

October Is Breast Cancer Awareness Month

Mountain Views News

Sierra Madre

Arcadia

Duarte

Monrovia

Pasadena

Altadena

South Pasadena

San Marino

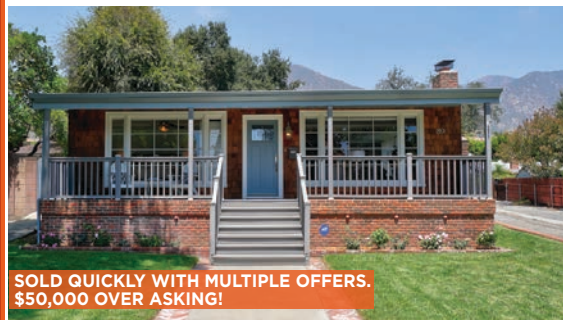
SATURDAY, OCTOBER 10, 2020

VOLUME 14 NO. 41

THE WEBB-MARTIN GROUP



We are with the families affected by the fires and we thank our firemen for their bravery and protection.



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89 West Bonita Avenue 3 Beds | 1.5 Baths | 1,296 sf
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707WoodlandDrive.com

Recently Sold

1530 Loma Alta - represented the buyer
430 North Alta Vista - represented the buyer
230 West Montecito - represented the seller
381 Montecito #B - represented the seller
901 Cabrillo Drive #32A - represented the seller
180 South Michillinda Avenue - represented the seller
162 East Sierra Madre Boulevard - represented the seller
1115 Cordova - represented the buyer
451 Camillo Drive - represented the seller
690 Oak Crest Drive - represented the buyer
381 Mariposa Avenue #B - represented the seller
118 East Laurel Avenue #C - represented the seller
60 Rancho Road - represented the buyer

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Jan Greteman 626.975.4033
jan@jangreteman.com
jangreteman.com #01943630

Judy Webb-Martin 626.688.2273
jwmartin@dppre.com #00541631

Katie Orth 626.688.0418
korth@dppre.com #00942500

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CITY COUNCIL TO HOLD IN-PERSON OUTDOOR MEETING -Sierra Madre Housing Element To Be Discussed

On Tuesday, October 13, 2020, the Sierra Madre City Council will continue discussions of the process to update the Sierra Madre Housing Element of the General Plan for 2021-2029 as required by State law. The Housing Element establishes policies and programs to address existing and projected housing needs, including the City's fair share of the Regional Housing Needs Assessment (RHNA) allocation.

Every eight years the California Department of Housing and Community Development (HCD) re-evaluates the status of the housing market throughout the State, and develops a new set of housing production goals for the State and its subregions. These allocated housing production targets are called the "Regional Housing Needs Assessment", or RHNA. Each regional government, which in Sierra Madre's case is the Southern California Association of Governments (SCAG), then allocates these regional housing targets to all its member cities and counties.

As reported in the Mountain Views News in June, (<http://mtnviewsnews.com/v14/htm/n25/index.htm>) the city is expected to identify 204 new housing units. The Income Category of those units is:

Very Low Income 78
Low Income 38
Moderate Income 34
Above Moderate 53.

Staff has identified a number of potential sites as well as several housing types that could help Sierra Madre reach the stated RHNA numbers. That information will be discussed at Tuesday's meeting which will be held outdoors.

As part of the City of Sierra Madre's COVID-19 transmission mitigation efforts, the October 13, 2020 City Council meeting will take place at the City of Sierra Madre Memorial Park Bandshell located at 222 W. Sierra Madre Blvd, Sierra Madre CA 91024. The City recommends that all attendees bring their own chair. Social distancing is also required.

The Brown Act provides the public with an opportunity to make public comments at any public meeting. Public comment may also be made by e-mail to PublicComment@CityofSierraMadre.com by 6:00PM on the day of the meeting.

The meeting will be streamed live on the City's website at www.cityofsierramadre.com. Please contact the City Clerk's Office via email at Laguilar@cityofsierramadre.com or jpeterson@cityofsierramadre.com or by telephone at (626)355-7135 for more information.

S. Henderson/MVNews

INSIDE MOUNTAIN VIEWS NEWS THIS WEEK

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FREE ESTIMATES

CELEBRATING 98 YEARS IN STYLE!



Former Sierra Madre Mayor and Hero, George Maurer, celebrated his 98th birthday with family and friends on Sunday complete with a Birthday Serenade from Santa Anita Bugler Jay Cohen.

It was a 'drive by and honk' event that brought well wishes from near and far. George was truly surprised, especially when he heard Jay playing the 'Call To Post' from down the street.

Maurer is an institution in Sierra Madre and annually the City awards the "George Maurer Lifetime Achievement Award" to a deserving resident who follows in the footsteps of Maurer.....years of community service to the city.

SIERRA MADRE HALLOWEEN HAPPENINGS OCTOBER 26TH - 31ST



It's FALL, the temperatures are warmer this year and holidays are quickly approaching, we fear! Halloween Happenings will be different in the City of Sierra Madre. The typical "trick or treating" and city street closures on Alegria are not being permitted this Halloween given the pandemic. COVID makes it unsafe for families but NEVER FEAR,

the Community Services Team is here! October 31st falls on Saturday and instead of one day, search all week long for treats hidden away!

We can't tell you when or exactly where, but there will be 200-300 eggs hidden daily in the City with fun tricks or treats, so beware. Amongst those eggs will be 5 tickets per day of varying Halloween colors, seek what you may. Hunt, search, run and climb, but dress in your costume and have a great time. Make sure to social distance, wear your masks, and steer 6-feet clear of others; but bring along your pod of fathers, mothers, sisters or brothers!

If you find a ticket, make sure to read the instructions carefully, as this is not the same treat we would give out normally. There is the name of an organization or business in town, it will be provided on your ticket so check all around.

Most importantly, take lots of photos, we would like to see your costume, AND if you are an adult join us for the contest on Zoom. Tag us on Facebook and Instagram, let us know if you have had fun; and by the way, the adult costume must be a pun. The pun can be funny, happy, or spooky just make sure it is family-friendly and kooky! Your submissions are all due online you will see, so look for the flyer, this is all free for our Community.

The details will be shared on Facebook at Sierra Madre Community Services, as well as Instagram at [sm_community_services/](https://www.instagram.com/sm_community_services/); or visit the Community Services Department webpage by going to http://www.cityofsierramadre.com/cityhall/departments/community_services_department. For any questions, The Community Services Department contact is 626-355-5278.

Scarecrows Are Here!

Voting for the 9th Annual Scarecrow Festival has commenced!

October 5-20: Map available on our website! Vote for your favorite scarecrow on Facebook or come in to our office! <https://www.creativeartsgroup.org/scarecrow-festival/>



Winners Announced on Oct 24th in the Mountain Views News!

Creative Arts Group

108 N. Baldwin Ave. Sierra Madre
(626) 355-8350 CreativeArtsGroup.org



Walter Cailleteau, DVM

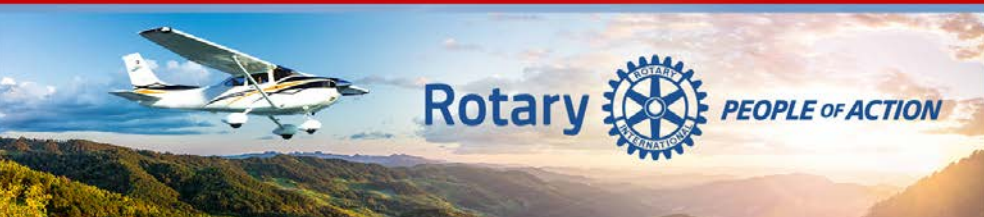
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Rotary  **PEOPLE OF ACTION**

The Community is invited to join our weekly **ZOOM** Meeting **TUESDAY, OCT 13TH AT 8:00AM**







MEET AND CHAT WITH OUR GUEST SPEAKER
MICHAEL BUDINCICH D.C.
President and CEO
 **MANOS CON ALAS MINISTRIES**

Manos Con Alas Ministries, meaning Hands with Wings, is a Christian faith-based non-profit dedicated to bringing health services and simple shelter to the impoverished in Mexico, the US and other countries such as Haiti.

Teams of volunteer health care professionals travel to Mexico bi-monthly in private aircraft to donate needed medical, dental, chiropractic, optometric, podiatric, and other health care services to the poor, free of charge or obligation. Dr. "Bud" will present photos and experiences from his latest mission.

To participate in our virtual meeting send an email requesting our **ZOOM** link to sierra.swish@gmail.com

Rotary 
Club of Sierra Madre

PASADENA UNIFIED SCHOOL BOARD

Tina Wu Fredericks

Policy and Education Advocate
PUSD Mom for 8 Years
Math Teacher
Five-Term PTA Board Member
Computer Engineer

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SIERRA MADRE FIRE DEPARTMENT

DRIVE-THRU PREVENTION FESTIVAL

City Hall Parking Lot
(Entrance through Mariposa Ave)
232 W. Sierra Madre Blvd.
Saturday, October 10th 2020
9:00 am to 12:00 pm

Drive-thru the Sierra Madre City Hall parking lot to receive emergency prevention and preparedness materials from local participating agencies. Children are encouraged to attend to receive a special SMFD gift bag!

All participants must remain in their vehicles and wear a mask at all times.

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SIERRA MADRE CITY COUNCIL

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NATIONAL FRIENDS OF LIBRARIES WEEK

Oct. 18-24, 2020


FRIENDS

of the Sierra Madre Library

Please join Friends of the Sierra Madre to help supplement the fantastic programs for youth, adults, and the community. An individual membership costs \$20/year, family membership is \$35/year as well as various levels of Partners who supplement large projects for the library.

Go to: sierramadrelibraryfriends.org, and select "Be A Friend/Become a Member".

Friends of the Sierra Madre Library organizes the Annual Art Festival in the park the first weekend in May, the Wine and Cuisine Tasting at the Historic Italian Villa at Alverno in the Fall, and the Best Used Book Sale every other month at the library.

SIERRA MADRE

SIERRA MADRE

ARCADIA

PASADENA

ALTADENA

MONROVIA

REMEMBRANCES

Glidden Charles 'BUD' Switzer

August 25, 1928-
September 23, 2020



Long time Sierra Madre resident, Glidden “Bud” Switzer, passed away on September 23, 2020, shortly after his 92nd birthday. Bud was born in Culver City, CA on August 25, 1928. In 1938, at the age of 10, his family moved to Sierra Madre where he would spend the next 82 years of his life raising his family, building lifelong friendships, and serving his community. Bud and Donna Mae were married on July 15, 1950. Shortly after they were married, he served in the Army in Korea and Japan. He later graduated from UCLA with a degree in Geophysics. His professional career was in computer science and aerospace, working for many years at Hughes Aircraft.

Due to his love for adventure as well as the outdoors, family outings included numerous hikes in the local mountains as well as the Sierras, camping trips across the country and an annual overnight at the Rose Parade route. Bud was recognized as 2006 Citizen of the Year for his many years of service as a Boy Scout leader, his participation in the efforts to restore and maintain the Mount Wilson Trail, as well as the part that he played in planning and establishing the Veteran's Photo Wall at Memorial Park. Perhaps he was best known for the numerous pumpkins that he and his son Kevin carved every year at Halloween. The pumpkins as well as the involvement from the whole neighborhood have attracted thousands of visitors over the years. In 2019, Bud had the honor of serving as the Grand Marshal of the Sierra Madre Fourth of July parade.

Bud was predeceased in 2018 by his wife of 67 years, Donna Mae, in 2019 by his son Kevin, and in 2010 by his grandson Truman. He will be remembered by his son, Cameron (Melinda); his daughters Debra (Duane) Spoelstra and Lisa; his daughter-in-law Robin; 9 grandchildren and 3 great-grandchildren.

SIERRA MADRE POLICE BLOTTER

September 27, to October 3, 2020

During this period the Sierra Madre Police Department responded to 194 calls for service.

Graffiti
On 9/27/20, between 1:00PM and 4:00PM, unknown person(s) used black spray paint to write a derogatory word on the driveway of a residence in the 400 block of Manzanita Ave. Case to Detectives

Trespassing
On 9/29/20 at 9:10AM, a male subject crawled under a locked gate at the entrance to Bailey Canyon Park, entered the parking lot and proceeded to the restricted area of the park. Officers questioned the subject who stated the he saw the Trail Closed sign and entered anyway. Officers cited the individual and released him. Case to the DA's office for filing

Vandalism

Officers dispatched at 9:50AM on 9/30/20 to the downtown area for a report of vandalism. Officers found that an unknown person(s) had placed large stickers on bus shelters and city maintained electrical boxes on W. Sierra Madre Bl. and Baldwin Ave. Case to Detectives



Theft from a vehicle

Officers responded at 11:23AM to a call of theft from a vehicle in the 300 block of W. Grandview Ave. A witness stated that a passenger in an older model blue Nissan Frontier 4 door pick-up truck pulled up next to the victim's truck, entered the truck and came out with several items in his hand then the Nissan left the area south on Lima Street. The victim reported that paperwork and cash was taken from his vehicle. Case to Detectives

SMPD USING LESS LETHAL WEAPONS

During a recent department training, SMPD Officers practiced their skills with the use of different less lethal applications.

The scenario based training was designed to familiarize Officers with less lethal options, such as bean bag, pepper ball, and conductive energy devices during critical situations, when deadly force may be justified, but other less lethal alternatives and options exist.

Chief Armalin and the Sierra Madre Police Department are committed to providing Officers the proper training and tools to successfully and safely navigate through critical situations when lives are at stake.



The safety and preservation of life are the top priority to our policing efforts.

#sierramadrepolicedepartment#SMPD#trainingtuesday#missyolinn#sierramadrecares#wearesierramadrepolicedepartment @ Sierra Madre

WALKING SIERRA MADRE - The Social Side

by Deanne Davis

“Don't be silly, Toto, scarecrows don't talk!” Dorothy – The Wizard of Oz

“All the same, said the scarecrow, I shall ask for brains instead of a heart; for a fool would not know what to do with a heart if he had one. I shall take the heart, returned the Tin Woodman; for brains do not make one happy, and happiness is the best thing in the world.” L. Frank Baum

“Normally Halloween was like Christmas for me. I would anticipate it for weeks, decorating myself and the house, as well as strolling around the neighborhood, admiring everyone else's decorations. Nothing lifts my spirit like a scarecrow in the front yard.” Damien Echols

October...Fall, at last! The scarecrow competition all over town is amazing to see. So many of you Sierra Madreans are incredibly creative. The scarecrow I've put up here this week is by Faye Cardella. “Zadia The Healer” is #35 and you can see her at 96 E. Alegria. Here is Zadia's story:



“Zadia is a healer. When nature is suffering she goes to heal it. In this case she has come to California to restore the mountains that have taken damage due to the fires. Once she has fully restored the land, she goes off to another area of the world that is suffering.”

I'm hoping you can see how lovely Zadia is in this picture, with a butterfly perched on her nose. She made me smile just looking at her. Hope she does the same for you.

Scarecrows...hmmmm... “a scarecrow is an object made to resemble a human figure, set up to scare birds away from a field where crops are growing.” Also, “an object of baseless fear.”

We could certainly apply the term “scarecrow” meaning ‘an object of baseless fear’ to an awful lot of what is going on in our world currently, but I digress!

A scarecrow's meant to scare you, to make you go away,
If you're a crow and think you'll steal the seeds that I just planted,
The scarecrow standing in the row, will flap his arms,
You'll fly away...maybe some other day!

The scarecrow's kind of ragged, his shirt and pants are patched.
His eyes are black spots painted, on burlap stuffed with straw.
The hat he wears is old and torn, but when the wind is blowing right,
This scarecrow standing in the row, can cause an awful fright!

And when the moon is full and bright, just like it is tonight,
The scarecrow standing in the row,
Can move and dance and shout.
Then all you crows will understand what a scarecrow's all about!

Seeing as it's almost Halloween, which brings pumpkins to mind, in addition to scarecrows, I thought I'd include a little taste of my heroine, Emma Gainsworth, and her ongoing encounters with...dare I say it...Pumpkins!

“Emma Gainsworth had happened upon some seeds, in early spring of the preceding year, along the railroad tracks on the edge of town where she lived. Hoping to grow something to sell, Emma planted the seeds, watered them, fed them, cherished them and, yes, even talked to them, mostly about her departed fiancé, Brent, the handsome young lover who had dumped her for a cocktail waitress with Dolly Parton curves and genuine blonde hair. As Emma had attended high school with Chantal, the cocktail waitress, she could attest to the real blonde hair as they inevitably seemed to share the same gym class. Emma poured out her broken heart and her true feelings about Chantal and those jerks at the local culinary school who wouldn't let her in, daily to the pumpkins. She was a bit astonished when the luxuriant green vines began to sprout large yellow blossoms which then morphed into pumpkins bigger than a VW bug. As they could not be harvested - Emma didn't own a skip loader – she decided to make herself a pumpkin pie. So, she sharpened a large carving knife, ventured into her pumpkin patch and selected a pumpkin. As she advanced upon the smallest one, lowered the knife and prepared to sever the pumpkin from the vine, somewhat as an executioner might sever the head from some miscreant's quivering body, the pumpkin began to glow and gleam with a dazzlingly bright light. Her knife disappeared into its meaty orange flesh and pulled Emma right in after it, hand, arm, head, shoulders, right down to her well-worn tennies. Emma found herself inside a brightly glowing orange sphere containing an entire world of brightly shining orange creatures who thanked Emma for helping them get home to their own bright orange world by planting the seeds which grew into pumpkin vehicles. Their queen, Pumpkinetta, promised her she would live a glorious life of happiness and ease with the Pumpkinesas, who would transport themselves inside the giant pumpkin shells, which were actually inter-galactic space vehicles, to their home planet, somewhat to the left of Venus, where she would never have to look for treasures by the tracks again. As Emma could only visualize a life ahead of her where Chantal was a major factor, she said, “What the heck!” and fastened her seat belt.”

To be continued... and, yes, there is a scarecrow in Emma's pumpkin patch.

My book page: Amazon.com: Deanne Davis
Where you'll find “Sunrises and Sunflowers Speak Hope”
And “A Tablespoon of Love, A Tablespoon of Laughter”
Both of these books are stuffed with hope and a good recipe or two.
There's a new Emma Gainsworth Kindle novelette available right this minute:
“Emma's Intergalactic Institute”
It's on Amazon.com and here's the link: <https://amzn.to/3ibKD3Z>
If you haven't read “Emma's Etouffee Cafe” you need to! It's also on Amazon.com,
You can follow me on Twitter: <https://twitter.com/@playwrightdd>

WECOME HOME TENDER 41

Water Tender 41 (WT41) has returned from its month long deployment assisting on the Bobcat Fire.

Engineer Ted Walters and Firefighter Paramedic Scott Rosevear staffed WT41 for its final two-week deployment. WT41 had been assigned to the Bobcat Incident since September 6th.

We are extremely proud of all SMFD personnel who assisted on the incident and are happy for their safe return.



Weather Wise

6-Day Forecast Sierra Madre, Ca.

| | | | | |
|-------|-------|----|-----|----------|
| Sun | Sunny | Hi | 80s | Lows 60s |
| Mon: | Sunny | Hi | 80s | Lows 60s |
| Tues: | Sunny | Hi | 80s | Lows 60s |
| Wed: | Sunny | Hi | 80s | Lows 60s |
| Thur: | Sunny | Hi | 90s | Lows 60s |
| Fri: | Sunny | Hi | 90s | Lows 60s |

Forecasts courtesy of the National Weather Service

SIERRA MADRE CITY MEETINGS

As part of the City of Sierra Madre's COVID-19 transmission mitigation efforts, all City Council, Commission and Board meetings will be conducted virtually until further notice. The Brown Act provides the public with an opportunity to make public comments at any public meeting. Public comment may be made by e-mail to PublicComment@cityofsierramadre.com by 6:00PM. on the day of the meeting. Emails will be acknowledged at the Council meeting and filed into public record.

Any member of the public may also call into the meeting to provide their comments. To provide public comment by telephone, please call in when your topic of interest is being discussed by the City Council and provide your name and the agenda item number. You will be placed in the cue until the Mayor opens up the topic for public comment.

To participate in public comment, please call:
Phone Number: (669) 900-9128
Meeting ID: 626-232-0232
Password: 232242

The meeting will be streamed live on the City's website at www.cityofsierramadre.com and broadcasted on Government Access Channel 3 (Spectrum).

For more information, please contact Assistant City Clerk, Laura Aguilar in the City Clerk's Office via email at LAguilar@cityofsierramadre.com or by telephone at (626) 355-7135.

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


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

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

Your event must:

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

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



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

Outdoors Tea - Wed 10/14 1-2 pm
RSVP 325-3450 by 10/12 for Boxed Delicacies

LIBRARY RE-LAUNCH
Library Continues Moving Forward
Essick House Lawn - Masks + Social Distance Req'd

Wed, 10/21: 11 am: Zoom: Book Club Starts
Wed, 10/21 6:30 pm: Zoom Evening Mtg.
"Mind Empowerment" #3/3

GFWCSierraMadreWomansClub.org
[SierraMadreWomansClub](https://www.facebook.com/SierraMadreWomansClub)



Sierra Madre Woman's Club

Wistaria Thrift Shop
Regular Shop Schedule
Mon, Thurs, Fri & 1st & 3rd Saturdays
10 am - 3 pm
Halloween Decorations!
Masks, Temp Checks, Social Distancing
Note: Max 4 Shoppers Inside Shop
Only 1 Inside @ Uncle's Bill's

To volunteer to help, call 355-6007
550 W. Sierra Madre Blvd. Sierra Madre, CA 91024
626-355-7739

GFWCSierraMadreWomansClub.org [SierraMadreWomansClub](https://www.facebook.com/SierraMadreWomansClub)
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Sierra Madre Public Library

October 12-17

Monday
Storytime to Go—View online; kits available outside the Library after 9:00am
Story Adventure at Memorial Park—A new story will be available all week!

Tuesday
Try It Tuesday Craft—View online; kits available outside the Library after 4:00pm

Wednesday
Grab & Go Activity Kit—Available outside the Library after 10:00am
Snackchat 6th, 7th, & 8th Grades—Online at 4:00pm. Pick up a pack at the Library prior to the meeting

Thursday
Third Thursday Book Club—Online at 11:00am

Friday
Aloha Friday—View online after 10:00am

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BE A MEMBER FOR A DAY

Our next meeting is Tuesday,
TBA
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Meetings are held at The Lodge
33 E. Sierra Madre Blvd., Sierra Madre, Ca.
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Programs begin at 12:40 and are free.
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News From Your Community For Your Community

City Issues Halloween Safely Guidance

City Officials remind everyone that COVID-19 continues to impact families and traditions as we move into the fall season. It is another difficult milestone to think of Halloween without the block parties, gatherings and the door to door "trick or treat" that we all look forward to every year. We recognize that these are "high risk" activities that can spread this disease. There are protocols from the state and county and local health departments which continue to limit our activities and which provide guidance for celebrating safely, including safer alternatives that still promote as festive an environment as is possible amid the pandemic.

Under existing state, county and local orders, community members may participate in the following activities as long as they adhere to the City's Safer at Home Order and related protocols:

Online parties and contests (e.g., costume or pumpkin carving); Car parades that comply with public health guidance for car line celebrations; Halloween movie nights at drive-in theaters (must comply with the drive-in movie theater protocol); Halloween-themed meals at outdoor restaurants (must comply with the restaurant protocol); Halloween-themed art installations at an outdoor museum (must comply with the museum and galleries protocol); and Dressing up homes and yards with Halloween-themed decorations.

Halloween activities NOT permitted include:

Door to door trick or treating; Indoor and outdoor gatherings/parties with non-household members; Carnivals, festivals, live entertainment, rides, petting zoos, and haunted house attractions; "Trunk-or-treating" events where children go from car-to-car instead of door-to-door to receive treats; and in the setting of a gathering or party;

Halloween activities NOT recommended include:

Door-to-door or car-to-car trick-or-treating because proper social distancing is difficult to maintain and sharing food is risky.

The City reminds residents of Halloween fire safety tips, including using battery-operated candles or glow sticks in jack-o-lanterns and keeping exits and escape routes clear of decorations. It is also a good time to make sure that all smoke alarms in your home are working. During the holiday season, it is especially important to avoid driving under the influence. Remember that "DUI Doesn't Just Mean Booze." If you take prescription drugs, particularly those with a driving or operating machinery warning on the label, you might be impaired enough to get a DUI. Marijuana can also be impairing, especially in combination with alcohol or other drugs, and can result in a DUI. The City also urges drivers to plan routes in advance and avoid texting or otherwise using a cell phone while driving. For more information visit: cityofpasadena.net.

Fans Mourn Eddie Van Halen's Death



Eddie Van Halen

By Dean Lee

A steady stream of fans showed respect, with two memorials in Pasadena this week, for the legendary guitarist Eddie Van Halen. He was the co-founder of the 70s rock band Van Halen along with his brother Alex. He died Tuesday at 65. Eddie Van Halen had been a longtime Pasadena resident going to

Hamilton Elementary School, Pasadena High School and then attending Pasadena City College.

Many fans left flowers, photos, candles, concert tickets and even empty beer cans at both his childhood home in East Pasadena and where, as a teenager, Van Halen had allegedly carved his name in wet cement in front of a now gone a liquor store on Allan Ave. One fan even left a Fender guitar, a similar instrument to the

"Frankenstrat" Van Halen was known for playing.

Van Halen died at Saint John's Health Center in Santa Monica after battling throat cancer for years.

Top Photo D. Lee/MVNews

Free South Pasadena Costume Contest

In an effort to get people excited about the holidays, the City of South Pasadena will be hosting an online costume contest. To participate, submit a photo of yourself, your pet or your group in full costume to recreation@southpasadenaca.gov by Monday, October 26, 2020. Please make sure all costumes are family friendly. For contest rules or for more information, please visit: southpasadenaca.gov/ or contact the Recreation Division at (626) 403-7380.

Pasadena Fire Strike Teams Safely Return



Over the past three months, California experienced its worst fire season in history. Pasadena Fire Department responded to several incidents as part of their commitment to statewide mutual aid.

"We thank our community and city management for allowing us the opportunity to support other counties and neighboring cities affected by these unprecedented wildland fires. We know that if fires of this magnitude occur in our foothills we would have the support of our fire department partners throughout the state. It is also important to recognize those firefighters who came in on their days off to cover those who were deployed to these incidents. This is yet another shining example of their firm commitment to the fire service and to our community," states Interim Fire Chief Bryan Frieders.

The fire department had resources out a total of 218 days over an approximate three-month period including fire engines, water tender, Rapid Extraction Module Support (REMS) teams, fire line emergency medical technicians and strike team leaders. The total personnel for all deployments combined was 79, which includes some who went on multiple deployments.

Pasadena Set to Celebrate National Coming Out Day



Pasadena's Public Health Department, Pasadena Public Library and Pasadena PFLAG will host Pasadena's 5th annual Coming Out Day Celebration virtually on Zoom and Instagram Live from 5 p.m. to 7 p.m., Tuesday. This year's event is free, virtual and open to all. Sign up to attend. Free swag bag of goodies given to the first 200 registrants.

The keynote presentation, "Consider Me Booked!", features a one-on-one interview with Ross Mathews author of Man Up!: Tales of My Delusional Self-Confidence and The Really Good Celebrity Stories I Usually Only Tell at Happy Hour. He is best known as "Ross the Intern" from The Tonight Show with Jay Leno and RuPaul's Drag Race judge. Tia Wanna (Te Jay McGrath) will serve as moderator.

Councilmember Margaret McAustin will kick off this year's celebration. Panelists will offer advice, strategies and successes on LGBTQ Experiencing Homelessness; Addressing Barriers and Trauma and Ally/Parent Panel: Affirming Practices in LGBT families.

The popular Drag Queen Storytime featuring family fun stories with Queens Godoy,

Pickle, and Kornbread Jete will air live on Instagram @pasadenalibrary.

This free virtual event supports those who have come out as lesbian, gay, bisexual, transgender, queer (LGBTQ) or as an ally. Oct. 11, 2020, marks the 32nd anniversary of National Coming Out Day. 32 years ago, on the anniversary of the National March on Washington for Lesbian and Gay Rights, National Coming Out Day was first observed as a reminder that one of our most basic tools is the power of coming out.

One out of every two Americans has someone close to them who is gay or lesbian. For transgender people, that number is one in 10.

This event is part of our city's efforts to celebrate and foster an inclusive community. The City of Pasadena is an inclusive city. We are accepting of everyone regardless of race, creed, color, religion, national origin, marital status, socioeconomic status, sex, age, sexual orientation, gender identity, genetic information, or disability.

For more information, contact Te Jay McGrath, tmcgrath@cityofpasadena.net or (626) 744-7239.

African American History of Pasadena Walking Tour

As a part of Walktober city officials said they are honored to partner with the NAACP Pasadena Branch and host a self-guided "Walking Tour of the African American History of Pasadena." Without the contributions of the elders of the NAACP Pasadena Branch and FAME Senior Ministry, this tour would not exist. The event runs through Oct. 31.

The tour, consists of 14 locations primarily in North West Pasadena, centering on individuals and events of historical significance to the African American Community, which also provides Pasadena its rich history. The locations and tour guide can be found at: pasadenacsc.org/walktober-2020

Walktober is an annual event to get people walking in Pasadena. Walking is a deeply

human activity that offers a full slate of events that reflect a wide range of reasons and ways to enjoy walking. Whether you walk for physical health, mental health, to meet people, to see new things, or simply to get things done (maybe all of the above.), we recognize and celebrate that as an excellent thing.

Other self-guided walking tours include, Mile-a-day Challenge; Special District 1 Mile-a-day Challenge; Walk the Vote; Beneath the Bridge: Pasadena's Forgotten Park; Virtual 5k with Day One (event ends Oct. 14); Sunset Stroll (event runs Oct. 11 through Oct. 17); All Fall Walk (event runs Oct. 18 through Oct. 24) and the Costume Walk (event runs Oct. 25 through Oct. 31). More information about each event can be found at: pasadenacsc.org/walktober-2020.

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UPPER SAN GABRIEL VALLEY MWD RECOGNIZED FOR A SECOND YEAR AS A WATERSENSE® PARTNER OF THE YEAR



"We are extremely proud to be recognized in water conservation for a second year in a row as Upper District celebrates its 60th Anniversary," said Ed Chavez, Board President for Upper District. "We have come a long way in water management for our region with water conservation programs and outreach becoming key components of our water supply portfolio. We look forward to providing more innovative conservation programs to the San Gabriel Valley with WaterSense as a key partner."

WaterSense, a partnership program sponsored by EPA, seeks to protect the future of our nation's water supply by offering consumers and businesses simple ways to use less water with water-efficient products, homes, and services. For more information about WaterSense, visit www.epa.gov/watersense.

Upper District's mission is to provide a reliable, sustainable, diversified and affordable portfolio of high-quality water supplies to the San Gabriel Valley; including water conservation, recycled water, storm water capture, storage, water transfers and imported water. Upper District services nearly one million people in its 144 square mile service territory. (Arcadia, Azusa, Baldwin Park, Bradbury, City of Industry, Covina, Duarte, El Monte, Glendora, Irwindale, La Puente, Monrovia, Rosemead, San Gabriel, South El Monte, South Pasadena, Temple City, and West Covina).

Governed by a five-member elected board of directors, Upper District is a member agency of the Metropolitan Water District of Southern California. Annually, more than 78 billion gallons of water is used in Upper District's service area. For more information about Upper District, please visit our website www.upperdistrict.org or call 626-443-2297

Monrovia, CA —The U.S. Environmental Protection Agency (EPA) announced this week that the Upper San Gabriel Valley Municipal Water District (Upper District) has been honored with the 2020 WaterSense Partner of the Year Award for its heroic efforts to defeat water waste and promote WaterSense in 2019.

Upper District was honored as a 2020 WaterSense Partner of the Year winner for spreading the water-efficiency message through public education and awareness while transforming the marketplace to include WaterSense labeled products. Upper District's noteworthy efforts included initiating a collaborative effort to translate some of the WaterSense materials into Mandarin. Upper District also engaged the commercial sector through water-smart landscape equipment retrofits and offering new workshops on finding and fixing leaks for San Gabriel Valley businesses. Financial incentives for WaterSense labeled products in Upper District's service area included rebates for approximately 400 tank-type toilets, over 200 flush valve toilets, and nearly 400 weather-based irrigation controllers.

In keeping with its innovative leadership, Upper District introduced a Residential Plant Voucher Program that provided 175 vouchers, each redeemable for up to \$250, to encourage homeowners to choose native, climate-appropriate plants to create attractive landscapes that require less frequent watering.



DUARTE UNIFIED SCHOOL DISTRICT CLASSROOM REPAIR/UPGRADE, STUDENT ACHIEVEMENT MEASURE S

Measure S Voter Information

Measure S is a school bond measure that is on the ballot this election seeking voter authorization for local funding to repair and upgrade DUSD school facilities and technology. Please read the background information and frequently asked questions regarding Measure S below.

Background:

Duarte Unified School District public schools are the foundation of a healthy, thriving community. We focus every day on helping our students thrive. However, our classrooms are aging and were built before the "digital age." Although well maintained, these schools require significant repairs and upgrades after decades of constant use.

Meanwhile, today's teaching and learning standards have changed, requiring more and different instructional spaces, and all our schools need ongoing safety and security upgrades. Additionally, the ongoing impacts of the COVID-19 pandemic are creating additional challenges for school districts trying to meet current health and safety standards.

Over the past years, Duarte Unified School District has received feedback from the community, parents, and teachers on our Local Control Accountability Plan (LCAP), Competitive Advantage Plan (CAP), and Facilities Master Plan.

Measure S is the result of these community conversations and provides a prudent, responsible plan to address our most critical facilities needs. NO other funding currently exists to repair and upgrade these facilities.

Measure S DEFINED:

Measure S is a school bond measure on the November 3, 2020 ballot seeking voter authorization for local funding to repair and upgrade DUSD school facilities. A "YES vote" approves funding for the District's plan to repair and upgrade schools; a "NO vote" rejects the plan. All voters living within Duarte Unified School District boundaries of who are registered to vote will be eligible to vote on this ballot measure.

Measure S Official Ballot Question:

"DUARTE UNIFIED SCHOOL DISTRICT CLASSROOM REPAIR/UPGRADE, STUDENT ACHIEVEMENT MEASURE. To upgrade all neighborhood schools, provide safe drinking water, remove asbestos/lead paint, improve fire safety, leaky roofs, natural disaster/emergency preparedness, retain/attract quality teachers by acquiring, constructing, repairing sites, facilities, equipment, shall Duarte Unified School District's measure authorizing \$79,000,000 in bonds, at legal rates, levying 5 cents per \$100 assessed valuation, raising on average \$4,475,000 annually while bonds are outstanding, be adopted, requiring citizens oversight, all funds for local schools?"

Measure S protects property values. Good schools protect property values and contribute to a quality community.

Measure S Summary – Measure S will:

Repair deteriorated roofs, plumbing, electrical, and HVAC systems
Improve school safety – cameras, door locks, fire alarms, and communication systems
Modernize science, engineering, and math classrooms and labs
Expand technology - for both classrooms and safe, healthy online/distance learning
Prepare schools, including nursing facilities for rapid-response in disasters/emergencies
Expand vocational and career technical education (CTE) classrooms for expanded job-training

Taxpayer Protections:

ALL Measure S funds STAY LOCAL for Duarte USD public schools ONLY.
By law, the State CANNOT take Measure S funding away.
Measure S is for classroom and school facilities repairs, improvement, and equipment upgrades ONLY.
NO funds are allowed for administrators' salaries, benefits, or pensions.
Independent Citizens' Oversight and mandatory financial audits ensure funds are spent properly.

S Frequently Asked Questions that are also attached and visit duarteusd.org, email communications@duarteusd.org or call (626) 786-1494.

ALTADENA-SO. PASADENA-SAN MARINO

The Power of Theater: Fall Term of the Masters Series

The fall term of The Masters Series presented by the Pasadena Senior Center will be virtual via Zoom Tuesdays to Oct. 13, from 2 to 4 p.m. and will be titled The Power of Theater.

The four sessions of The Masters Series, which embraces lifelong learning, will explore topics from adaptations and playwrights to Greek origins, socially relevant musicals and plays based on fact.

Beverly Olevin, director, playwright, teacher and award-winning novelist, will present the weekly, interactive classes which will include scenes from plays that explore the conflicts, joys and journeys of our lives and reveal what makes us laugh, touches our hearts and helps us live richer lives.

Oct. 13: Plays That Bring Famous People to Life – Explore plays that transform true events into intellectually exciting theater.

The cost for the full series of four presentations is \$50 for members of the Pasadena Senior Center and \$60 for non-

members. This online series is not available for payment for individual sessions.

To register for the fall term of The Masters Series or for more information visit: pasadenaseniorecenter.org and click on Online Classes, call 626-795-4331 or email AnnieL@pasadenaseniorecenter.org. Everyone who registers will receive email instructions for joining each week's Zoom class online.

For more information about other Pasadena Senior Center programs and services, including online options for classes, events and activities during the COVID-19 crisis, visit: pasadenaseniorecenter.org or call 626-795-4331.

The center, at 85 E. Holly St., is an independent, donor-supported nonprofit organization that has been deemed an essential service provider for older adults, so its doors are open five days a week for social services and other assistance to older adults in need. Hours during this period are Mondays through Fridays from 8 a.m. to 4:30 p.m.

South Pasadena Halloween Spooktacular goes Mobile



City officials announced a free, fun, and safe drive thru trick-or-treat event with the City of South Pasadena! They encourage you to come dressed in your costumes and show us your Halloween spirit by decorating the exterior of your car! Registration is required to register goto: southpasadenaca.gov.

Know before you go

Arrive only during your registered 15 minute time slot.

Upon arrival you will be asked how many participants are in the vehicle and be given that number to display in your

windshield. Follow designated treat trail, only stopping at each treat booth.

All participants must wear a face covering if any of the windows on the vehicle are open.

Participants must remain in their vehicle for the duration of the event and may only leave their vehicle in the event of an emergency.

For more information or questions please call 626.403.7380 or email: recreation@southpasadenaca.gov.

Vroman's Books in Danger of Closing

By Dean Lee

As with most struggling small businesses in Pasadena, Vroman's Bookstore has seen foot traffic and sales plummet due to COVID-19 shutdowns. The 126 year old bookstore saw sales down 40 percent in the last few months something

company officials said cannot keep them in business.

"If Vroman's is to survive, sales must increase significantly from now through the holidays," they said bluntly.

Vroman's is the oldest independent bookstore in Southern California.

The bookstore staff made a plea with the community asking them to return to shopping at the store, making four requests.

To shop online with curbside pickup or call us to place an order; Return to shop in our stores with our new health and safety measures in place, understanding that capacity must be limited to ensure social distancing; Shop in-store on weekday mornings, rather than busy weekends or afternoons; And shop early before

CALTECH LAUNCHES A VIRTUAL 2020-2021 WATSON LECTURES

Caltech Professor of Political and Computational Science, R. Michael Alvarez, will launch the 2020-2021 Watson Lectures season by asking, "Can America Have a Safe and Secure Presidential Election?" The Zoom event will take place on Wednesday at 5 p.m. Advance Zoom webinar registration is required.

In this lecture, Alvarez will share how the scientific detection of election problems helps election officials improve their procedures and technologies, giving voters the information that they will need to bolster their confidence in the integrity of this and future elections.

This event is free and open to the public. Advance registration is required as capacity is limited. The lecture begins at 5 p.m. and runs approximately 40 minutes, followed by live audience Q&A with Alvarez. Those unable to attend the 5 p.m. event can view the lecture (without Q&A) on-demand starting at 8 p.m. that same evening on Caltech's YouTube channel.

Alvarez's talk is the first of eight Earnest C. Watson Lectures for the 2020-21 season, which runs monthly from October through May. The Watson Lectures spotlight the pioneering research of Caltech's faculty and represent the broad array of innovative and impactful research being done at the Institute. A full list of the dates, speakers, and topics is available on the Watson Lectures website.

"Historically, the Watson Lectures were presented on our Pasadena campus to a local audience," says Michael Alexander, director of Public Programs, which presents the Watson Lectures. "The virtual format creates a rare opportunity for anyone interested in Caltech's cutting-edge research to take a 'deep dive' with Caltech researchers."

"These lectures are a fascinating way to learn about the innovative tools and out-of-the-box thinking our faculty use to address critical issues facing our society," Alexander continues. "As we approach the November general election, I can think of no better example than the work of Michael Alvarez and his research team."

A professor in the Division of the Humanities and Social Sciences, and the co-director of the Caltech/MIT Voting Technology Project, Alvarez, along with his team, uses data science methods and tools to help improve the security of important election infrastructure and provide transparent and rapid monitoring and auditing of the integrity of elections.

Alvarez notes that, in the states and counties that use such methods, voters can be more confident in the integrity of reported election results. To learn more about the science and technology behind voting and elections before Alvarez's lecture, visit the Caltech Science Exchange, an online resource committed to the public understanding of science and informed by Alvarez and other experts.

the December holiday crowds – the stores will be far less crowded in October and November.

"We first opened our doors in Pasadena in 1894, and we're proud to play an important role in our community - Our customers and community are at the heart of all we do," they said. "There is no way we can adequately express to you our great appreciation for your loyalty and business. We are indebted to the many generations of customers who have made our 126-year legacy possible and we want to be here for you, for generations to come."

Vroman's is also a Community Partner of Pasadena Humane. Over the years, they have raised thousands of dollars for animals in need.

"They have stood the test of time..., through a variety of disasters and crises, but COVID-19 is proving to be the worst setback yet, Pasadena Humane officials said adding, "When you check out, make sure to tell the clerk that Pasadena Humane is your Give Back Program nonprofit of choice."

For more information about Vroman's visit:

vromansbookstore.com or information about Pasadena Humane visit: pasadenahumane.org.



"Through initiatives like the Caltech Science Exchange, public programming like the Watson Lectures, and performing arts events, we are excited for more people to discover the many ways in which science intersects with our daily lives," says Alexander.

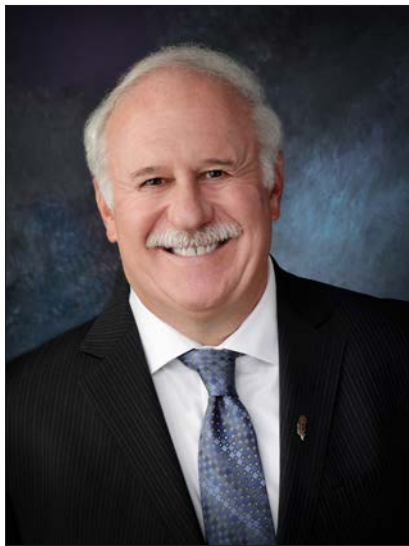
For more information, or to register for the Zoom webinar, visit: caltech.edu/watson

Reservations cannot be made over the phone or in person for the Watson Lecture Series.

AROUND SAN GABRIEL VALLEY

ARCADIA UNIFIED TEACHER OF THE YEAR BARRY LISBIN CELEBRATED IN LA COUNTY VIRTUAL EVENT

ARCADIA-- Los Angeles County is home to more than 70,000 teachers, and Arcadia Unified's Barry Lisbin was identified as one of the top 48 among them to be celebrated and recognized through the Los Angeles County Office of Education's (LACOE) 2020-2021 Teachers of the Year program.



"Barry is that person where it's not about having a good day or a good year or even a good couple of years but [has] truly [had] a career with us in Arcadia, with our students, where he has earned that reputation for going above and beyond in being a teamplayer, bringing his best to work every single day both for his students and colleagues," said Arcadia Unified Superintendent Dr. David Vannasdall in celebration of Lisbin as Arcadia Unified's 2020-2021 Teacher of the Year during a recent virtual Arcadia Unified Board of Education meeting.

Lisbin, an Arcadia Unified alumnus who is currently in his 29th year of serving the students of Arcadia High School as a math teacher, was selected as Arcadia Unified's 2020-2021 Teacher of the Year, which earned him entry into the county-wide competition.

"I know there are lots of other teachers that are just deserving as I am," said a humble Lisbin during his virtual Board Meeting recognition. "I appreciate the recognition [...] and I think every teacher that works hard every day deserves this also."

Part of Lisbin's "why" for choosing teaching as a profession is his dedication to showing each of his students that anyone is capable of successfully learning math.

"I understand that math is not always easy for some students to understand, but I do believe that all students can learn it," shared Lisbin. "I try to make the concepts fun to learn and, at the same time, have fun myself [...] and I am willing to explain concepts as many times and in as many ways as needed to help my students understand."

Not only has Lisbin served the students, families, and team of Arcadia Unified for nearly 30 years, but his mother, Lyla Lisbin, devoted nearly 20 years of her teaching career to serving Arcadia Unified's Camino Grove Elementary School community.

In its 39th year of hosting its L.A. County Teachers of the Year event, which was created to celebrate great teaching and great teachers throughout the county, LACOE had to reimagine the delivery of its recognition due to current health-related restrictions. Typically, the event takes place at a special, in-person luncheon that brings together L.A. County school districts and their respective Teachers of the Year to celebrate one another with one another. This year, LACOE put together a video to honor its 2020-2021 L.A. County Teachers of the Year.

"It's amazing how you have achieved great things despite the difficulties," shared Los Angeles County Superintendent of Schools Dr. Debra Duardo in a video message to this year's LACOE Teachers of the Year program honorees.

The LACOE program is the county-level stop for a larger state and national Teachers of the Year program. School districts name a Teacher of the Year to represent their district in the county competition. Counties then choose finalists to represent them at the State competition.

Entrants into the LACOE program are required to complete an extensive, rigorous application, which includes letters of support, responses to numerous essay prompts, and other related teaching information. Lisbin made it through as a semifinalist in this competition. This year, 10 finalists were selected to represent L.A. County in the State-level competition.

Distinguished teachers like Lisbin demonstrate why Arcadia Unified has been named in the top 1% of school districts with the best teachers in America, California, and Los Angeles by Niche.com. Correspondingly, Arcadia Unified has also been recognized by Niche as being in the top 1% of the best school districts in America, California, and Los Angeles. For more about the LACOE Teachers of the Year program, visit laoe.edu and for more news and information for the Arcadia Unified School District, visit ausd.net.

TABLE FOR TWO by Peter Dills thechefknows@yahoo.com

CRAB CAKES

The first thing I order from a menu are crab cakes. You see I've tasted crab cakes all over the state and I always think hey I can do this at home and now you can too. Because it's so easy, and that they just taste great—they're the best. If you don't have time to pick your own crab meat during the Dungeness season, your local Ralphs Fresh Fare or Restaurant Depot usually carries the canned product. The cans are full of jumbo lump crab meat.



My original recipe has just the right amount of spices and seasonings. No need to bread the cakes before frying. They hold together well without seeming too bread. Fry the crab cakes in a mixture of butter and olive oil which gives them an amazing golden-brown crust.

I made these a couple of weeks ago as a crab cake benedict topped with a quick and easy blender hollandaise sauce (recipe below). They're also perfect for a crab cake sandwich. Of course, you can serve them on their own as an appetizer or a dinner entrée, with a tartar or red cocktail sauce and lemon wedge.

Prep time: 10 minutes.
Cook time: 10 minutes
Yield: 10 to 12 crab cakes

Ingredients
16 ounces lump crab meat, drained
12 saltine crackers, finely crushed
2 large eggs, separated
1 tablespoon onion, chopped
1 tablespoon mayonnaise
1/2 teaspoon salt
1/4 teaspoon black pepper
1 teaspoon seafood seasoning
1 teaspoon baking powder
1/2 teaspoon Dijon mustard

Directions

1. Place the crab meat in a bowl and add the crushed saltines.
2. Beat the egg yolks, then pour them on top.
3. Add the remaining ingredients (except the egg whites) and gently fold everything together, being careful to not break up the crab pieces too much.
4. Use an electric mixer to beat the egg whites to soft peaks, then gently fold this into the crab mixture.
5. Shape the mixture into 3-1/2-inch rounded cakes.
6. Fry in a heavy bottomed saucepan in a mixture of butter and olive oil over medium-high heat until lightly browned on both sides. Be careful not to overcook.

That's it, I told you they were easy. Now listen to my radio show this Sunday morning at 8 AM on 105 FM

LOS ANGELES COUNTY COVID-19 UPDATE 10/09/2020

10/09/2020 3:30pm
(Compared to 10/02/2020)

| | | |
|---------------------|---------|----------|
| LOS ANGELES COUNTY* | | 10/02/20 |
| Total Cases | 278,665 | 272,653 |

| | | |
|--------|-------|------|
| Deaths | 6,726 | 6626 |
|--------|-------|------|

| STATS BY CITY | Population | Cases | Deaths |
|-----------------------|------------------------------------|--------|----------|
| | (last week's stats in parenthesis) | | |
| | | | 10/02/20 |
| Pasadena | 14,1371 | 2636 | 128 |
| Uninc.- East Pasadena | 6,403 | 84 | 2 |
| | | (2599) | (124) |
| | | (83) | (2) |
| City of Arcadia | 57,754 | 544 | 35 |
| Uninc. - Arcadia | 7,981 | 95 | 3 |
| | | (514) | (34) |
| | | (94) | (3) |
| City of Bradbury | 1,069 | 14 | 0 |
| City of Duarte | 22,016 | 593 | 30 |
| Uninc.- Duarte | 4,428 | 157 | 4 |
| | | (14) | (0) |
| | | (578) | (30) |
| | | (154) | (4) |
| City of Monrovia | 38,800 | 785 | 41 |
| Uninc - Monrovia | 3,881 | 83 | 0 |
| | | (766) | (41) |
| | | (82) | (0) |
| City of Sierra Madre | 10,989 | 80 | 3 |
| | | (78) | (3) |
| City of So.Pasadena | 26,053 | 296 | 26 |
| | | (289) | (26) |
| Uninc.- Altadena | 43,260 | 750 | 16 |
| | | (730) | (15) |

La County Testing as of 10/09/20: (2,769,673)

Positivity Rate (No. of persons positive out of total persons tested) as 10/09/20: 9.9%

Nationally recommended Positivity Level: 5%

One Additional Case of MIS-C in a Child Confirmed; Public Health Reports 13 New Deaths and 1,256 New Cases of Confirmed COVID-19 in Los Angeles County
Public Health Reminds Residents to Avoid Crowded Places

The Los Angeles County Department of Public Health (Public Health) has confirmed 13 new deaths and 1,256 new cases of COVID-19. To date, Public Health identified 279,909 positive cases of COVID-19 across all areas of L.A. County and a total of 6,741 deaths.

Public Health has confirmed one additional case of multisystem inflammatory syndrome in children (MIS-C). This brings the total cases of MIS-C in L.A. County to 41 children. All 41 children with MIS-C in L.A. County were hospitalized and 46% of the children were treated in the ICU. Of the children with MIS-C, 27% were under the age of 5 years old, 39% were between the ages of 5 and 11 years old, and 34% were between the ages of 12 and 20 years old. Latino/Latinx children account for 70% of the reported cases. There are no reported MIS-C deaths in L.A. County children.

There are 724 confirmed cases of COVID-19 currently hospitalized and 26% of these people are confirmed cases in the ICU. While slightly increasing from the low of 673 this week, the number of daily hospitalizations has remained under 800 daily hospitalizations since mid-September.

Public Health urges residents to adhere to public health protocols and directives to prevent increases of COVID-19 infections. As a reminder, gathering with people outside your household puts you and those around you at greater risk. If you are celebrating this weekend, please remember to avoid crowded places and close contact with others not in your household. Everyone should always wear a face covering securely over their nose and mouth and maintain six feet distance between yourself and people not in your household. Gatherings, events or parties with non-household members are not permitted even if they are conducted outdoors except those expressly allowed in the L.A. County Order. This includes in-person sport viewing and dinner parties as these events can become places where COVID-19 can spread easily. It is important for everyone to follow the directives and to do their part every day to keep everyone as safe as possible.

We continue to see COVID-19 outbreaks in businesses and workplaces. In the last two weeks, 118 outbreak investigations were opened. Because of the possibility of asymptomatic and presymptomatic infection, it only takes one person to contract and become infectious with COVID-19 and unknowingly bring the virus home and expose their household and or go to work and expose their coworkers and start an outbreak.

Because there continues to be significant potential for transmission of COVID-19 at worksites, it remains important that businesses adhere to workplace protocols that require infection control, distancing, masking, and appropriate PPE that protect employees, customers and residents from COVID-19 as much as possible.

Public Health's compliance team continues to visit businesses across the County every day. Initial efforts are focused on educating business owners and workers about Health Officer Order requirements and how to stay safe but can result in citations for non-compliance where businesses are in violation of the Health Officer Order and protocols. As a result of inspections conducted since October 4, a total of 125 citations have been issued. In some cases, establishments were also closed because there were significant health and safety concerns or violations of the Health Officer Orders, including operating indoors in violation of the State and County Health Officer Orders.

To assist businesses follow the required protocols and maintain their operations with as much safety as possible for their staff, customers, and visitors, Public Health encourages L.A. County businesses to take advantage of the COVID-19 Safety Compliance Certification Program. The program is a no-cost online course that trains businessowners and employees on what they need to do to ensure that their business practices are aligned and in compliance with infection control and physical distancing requirements. Once completed, business owners receive a certificate and window seal to display on their storefront. For more information on the program and to take the training course, visit: www.publichealth.lacounty.gov.

"To the many people across L.A. County who have lost a loved one or friend to COVID-19, we extend our deepest condolences," said Barbara Ferrer, PhD, MPH, MEd, Director of Public Health. "As we head into the holiday weekend, I encourage everyone to enjoy the time off as safe as possible. We ask that everyone adhere to the safety guidance and utilize the tools that prevent COVID-19 spread. Please remember to avoid crowds and the other activities that increase the likelihood of getting COVID-19 as we cheer for our teams."

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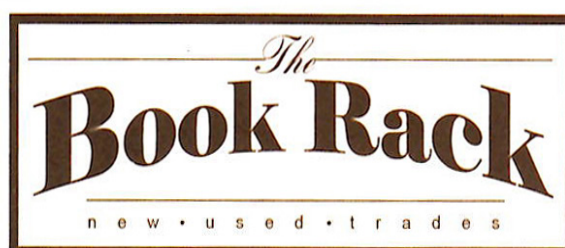
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PASADENA UNIFIED SUPERINTENDENT ANNOUNCEMENT CONCERNING IN-PERSON LEARNING



PUSD Superintendent Brian McDonald sent the following letter to Parents and the Community concerning the resumption of In-Person learning:

"In planning for the return to in-person learning, we've been guided by a commitment to the safety and well-being of our students and staff."

"I'm going to get right to the point: I have recommended to the Board of Education that we return to in-person learning no earlier than January 11, when the second semester begins. This recommendation is grounded in the need to keep our students and staff safe while ensuring that students get the best possible instruction."

Safety and Consistency

We want to keep instruction consistent for our students and staff. We have watched as colleges and schools opened only to close again within days because of COVID-19 cases. The combination of COVID-19 and the normal flu season also concerns me. We simply have to get better control of the pandemic.

Simultaneous Learning

With regard to our return to in-person learning, we are also exploring a simultaneous learning model. Instead of separate in-person and fully online programs, the simultaneous model keeps classes intact, whether students return to campus or choose to stay online. This way, students keep access to our programs like dual language and Advanced Placement (AP). Starting in January gives us time to acquire and test equipment and train teachers and staff before students return to their campuses.

Phased Return

Our return to campus will be phased. We are now in Phase 2 of our process, with the LEARNs supervised care for open for some students. In the next several weeks, we will offer in-person specialized support for small groups of English learners and eligible students with disabilities.

Once we get clearance from the Pasadena Department of Public Health, we will begin moving towards reopening in January, starting with Transitional Kindergarten through 2nd grade, followed by 3rd-5th grade, middle school, and finally, high school. Again, January 11 is our target but is subject to changing circumstances.

Safety Measures

We have to ensure that all safety measures are in place before students and staff return. Our teams are busy installing and testing safety measures and protocols. We are considering thermal cameras and UV devices, and testing them on our campuses.

Student Voices

A couple of weeks ago, PUSD co-hosted a community forum with City leaders to hear from high school students about the issues that concern them. I had an opportunity to hear their input regarding when they thought we should come back to in-person learning. Their thoughtful responses were impressive and had a great influence on my recommendation to the Board that we begin the return in January.

Measure O

Finally, I want to tell you about Measure O, the general obligation bond on the November 3 ballot. If approved by voters, Measure O would provide funding to make sure that students have up to date technology and internet access. It would allow us to repair and improve our campuses. Please check our website at pusd.us/measureO for more information.

Thank you. Stay healthy and stay safe.

*Sincerely,
Brian McDonald, Ed.D. Superintendent"*

SCHOOL DIRECTORY

| | |
|---|---|
| <p>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</p> <p>Arcadia High School 180 Campus Drive Arcadia, CA 91007 Phone: (626) 821-8370, Principal: Brent Forsee bforsee@ausd.net</p> <p>Arroyo Pacific Academy 41 W. Santa Clara St. Arcadia, Ca, (626) 294-0661 Principal: Phil Clarke E-mail address: pclarke@arroyopacific.org</p> <p>Barnhart School 240 W. Colorado Blvd Arcadia, Ca. 91007 (626) 446-5588 Head of School: Ethan Williamson Kindergarten - 8th grade website: www.barnhartschool.org</p> <p>Bethany Christian School 93 N. Baldwin Ave. Sierra Madre, Ca. 91024 (626) 355-3527 Preschool-TK-8th Grade Principal: Dr. William Walner website: www.bcsllions.org</p> <p>Clairbourn School 8400 Huntington Drive San Gabriel, CA 91775 Phone: 626-286-3108 ext. 172 FAX: 626-286-1528 E-mail: jhawes@clairbourn.org</p> <p>Foothill Oaks Academy 822 E. Bradbourne Ave., Duarte, CA 91010 (626) 301-9809 Principal: Nancy Lopez www.foothilloaksacademy.org office@foothilloaksacademy.org</p> <p>Frostig School 971 N. Altadena Drive Pasadena, CA 91107 (626) 791-1255 Head of School: Jenny Janetzke Email: jenny@frostig.org</p> <p>The Gooden School 192 N. Baldwin Ave. Sierra Madre, Ca. 91024 (626) 355-2410 Head of School, Jo-Anne Woolner website: www.goodenschool.org</p> <p>High Point Academy 1720 Kinneloa Canyon Road Pasadena, Ca. 91107 Head of School: Gary Stern 626-798-8989 website: www.highpointacademy.org</p> <p>La Salle College Preparatory 3880 E. Sierra Madre Blvd. Pasadena, Ca. (626) 351-8951 website: www.lasallehs.org Principal Mrs. Courtney Kassakhian</p> <p>Monrovia High School 325 East Huntington Drive, Monrovia, CA 91016 (626) 471-2800 Principal Darvin Jackson</p> | <p>Email: schools@monrovia.k12.ca.us</p> <p>Odyssey Charter School 725 W. Altadena Dr. Altadena, Ca. 91001 (626) 229-0993 Head of School: Lauren O'Neill website: www.odysseycharterschool.org</p> <p>Pasadena High School 2925 E. Sierra Madre Blvd. Pasadena, Ca. (626) 396-5880 Principal: Roberto Hernandez website: http://phs.pusd.us</p> <p>St. Rita Catholic School 322 N. Baldwin Ave. Sierra Madre, Ca. 91024 Principal: Adela Solis (626) 355-6114 solis@st-ritaschool.org Website: www.st-ritaschool.org</p> <p>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</p> <p>Sierra Madre Middle School 160 N. Canon Sierra Madre, Ca. 91024 (626) 836-2947 Principal: Garrett Newsom E-mail address: newsom.garrett@pusd.us</p> <p>Walden School 74 S San Gabriel Blvd Pasadena, Ca. 91107 (626) 792-6166 www.waldenschool.net</p> <p>Weizmann Day School 1434 N. Altadena Dr. Pasadena, Ca. 91107 (626) 797-0204 Lisa Feldman: Head of School</p> <p>Wilson Middle School 300 S. Madre St. Pasadena, Ca. 91107 (626) 449-7390 Principal: Ruth Esseln E-mail address: resseln@pusd.us</p> <p>Pasadena Unified School District 351 S. Hudson Ave., Pasadena, Ca. 91109 (626) 396-3600 Website: www.pusd.pusd.us</p> <p>Arcadia Unified School District 234 Campus Dr., Arcadia, Ca. 91007 (626) 821-8300 Website: www.ausd.net</p> <p>Monrovia Unified School District 325 E. Huntington Dr., Monrovia, Ca. 91016 (626) 471-2000 Website: www.monroviaschools.net</p> <p>Duarte Unified School District 1620 Huntington Dr., Duarte, Ca. 91010 (626)599-5000 Website: www.duarte.k12.ca.us</p> <p>Arcadia Christian School 1900 S. Santa Anita Avenue Arcadia, CA 91006 Preschool - and TK - 8th Grade 626-574-8229/626-574-0805 Email: inquiry@acsllions.com Principal: Cindy Harmon website: www.acsllions.com</p> |
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ASSEMBLYMAN HOLDEN ENDORSES WU FREDERICKS FOR PASADENA UNIFIED SCHOOL DISTRICT BOARD MEMBER

Candidate Tina Wu Fredericks has secured the support and endorsement of Assemblyman Chris Holden (D-41) to her campaign for board, adding to her dynamic list of elected and community supporters from the cities of Pasadena and Sierra Madre.

Her endorsement adds to her list of major endorsements that includes the Los Angeles County Democratic Party and California School Employees Association, Local 434 that represents classified workers throughout the District. "I am proud to earn Assemblyman Holden's endorsement and look forward to working with him to ensure PUSD secures the funding needed from the State to continue investing in student success."

Holden has recently been highlighted in the news for adoption of his landmark legislation requiring corporations to honor their recent commitment to racial justice by requiring their boardrooms have more diversity by the end of 2021. Holden said, "As a community activist, Tina has demon-strated dedication to equity and fairness for all. I am convinced she will be a tireless worker to achieve excellent educational opportunities for all of our students."

For more information about Wu Fredericks campaign, go to Tina4pusd.com.

HALLOWEEN WINDOW ART!

All Sierra Madre households are invited to create Halloween art for display on our local merchants' windows. All ages from a single address are welcome to draw or paint any Halloween theme on a paper 'canvas' provided to you by Sierra Madre Civic Club.

Create your visions of Halloween using pencils, markers, paint, ink – any medium you want. The art will be displayed on pre-approved downtown merchants' windows from October 23 until November 2. Civic Club members will mount your artwork on the windows.

Sign up on-line at sierramadrecivicclub.org before October 8. High quality craft paper, 36" x 36", and further instructions will be delivered free to your front door. One per address.

Important Dates:
October 9-10 Paper and instructions delivered to your front door.
October 20 Deadline to return completed art in labelled box at 184 South Lima.
For further questions, please contact Karma Bell, Halloween Chair for Sierra Madre Civic Club, at 355-6487.

Apples and falling leaves...

...scurrying squirrels and football!

Kids: color stuff in!

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Will you remember to turn the clock back, Jack?

Fall is a fun time to make a rhyme!

Fall is a ton of fun!

Fall as a rule is cool! Better get a sweater!

Fall Times and Rhymes

In each clue find the silly word (in bold) then fill in the puzzle with a word that rhymes *and* makes sense.

1. **bumpkins** dot fields waiting to be picked
2. families gather to watch new television **toes**
3. a full harvest **tune** glows in the night sky
4. **hawks** are turned back one hour
5. families sit in hay and laugh as they bump along on the farmer's **dragon**
6. a **moose** flies south
7. a family decorates the **mouse** with pumpkins, wreaths and orange Chinese lanterns
8. practice is after school for the football **dream**

Read these fun fall rhyming clues to fill in the crossword.

1. Some of them fly south when the weather gets cold; But they fly back north when warm weather takes hold.
2. It flies through the air, the goal post it clears; the home team wins, the crowd jumps and cheers!
3. They swirl through the air, crunch under your feet; A big pile to jump into just can't be beat!
4. The wind blusters and shakes the branches of the trees; Plop! Plop! Plop! He gathers all the acorns he sees!
5. It forms crystal feathers on glass and freezes the leaves; Its deep cold can cause a strong road to buckle in heaves.

Fit the answers into the puzzle!

Nice!

Can you believe that this is my first hayride?

I guess I'm not very scary!

Fall Sayings

Fall is in full swing. The word "fall" is used in many ways. Can you match the sayings to their meanings?

1. fall all over someone
2. fall back on the first plan
3. fall behind
4. fall down on the job
5. fall flat
6. fall for
7. fall over backwards
8. fall short
9. fall out
10. fall to

- A. doing all one can to please
- B. to like someone very much
- C. not do the job well
- D. turn to the first idea for help
- E. fail to reach goal
- F. fail completely
- G. show too much love
- H. begin to work
- I. leave one's place after a military inspection
- J. to go slower than others and not keep up

CHRISTOPHER Nyerges

WHAT IS MORINGA?



[Nyerges is an ethnobotanist who has been conducting field trips since 1974. He's the author of "Guide to Wild Foods and Useful Plants," "Foraging Edible Wild Plants of North America," and other books. He can be reached at www.SchoolofSelf-Reliance.com.]

Ever heard of the moringa tree? Moringa (*Moringa oleifera*) is one of those plants that at-first seems shrouded in mystery and history. The nutritional and medicinal claims seem over-blown, and perhaps it does not help that the plant is also sold through multi-level marketing, bringing up past associations with spirulina and other exotic foods.

First, let's take a close look at the tree, and examine the many ways in which it has been used historically, and still used today. Then, we'll look at the nutritional analysis of the seeds and leaves of this tree.



Moringa is native to parts of African and Asia, where it has long been used for food for both people and animals. The tree is of the genus *Moringa*, of which there are a dozen other species, but *Moringa oleifera* is the most commonly cultivated and used species. It is believed to be native to the foothills of the Himalayas in northwestern India, and it's most widely cultivated in India.

The word "moringa" comes from a Tamil word, "murungai," which means "drumstick." In many parts of the Tropics where the tree grows, it is called the drumstick tree, a reference to its three-sided elongated seed pods. But the tree is also known by many other names, such as the horseradish tree (the raw leaves are spicy), and even the "miracle" tree because of its high nutritional value and other uses.

The most nutritious part of the tree is from the leaves, either eaten fresh, or dried and used as a food supplement. The immature seed pods, called "drumsticks", are commonly consumed in South Asia. They are prepared by parboiling, and often cooked in a curry until soft. The seed pods, even when cooked by boiling, remain particularly high in vitamin C. The seeds, removed from the mature pods, can be eaten like peas or roasted like nuts. These contain high amounts of vitamin C and moderate amounts of B vitamins and dietary minerals.

LEAVES

The leaves are the most nutritious part of the plant, being a significant source of B vitamins, vitamin C, provitamin A as beta-carotene, vitamin K, manganese, and protein. When compared with common foods particularly high in certain nutrients per 100 grams of fresh weight, cooked moringa leaves are considerable sources of these same nutrients. The leaves are cooked and used like spinach, and are commonly dried and crushed into a powder used in soups and sauces.

For long-term use and storage, moringa leaves are commonly dried and powdered. This preserves the nutrients and allows them to be used later. The leaf powder is then added to soups, sauces and smoothies.

Because of the leaf's high nutritional content, moringa leaf powder is also used as a dietary supplement, and used to enrich others food products, such as dairy products, like yogurt and cheese, bread and pastry products, pastas, etc.

Part of the appeal of the food from the moringa tree is the fact that is fast-growing, and can be grown in marginal or poor soil, and it's very drought-tolerant. Just as a food alone, that makes this an attractive tree to grow.

BUT DOES IT TASTE GOOD?

So, do the leaves and pods taste good? I enjoy fresh leaves, picked from my backyard tree, in my salads occasionally. I like the spicy flavor that's reminiscent of horseradish. (My trees are not big enough to produce pods, so I have not yet tried those, though they are very popular in Asia).

Americans have been hearing about moringa for about the last two decades, but the acceptance of moringa as a food is lukewarm. Since Americans are so focused upon the flavor of a new food, as opposed to its nutritional value, moringa foods have not been extremely popular in the United States because there is the general opinion that the plant does not have a good flavor. I would agree that the dried powder requires an acquired taste.

So, besides the fact that this tree is quick growing and drought tolerant, why would anyone eat it?

It turns out that eating moringa means you are eating your medicine. Eating the moringa in any form is like taking nutritional supplements, but apparently far better. Go on-line and look at the U.S.D.A. chart of the analysis of the moringa pods and leaves. A given amount of moringa has four times the calcium of milk, four times the Vitamin A of carrots, twice the protein of yogurt, three times the potassium of bananas, and seven times the vitamin C of oranges.

IS IT EASY TO GROW MORINGA?

When the trees are grown commercially for the leaf, the leaves can be harvested many times a year, with the plant being cut down to two or three feet. If it's being grown for the pods, the first harvest will be about six to eight months after planting. In commercial farms, the trees grown for the leaf can be much closer because there is regular harvesting of the leaf; the trees that are grown for the pods are spaced out a bit more. Still, for a small farmer or backyard gardener, the moringa tree can provide nearly a year-round food source.

The largest producer of moringa products in the world is India, which produces 1.2 million tons of the fruit annually.

SOURCE
GO TO AMAZON.

There is an overwhelming volume of Moringa products available when you search on Amazon, from the seeds, to the various powders. Most of the products are nutritional supplements based on the leaves, and I have tried only a fraction of them. My suggestion is to buy some seeds and see if you can grow some. Then you can try the fresh leaves for yourself.

Small packages of the seed are available from Survival Seeds, P.O. Box 41834, Los Angeles, CA 90041, for \$5.

DAVID ASHLEY

Thanks to Amy McKenzie and David Ashley who provided nutritional data for this article. For more product information contact David at the following website link: <https://da4health.isagenix.com/>.

MORINGA FARMS

A good source for the products (seeds, etc.) and more information is www.moringafarms.com.

Katnip News!



BE "DAZZLED"

No, she's not a Las Vegas showgirl! She's just a beautiful young soul who needs a forever home. But be prepared—she will definitely dazzle you when you learn



how she has survived through a challenging situation, 2 foster homes, and one adoption which turned into abandonment. For years, Dazzle lived by a freeway, but was fed daily by a kind woman. She finally went to a foster home where an adopter was then found. However, after just a few days, the adopter abandoned her at the vet's office because Dazzle was ill. She is now at another foster home while she is recovering from a digestive sensitivity. We would love to find an adopter for her. Dazzle is understandably shy and will take some time to trust. However, she is easily held and plays with toys. You just want to take her in your arms and love and comfort her! Look at her beauty and ask yourself how it is that this precious girl has not yet found a home. Could your home be the one? She's only age 3. See more pictures, adoption information and application on our website at the Special Needs (for now) page, www.lifelineforpets.org.

Pet of the Week

14-week-old Miel has come such a long way since she arrived at the shelter! At first, she was fearful of people and of her new environment. But our cat behavior staff has worked hard to gain her trust, and now she allows people to pet her. She has such a fun personality and loves to play – if you throw her a treat, she'll bat it around and chase after it. She's such a cutie! She's done a great job at coming out of her shell, and just needs a patient adopter who can give her the time she needs to adjust to new people and a new home.



This sweetie is worth it!

Miel is eligible for a 30-day adoption trial. Take her home for a month, get to know and love her, and we'll provide all the supplies. At the end of 30 days, you can make your adoption official. Email foster@pasadenahumane.org to get your adoption trial started!

The adoption fee for cats is \$90. All cat adoptions include spay or neuter, microchip, and age-appropriate vaccines.

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.

Pets may not be available for adoption and cannot be held for potential adopters by phone calls or email.

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Chris Leclerc

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| \$15 First Hour (includes feeding).....\$12.50 per hr. | |
| Medications | \$5 extra |
| Email - walknthedog9@gmail.com | |

All Things

By Jeff Brown

OUR TAX CODE!

As further proof that our tax system is broken, consider the recent revelation by reporters at Prorepublic.org.

If you're a member of the working poof-people who earn less than \$20,000-you are nearly as likely to be audited as people whose earnings put them in the top 1 percent. It might seem foolish of the IRS to chase low-paid tax payers for a few hundred bucks rather than, say, a reality TV show host claiming a suspect business loss of \$72.9 million. But years of withering budget cuts by congressional Republicans have left the IRS so stripped of experienced of-ficers that it can only audit 1.56 percent of the richest Americans' returns. Auditing the poor is simpler-they can't afford tax lawyers-and is thus "the most efficient use of the IRS's limited examination resources" the agency says.

As we've been reminded this past week the U.S. does not have one system, but two. once for the salaried schmucks whose income is reported directly to the government and who can enjoy precious few deductions or options for cheating. The other is for the self employed, owners of limited liability companies, hedge-fund manag-ers, and the very wealthy. For them, the tax code is like a Christmas tree laden with shiny baubles and surrounded by ribboned presents-deductions, tax-avoidance schemes and loopholes of all kinds.In the deep forest of a 400-page tax return, is easy to hide questionable claims, like classifying your daughter-an executive in the family firm-as a "consultant" so you can right off her \$747,622 salary as a business deduction. Fraud, the IRS estimate, will cost the government \$7.5 trillion in taxes not paid over the next decade.

Every dollar that cheats do not pay, of course, is either paid by the "losers and suckers" or added the trillions in debt we are handing off to our chil-dren.Americans deserve a much fairer and simpler tax code, but we will not get one until we demand it.

William Falk-Editor in Chief-“The Week”

Pets in need

Some pet parents cannot afford the cost of vet care right now. You can help those pets! Visit us:

www.FreeAnimalDoctor.org

Sierra Madre based non-profit

HOW TO FIND AN ONLINE THERAPIST

Dear Savvy Senior:

What is the best way to find online therapy services for my anxiety and depression? I just turned 63 and have become increasingly hopeless since the COVID pandemic hit and cost me my job. I need to get some professional help, but I'm also high risk for illness and very concerned about leaving the house. Need Help



Dear Need:

I'm sorry to hear about your job loss and the difficulties you're going through right now, but you're not alone. Because of the coronavirus pandemic and resulting economic downturn, fear, anxiety and depression is being reported by 45 percent of Americans, according to a Kaiser Family Foundation tracking poll.

To help you through this difficult time there are a variety of therapists, psychologists, and other mental health providers you can turn to. And because of the pandemic, most of them are now offering counsel to their clients online through teletherapy services. This will allow you to interact virtually with a therapist from the comfort of your home using only a smartphone, tablet or computer.

How to Find a Therapist

A good first step to locating a therapist is to ask your primary care provider or family and friends for a referral. You can also look on your insurer's website for a list of therapists covered under your plan. But be aware that some insurers have limited, or even no coverage for mental health, and many mental healthcare providers don't participate in insurance plans. (Medicare does cover mental health services.)

Other resources to help you find a good therapist include online finder tools at the American Psychological Association (locator.apa.org) and the American Psychiatric Association (finder.psychiatry.org).

If you want some help, there are also online platforms that can help match you with a licensed mental health provider. For example, Talkspace (talkspace.com) and BetterHelp (betterhelp.com), are virtual services you can access through your phone or computer, that contracts with thousands of licensed and credentialed therapists.

The process starts with a few questions to assess your goals, your condition, and your preferences, and then matches you with some top therapists in your state.

If you don't have insurance coverage or can't afford therapy, you can call or text 211 (or go to 211.org) anytime for a referral to a provider who offers support at no cost or on a sliding scale, based on your budget.

You can also call the National Suicide Prevention Lifeline 24/7 and ask for a referral to a local resource or provider or ask to be transferred to their "warm line" for nonemergency calls, where you can talk anonymously to a trained professional at no cost.

Another possible option is Federally Qualified Health Centers, which are community-based health centers, some of which may offer teletherapy services at no-cost. To search for centers in your area visit FindAHealthCenter.hrsa.gov.

There's also this website called Open Path Collective (openpathcollective.org), where therapists offer low-cost online sessions for between \$30 and \$60.

Interview Your Therapist

Before you start sessions with a therapist, it's important to make sure he or she meets your needs. If you're not comfortable with the person, you're unlikely to benefit from the therapy. So, schedule a call or a video chat to get a feel for each other, and to ask about the therapist's training, years in practice, specialties, therapy techniques and fee. Ideally the therapist you choose will be a good personality fit for you and will be within your budget and/or covered by your insurance.

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.

FAMILY MATTERS By Marc Garlett



IS IT TIME TO GO SOLO(PRENEUR)?

There's nothing like a major change in the economic climate to make you rethink your day job. "Business as usual" currently means a large element of uncertainty about what the future holds for your working life. Whether you've lost your job, had your hours cut, or have seen these things happen to people you know, your feeling of security has likely taken a hit. And, maybe that can be a good thing - something that calls you to action.

You also may have noticed a growing trend that existed even before the coronavirus pandemic hit—more and more people are opting out of the traditional 9 to 5 and becoming "solopreneurs," either by becoming a freelancer or starting a business.

As a freelancer, you would draw on the talents you've used as an employee, or even other skills you've developed outside the scope of your day job, to help support other people's businesses. And, once you see it going well, you may decide to start a business of your own.

There are unlimited possibilities, and the way we live and work in today's world means there's never been a better time to get started. Here's why.

We Have the Technology

For a solopreneur, working from home is the norm, and software companies are only helping that trend along. New tech tools exist that make it easier than ever for people to use their own computers for what would normally be done in an office environment. A lot of these tools have free options, and you can scale up your technology according to how much your business is growing.

Plus, as we become more connected digitally, it's quicker and easier to coordinate teams online. That means you can coordinate with your clients and contractors to have meetings, share documents, and pay and get paid more easily.

Be True to Yourself

There is absolutely nothing wrong with being an employee if your role meets your needs personally, professionally, and financially. And many people feel more comfortable as part of a team rather than as the leader of the team.

But for others, working for themselves means they have the freedom to choose who to work with and what values they choose to uphold. Which role fits you the best?

Live the Life You Want

Another reason to be your own boss is to increase your flexibility. When you manage your own schedule, you don't need someone else's permission to go pick up your kids from school, workout in the middle of the day, or work on a project in the evening rather than the middle of the afternoon.

In the same way that more technical tools are emerging to meet the new economy, so are new modes of health care. Medical, dental, and other individualized and family plans just for gig workers are becoming common. Whereas it used to be very expensive and difficult for independent contractors to get affordable insurance, the barriers are starting to lower.

Scale Your Income

On one hand, the idea of not having a steady paycheck could be nerve-wracking. But on the other, it could open doors to greater wealth and full control, when you've made the transition from employee to freelancer or even business owner, wisely. When you work for yourself, you are no longer limited to earning the amount of money that your company says you should. You can raise your rates as your value increases in the marketplace. You can work more hours, or less. You can charge fees that make sense to you and that your best clients will be happy to pay.

A steady job is not necessarily a sure thing. If you're in a place of transition with your life and career, it could be the right time to take the leap and begin working for yourself, and then even becoming the boss you always wish you had.

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.

SENIOR HAPPENINGS

HAPPY BIRTHDAY! ...October Birthdays*



Janda Ferris, Darlene Traxler, Margit Johnson, Sole Krieg, George Maurer, Dick Anderson, Eva Poet, Mary Jane Baker, Dixie Coutant, Cathleen Cremins, Adie Marshall, Darlene Crook, Susan Gallagher, Maggie Ellis, Gloria Giersbach, Elva Johnson, Ellen O'Leary, Jenny Piagenti, Gail Ann Skiles, Anita Thompson, Linda Boehm and Angela Stella

* To add your name to this distinguished list, please call the paper at 626.355.2737. YEAR of birth not required

SENIOR ACTIVITIES IN SIERRA MADRE

CHAIR YOGA Every Monday and Wednesday, 10-10:45 am Chair yoga with Paul is coming back! Class will begin on Monday, August 10th and will be held in the Covered Pavilion in Memorial Park in front of the Senior Center. Please join us for some gentle stretching, yoga, balance exercise and overall relaxation. Class size is limited so please call 264-8923 to reserve your spot.

HAWAIIAN AND POLYNESIAN DANCE CLASS Every Friday, 10-10:45 am Class will also meet in the Covered Pavilion in Memorial Park in front of the Senior Center. Join the class with instructor Barbara as she leads you through the art of Hula. Please call 264-8923 with any questions. Classes will maintain a distance of 6 ft between participants. ALL participants must be wearing masks for the duration of the class. All equipment used will be sanitized after each use before it is stored. Each participant is responsible for providing their own water, masks and needed equipment or supplies for each class. Please call the Community Services Department at 355-5278 with any questions or concerns.

OCTOBER CRAFT

Wednesday, October 21, 11:00 am. Please join me as we try our hands at making Wooden Owl Ornaments. This will be a new type of program as we create our masterpieces via Zoom to ensure all of our safety. I will have all the supplies individually packaged and ready for pickup on Monday, October 19th pickup will be between 10:00 am-2:00 pm. I will have enough supplies for 10 participants. Reservations are required so please call 355-5278 x 704 to secure your spot. Please note that this is an ONLINE class that will be held via Zoom. We will not be meeting in the Hart Park House Senior Center.

IDEAS

Do you have any ideas for programming? Is there a class or club you would like to see in our Senior Community? Please call or email Lawren Heinz with ideas or questions. 626-355-5278 x 704 lheinze@cityofsierramadre.com

City staff are monitoring email communication daily, and although employees are minimizing direct engagement and interfacing less with the community, please note that voice messages, emails, and social media responses are being addressed in the most efficient and timely manner. If at any time additional information is needed, please contact City Hall Administrative Services at (626) 355-7135, Monday-Thursday from 7:30a – 5:30p, as they are taking messages and e-mailing the appropriate person. For messages that may trickle in otherwise, please note our team is remotely checking voicemail daily at the Community Services Department, (626) 355-5278 x702.

SIERRA MADRE SENIOR COMMUNICATIONS PLAN

The City of Sierra Madre is following these procedures to provide current communication in light of COVID-19 and keep the Senior Community and families informed of essential information and resources. City staff are monitoring email communication daily, and although employees are minimizing direct engagement and practicing social distancing in the community, please note that voice messages, emails, and social media responses are being addressed in the most efficient and timely manner.

If at any moment additional information is needed, please contact City Hall Administrative Services at (626) 355-7135, Monday-Thursday from 7:30a – 5:30p, as they are taking messages and e-mailing the appropriate person.

For messages that may trickle in otherwise, please note our team is remotely checking voicemail daily at the Community Services Department, (626) 355-5278 x702.

Community Services Department will continue email communication with Senior residents and aging community members.

If you know of family members or neighbors who may benefit from accessing information electronically, and to receive the department's Seniors Newsletter via email but may not otherwise have been included on an email group list, please send your request with email address to the following team members: Lawren Heinz lheinze@cityofsierramadre.com and Clarissa Lowe Clowe@cityofsierramadre.com.

City Social Media will continue via Facebook as well as Instagram, and information sharing will include updates as details becomes available.

Mater Dolorosa - Sierra Madre Meal Pick-Up Program provides seal-packaged frozen meals, 5-per person every Thursday, 12:00 – 1:00 p.m. at Hart Park House Senior Center 222 W. Sierra Madre Blvd. Donations are accepted. Call (626) 355-5278; x702 or 704. **YWCA Intervale Meal Program** - Effective Wednesday, April 1, 2020

YWCA has transitioned their distribution of take home meals at the Sierra Madre Hart Park House Senior Center to a home-delivery meal program. Participants previously reserved for meal pick-up as of Wednesday, 3/25/20 were informed that they would begin to have their meals delivered to their homes, beginning Wednesday, April 1, 2020 until further notice.



OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

JUNK IS A MATTER OF PERSONAL DEFINITION

I thought I had everything organized and in order. It just shows how useless my thinking

is these days.

There are many piles in my office and on my desk, and I know what is in each pile. Everything is organized to my specifications. My rule is: if I can't find something, I don't need it. Believe me; there's a lot of things I don't need.

At the end of the week, I was finishing up my office area and closing it down for the week. I sighed a deep sigh of relief, knowing that my work for the week was done. Nothing is more satisfying than when a plan comes together.

It was at this point that the Gracious Mistress of the Parsonage came into my office area and said rather strictly, "What is all this junk?"

At first, I did not know what she was talking about. I looked around my office area, and I could not see any junk. So I asked her, "What junk are you referring to?" It was a very sane and in-sightful question, at least from my point of view.

I've been married long enough to know that there is a different way of thinking and looking at something on either side of the marriage aisle. After all of these years of being married, I just can't figure her side out.

"All this junk in your office is what I'm referring to," she replied.

The only junk I could see in my office area was the waste can, which was full at the time. So I picked up the waste can, took it out, emptied it, and brought the empty waste can back.

"There," I said with a degree of satisfaction, "I got rid of all the junk."

You would have thought that being married as long as I have been, I would not have come to that conclusion.

My method of organizing is not the same as hers. For example, on the other side of the house, she has what she calls her "Craft Room." I walked into it once, and it was so organized I had to get out as quickly as possible. It gave me a headache. It looked like a well-organized store of craft products. Everything had its place, and every place had its thing.

My idea of organization is that I know where everything is and if I can't find it, well, you know the rest of that.

"Look at all of the junk in your office. How can you work with all of this junk around you?"

Still, I do not understand what her definition of junk in my room is. But the fact is, I work better when I'm surrounded by what she calls "junk." Then she said something that froze my liver. "I have some time so let me help you organize your

office."

I know she meant well. But I also know that if she organizes my office according to her specifications, I will never find anything I want when I want it.

Then she briskly walked towards one of my "piles." I almost panicked.

"No, no," I said as gently as I could even though I was in panic mode. "Everything is okay; I'll take care of it, you don't have to worry."

Whenever my wife gets a project in her mind, she can't stop until she has completed it to her satisfaction. She's a gifted organizer and very specific. I know that if she organizes my office, it would be supreme.

If she organized my office, it would take me months to get it back to the place where it functions according to my level of function.

When I'm finished with a project, I go over to one of the piles and just sort through it and find something I had forgotten about, which becomes my next project. If it was organized, I would never find the next project to do.

I thought my life had come to an end, at least my work life. Then something happened that saved me from this predicament.

My wife's cell phone rang, and it was our daughter. She wanted to know something about a craft project she was working on and wanted to know if her mother could help her.

I saw her eyes light up as she left my office area and went back into her craft room to help our daughter. I think that's why God gives us daughters!

Getting out of this predicament was a great thing, but I had to think of what I would do the next time it happened. I needed a plan.

One person's junk is another person's workspace. Just because you don't understand how my office is organized doesn't mean it's not organized, and it doesn't mean I don't know what I'm doing in my office.

My workspace, or junk as my wife says, is my environment to think and to work.

While my wife was back in her craft room, talking to our daughter, I happen to think of a verse of Scripture. "Commit thy works unto the Lord, and thy thoughts shall be established" (Proverbs 16:3).

When in my space, no matter how somebody else may do it, I am in an atmosphere to do the thinking I need to do. Most of the time, my thoughts are rooted in God and how he has marvelously blessed my life.

Dr. James L. Snyder is pastor of the Family of God Fellowship, Ocala, FL 34472.



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

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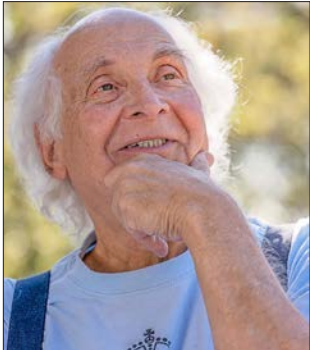
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The traditions of community newspapers and the concerns of our readers are this newspaper's top priorities. We support a prosperous community of well-informed citizens. We hold in high regard the values of the exceptional quality of life in our community,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

STUART TOLCHIN



WE NEED SOME COMMON SENSE TO BRING PEOPLE TOGETHER

Today, a great many of us are concerned about the problems facing this country and the rest of the world. Added to that we have learned that our peerless leader has received doses of steroids which can affect mental stability resulting in delusional feelings of grandeur. Meanwhile the clock is ticking towards a time when it is too late to save our civilizations from the ruination connected to global warming.

In a time of great turmoil George Washington read aloud to his unmotivated and mostly illiterate troops these words contained in Thomas Paine's pamphlet, Common Sense "We have it in our power to begin the world over again." Close to two hundred years ago, Ralph Waldo Emerson, at the time the most popular writer in America and a champion of the power of the individual, reminded Americans "what lies behind and what lies before us are tiny matters compared to what lies within us." In our own time in his book *Rebalancing Society*, Henry Mintzberg cries "ENOUGH! Enough of the imbalance that is destroying our democracies, our planet, and ourselves." "Have we not had enough exploiting of the world's resources, including ourselves as human resources?"

Mintzberg reminds us that we need not be "passive human resources" but can be resourceful human beings in the service of our progeny and our planet. The passivity Mintzberg describes as the condition of most adults is certainly not present in our granddaughter. Her continual activity is probably typical of most infants. My granddaughter, is an individual completely capable of occupying herself without video games, television, or even me. She awakens joyfully begins chatting with herself in her own unique language and completely occupies herself by analyzing whatever she can find. She creates a great variety of sounds with different pitches and lengths and loudness. She experiments with face making and once discovering a reflection in the mirror she devised interesting experiments to determine if that reflection was indeed herself or some other highly interesting creature.

I could continue at length describing her exploits but I have something else in mind here. Her progress from not being able to turn over, to sitting up, to crawling and now walking have been great exhibitions of perseverance, focus, bravery and enjoyment. These are the reflections of what it is to truly be a human being. She wants to be able to take care of herself. My point is not that she is unusual, but rather that is what an uncorrupted human being is. Brilliant, energetic, sometimes making mistakes but persevering, happy and focused. As we grow to adulthood almost all of us are lulled into a kind of passivity, relying upon others to tell us what to do and what to think.

Unrestricted business and many other illegal and non-Democratic activities have resulted in a terrible mistake. The man who has been allowed to assume the office of President has unquestionably demonstrated that he is ignorant, indifferent, incompetent, racist, and mendacious. Sadly, we "exploited human resources" have been unable to do much about it. What must happen is that unaffiliated individuals must take to the streets, as many already have. Groups affiliating themselves with local issues and non-profit corporations dedicated to the pursuit of the common good. Yesterday a neighbor in Sierra Madre explained to me that in connection with fears connected to the Bobcat fire thousands of people, common people like us, have banded together to share reliable information about the actual location of the fires and an objective assessment of the danger. There is no one to trust but ourselves!

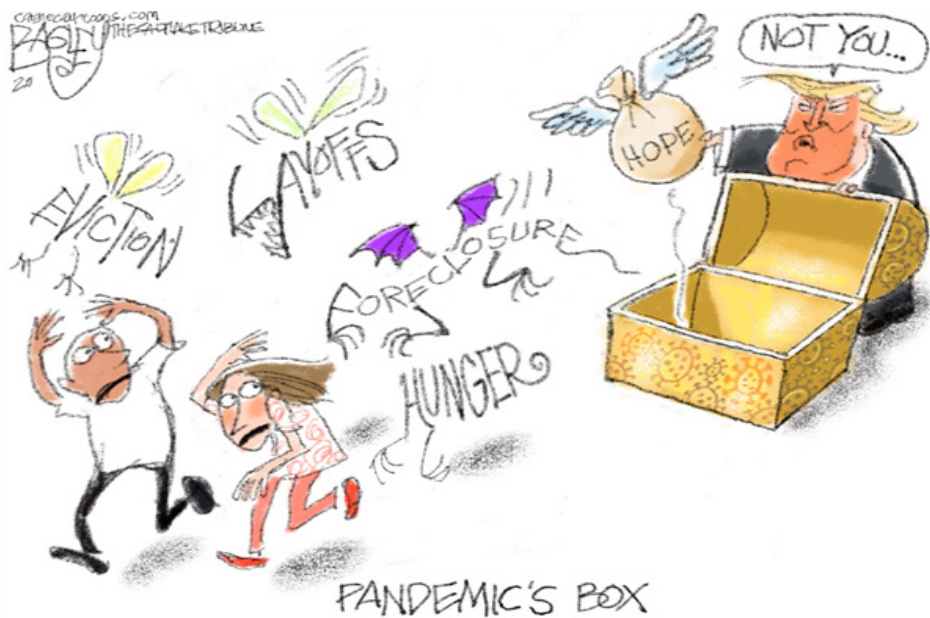
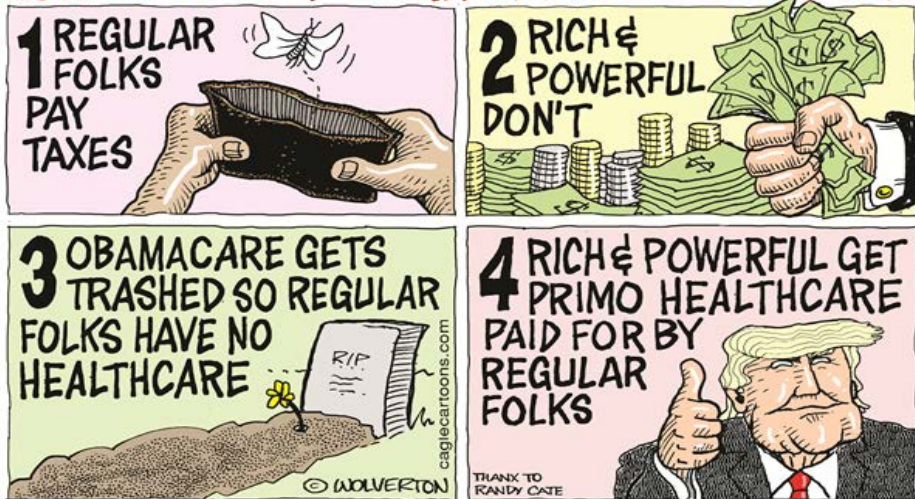
As Paine, Emerson and Mintzberg describe this is exactly the kind of non-governmental, non-business controlled type of action that "Common Sense" tells us is the only possible balancer of the inequities within the society. We common people must push away our passivity. We owe this to ourselves; to our progeny, and especially to my granddaughter.

STAR TRIBUNE

S&K



HOW THE TRUMP/GOP HEALTHCARE PLAN WORKS!



LEFT TURN/RIGHT TURN

DICK POLMAN



MY EXCLUSIVE INTERVIEW WITH THE FLY THAT SAT ON MIKE PENCE'S HEAD

Q: Congratulations, Mr. Fly. You won the vice presidential debate Thursday night. You are America's Insect. How do you feel today?
A: Just like the president, I feel great. I felt it was my solemn duty to participate.

Q: Why? What compelled you to go sit on the vice president's head for so long? Have you always been interested in politics?

A: Not until Thursday night. I was always content to zip here and there, nobody telling me what to do. I did like when the vice president talked about "freedom" and against "mandates." I wouldn't want a mandate telling me where I can fly or not fly. But as I was listening to what the vice president was saying to that lady on stage, I decided I had to take a stand.

Q: Wow, Mr. Fly. You became politicized in the blink of your thousands of eyes?

A: Frankly, I went there to sample the vice president's hair product. But remember, I'm a fly – so I stayed for all his s---.

Q: Whoa, Mr. Fly. This is a family publication. How can you say such a thing?

A: Because I've rubbed my hands and legs together and done some homework, which your audience may appreciate. Roughly 212,000 humans are dead from that virus, right? And 7.6 million are infected? But here's what I heard Thursday night: "From the very first day President Donald Trump has put the health of Americans first...I couldn't be more proud to serve as vice president to a president who stands without apology for the sanctity of human life." He really said that.

Q: Gee. Anything else?

A: Oh yes. The buzz these days is that the president is mean to pretty much everyone who isn't an able-bodied white person. But here's what I heard Thursday night: "This is a president who respects and cherishes all the American people." He really said that.

Q: We get the point.

A: There's more. When I fly around I notice how much warmer the air is. You call it "climate change." Here's what I heard Thursday night: "President Trump has made it clear that we're going to continue to listen to the science." He really said that.

Q: Surely that's all you got.

A: Oh no. There's also buzz that we don't know how sick the president is because his doctors keep hiding all kinds of information. But here's what I heard Thursday night: "The transparency they've practiced all along the way will continue." He really said that.

Q: No wonder you stayed on his head so long. Anything else bugging you?

A: Yeah. He wouldn't answer simple questions. Like when he was asked, if you kill the law that protects people with health conditions, what's your plan to help people who have health conditions? He changed the subject. Or when he was asked to explain why his boss won't challenge the dictator who has put "bounties" on American soldiers? He changed the subject. Or when he was asked, are there plans to have you step in if the president gets too sick to work? He changed the subject.

Q: You are very well informed, for a fly.

A: I have a lot of free time. And there's one other thing. I don't presume to speak for half the human race – all the women out there – and I'll admit that I like to land on their hair, too. But I bet they didn't like how the vice president refused to stop talking when it wasn't his turn. Whenever that Harris lady would start to stay something, he wouldn't let her talk. She kept saying, "I'm speaking, Mr. Vice President! I'm speaking!" I thought that if I stayed on his head long enough, maybe he'd get distracted and shut up. But alas I failed.

Q: You seem upset, Mr. Fly. Why?

A: Just puzzled, I suppose. I buzzed past a TV today, and someone said that the president and vice president are already getting "crushed in the polls" by women – so why would the vice president want to make things even worse?

Q: I guess it was just in his nature. Speaking of nature, I understand that it's common for flies to vomit when they land on something?

A: Yes, but only when we eat. That's why I finally left his head. I was still hungry for substance. That fellow wasn't worth my puke.

Dick Polman, a veteran national political columnist based in Philadelphia and a Writer in Residence at the University of Pennsylvania, writes at DickPolman.net. Email him at dickpolman7@gmail.com

RICH MANIERI



ATTACK ADS AN UNFORTUNATE REFLECTION OF OUR DISCOURSE

If you're looking for a high road in political advertising, you'll find it somewhere between the South Pole and Hades. Short of photoshopping devil horns on your opponent, anything goes. There are no rules. It's Thunderdome, where truth is relative and context is but a rumor.

We've reached the point in the current election cycle when we're all sick of attack ads. We'd probably see fewer of them if there was some hard evidence they didn't work. One thing ad folks – political and otherwise – understand is what motivates potential customers to

action.

Negative ads are nothing new. If you're old enough you might remember Lyndon Johnson's famous "Daisy" ad in 1964. Johnson was trying to portray his Republican opponent, Barry Goldwater, as a reckless militarist, though Goldwater himself was never mentioned in the ad.

The ad shows a little girl picking a daisy in a field and counting. Before she gets to 10, she's interrupted by a male voice counting down a nuclear missile launch followed by a mushroom cloud. The tagline reads, "Vote for President Johnson on November 3rd. The stakes are too high for you to stay home." In other words, a vote for Goldwater is a vote for nuclear annihilation. Unfair but effective. Johnson won in a landslide.

Today, thanks to technology and all sorts of digital hocus pocus, it's easier than ever to make even the most reasonable statesman look like a hysterical maniac.

In Kentucky, Senate Majority Leader Mitch McConnell, a Republican, is running against Democrat and former marine fighter pilot Amy McGrath.

In one of a series of ads, the McConnell camp tries to portray McGrath as a far-left radical, unhinged over the election of Donald Trump. McGrath is shown, in most unflattering black and white video and looking positively loopy, saying, in an angry tone, "I am not accepting of this!" McGrath, says the voiceover, wanted to "remove" Trump from office. She's later called "Extreme Amy McGrath."

McGrath is running ads of her own in which McConnell appears only slightly less evil than Mr. Burns of "The Simpsons." One McGrath ad opens with a creepy montage of black and white McConnell photos with McGrath saying, "Mitch McConnell has spent his whole political career trying to stop people from getting affordable health care." She goes on to tie McConnell to Kentucky's high cancer mortality rate and its prevalence of heart and lung disease. Of course, Kentucky has one of the highest obesity rates in the country and is second to only West Virginia in cigarette smoking. So, there's that.

If we're wondering why so many good, qualified people spurn political office, we really don't need to look much further than political attack ads. Not that there aren't good people currently serving, but exposing oneself to constant ridicule and mischaracterization is not all that appealing to someone who is already successful and shielded from public scrutiny. Why anyone wants to be president, I have no idea.

Politics can be nasty business and it doesn't get any nastier than a month before an election. But when it's all about winning, nothing is sacred and money is no object. Advertising Analytics projects \$6.7 billion will be spent on advertising in the 2020 election cycle and at least half of that will be spent in the last 10 weeks of the campaign.

It's more than a little ironic that Republicans and Democrats alike take turns bemoaning the state of our political discourse and, at the same time, spend millions trying to figure out how to hit the other guy where it hurts the most. Hate and hyperbole are part of the game and, worst of all, if you aren't willing to engage and get dirty, you probably won't win.

I can't pretend to have an answer, only a suggestion for our elected representatives of both parties: Before you yield to political strategists who can rationalize any tactic as long as it achieves the desired result, consider cleaning it up. Elevate the conversation. Talk about issues and vision. Put away the blunt instruments. You can change the tone of the discussion, assuming that's really what you want.

I approved this message.

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Susan Henderson,
Editor/Publisher

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Mountain Views News Recommendations:

Every election, the Mountain Views News brings together its 'Editorial Advisors' to discuss the candidates and issues that are on the ballot. When done, we have our endorsement list to share with you.

PRESIDENT/VICE PRESIDENT OF THE UNITED STATES
JOE BIDEN/KAMALA HARRIS

US HOUSE OF REPRESENTATIVES 27TH DISTRICT
CONGRESSWOMAN JUDY CHU

US HOUSE OF REPRESENTATIVES 28TH DISTRICT
CONGRESSMAN ADAM SCHIFF

CALIFORNIA STATE SENATE DISTRICT 25
ANTHONY PORTANTINO, JR.

CALIFORNIA STATE ASSEMBLY DISTRICT 41
ASSEMBLYMAN CHRIS HOLDEN

PASADENA UNIFIED SCHOOL DISTRICT - 6
CRYSTAL CZUBERNAT

SIERRA MADRE CITY COUNCIL - 2 YEAR SEAT
EDWARD T. GARCIA

SIERRA MADRE CITY COUNCIL - 4 YEAR SEATS
ANDY BENCOSME

ROBERT PARKHURST

LA COUNTY DISTRICT ATTORNEY
JACKIE LACEY

California Proposition 14, the Stem Cell Research Institute Bond Initiative

A "yes" vote supports issuing \$5.5 billion general obligation bonds for the state's stem cell research institute and making changes to the institute's governance structure and programs.

California Proposition 15, the Tax on Commercial and Industrial Properties for Education and Local Government Funding Initiative

A "yes" vote supports this constitutional amendment to require commercial and industrial properties, except those zoned as commercial agriculture, to be taxed based on their market value, rather than their purchase price.

California Proposition 16, the Repeal Proposition 209 Affirmative Action Amendment

A "no" vote opposes this constitutional amendment, thereby keeping Proposition 209 (1996), which stated that the government and public institutions cannot discriminate against or grant preferential treatment to persons on the basis of race, sex, color, ethnicity, or national origin in public employment, public education, and public contracting.

California Proposition 17, the Voting Rights Restoration for Persons on Parole Amendment

A "no" vote opposes this constitutional amendment, thereby continuing to prohibit people who are on parole for felony convictions from voting.

California Proposition 18, the Primary Voting for 17-Year-Olds Amendment

A "no" vote opposes this constitutional amendment, thereby continuing to prohibit 17-year-olds who will be 18 at the time of the next general election to vote in primary elections and special elections.

California Proposition 19, the Property Tax Transfers, Exemptions, and Revenue for Wildfire Agencies and Counties Amendment

A "yes" vote supports this constitutional amendment to:

- * allow eligible homeowners to transfer their tax assessments anywhere within the state and allow tax assessments to be transferred to a more expensive home with an upward adjustment;
- * increase the number of times that persons over 55 years old or with severe disabilities can transfer their tax assessments from one to three;
- * require that inherited homes that are not used as principal residences, such as second homes or rentals, be reassessed at market value when transferred; and
- * allocate additional revenue or net savings resulting from the ballot measure to wildfire agencies and counties.

California Proposition 20, the Criminal Sentencing, Parole, and DNA Collection Initiative

A "yes" vote supports this initiative to add crimes to the list of violent felonies for which early parole is restricted; recategorize certain types of theft and fraud crimes as wobblers (chargeable as misdemeanors or felonies); and require DNA collection for certain misdemeanors.

California Proposition 21, the Local Rent Control Initiative

A "no" vote opposes this ballot initiative, thereby continuing to prohibit rent control on housing that was first occupied after February 1, 1995, and housing units with distinct titles, such as single-family homes.

California Proposition 22, the App-Based Drivers as Contractors and Labor Policies Initiative

A "yes" vote supports this ballot initiative to define app-based transportation (rideshare) and delivery drivers as independent contractors and adopt labor and wage policies specific to app-based drivers and companies.

California Proposition 23, the Dialysis Clinic Requirements Initiative.

A "yes" vote supports this ballot initiative to require chronic dialysis clinics to: have an on-site physician while patients are being treated; report data on dialysis-related infections; obtain consent from the state health department before closing a clinic; and not discriminate against patients based on the source of payment for care.

California Proposition 24, the Consumer Personal Information Law and Agency Initiative

A "yes" vote supports this ballot initiative to expand the state's consumer data privacy laws, including provisions to allow consumers to direct businesses to not share their personal information; remove the time period in which businesses can fix violations before being penalized; and create the Privacy Protection Agency to enforce the state's consumer data privacy laws.

California Proposition 25, the Replace Cash Bail with Risk Assessments Referendum

A "no" vote is to repeal the contested legislation, Senate Bill 10 (SB 10), thus keeping in place the use of cash bail for detained suspects awaiting trials.

PORTRAIT OF OUR NEIGHBORS

by Stuart Tolchin

DR. DEANA OKOHIRA

Dr. Deana Okohira is a Doctor of Pharmacy at Kaiser where she has worked for over twenty years. For the last few years she has worked at the Pasadena facility as an Ambulatory Care Pharmacist where she provides patient care regulating blood sugar levels, cholesterol, and blood pressure. She focuses on patient diet and lifestyle and medication management. She also discusses with patients the possible consequence of uncontrolled diabetes which include blindness, dialysis, amputation, and premature death. (Just describing these conditions frightens me).

During this Covid crisis she has been able to continue working, but found it frustrating at times. She has to rely primarily on phone conversations rather than in person visits. The value of in person visits, she says, is that she can build a rapport with patients and hopefully gain their trust which allows her to better help manage their condition. This is particularly true when it comes to concerns about a patient's emotional or mental state. She is still required to go into the facility to call patients although the calls could be made just as easily from her home without the risk to her own health.

Beyond work – who is Dr. Okohira? I learned that she is careful about her diet but does like to bake. (She baked some delicious homemade cookies for my wife and I.) She runs three miles twice a week. Both she and her husband are health field professionals and in all probability, her college age children will eventually work in the same field. Her father was a pharmacist and this was always a goal of hers. As we spoke about her family I began to get a better sense of her as a person. She is a Japanese American person whose mother was born in an internment camp. Her grandparents' restaurant business was confiscated and they were ordered removed to internment camps. Many of us know that Santa Anita Park was a temporary assembly center while internment camps across the nation were being built. During their time in Santa Anita the detained individuals, detained only because of their ethnicity, even if born in the United States, were forced to live in horse stalls. Years later, after their release, inadequate reparations were paid. As we spoke we both were aware that Santa Anita Park was visible from the front of my house.

I wondered how this seemingly secure, confident, health professional felt about the way her family had been treated. Her parents and grandparents were very reluctant to talk about their experiences. I mentioned that my wife's Hispanic grandparents living in Boyle Heights had hidden and sheltered a Japanese young girl in their home for a period of years. Dr. Okohira was very interested in this. She explained that she had been raised in Orange County with mostly white people and often felt like an outsider, an outsider to her own history. Today she is glad her children grew up in a racially mixed neighborhood and were able to explore their Japanese ancestry.

Her son, who is currently enrolled at UCLA, but was quarantined at home in the Spring. Her daughter, a senior in high school told her recently that she learned in school that racism in the United States was something of the past. She expressed displeasure that history taught in school seems lacking in many areas. Also it's very difficult for kids these days to go attend college, start a career, buy a house, etc. given the competition and cost. I gathered that both her children will likely pursue jobs in the health care field where their interests lie but she wouldn't mind if they take a little time off and learn more of what goes on outside their sphere. Like the rest of us, she would love for the Covid to be over and that she could go back to fully enjoying her job and personal life.



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- ✓ Vote By Mail Ballot Tracking
- ✓ Electronic Sample Ballot
- ✓ Voter education Events

☐ League of Women Voters – California
<https://cavotes.org/>

☐ Easy Voter Guide

- ✓ www.easylvoterguide.org
- ✓ Get the Pros and Cons about the state ballot measures
- ✓ to help you decide how you will vote on proposed laws.

☐ LA County Election Resources (lavote.net)

- ✓ Voting & Elections to get voter vote center locations and
- ✓ download an interactive sample ballot and much more.
- ✓ Get both statewide and local election information.

☐ Official CA Voter Information Guide
www.voterguide.sos.ca.gov

☐ Voters Edge

- ✓ In-depth information and analyses about what's on your statewide ballot
- ✓ follow the money!

☐ Where's My Ballot?

- ✓ <https://california.ballottrax.net/voter/>
- ✓ Track your ballot from mailing to counting

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A HEARTFELT THANK YOU!



A special thanks to all of our Supporters and Subscribers! We could not have made it this far without you. This heart was created by my Granddaughter (Malia Thomas) who really knows how important the Mountain Views News is to our community. Please note that this is only a partial listing.

Susan Henderson, Owner/Publisher/Editor

Returning Your VBM Ballot

Voters are advised that they are responsible for how their Vote by Mail (VBM) ballots are returned and with whom they entrust their ballots. The Los Angeles County Registrar-Recorder/County Clerk recommends returning a ballot to either a mailbox, official drop box, or ballot box.

Voters who cannot return their VBM ballot can designate any person to return their ballot as long as there is no compensation involved for that individual, group or organization returning the ballot.

There are several recommended options for returning a Vote by Mail ballot during any election:



Return by mail.

Must be postmarked by Election Day. No postage required.



Drop-off at a Vote by Mail Ballot Drop-Off Location.

List of drop-off locations available at [LAvote.net](https://www.lavote.net) prior to each election.



Drop-off at any Vote Center leading up to and on Election Day.

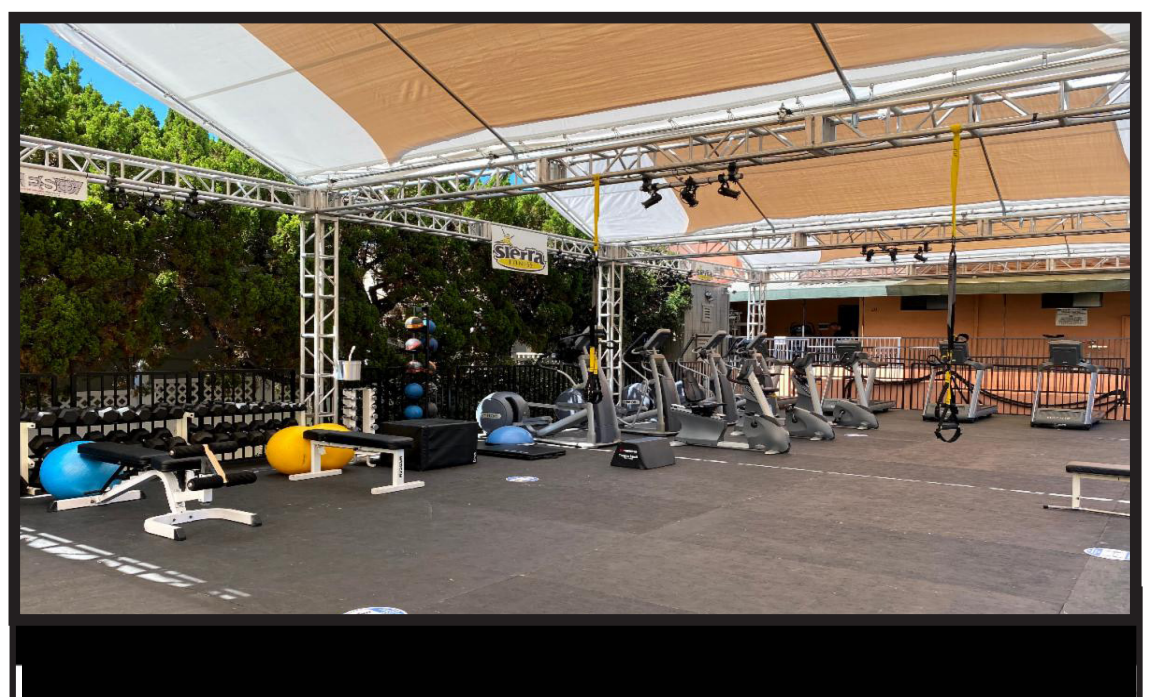
List of Vote Centers available at [LAvote.net](https://www.lavote.net) prior to each election.



Signature Verification

Voters must sign the eligibility oath and date the VBM return envelope before submitting their ballot. Every signature is verified before the ballot is cleared for counting. If a signature is missing or if the signature does not match the one on file, the County will notify the impacted voter to allow the voter an opportunity to provide a valid signature.

For more information, visit [LAvote.net](https://www.lavote.net)



Outdoor Gym Hours

**Monday - Friday:
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**Saturdays:
7:00AM - 2:00PM**

Sundays: Closed

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Christ Church Sierra Madre is a community of people seeking to follow the way of Jesus. 2020 has required flexibility and reinvention from all of us, but we are excited to provide safe, socially distanced outdoor services where we can gather as a community to be encouraged by the word of God, corporate worship, and time to connect with each other. Join us this weekend, we'd love to get to know you! Visit www.christchurchsm.org for more details and to familiarize yourself with COVID guidelines for our gatherings.

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