

# Mountain Views News

Sierra Madre

Arcadia

Duarte

Monrovia

Pasadena

Altadena

South Pasadena

San Marino

SATURDAY, MARCH 14, 2020

VOLUME 14 NO. 11

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### Who We Are:

Residents & business owners of Sierra Madre **selling** real estate **since 1975** & proudly **giving back** to the community.

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## SIERRA MADRE & NEIGHBORING CITIES HELP RESIDENTS STAY SAFE AMIDST COVID19 CRISIS

*National Emergency Declared. Public urged to take the crisis very seriously*

**A word from the editor:** The last 10 days have proven to be a real challenge for all of us, especially those who live in communities such as those covered by this paper. The current crisis which presents a real and present danger to all, especially our senior population, as well as the requirement that residents learn how to engage in *social distancing* in order to help us curb the spread of COVID 19, requires that we change our everyday behavior, manage our anxiety and pray for everyone's survival. One synopsis of the situation says it best: "The coronavirus, a communicable disease, was first detected in Wuhan City, Hubei Province, China in December 2019. COVID-19 has since spread globally to more than 40 countries, infecting more than 80,000 people and killing approximately 3,000 individuals worldwide. COVID-19 has created conditions that are likely to be beyond the control of local resources and will require additional support". Therefore, I have decided to do my part in sharing useful information in this edition that will help us all. Hopefully soon we can resume our normal reporting on development issues, elections, etc. Susan Henderson, Editor/Publisher

### CITY OF MONROVIA CLOSES NON-ESSENTIAL CITY FACILITIES

MONROVIA, CA – Beginning Friday, March 13, the City of Monrovia will temporarily close certain public facilities to reduce the risk and potential exposure to COVID-19, or the coronavirus disease, under guidance received by local, state and federal officials. The certain public facilities will be closed until Tuesday, March 31, which may extend further if deemed necessary.

City facilities which will be temporarily closed include:

- Monrovia Community Center
- Monrovia Public Library
- Monrovia Canyon Park
- Hillside Wilderness Preserve

As a result of these temporary closures, the following programs and services will be suspended:

- All recreation programs including classes, activities and youth sports
  - All senior programs and social club meetings
  - All programs and events at the Monrovia Public Library
  - Private facility rentals
  - Passport services
  - Monrovia Street Fair and Market
- Please note that those who have paid for classes, programs and/or facility rentals will be fully refunded.

The City will also postpone Board and Commission meetings until at least March 31. The City Council will meet at its regular meeting on Tuesday, March 17, and staff is currently researching practices for providing open and transparent public meetings utilizing technologies for teleconferencing.

Monrovia Canyon Park and the Hillside Wilderness Preserve will also be closed to the public beginning Friday, March 13, through Tuesday, March 31. All other parks in Monrovia will remain open for public use; however, the City highly discourages any large gatherings such as birthday parties and sports practices. Re-strooms at the parks will remain open and will continue to be cleaned and sanitized daily.

Monrovia City Hall, Police, Fire, and the Public Works Yard will continue to operate in a "business as usual" context although we have made small enhancements/changes to some of our operations to address COVID-19. As the situation unfolds, we will continue to assess advisories from our local, state and federal officials to determine if any further closures for information specific to Monrovia, please visit [www.cityofmonrovia.org/COVID19](http://www.cityofmonrovia.org/COVID19).

### ARCADIA ANNOUNCES FACILITY CLOSURES

*Arcadia Community Center and Public Library are Closed until April 30 Classes and Programs are Suspended*

March 12, 2020 – In response to additional guidance received by the federal, state, and local public health officials, the City of Arcadia is closing the Arcadia Community Center and the Arcadia Public Library to the public and non-essential personnel beginning Friday, March 13, 2020. At this time, the closures will remain in effect until April 30, 2020. This follows the City's decision on March 9, 2020, to suspend City-sponsored events with an expected attendance of over 100 persons and a high attendance of senior citizens.

As a result of the facility closures, the following programs and events at the Community Center and Library have been suspended:

All recreation classes, including youth, teen, adult, and senior programs, classes, and activities

All programmed sports usage including youth and adult basketball, volleyball, tennis, soccer, etc.

All programs and events at the Arcadia Public Library

All programs and events at the Gilb Museum of Arcadia Heritage

All facility rentals at the Community Center and Museum Education Center

Dana Gym, Wilderness Park, and Field Allocations are closed

Registrants for classes and programs will be reimbursed for any fee based activity suspended or cancelled.

Current evidence indicates that the risk of severe illness from COVID-19 increases with age and individuals with underlying medical conditions are also considered to be at higher risk for severe illness. Close contact, anything less than 6 feet, is considered to be within the transmission zone. Large community events and facilities bring people from multiple communities in close contact with each other and have the potential to increase community spread of COVID-19. One method to slow the transmission of the disease is by increasing social distancing (reducing close contact). Public facilities, like the Community Center and Library, are gathering points during operating hours and are attended by over 100 persons per day, including vulnerable populations, and a safe level of separation cannot be assumed.

*There are currently no reported cases of COVID-19 in Arcadia.*

### THE CITY OF SIERRA MADRE ANNOUNCES CANCELLATIONS & CLOSURES DUE TO CONCERNS REGARDING COVID-19.

Sierra Madre, CA. – March 12, 2020 - With Los Angeles County declaring a local health emergency and given what is currently known about the severity and growing anxiety around COVID-19, the City is taking precautionary measures to help safeguard our residents, visitors, community partners and city employees.

As such, out of an abundance of caution, the decision has been made to cancel all City events, and planned meetings that do not have any required and/or discretionary items scheduled. This cancellation will remain in effect through March 31st, and will continue to be re-evaluated as we get closer to that date.

This cancellation includes all City events, commission/board meetings, field uses, and Hart Park House meetings. Groups who have already reserved the Hart Park House can choose to still meet. In addition, the Library will be closed until further notice.

The upcoming Huck Finn Fishing Derby and Family Campout has also been cancelled. City staff will be contacting all registered families and participants to inform them of this cancellation.

We will continue to adhere to CDC guidance and recommendations as we consider City events that are currently scheduled for later in the year.

The City will continue to provide updates as the situation warrants. We appreciate your support, cooperation and patience during this time.

You are welcome to contact City Hall at (626) 355-7135 for any questions or concerns. Gabe Engeland, City Manager

### ALSO INSIDE THE MOUNTAIN VIEWS NEWS THIS WEEK

REGARDING CANCELED EVENTS.....PAGE 3

PASADENA CLOSURES & NEWS.....PAGE 5

ABOUT YOUR BEST FRIENDS ..... PAGE 7

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### THE CENTERS FOR DISEASE CONTROL AND PREVENTION HAS PROVIDED STEPS THAT EVERY PERSON CAN TAKE TO PREVENT ILLNESS.

The community is advised to:

- Stay home if you are sick.
- Wash your hands with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Avoid close contacts with those who are sick.

To stay up-to-date with accurate information on COVID-19, those in LA County can call 211, or view the following websites:

- Los Angeles County Department of Public Health
- Coronavirus COVID-19 Global Cases Dashboard
- COVID-19 Prevention and Treatment

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Luci was rescued as a stray, and requires knee surgery. We are a Sierra Madre based 501(c)3 non-profit helping raise money for her. Visit our website at [www.FreeAnimalDoctor.org](http://www.FreeAnimalDoctor.org)





# Mountain Views News

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# SIERRA MADRE

SIERRA MADRE

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MONROVIA

## HOW CANCELED EVENTS AND SELF-QUARANTINES SAVE LIVES, IN ONE CHART

*This is how we all help slow the spread of coronavirus.* By Eliza Barclay and Dylan Scott

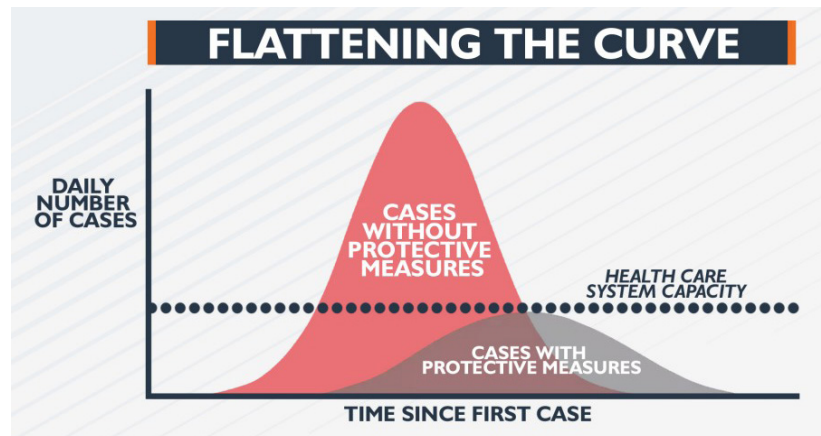
The main uncertainty in the coronavirus outbreak in the United States now is how big it will get, and how fast. The Centers for Disease Control and Prevention's Nancy Messonnier told reporters on March 9, "many people in the US will at some point, either this year or next, get exposed to this virus."

According to infectious disease epidemiologist Marc Lipsitch at Harvard, it's "plausible" that 20 to 60 percent of adults will be infected with Covid-19 disease. So far, 80 percent of cases globally have been mild, but if the case fatality rate is around 1 percent (which several experts say it may be), a scenario is possible of tens or hundreds of thousands of deaths in the US alone.

Yet the speed at which the outbreak plays out matters hugely for its consequences. What epidemiologists fear most is the health care system becoming overwhelmed by a sudden explosion of illness that requires more people to be hospitalized than it can handle. In that scenario, more people will die because there won't be enough hospital beds or ventilators to keep them alive.

A disastrous inundation of hospitals can likely be averted with protective measures we're now seeing more of — closing schools, canceling mass gatherings, working from home, self-quarantine, self-isolation, avoiding crowds — to keep the virus from spreading fast.

Epidemiologists call this strategy of preventing a huge spike in cases "flattening the curve," and it looks like this:



"Even if you don't reduce total cases, slowing down the rate of an epidemic can be critical," wrote Carl Bergstrom, a biologist at the University of Washington in a Twitter thread praising the graphic, which was first created by the CDC, adapted by consultant Drew Harris, and popularized by the Economist. The chart has since gone viral with the help of the hashtag #FlattenTheCurve.

Flattening the curve means that all the social distancing measures now being deployed in places like Italy and South Korea, and on a smaller scale in places like Seattle and Santa Clara County, California, aren't so much about preventing illness but rather slowing down the rate at which people get sick.

The CDC advises that people over age 60 and people with chronic medical conditions — the two groups considered most vulnerable to severe pneumonia from Covid-19 — to "avoid crowds as much as possible."

"If more of us do that, we will slow the spread of the disease," Emily Landon, an infectious disease specialist and hospital epidemiologist at the University of Chicago Medicine, told Vox. "That means my mom and your mom will have a hospital bed if they need it."

So even if you're young and healthy, it's your job to follow social distancing measures to avoid spreading it to others, and keep the epidemic in slow motion. "The more young and healthy people are sick at the same time, the more old people will be sick, and the more pressure there will be on the health care system," Landon explained.

Hospitals filled with Covid-19 patients won't just strain to care for those patients — doctors may also have to prioritize them over others. "Right now there's always

a doctor available when you need one, but that may not be the case if we're not careful," Landon said.

Staying home helps prevent the US health system from being overloaded.

At this point, with the virus spreading in America, the top priority is making sure the health care system avoids being flooded with very sick patients who need ventilators and intensive care.

"From a US standpoint, you want to prevent any place from becoming the next Wuhan," said Tom Frieden, who led the CDC under President Barack Obama. "What that means is even if we're not able to prevent widespread transmission, we want to prevent explosive transmission and anything that overwhelms the health care system."

Remember, America's hospitals and doctors are already dealing with their usual caseloads during a pretty bad flu season. Now they have to be ready to handle any Covid-19 patients who come their way.

There are serious concerns about the US system's capacity to handle a severe outbreak. Covid-19 is a respiratory illness and in its most serious stages can require patients with pneumonia to be put on a ventilator. But there might not be enough ventilators to meet that need if the outbreak becomes too widespread.

The Johns Hopkins Center for Health Security reported in 2018 that, according to US government estimates, about 65,000 people in the United States would require ventilation in an outbreak similar to the flu pandemics of 1957-1958 (which killed 116,000 people in the US) and 1968 (which killed 100,000 Americans).

The maximum number of ventilators that could be put in the field in the United States is about 160,000. So under those scenarios, there would theoretically be enough capacity to meet the need.

But if the coronavirus outbreak gets worse, we could quickly run out. In a situation more similar to the Spanish flu pandemic (675,000 dead in the US), about 742,500 people in the United States would require ventilation, according to government estimates. We don't have that many.

The health system is much more than ventilators, of course, and the concerns about capacity apply to the rest of it, too.

As HuffPost's Jonathan Cohn reported, US hospitals have about 45,000 beds in their intensive care units. In a moderate outbreak, about 200,000 patients may need to be put in the ICU, but under a more severe outbreak, it could be nearly 3 million.

And while all 3 million of them would likely not need treatment at the same time, we again need to account for the ICU patients hospitals already had before coronavirus arrived, as Cohn noted:

On the one hand, those are total numbers, for the duration of the epidemic. Even under the most dire scenario, it's unlikely that 2.9 million people would need ICU beds all at once. On the other hand, ICU beds in the U.S. are already pretty full, thanks to the normal crush of patients with influenza and other major medical problems.

As a result, hospitals are routinely at capacity, forcing backups of patients "boarding" in emergency departments for hours or even days, waiting on the beds there until inpatient slots become available. And that's before any influx from COVID-19.

Hospitals are already doing what they can — rationing surgical masks, preparing to stand up temporary facilities, etc. — and they will take more extreme measures if they can't handle all the people with Covid-19 plus their more routine patients.

But one thing people can do to help is stay home if they are feeling unwell and especially if they received a formal Covid-19 diagnosis and advice to self-isolate. That way, the US health care system can focus on the patients who really need it during this outbreak.

## WALKING SIERRA MADRE - The Social Side

by Deanne Davis

*"St. Patrick's Day is an enchanted time – a day to begin transforming winter's dreams into summer's magic."* Adrienne Cook

*"A good friend is like a four-leaf clover – hard to find and lucky to have."*

*"May your troubles be less, and your blessing be more. And nothing but happiness, come through your door." An Irish Blessing*

St. Patrick's Day is next Tuesday and, speaking of Patrick, he had a pretty tough time, captured by Irish pirates at age 16, brought to Ireland, enslaved for six years working as a shepherd in County Antrim, heard a voice at age 22 telling him to go home, ran away to port, set sail for Britain, shared his new faith with fellow shipmates, had a vision to go back to the place where he had been held captive and minister to the people. After various adventures, now in his early twenties, he returned to his family in Britain where he continued to study Christianity and recounted a vision he had a few years after returning home:

"I saw a man coming, as it were from Ireland. His name was Victorinus, and he carried many letters, and he gave me one of them. I read the heading: 'The Voice of the Irish'. As I began the letter, I imagined in that moment that I heard the voice of those very people who were near the wood of Foclut, which is beside the western sea—and they cried out, as with one voice: 'We appeal to you, holy servant boy, to come and walk among us.'"

Needless to say, he felt a definite call to return to Ireland where his impact was vast: 100,000 baptisms, 300 new churches, countless priests and nuns. But he was also beaten repeatedly, chained, faced execution... sounds a little like the Apostle Paul's testimony.

"And he watched over me before I knew Him and before I learned sense or even distinguished between good and evil."

There will be parades all over the world, everyone you see will be decked out in green, green beer will be readily available and more arrests than any other day of the year for...shall we call it...impaired driving?

St. Patrick's Day brings to mind some lovely people John and I knew back in the days when he was hosting a radio program each Saturday morning from 8 a.m. to noon on KCBH-FM, which has been a number of other stations since then, currently KYSR-FM. They were the Galligan Family, who traveled the world singing Gaelic folk music. Jim Galligan, who was very tall and cadaverously thin, was married to a lovely petite lady, Paulina. Jim sent us a loaf of Irish soda bread which he said "Was made this way in County Armagh by Grandma Galligan many years ago." This bread was delicious and I'm going to make some as soon as I finish writing this edition of Walking Sierra Madre...The Social Side.

1. Put 3 cups of flour in a bowl with 1 TB of baking powder, 1 tsp. baking soda, 1 tsp. salt.
2. Rub in 4 TB. soft butter, 1 TB of caraway seeds, 1 cup of currants, 1 cup of dark raisins, 1 cup of golden raisins.
3. Mix!
4. Add ¾ cup of sugar, 1 beaten egg and 2 cups of buttermilk (Now, very few of us have buttermilk lounging around in our fridge so to continue with your Irish soda bread, pour 2 TB of white vinegar in your measuring cup and add enough milk to make 2 cups. Pour yourself a cup of coffee and read the Calendar section of the paper or go make your bed and by the time you finish, you'll have buttermilk. Cool, huh!)
5. Pour in greased iron skillet or loaf pan.
6. Bake 10 minutes at 400 degrees and then 45 minutes at 350 degrees.
7. Test center with a toothpick to see if it's done, let it rest for 10 minutes, cut yourself a slice, butter it, and enjoy. Irish Soda Bread also makes delicious French toast.

Corned beef and cabbage is a huge favorite on St. Patrick's Day and I expect if you look around a little, you'll encounter someplace that will serve you a dish of same. I, personally, will not be searching hard for it.

My advice is to avoid green beer and make yourself some authentic Irish soda bread. And, just in case somebody wants to play a little Irish Trivia with you here are a few tidbits they might not know: C. S. Lewis was from Ireland, as were James Joyce, George Bernard Shaw, Oscar Wilde, Jonathan Swift and Bram Stoker. Now there's a mixed bag if I ever saw one! "May your blessings outnumber the shamrocks that grow, and may trouble avoid you wherever you go."

My book page: Amazon.com: Deanne Davis – check out

"The Crown" -a great Easter story.

"Sunrises and Sunflowers Speak Hope"

Is available on Amazon.com as are all the

Emma Gainsworth adventures, including:

"Emma's Etouffee Café" a new Kindle story by me!

Here's the link so you can take a look:

<https://fave.co/2PitO4d>

## 4TH OF JULY GRAND MARSHAL NOMINATIONS



The Volunteer Sierra Madre 4th of July Committee is seeking nominations for the 2020 4th of July Parade Grand Marshal. The Parade will be held as always the morning of July 4th.

Parade Grand Marshal Nominees should embody the spirit of Sierra Madre, be an active volunteer in any of the local nonprofit organizations or in some way contributed to the betterment of Sierra Madre. Nominees may be an individual or volunteers or an organization. Nominations must be submitted in writing by Thursday, April 30th and should be sent to the 4th of July Committee, PO Box 1073 Sierra Madre CA 91025 or emailed to 4thofjuly@sierramadre@gmail.com. Nominations should be no more than 1 page but at least a paragraph explaining why the honor should be given including contributions to the Sierra Madre community.

Previous Grand Marshals have included 2019

Bud Switzer, 2018 Steve Heydorff, 2017 Derek Podrebarac, 2016 Pete Siberell and Hometown Hero Kris Lowe, 2015 Clem and Nina Bartolai, 2014 Pat & DeAlcorn & Hometown Heroes Sierra Madre Search and Rescue, 2013 VFW Post 3208 & Hometown Hero Mama Pete; 2012 Nel and Bob Soltz (Wistaria Vine owners); 2011 Gayle Bluemel & Hometown Hero John Shear; 2010 Lew Wantanabe; 2009 Midge Morash; 2008 Sierra Madre Fire Department; 2007 Ward Family (E. Waldo Ward & Sons); 2006 Judy Webb Martin & Toni Buckner & Hometown Hero Barbara Wamboldt; 2005 Police Chief Wayne Bailey; 2004 Doug Berkshire; 2003 John Grijalva; 2002 Bob Quamstrom; 2001 Ty Gaffney; 2000 Dr. Bill White; and 1999 Jim & Barbara Heasley.

This All-American friends and family event is made possible through the wonderful contribution of donors and sponsors. If you'd like to help please visit <http://www.sierramadrefourthofjuly.com/> or follow us on Facebook <http://www.facebook.com/4thofjulyInfo>



## Weather Wise

6-Day Forecast Sierra Madre, Ca.

Sun:	Rain	Hi 60s	Lows 40s
Mon:	Rain	Hi 60s	Lows 40s
Tues:	Rain	Hi 60s	Lows 40s
Wed:	Rain	Hi 60s	Lows 40s
Thur:	Ptly Cldy	Hi 60s	Lows 40s
Fri:	Ptly Cldy	Hi 60s	Lows 40s

Forecasts courtesy of the National Weather Service

**CITY COUNCIL**  
February 25th, 2020 at 6:30PM

**Planning Commission**  
March 5th, 2020 at 7:00PM

**Community Commission**  
February 24th, 2020 at 6:30PM

**Senior Community Commission**  
March 5th, 2020 at 6:30PM

**SIERRA MADRE MEETINGS**  
February 25th, 2020 at 6:30PM

**Commission**  
March 5th, 2020 at 7:00PM

**Services**  
February 17th, 2020 at 6:30PM

**Community Commission**  
February 24th, 2020 at 6:30PM

**Senior Community Commission**  
March 5th, 2020 at 6:30PM

CANCELLED

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

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

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

Your event must:

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

Just write a Public Service Announcement that describes your event and e-mail it to [radio@cityofsierramadre.com](mailto:radio@cityofsierramadre.com).



## Sierra Madre Woman's Club

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

### Sierra Madre Volunteers Wanted

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

## Wistaria Thrift Shop

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## Sierra Madre Woman's Club

550 W. Sierra Madre Blvd. 2020: 113 Years  
Founded February 23, 1907 - "Living the Volunteer Life" in Friendship  
Member of General Federation of Women's Clubs cfwc.org & gfwc.org

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Money Hat & Loads of Prizes  
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# Pasadena Resident Ill with COVID-19

Unrelated Caltech student, tested, not ill with COVID-19.

The City of Pasadena Public Health Department (PPHD) confirmed Wednesday the first case of novel coronavirus disease (COVID-19) in a Pasadena resident.

According to city health officials the individual had close contact with a confirmed case outside of Pasadena and has been in quarantine since the exposure occurred. The individual is recovering and is being followed by PPHD, they said.

To maintain patient confidentiality, no other details will be shared on this individual.

They added that the department is following up directly with those who have had close contact with this individual and may be at risk for COVID-19 infection. Close contacts are informed on how to assess and monitor for signs and symptoms of illness and are quarantined.

“We have been preparing and are ready to manage COVID-19 cases in Pasadena, in close coordination with our healthcare partners,” said Dr. Ying-Ying Goh, PPHD director and health officer. “We will continue to recommend our community implement individual and community mitigation measures to reduce the risk of spread of illness.”

The laboratory results for the Caltech student confirmed the student is not ill with COVID-19. The student’s evaluation was unrelated to the first confirmed case of COVID-19 in Pasadena.

Stay connected to the City of Pasadena for the latest information on COVID-19 online at: cityofpasadena.net.

# Pasadena Libraries to Stay Open

City officials announced Friday that all Pasadena Public Library programs and events at all locations have been cancelled until further notice.

They are also temporarily suspending the following services:

- STEAM Kits checkouts
- Innovation Lab Open Hours
- Homework Help
- Children’s play spaces

Additionally, the Law Library Open Hours at Central Library are cancelled through the end of March.

Friends of the Pasadena Public Library’s Used Bookstore is closed and are not accepting donations of used books until further notice.

The library buildings and phone services remain open and we continue to lend books, media, and periodicals. Our public computer stations also remain open.



# All Non Essential City Events Canceled

Pasadena officials announced Thursday the cancellations all of its “non-essential” city-sponsored events and activities until further notice.

They defined “non-essential” events and activities to include recreational events and classes, educational and cultural events, census events, Community Police Academy Kids Safety Academy, Police Activities League (PAL) center activity, and community excursions.

Officials added that they are not, presently, directing the cancellation of any events or activities sponsored by third parties, although the they are reaching out to the coordinators and providing current guidelines by the California Department of Public Health regarding mass gatherings.

The Rose Bowl Stadium announced shortly after that they are canceling all public and private events through March. At press time, most museums, including the Huntington and USC Pacific Asia Museum have closed. Schools, included Pasadena City College, Art Center and Caltech have limited or canceled all classes. The Pasadena Unified School District also, Friday, decided to

cancel all classes.

Officials also noted that the Pasadena Senior Center is an independent, third-party organization, not operated by the city of Pasadena, and the center took its course of action, see story below, with respect to its own events; “the city will assist the Senior Center in every way possible with their decision.”

City staff said, the decision to cancel city-sponsored events “is consistent with what appears to be emerging as the ‘best practice’ and the manner in which cities and other public and private institutions throughout the state are responding to COVID-19 public health concerns.”

For a complete list cancelled events, please visit: cityofpasadena.net.

The city is monitoring related developments continuously, and will continue the cancellations indefinitely until the situation changes. Therefore, the decision of when to reschedule any event has not yet been made.

Everyday precautionary measures to prevent the spread of COVID-19 have proven effective in prior pandemics officials said. Protect yourself and others from getting sick by

following guidelines at: cdc.gov.

City officials also confirmed reports that Pasadena Mayor Terry Tornek is currently on a week-long trip to Pasadena’s sister city, Dakar-Plateau, Senegal in Africa. He will return Thursday. Officials said Tornek was monitoring the situation in Pasadena closely.



# Senior Center Will Limit Access Due to COVID-19

With an abundance of caution, the Pasadena Senior Center is operating on a limited basis in the face of the COVID-19 Coronavirus until further notice.

Certain programs that allow for social distancing of three feet between each person will continue for now. These include weekday hot lunches, vital social services and certain classes and activities.

Classes and activities that have been put on hold are all clubs, a caregiver support group, tap dancing, international folk dance, open line dancing, ballroom dancing, ballroom dance party, Ready/Set/Bank, Braille class, Rediscovering Hope, tai chi, Alexander technique, chair aerobics, Scrabble, chess, Bolly X Lit, sewing, learning Spanish through acting, and social media/smart phones class.

Older adults, especially those who are 80+ and/or have compromised immune systems, are most vulnerable for contracting the virus.

“This center is the largest gathering place for older adults in the community. We want to balance providing vital services with protecting the people who pass through these doors every day,” said Akila Gibbs, executive director of the Pasadena Senior Center. “This center is a lifeline for older adults who are otherwise socially isolated and live alone. Not coming here can become a health issue for them, so we will be vigilant in staying in touch with them.”

Updates will be provided on the Pasadena Senior Center website on a regular basis, and an email that is distributed weekly to 5,000 members and stakeholders will include updates as well.

“We will monitor the situation closely and remain in regular contact with officials at the Pasadena Public Health Department,” Gibbs added. “Additional operational adjustments will be decided as needed.”

For more information about the center’s response to the virus issue, visit [www.pasadenaseniorcenter.org](http://www.pasadenaseniorcenter.org) and click on COVID-19 Safety Information or call 626-795-4331.

# Altadena Libraries to Stay Open

In light of the recent reports about coronavirus (COVID-19), the Altadena Libraries are taking special precautions to limit the risk of infection in our community, including:

- Canceling all library-sponsored programs and outreach until Monday, April 6
- Sanitizing all surfaces at both libraries at an increased frequency of once per hour
- Prohibiting all toys, virtual reality equipment, and video game consoles from public use
- Requiring all staff to wear protective gloves, changing them every hour
- Encouraging patrons to avoid use of our public computers if possible (Please bring your own devices when possible, and sanitize your hands before and after using our public computers if absolutely necessary!)
- No longer accepting donations of books, movies, or other materials to the Friends of the Altadena Library during this time.

Both the Main Library and Bob Lucas Memorial Branch are currently remaining open during normal operating hours, but for the health and safety of all of our patrons, “we ask that community members experiencing even mild cold or flu symptoms refrain from visiting the Altadena Libraries. If you do not have access to the internet from home, we encourage you to come check out a mobile hotspot so that you have access to up-to-date information online in the coming days.”

The library website will be updated with reliable information and links to local resources, and staff encourages you to stay educated, remain calm, and be prepared. For the latest updates on the coronavirus (COVID-19), please refer to the following: California Department of Public Health Centers for Disease Control and Prevention Los Angeles County Department of Public Health

“We appreciate your support in helping keep our community healthy”

# TofR New Senior Director of Community Relations

The Pasadena Tournament of Roses announced Monday the selection of Carlos Illingworth as the new Senior Director of Community Relations for the Pasadena Tournament of Roses Association.

In this role, Illingworth will not only lead the Association’s commitment to community relations, but also will serve as Executive Director of the Pasadena Tournament of Roses Foundation.

Illingworth brings to the Tournament of Roses 15 years of experience, having most recently served as Director of Public Affairs and Communications at Coca-Cola North America, where he represented the beverage company in California and Nevada, overseeing stakeholders relations, government affairs, communications and local community giving. Prior to Coca-Cola, Carlos led external affairs for Albertsons, Vons and Pavilions, where he was originally based at their Arcadia offices. In addition to overseeing community and government relations, he directed the grocery chain’s charitable giving and volunteer program, while chairing The Vons Foundation and The Albertsons Foundation. He started his career as a field representative for members of the California Legislature. “We are thrilled to welcome Carlos to the Tournament family,” said Eads. “With his depth of experience and network of relationships with community leaders



Illingworth

across our region and beyond, we are confident that he will help us broaden and deepen our impact in the community.”

A native of Los Angeles, Illingworth grew up in the San Gabriel Valley and received a BA in Communications from Cal State L.A., where he was twice elected student body president. A past president of the Cal State L.A. Alumni Association and current member of the President’s Council, Illingworth has also held leadership roles in numerous business and nonprofit organizations, including the San Gabriel Valley Economic Partnership, where he completed a term as Chair of the Board of Directors.

“As someone with deep roots in the region, I am honored to join an organization with such a rich history,” said Illingworth. “I am looking forward to the opportunity of leveraging the strength of the Tournament’s brand and 130 years of service to the community.”

# Asia Museum to Temporarily Close Beginning Sunday

All special events canceled through April 14

16 – April 14, 2020, impacts the following areas:

Our galleries and Shop@PAM museum gift store will close to the public.

USC PAM’s public programs are cancelled or postponed. Guided School Group Visits are cancelled or postponed.

The public is invited to explore our collections online at <https://pacificasiamuseum.usc.edu/directory/collection>

They will continue to update the public through email as well as updating their website and communicating through social media; Instagram, Twitter, and Facebook. If you have any specific questions please feel free to email: [info@pam.usc.edu](mailto:info@pam.usc.edu)

USC Pacific Asia Museum (USC PAM) will temporarily close to the public beginning this Monday, March 16 through Tuesday, April 14th, until further notice as the region works to minimize the spread of coronavirus COVID-19.

“We are committed to following the recommendations of USC and local health officials, including the Los Angeles County Department of Public Health.”

Temporary closure, March

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## FAMILY MATTERS By Marc Garlett

### CORONAVIRUS: IMPACT TO YOUR WEALTH, HEALTH AND HAPPINESS

While it's still hard to tell how the Coronavirus will impact us in the long term, it's become a subject that's impossible to ignore. While some are advocating we prepare be quarantined, potentially for months, others are saying the virus is less dangerous than the standard flu. The World Health Organization takes a more middle-of-the-road approach, advising we take precautions without becoming alarmed.

My approach, as with all things, is to empower you to make informed decisions for you and your family. Staying up to date on the virus data will help you make decisions based in fact as you work to keep yourself and your loved ones healthy.

As of March 11, 2020, the number of infections are still increasing daily, with most of the people dying from coronavirus over the age of 60. People who have chronic illnesses like heart disease and diabetes seem to have a slightly higher chance of dying from it.

As of March 11, 2020, approximately 125,000 people had been infected with the Coronavirus, and nearly 4,600 have died. It's being reported that symptoms are similar to a bad respiratory cold, with fever and cough. Taking precautions now to up your intake of immunity-boosting supplements, the same way you might if there was a cold circulating in your community, might help.

#### Safety Tips:

Wash your hands, more than you usually do, and consider wiping down surfaces – don't forget your phone – with sanitizer wipes.

Have emergency food, water, and medical supplies prepared (always a good idea).

Practice breathing through your nose instead of your mouth. Nose hairs offer natural protection from airborne viruses. This is especially important for those living in urban areas.

Consider avoiding crowded places like airplanes, churches, theaters, etc.

Make sure you are drinking plenty of water.

If you smoke, it's an especially good time to quit to protect your lungs.

In the event you or a loved one do get sick and need to go to the hospital, it's important to prepare a list of your needs. Include your preferred hospital, your primary care doctor and any specialists, food allergies and preferences, and supplements and medications you take. Also indicate any procedures you desire or don't desire. Additionally, you should name the person or people authorized to make healthcare and financial decisions for you if you cannot make them for yourself. We can help you prepare these documents in our office, either to take precautions against coronavirus or for any other reason. Please get in touch if you need help with any of this.

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## CHRISTOPHER Nyerges



### BASICS OF NATURAL HEALTH

*[Nyerges has been teaching survival skills and botany since 1974. He is the author of "How to Survive Anywhere," "Foraging California," "Extreme Simplicity," and other books. He can be reached at [www.SchoolofSelf-Reliance.com](http://www.SchoolofSelf-Reliance.com), or Box 41834, Eagle Rock, CA 90041]*

Over the next few weeks, in this multi-part article, we will explore what you should do, and what you should store, to address your health needs during spring and summer. We'd like to think that all of this is common sense.

First, let's look at some of the reasons why there are less communicable diseases, and a longer life span, in First World countries, compared to under-developed Third World countries.

In general, the sanitation conditions that everyone in developed countries takes for granted contributes to the lack of widespread disease. This refers to piped water, the ready availability of hot water, toilets, soaps, laundry facilities, showers, as well as the ready availability of medical supplies and hospitals.

There are, of course, many ways to meet the needs of hygiene, from low-tech to high-tech methods.

Statistics from major world disasters show that more people typically die from the lack of sanitation that follows a disaster than the disaster itself.

If you go through your daily life never thinking about how we get all these wonderful technologies of modern life, then you probably are not thinking much about what to do if a disaster destroys your infrastructure that gives you water, electricity, etc.

It's wise to always ask yourself: What would I do if I suddenly had no electricity? What would I do if I suddenly had to potable water? Etc.

I'd like to encourage a mindset of healthy living, all the time. That way, if your technological way of life suddenly came to an end or was severely restricted, you could continue with some degree of strength, competence, and normalcy.

Maintaining your health is always better than trying to heal sicknesses and disease. Make a point of identifying the "threats" to your health, both from within and without.

#### FROM WITHIN

Let's begin with threats from within – things that are within your ability to choose. When media people point out the annual deaths from gun shots or knives, it always sounds very alarming. But they forget to point out that more people die annually from automobile accidents. That's right! You have a far more likely chance of dying in a car accident than in a knife fight or shootout, and yet no one is talking about banning cars. Still, you owe it to yourself to drive defensively and never drink and drive.

Another leading cause of death – which far exceeds car accidents – is cardiovascular disease, nearly always related to a diet of processed foods, as well as being overweight and not exercising. Ever see the movie "Supersize Me"? Just because a "food" is legal does not make it good for you.

Michael Pollan makes a simple – yet profound – suggestion in his "Defense of Food" book. He advises that if a "food" doesn't look like something you find in nature, perhaps you should not eat it. His short summary is "Eat food, not too much, mostly plants."

Try your very best to grow some of your own food, and to support local farmers. Learn to avoid those foods that are heavily processed, or contain numerous preservatives. Yes, read the labels. Many of the preservatives are outright toxins.

#### SUGAR

Though the body does need some sugar, and converts carbohydrates into sugars, we all consume way too much sugar, and the Sugar Industry spends billions of dollars to convince us that sugar is fine and not a problem for diabetics, and overweight people. Take steps to reduce your sugar content and your health will benefit. At the very least, if you're going to store sugar in your food reserves, store one of the better sugars, such as honey, date sugar, and some of the "raw" sugars.

The details about why too much sugar in the body is bad for us has been documented extensively. I suggest begin by reading "The Case Against Sugar" by Gary Taubes.

TO BE CONTINUED

## A WORD FROM THE PASADENA HUMANE SOCIETY

Dear Friends,

With the developing news regarding coronavirus COVID-19, I wanted to take a moment to share how Pasadena Humane Society & SPCA is addressing the concern at our shelter, as well as our community programming and events.

We are taking all the necessary steps to protect the health and well-being of the animals in our care, our staff and the community we serve by modifying our services. At this time, our Adoptions Center will be closed to the public - but if you are interested in adopting a pet you have seen on our website, we will be open by appointment only during our normal business hours.

We have also temporarily suspended the following activities:

Community outreach programs (including our mobile outreach events). If you are a current event registrant, we will communicate with you directly regarding any changes, so please watch your email. Updates will also be shared on our social media pages and website.

Humane Education activities which include our Kids Club, Animal Adventure Workshops, Scout Sundays, group tours, Sunday Morning Helpers, and Barks and Books program.

Public spay/neuter and vaccine clinics

Dog training classes

Pet Boarding, except in case of emergency.

The following services will also be available by appointment only:

Reclaiming your lost pet AND Relinquishing your pet

Please limit calls to our Field Services Department to emergencies only.

There have also been questions about whether pets can get sick from COVID-19 or if they can make us sick. According to the Centers for Disease Control and the World Health Organization, there is no evidence that companion animals such as cats and dogs have been infected or could spread the virus that causes COVID-19.

While animals may not be at risk from this disease, we urge all pet owners to have plans for how to care for their animals in case of emergency. COVID-19 is no different, and serves as an excellent reminder to pull that plan together now if you don't already have one. Click here for more information.

Right now, more than ever, we need your help. We have a tremendous need for community fosters. As the virus spreads, the number of animals in shelters and rescues will continue to increase. At the same time, we anticipate decreased interest and ability to adopt a new pet. So if you're able to foster a dog, cat, or rabbit for the next several weeks, you could help give animals a break from the shelter and make room for more animals who are in need. For more information about fostering, email [foster@pasadenahumane.org](mailto:foster@pasadenahumane.org). Thank you for your support!

## CAT OF THE WEEK

### Katnip News!



TESS & ARCHIE need some luck!

TESS & ARCHIE are about 10 mos. old and are two adorable sweetie pies. Both are super sweet and are good with being petted. Archie is very friendly and playful, but would also enjoy being held all day! His sister, Tess, works up her courage while

looking at Archie for security. They get along purr-fectly with each other, and would complement almost any home. They are even fine with getting into a carrier. Adopt them together and get two "fur" one in addition to our "MARCH MADNESS" SALE at \$25 off (see coupon on our website)! As with all of our Lifeline cats, they will come already current on vaccines and health exams, spayed/neutered, and microchipped--a great deal! See more pictures, adoption information and application on our website at the Young Cats page at [www.lifelineforpets.org](http://www.lifelineforpets.org).



## Pet of the Week

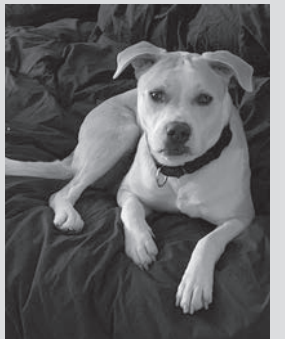
Three-year-old Stella can't wait to find her person and bond with them for life! She may not be that dog who's chatting up strangers at a party, but she'd love movie night at home with her one and only. Getting invited into Stella's inner circle is an honor, and once you're there, she'll shower you with affection. Oh, and she's also quite the bed hog, so hopefully you don't mind sharing! When she gives you that sweet Stella look, you'll be willing to sleep on the couch for her (don't worry though, she'll leave you a sliver of space on the bed for cuddling).

The adoption fee for dogs is \$140. All dogs are spayed or neutered, microchipped, and vaccinated before going to their new home.

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

View photos of adoptable pets at [pasadenahumane.org](http://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?

Connor is a handsome young cat with a big personality. His brown ticked tabby coat is soft as silk with undertones of gold that glow in the sunshine. One look into Connor's stunning emerald eyes reveals his intelligence and friendly nature. He greets visitors and reaches out with an invitation to come over and meet him. When the door to his condo is opened, Connor will often climb right up into ready arms and even onto your shoulder to give you a hug! Connor is also an energetic playmate. Laser dots, dangling toys, boxes, with or without toys in them, all bring out his natural hunting skills. When there isn't a human handy to play with, Connor will entertain himself. After play time, he enjoys lounging in the sun. His adoption fee is \$99, which includes neuter surgery, microchip, first vaccinations and a free wellness check-up at a participating veterinarian.



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## CORONA VIRUS SCHOOL NOTICES

PASADENA UNIFIED SCHOOL DISTRICT:

Dear Pasadena Unified staff, families, and community,  
In an abundance of caution and in response to widening concerns about COVID-19, all Pasadena Unified School District (PUSD) students will be dismissed from attending school on Monday, March 16, 2020; staff will report on Monday, March 16, but no students will be present. This includes all schools and pro-grams in Pasadena Unified including children's centers, preschools, grades TK-12, and our adult school. Staff will receive additional instructions from your school administrator or director later today.  
Schools remain closed with no students on any campuses from Tuesday, March 17 through April 5, 2020. Schools will reopen for students on April 6, 2020 barring any further developments. Schools will undergo a deep cleaning during the closure period. Staff will continue to report to their assigned work location until notified otherwise by the District.  
Instruction will continue during the closure period of March 17 - April 5, and accommodations are being made for students with disabilities. We are preparing instruction in three phases:

1. Standards-based general content packets via Powerschool that will be live on Monday. We will send further details this weekend;
  2. Digital push-out with additional content using Powerschool Online Classrooms, and
  3. Distance learning with two-way flow of work between students and teachers is in development in case it is needed.
- We will be providing additional information about services for students with disabilities. School meals will continue to be provided for students starting Tuesday, March 17. Information and locations is posted here.  
We are taking this proactive step to protect our students, staff, families, and communities. We will continue our frequent communications with you.  
Please visit our dedicated Coronavirus webpage for all of our previous communication or call our hotline at 626-396-8630.

Please stay healthy.

Sincerely, Brian McDonald Superintendent

## ST. RITA SCHOOL - SIERRA MADRE IS CLOSED FOR TWO WEEKS PER FATHER TOM

## MONROVIA UNIFIED SCHOOL DISTRICT INITIATES EXTENDED DISMISSAL OF STUDENTS BEGINNING MARCH 16

MONROVIA – Following the recommendation from the Los Angeles County Office of Education (LACOE), Monrovia Unified School District will be initiating an extended dismissal of students from March 16-30, leading into spring break, to limit the spread of COVID-19, the respiratory illness caused by the novel coronavirus. Monrovia Unified Board of Education convened in an emergency board meeting to take action on March 13.

“The health and safety of our students is our top priority,” Board President Rob Hammond said. “As a District, we are following the recommendation given to us by LACOE to ensure the well-being of our students, staff, and community. It’s a hard decision, but we also know this is the right thing to do.”

Monrovia Unified’s Village Extended School Program will be following the same calendar, and all California Interscholastic Federation (CIF) athletic competitions will be suspended during this time.

The District will provide guidance regarding supplementary resources, both digital and non-digital, and services that may be accessed from home. More information regarding meal services, individualized education plans, and curricular access will be available on Wednesday, March 18.

“Our commitment remains steadfast to our community and we would like to take this opportunity to thank our community for their continued support as we traverse these times of uncertainty together,” Superintendent Dr. Katherine Thorossian said.

## ARCADIA SUSPENDS AFTER SCHOOL PROGRAMS

All Recreation Programs at Arcadia Unified School District Sites are Cancelled

March 13, 2020 – The Arcadia Unified School District (AUSD) announced today that it is closing all schools starting Monday, March 16, 2020 for a two week period. As a result, all City of Arcadia Recreation & Community Services Department after school programs at AUSD schools are cancelled for the same duration of the District’s closure.

For more information regarding the Arcadia Unified School District’s closure status, please visit their website at AUSD.net.

There are currently no reported cases of COVID-19 in Arcadia.

## SCHOOL DIRECTORY

Alverno Heights Academy  
200 N. Michillinda Sierra Madre, Ca. 91024  
(626) 355-3463 Head of School: Julia V. Fanara  
E-mail address: jfanara@alvernoheights.org

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

Arroyo Pacific Academy  
41 W. Santa Clara St. Arcadia, Ca,  
(626) 294-0661 Principal: Phil Clarke  
E-mail address: pclarke@arroyopacific.org

Barnhart School  
240 W. Colorado Blvd Arcadia, Ca. 91007  
(626) 446-5588

Head of School: Ethan Williamson  
Kindergarten - 8th grade  
website: www.barnhartschool.org

Bethany Christian School  
93 N. Baldwin Ave. Sierra Madre, Ca. 91024  
(626) 355-3527

Preschool-TK-8th Grade  
Principal: Dr. William Walner  
website: www.bcschools.org

Clairbourn School  
8400 Huntington Drive  
San Gabriel, CA 91775  
Phone: 626-286-3108 ext. 172

FAX: 626-286-1528  
E-mail: jhawes@clairbourn.org

Foothill Oaks Academy  
822 E. Bradbourne Ave., Duarte, CA 91010  
(626) 301-9809

Principal: Nancy Lopez  
www.foothilloaksacademy.org  
office@foothilloaksacademy.org

Frostig School  
971 N. Altadena Drive Pasadena, CA 91107  
(626) 791-1255

Head of School: Jenny Janetzke  
Email: jenny@frostig.org

The Gooden School  
192 N. Baldwin Ave. Sierra Madre, Ca. 91024  
(626) 355-2410

Head of School, Jo-Anne Woolner  
website: www.goodenschool.org

High Point Academy  
1720 Kinneloa Canyon Road  
Pasadena, Ca. 91107

Head of School: Gary Stern 626-798-8989  
website: www.highpointacademy.org

La Salle College Preparatory  
3880 E. Sierra Madre Blvd. Pasadena, Ca.  
(626) 351-8951 website: www.lasallehs.org  
Principal Mrs. Courtney Kassakhian

Monrovia High School  
325 East Huntington Drive, Monrovia, CA 91016

(626) 471-2800 Principal Darvin Jackson  
Email: schools@monrovia.k12.ca.us

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

Pasadena High School  
2925 E. Sierra Madre Blvd. Pasadena, Ca.  
(626) 396-5880 Principal: Roberto Hernandez  
website: http://phs.pusd.us

St. Rita Catholic School  
322 N. Baldwin Ave. Sierra Madre, Ca. 91024  
Principal Joan Harabedian (626) 355-9028  
website: www.st-rita.org

Sierra Madre Elementary School  
141 W. Highland Ave, Sierra Madre, Ca. 91024  
(626) 355-1428 Principal: Lindsay LUIS  
E-mail address: LUIS.lindsay@pusd.us

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

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

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

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

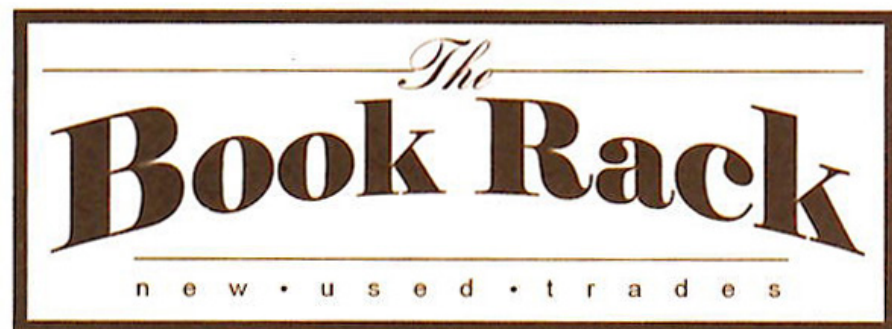
Pasadena Unified School District  
351 S. Hudson Ave., Pasadena, Ca. 91109  
(626) 396-3600 Website: www.pusd@pusd.us

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

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

Duarte Unified School District  
1200 Huntington Dr., Duarte, Ca. 91010  
(626) 599-5000  
Website: www.duarte.k12.ca.us

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



Karen Kropp

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## HOW MEDICARE IS COVERING CORONAVIRUS



Dear Savvy Senior:

Is Medicare covering testing for the coronavirus?

My husband and I are very nervous about this virus and would like to find out if or when we should get tested, and how Medicare manages it. Nervous Nelly

Dear Nelly:

Yes! Medicare is indeed covering the cost of testing for the coronavirus, or COVID-19. But be aware that getting a test isn't as simple as going to your local pharmacy or doctor's office and asking for one. Here's a breakdown of what Medicare is covering, along with how to get tested if you think you may have symptoms.

### Medicare Coverage

Medicare (Part B) will cover the lab test to see if you have coronavirus, but only when your doctor or other health care provider orders it. You will pay no out-of-pocket costs for these tests.

In addition, Medicare also covers all medically necessary hospitalizations. This includes if you're diagnosed with COVID-19 and might otherwise have been discharged from the hospital after an inpatient stay, but instead you need to stay in the hospital under quarantine.

And while there's currently no vaccine yet to protect against COVID-19, when one becomes available next year, it too will be covered by all Medicare prescription drug plans (Part D).

If you happen to get your Medicare benefits through a private Medicare Advantage plan, you will have access to these same benefits. In addition, many Advantage plans are also expanding coverage of telemedicine, which allows beneficiaries to consult with medical professionals without having to go to a doctor's office. Check with your plan for coverage details.

### When to Call Your Doctor

Older adults, age 60 and older (especially those in their 70s and 80s), and people with chronic medical conditions like diabetes, heart, lung or kidney disease are at a higher risk of serious illness if they contract the coronavirus. So, everyone in these categories need to be vigilant.

Symptoms of COVID-19 include fever, cough and shortness of breath. Severe cases can lead to pneumonia, severe acute respiratory syndrome, kidney failure and death.

If you develop any symptoms that are concerning, you should contact your primary-care provider by phone for guidance. If your doctor believes you need testing, he or she will instruct you on what to do. Unfortunately, there have been reports of test shortages across the country, so depending on where you live you may have to wait a few days.

### Prevention Tips

To help you steer clear of COVID-19 the CDC recommends that you avoid close contact with anyone who is sick. Wash your hands often with soap and water for at least 20 seconds, especially after being out in public, blowing your nose, coughing, or sneezing. If soap and water isn't available, use a hand sanitizer that contains at least 60 percent alcohol.

To the extent possible, try to avoid touching your face, nose, and eyes. And avoid touching high-touch surfaces in public places, like elevator buttons, door handles, handrails, and handshaking with people. Use a tissue or your sleeve to cover your hand or finger if you must touch something.

Also, clean and disinfect your home to remove germs: Practice routine cleaning of frequently touched surfaces – tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks and cell phones.

You should also avoid crowds, especially in poorly ventilated spaces. Your risk of exposure to respiratory viruses like COVID-19 may increase in crowded, closed-in settings with little air circulation if there are people in the crowd who are sick.


The CDC also recommends that seniors and high-risk individuals stock up on supplies, such as extra medications and groceries. And, if there is an outbreak in your community, remain at home as much as possible. They also discourage non-essential travel.

For more information on the COVID-19, visit Coronavirus.gov.

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



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# SENIOR HAPPENINGS

HAPPY BIRTHDAY! ...MARCH Birthdays\*



Cathy Flammer, Clare Marquardt, Karen Blachly, Carla Duplex, Ella Guttman, Viky Tchatlian, Mary Cooper, Sun Liu, Helen Wallis, Joan Crow, Nancy Fox, Martha Cassara, Rita Johnson, Mercedes Campos, Dorothy Webster, Terri Elder, Carol Cerrina, Amy Putnam, Sally Contreras

\* 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.

Free Legal Consultation: Wednesday, February 12th 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.

### 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



## SENIOR CINEMA 1st & 3rd Wednesdays at 1:00 p.m.



February 5th "Moonstruck" PG; 1 hr. 42 min.

Loretta Castorini, a bookkeeper from Brooklyn, New York, finds herself in a difficult situation when she falls for the brother of the man that she has agreed to marry



February 19th "Hope Floats" PG-13; 1 hr. 54 min

Birdee Calvert choose between her morals and her heart after her husband divorces her and a charming young man, who her daughter disapproves of, comes back into her life.



### AUTRY MUSEUM (LOS ANGELES)—LOS ANGELES

\*Date: Thursday, February 20th \*Time: 9:00 a.m.-2:30 p.m. \*Cost: \$20 per person

Don't miss a visit to this historic museum and the once in a lifetime exhibit Master of the American West Art Exhibition and Sale. See paintings and sculptures by more than 60 nationally recognized, contemporary Western artists. A one hour docent-led tour of the exhibit will be given upon arrival.

- \* Lunch will be on your own at the Crossroads West Café at the Autry;
- \* Participants should bring money for lunch & souvenirs;
- \* Level of Walking: Medium;
- \* Bus departs from the Hart Park House Senior Center at 9:00am and returns at 2:30 p.m. Please arrive 15 minutes prior to departure.

Sierra Madre Resident Registration starts Monday, January 27, 2020 through Tuesday, February 4, 2020. Non-Resident Registration starts online or in-person on Wednesday, February 5, 2020.

## OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

### HAVE NOSE, WILL SNEEZE



Many things about me could be called into question, and a lot has. I get that. However, the most attractive thing about me is my nose. I am not sure of the reason why, it looks like anybody else's nose.

My nose, however, attracts everything around it, from dust to pollen and other unmentionables. If there is something not attracted to my nose I haven't found it yet.

This past week has been no exception. If it was in the air, it was in my nose. I do not know why my nose is so attractive to things, but there it is. I am the one that suffers the consequences of that attractive nose of mine. To be very certain, I did not pick my nose, it came with my face.

It seems the older I get, the more attractive my nose gets. I do not know if that is old age or if I am just beginning to notice it. When I was younger, of course, I was busy with other things, although I cannot remember what they were. Now that I am older, I have more time to pay attention to stupid things like my nose.

I can sneeze at the drop of a hat, which is one reason I do not wear hats anymore.

One mystery surrounds my sneezing. When I start sneezing, it has to be at least three sneezes. Why three? You'll have to ask my nose about that. It never fails; my sneeze is a consistent triplet activity. Coming into the house the other day, I stopped and started one of those sneezing fits. The Gracious Mistress of the Parsonage said, "Why didn't you sneeze outside before you came into the house?"

I know she can control everything around her, including me, which is the difference between her and me. The one thing I can never control is my nose. If I could control my nose, I probably could be a happier person.

My nose will sneeze whenever it wants to sneeze, and I have no authority over that decision. It never asks my permission!

I only know three seconds after I sneeze that I am going to sneeze. That creates many problems with me during this time of the year.

My wife once instructed me that when I sneeze, I need to sneeze into the elbow of my shirtsleeve. This has caused me to change shirts at least three times a day, which has made the laundry basket a problem.

One time my wife asked, "Why are there so many of your shirts in the laundry basket?"

"Just look at the right sleeve," I instructed her.

When she did, an awful Yuk sound came from her direction.

This week my sneezing has been the worst I have ever known it. I do not have a cold, the flu, or any sinus infection, just a nose that sneezes all the time. I do not have a headache or sore throat, or clogged lungs. I am just sneezing for no reason at all, which is a source of frustration for me.

I hate it when I am about to take a sip of coffee, and I sneeze. After I jump up and do a happy dance, I change my trousers for clean ones. Coffee can really be hot, especially when you sneeze.

Is there such a thing as a sneezeologist? I sure would like to get some counsel on how to control my sneezing. Somebody needs to be an expert on sneezing. Sure, I am an expert on sneezing, but not on how to quit sneezing. That is my biggest problem.

Every Sunday, I am so frightened that in the middle of my sermon I am going to have a sneezing fit. Nothing could clear the church quicker than one of my sneezing fits to be sure.

After one of my sneezing fits, I wondered if there is such a thing as a sneezing contest. If there is, I am sure I could come very close to taking home the trophy.

I once asked my wife, "Do you think that sneezing is an exercise?"

Looking at me, she said rather soberly, "Well, it's an exercise on my patience."

I am not sure if that was a positive answer or not. Although I am skeptical, I did not want to ask and find out for certain. I exercised my right to keep my mouth shut.

My wife and I went out to eat dinner the other night, and the restaurant was rather crowded. Everything was going quite excellent, we ordered and the waitress went to process our order, and we enjoyed our time together.

Then it happened. I did a very loud triple sneeze heard all through the restaurant.

"Thanks," my wife said very quietly, "for all the attention our way."

I looked around, the people were looking at me, and I could not see anyone smiling. I was afraid to smile back at anybody. I was tempted to explain what happened, but I thought otherwise.

I then thought of what Solomon once said. "Even a fool, when he holdeth his peace, is counted wise: and he that shutteth his lips is esteemed a man of understanding" (Proverbs 17:28).

I may not be able to control my sneezes, but I think with a great deal of work and concentration, I can keep my mouth shut when necessary.



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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



There has never been a time when I felt so unsafe in America! I just learned that the Commissioner has cancelled the whole NBA season; at least that was what my wife just told me. Can you imagine such a thing? Even in the worst times we had televised sports to fall back on. Wait a minute! As I write this I seem to remember a time when I thought that the President was trying to kill me by sending me to Viet Nam and certain death. This fear was what urged me to go to Graduate School and become a lawyer. While in Law School I became involved with projects to help minority kids and to work with the Lawyer's Guild to assist potential draftees avoid the draft. As I think back about it now those potential draftees were all educated White kids like me who were savvy enough to go to lawyers for help. Most of those guys, much like me, avoided the draft by becoming Conscientious Objectors or obtaining favorable medical evaluations that gave reason for draft ineligibility, (I do not recall anyone obtaining a note which excluded them from Service because of bone spurs but I do recall some guys being excluded because of flat feet).

During this entire time I firmly believed that Lyndon Johnson was trying to kill me and all my friends by sending us off to certain death in Viet Nam. Much as I hated LBJ then I realize now, fifty years later, that he was the most effective Democratic President of my lifetime. It's more than the passage of the Civil Rights Act—he actually got things done. Perhaps that ability to work with the Legislature was honed during his time in Congress and as Majority Leader in the Senate. It is odd but I don't think that during my 75 years has another highly experienced person who was a leader in the Senate become President. Many of the Presidents were Governors and the few that were Senators like Harry Truman, John F. Kennedy, and Barak Obama were basically single term Senators. Yes, I know both Sanders and Biden spent a lot of time in the Senate but as yet they are not President (though I wish they were) but neither of them was particularly good at getting legislation passed.

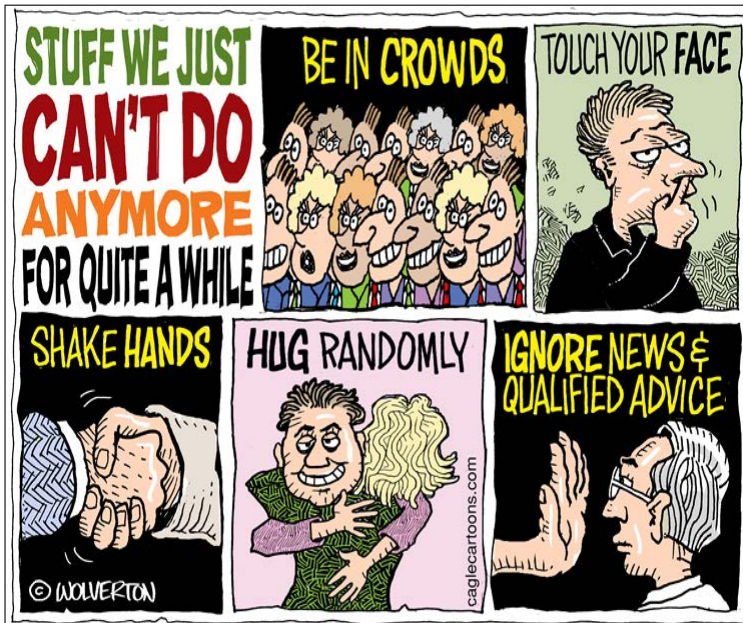
I guess what I'm saying is that for the most part American Presidents lacked the experience to get much done even if they tried very hard. Jimmy Carter, ex-Governor Jimmy Carter, is an example of a good man that didn't get very much positive done. It is my belief that former Presidents, notwithstanding their particular politics, all did their best to protect ME. Yes, I know this protection did not extend to African Americans, Hispanics, Women, immigrants, or the poor. I admit that I was privileged not to belong to these classes even though I seldom thought of myself as being privileged. Perhaps I am a "latte liberal" even though I don't usually drink lattes.

In any case, I don't feel like that privilege exists now. Now we are all, including Tom Hanks and his wife, living in a time of equality. Unfortunately, it is an equality that means we are all subject to the coronavirus at a time when it is difficult to believe that this particular President is truly concerned about our welfare. Just a little while ago I saw him reading his speech in the Oval Office in which he seemed much more concerned about finances over and above the welfare of the population. First we need truth and second we need full testing like the testing done in South Korea. Perhaps it is only that the President and his main advisors are inexperienced and/or incompetent. Maybe there is some corruption or maybe the President is only concerned in terms of his own re-election, or maybe he is incapable of caring.

Well, since I am in the category of people described as the most vulnerable being 75 years of age, with diabetes, a previous heart attack and a present heart condition along with high blood pressure I need not look at myself as particularly safe or privileged. Looking back on the 60's I realize that Law School set me on a path where I developed ideals which have guided me through life. I hope that in 10 years I can reflect back and realize that benefits and insights were gained from this present experience. That is a potential privilege that I hope we will all equally be able to enjoy.

Did I really chant, "Hey, hey, LBJ, how many kids did you kill today?"

## PRIVILEGE AND EQUALITY



# LEFT/RIGHT/OR IN THE MIDDLE

## 2020: THE YEAR OF FREE MARKET WOMEN By Lisa B. Nelson



Paul.

In Women's History Month, 100 years after women were granted the franchise, we've come a long way. But, we've a long way to go.

The right to vote is important for the equality of all citizens. Representation at the ballot box was an important step. But, 100 years later, representation in elected office remains the next milestone.

During the 2018 midterm elections, the public was promised a change in the legislature; it was going to be the "year of the women." Drove of voters submitted their ballot in support of the record-breaking number of female candidates, and Americans across the states celebrated when 102 women were elected in the House and 14 women were elected in the Senate.

The country patted itself on the back – but not all Americans felt the celebratory spirit. In the midst of an election where the "women's movement" was heavily associated with victimization and the issues used to enable this attitude, one voice was left unheard: the voice of the market-minded, conservative woman.

As the women of the Democratic Party gained 18 House seats, bringing the number to 80, Republican women watched their representation fall from 22 to 13 seats in the House. In the state legislatures only 29 percent of seats are held by women. Of those seats, Republican women hold less than half.

It's clear: 2018 was not the year of all women. But the future for market-minded, female representation is not bleak. According to the Center for American Women in Politics, 170 Republican women and 348 Democratic women have filed or are considered strong potential candidates for the House – nearly tripling the number of Republican women that ran in the 2018 cycle. These free market women are not running on the mindset of victimization, and they are ready to step up to the plate and break records.

And what of our responsibility – the conservative women ready to see principled representation for the unique voice we offer? It is time for free market women to support free market women. It's time to take back our perspective on the women's movement and reestablish that it does not belong to a party. All issues are nonpartisan, and all issues are women's issues.

Think of the suffragettes that risked it all a century before. Think of the women of today in the Middle East who still need permission to vote from their husbands or fathers. Think of the women in countries like Uganda and Kenya who face violent protests at the polls and put themselves at risk to merely exercise their rights. They do not see themselves as victims; they continue to fight against the oppression because they know their voice is valuable.

How lucky we are in the United States to be able to put our voice into action at the voting booths. But it's not luck; it was the work of the thousands of women and allies that fought tirelessly against the current for years. While long overdue, the 19th Amendment gave us that right, and now it is time to use it intentionally. We – the previously underrepresented women of free-market principles – must exercise our right and elect the women we know to be natural leaders and protectors of community and liberty.

Support the leaders that will show compassion and empathy, compromise, honesty, ethical decision-making and, most importantly, the leaders who will stand strong on what they believe in. Cast your vote to the women that value free enterprise and individual liberty, and who want to see a thriving economy for our children and our children's children.

2018 can have "year of the women." 2020 will be the year of the "market-minded" women.

Lisa B. Nelson is the chief executive officer of the American Legislative Exchange Council, an organization bringing state legislators and stakeholders together to develop public policy beneficial to the free market and individual liberty.

## DICK POLMAN



## AS CORONAVIRUS SPREADS, TRUMP SHOWING HOW UNFIT HE IS TO LEAD

I've been reading Erik Larson's new book, "The Splendid and the Vile," which chronicles the first year of Winston Churchill's wartime stint as prime minister. He was a gifted rhetorician who used the power of words to move a nation. He combined grim candor with upbeat inspiration: "It would be foolish to disguise the gravity of the hour. It would be still more foolish to lose heart and courage."

What we're saddled with today is precisely the opposite. Not Churchill at his best, but vaudeville at its worst.

Did you happen to catch Trump's act Wednesday night in the Oval Office? Nothing could be more clownish than hearing a fake president confront America's dark hour by screwing up three policy pronouncements in 10 minutes. Either his hapless handlers loaded errors onto his TelePrompter, or, just as likely, this guy read the text wrong because he had no clue what he was reading.

And the way he read the text... as we know, inspiring fellow Americans is certainly not Trump's metier. He looked like a drugged sullen schoolboy serving detention, forced to write "I will behave" on a blackboard. But never mind that. His fake facts were worse.

For instance, while announcing a xenophobic travel ban between America and Europe (to supposedly fight a "foreign" virus that's already here), he said "these prohibitions will not only apply to the tremendous amount of trade and cargo, but various other things as we get approval." What? No more trade? No more cargo imports? The Trump regime subsequently said that, oops, his travel ban does not apply to trade and cargo.

During his address, Trump also made it sound like his ban would prevent travel-ing U.S. citizens from returning to their country – with the exception of those citizens who've undergone "appropriate screenings." The Trump regime subsequently said that, oops, his ban exempts all U.S. citizens, it's mostly intended to target certain foreign nationals.

And during his address, Trump announced a major breakthrough with health insurers: "I met with the leaders of the health insurance industry who have agreed to waive all co-payments for coronavirus treatments." Turns out, that was bull. A spokesman for the health insurance lobby later said that insurers will only waive "for testing. Not for treatment." Even worse was what he didn't say at all. Amidst all his patriotic breast-beating, he never mentioned that the United States isn't mass-testing its citizens the way other countries are, much less tried to explain the reasons for our poor preparedness. That he would never do, of course, because that would require owning up to his manifest failures.

Which brings us to his most notable omission: His three-year mission to hollow out the federal offices and agencies that are most needed now. "Acting" Trump flunkies – as opposed to Senate-confirmed experts – have been installed in key health and science posts at Homeland Security, the State Department, the Transportation Department, USAID, and the National Science Foundation. Trump's proposed Centers for Disease Control budget cuts are still on the table. And worst of all, of course, was his 2018 decision to erase the global health response team that was created by President Obama.

Trump, last week, was asked why he fired all those people. This was his response: "Well, I just don't think – I just don't think that somebody is going to – without seeing something, like we saw happening in China. As soon as they saw that happening, they essentially – not from the White House. I mean, you know, we don't need a lab in the White House... Who would have thought we would even be having the subject?" And this guy thinks Joe Biden is incoherent.

Twenty-fifth amendment, anyone? What more evidence of his unfitness does anyone need? Watching him address the nation, you could almost smell the flop sweat.

Gary Kasparov, the celebrated Russian dissident now living in America, said it best last night in a tweet: "Trump is afraid not because Americans will die, or because the economy is tanking, but because he's accountable at last, exposed as the fraud he's been his entire life."

And in some celestial realm, Winston Churchill, who had the good fortune to deal with FDR, is marveling how we've fallen so far.











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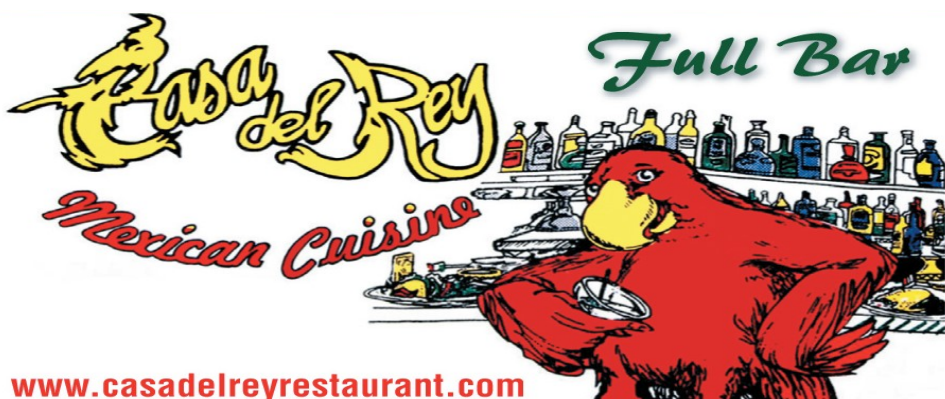
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