gov/ahfss/animal_health/wnv_info.html

To Report Dead Birds: 877-WNV-BIRD (968-2473)

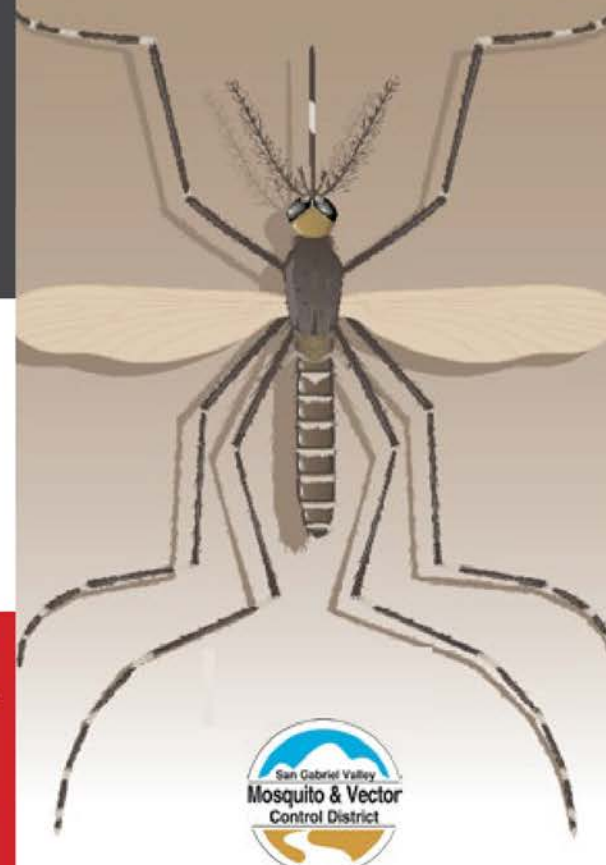
What is your vector control district doing to prevent West Nile virus transmission?

West Nile virus is endemic in California. Reducing the mosquito population, however, may decrease the risk of WNV transmission and infection.

Mosquito and vector control districts routinely survey for vector-borne diseases and test adult mosquitoes for WNV, St. Louis encephalitis and Western equine encephalitis. Sentinel chicken flocks are strategically placed and tested twice a month for infection. Wild bird surveillance provides an opportunity to test important reservoir host for infections with WNV. Technicians regularly check for sites where mosquitoes may grow and eliminate or control them as necessary. Districts provide free home and yard inspections for mosquito sources, and provide free mosquito fish for ponds, water gardens, and watering troughs.

West Nile Virus

Protect yourself and your family



San Gabriel Valley Mosquito & Vector Control District


1145 N Azusa Canyon Road
West Covina, CA 91790
(626) 814-9466 • www.sgvmosquito.org

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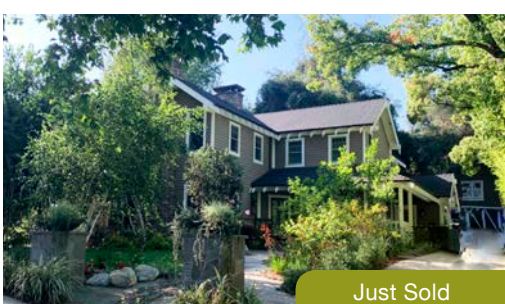
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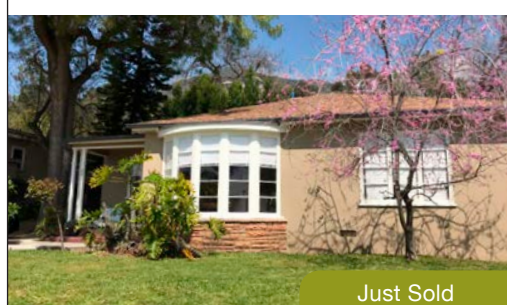
For Lease

Laguna Beach – California Living **\$5,995/month**
517 Reed Street | 3br/2.5ba/2-car garage
Close proximity to the beach.




Just Sold

Sierra Madre – Craftsman Farmhouse **\$1,699,000**
405 Ramona Road | 4br/3.5ba/3,488sqft
(Represented Buyer)




Just Sold

Sierra Madre – Updated, on a Large Lot **\$698,000**
245 Sturtevant Drive | 2br/1ba/909sqft.




Just Sold

Pasadena – Continental Court Townhome **\$879,000**
201 N Orange Grove Blvd #518 | 2br/2.5ba/1,664sqft
(Represented Buyer)



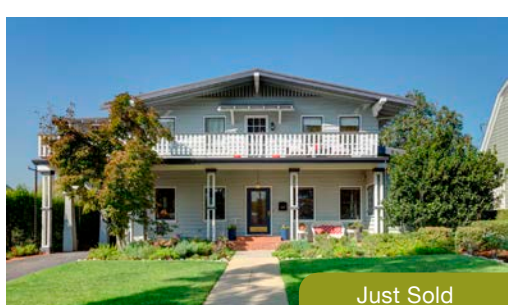
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Pasadena – Traditional with Guest House **\$858,500**
2509 Galbreth Road | 3br/2.5ba/1,850sqft
2509Galbreth.com



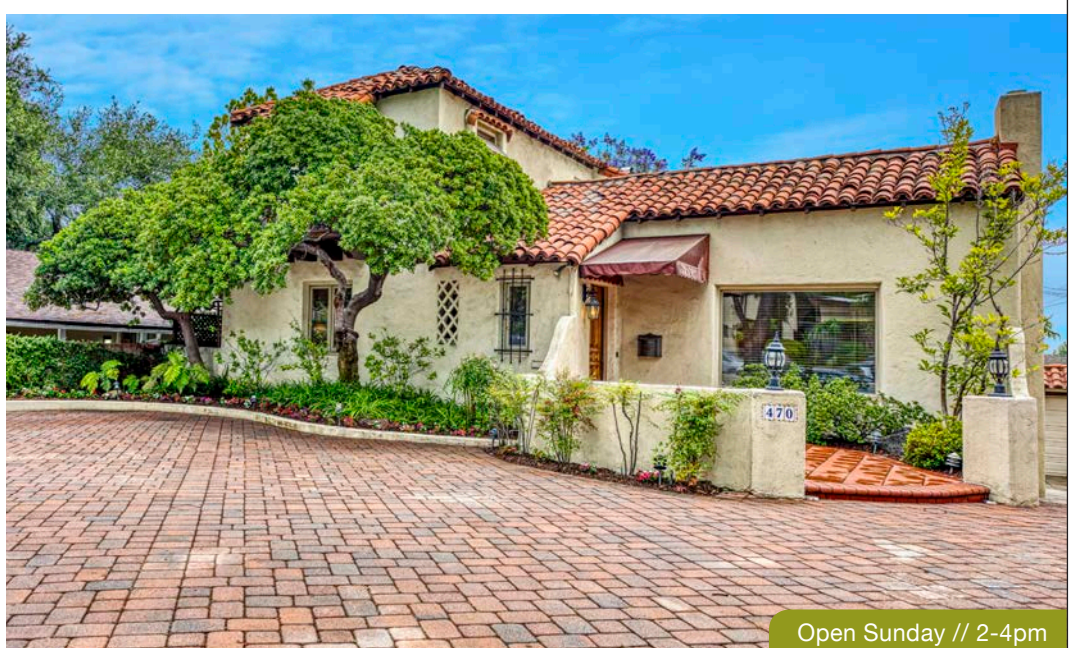
In Escrow

San Marino – 1948 Traditional **\$1,998,000**
1572 Kensington Road | 4br/3.5ba/3,211sqft



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Altadena – Country Club Craftsman **\$1,475,000**
2173 Mar Vista Avenue | 5br/4ba/2,404sqft
(Represented Buyer)




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470 W Sierra Madre Blvd
Sierra Madre 91024 **1931 Spanish**
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