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Mountain Views News

Sierra Madre

Arcadia

Duarte

Monrovia

Pasadena

Altadena

South Pasadena

San Marino

SATURDAY, JANUARY 16, 2021

VOLUME 15 NO. 03

THE WEBB-MARTIN GROUP



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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 Street - *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*
89 West Bonita Avenue - *represented the seller*
5532 Freeman Avenue - *represented the buyer*
700 East California Boulevard - *represented the buyer*
707 Woodland Drive - *represented the seller*



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SUFFOLK APARTMENT PROJECT MOVES FORWARD

By Kevin McGuire

In December 2020, Mountain Views News provided new information regarding the Housing Element update and how it may affect Sierra Madre.

It was estimated that California is in need of 200,000 new housing units to keep up with the booming population. Sierra Madre's goal in that big picture was to present options to meet its goal of 204 new housing units.

One of the proposed sites is 30 Suffolk Ave. Currently, this property contains two lots containing a single-family house and detached garage. There is a pending application waiting for approval to merge these two lots.

The plan? A 5-unit apartment project consisting of two buildings. One building housing four units and the second building for one additional unit. The project already has some residents unhappy and concerned. Some concerns raised include changing the small-town character and landscape of the beautiful city of Sierra Madre.

"We know that our city has rightfully resisted the mansionization and overbuilding that other cities have succumbed to. If approved, two beautiful mature oak trees located in the parkway will be severely pruned and a 15-foot setback will be allowed rather than the standard 25-foot setback so the builders can build the oversized project," said resident Kathy Watson.

According to Vincent Gonzalez, Director of Planning & Community Preservation, the property is zoned R-3 (Multi-family Residential). Pursuant to Sierra Madre Municipal Code 17.28.080(D), a front yard setback of 15 feet is permitted on the first floor and a front yard setback of 25 feet is permitted for the second floor.

As far as the two oak trees? "Observation made by a certified arborist have been reported and included as part of the record for the public to review. The reports indicate that pruning will be necessary and that all pruning shall be done with a certified arborist on site overseeing the work to ensure that no significant damage is done to the Oak trees," Gonzalez said.

Project plans, elevation, grading, and tree impact have been reviewed by the Planning, Public Works, and Fire Departments. Review of construction plans by the Building and Safety Department will follow approval of the request to build the project as proposed, according to Gonzalez.

So far, the project has met all development standards except one, the floor area is too big, by 1,300 square-feet pushing the gross floor area to 9,935 square feet. But, pursuant to Sierra Madre



In addition to density concerns, residents are also very concerned about the fate of the two old oak trees picture above.

Municipal Code Chapter 17.34 (Affordable Housing), because the development proposes 20% of the base density units as affordable at a moderate-income level, the development is entitled to two concessions or incentives. A request has been made to cash in one of those incentives for the additional floor area proposed.

As parking is always a concern, each unit will have a two-car garage. Units are expected to be affordable at the moderate-income level.

Well, doesn't the community have a say? Why wasn't there a City Council meeting? No public forum?

There is no requirement to present this project before City Council. It's not a procedural requirement, does not require a Conditional Use Permit or a Design Review Permit. No public forum is needed either.

As for maintaining that small-town feel, "The City recognizes that the development is in substantial conformance with development standards and is consistent with similar uses in the neighboring vicinity. Measures will be taken to ensure protection of the oak trees is maintained through the duration of the construction and pruning of roots and branches will not exceed that which the arborist has recommended. Should any impacts to the trees beyond those anticipated occur, recommended mitigation for those trees will take place," Gonzalez assures.

RE: COVID 19 VACCINES

Los Angeles County will not begin vaccinating people age 65 and older until we complete vaccinations for healthcare workers and receive more vaccine from the state for this new priority group.
Additional information on Page 7.

CAN'T CONNECT? HELP MAY BE ON THE WAY

Sierra Madre has always been known for its beautiful landscapes, lovely homes and an array of unique, specialty shops and restaurants. It has that small town feel and a strong sense of community.

But, among all the great qualities this town has, it has a bad reputation for one thing—Internet. "The Blackhole of the San Gabriel Valley," some have called it with it's dropped calls, buffering videos and frozen Zoom screens. But, one day soon, Sierra Madreans may be zipping from website to website on something much faster than 90s quality connections.

On Tuesday, January 12th 2021 during the first City Council meeting of the New Year, the City approved a land lease and revenue agreement with Eukon Group to build a new AT&T cell phone tower in Sierra Madre. Other cell phone providers will be able to lease space on the newly constructed tower as well.

The new tower will be built next to City Hall on the West side of the public safety building, according to the report presented by City Manager, Gabe Engeland. The City is expected to generate \$30,000 in annual revenue from the project. Monies earned will be available in the General Fund. The tower will take up about 240 square feet on the City-owned property. This includes air space. The lease term will be five years with the chance to extend for an additional four to five years.

But, those anxious to talk to grandma without getting cut off mid-sentence, will have to wait approximately six months before the tower is up and operational.

The City Council meeting took place during its new time slot of 4 p.m. and featured its new lineup including Mayor Rachelle Arizmendi, Mayor Pro Tem Gene Goss, Council Member Kelly Kriebs, Council Member Rober Parkhurst, Council Member Edward Garcia and Assistant City Clerk Laura Aguilar.

The vote was unanimous and the public can view the report and lease agreement on the City website www.cityofsierramadre.com.

Kevin McGuire/MVNews

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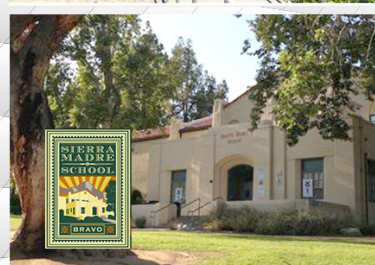
PRESCHOOL THROUGH 8TH GRADE



THE COMMUNITY IS INVITED TO JOIN OUR
SPECIAL VIRTUAL MEETING
TUESDAY, JAN 19TH AT 8:00AM



MEET OUR GUEST SPEAKERS
GARRETT NEWSOME
PRINCIPAL, Sierra Madre Middle School



LINDSAY LEWIS
PRINCIPAL, Sierra Madre Elementary School

Our guests will comment upon online teaching challenges during COVID-19, Faculty Updates, Student Activities, and Current Events at the Middle and Elementary School Campuses.

To participate in our virtual meeting, email us requesting the ZOOM link to
sierra.swish@gmail.com



THE ROTARY CLUB OF SIERRA MADRE would like to thank local businesses: Taylor's Ol' Fashioned Market, Arnold's Frontier Hardware, The Bottle Shop, and Syndicate Coffee & Bakery for supporting our Toy Drive held in conjunction with Hathaway-Sycamores Homes by placing collection boxes at their businesses. Together we gathered over 450 Christmas toys and gifts for children 1-18 years of age. *Community in action!*



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A WORD FROM THE CHIEF



PROTECTING YOUR HOME

I am very happy to tell you that our community has continued its downward trend in crime, seeing a 15% drop in overall crime for 2020, and that included an almost 50% drop in burglaries. Sierra Madre continues to be one of the safest cities in all of California. *[Sierra Madre had a crime score of 16.5, which was well below the average of 46.8 for midsize cities between 10,000 and 100,000 residents. Sierra Madre's violent crime rate was 2.1 per 1000 residents, compared with an average of 8.1 per 1000 across all midsize cities. The city's property crime rate was 7.2 per 1000 residents. Statewide, the average property crime rate in midsize cities was 21.3 per 1000.]* You can see our complete study and the rest of the cities here: <https://advisorsmith.com/data/safest-cities-in-california/>.

Even with that, it is important that we as a community continue to work together to keep our community safe for all people to visit, work, live and play. Below are some steps that can be taken to help make your home less appealing to burglars and more difficult to break into.

Scout your home for weaknesses. Have you ever took the time to look for ways to break in your home as if you lost your keys? This may sound silly, but although not for the same reasons, this is exactly what burglars do. If you can easily tell that a window could be pried open, a thief will definitely be able to come to the same conclusion.

How secure are your side gates? Are they locked, low and easily scaleable?

Padlocks on side gates can be a pain when it comes to taking the trash out, but many burglary victims will tell you finding comfort after your home has been intruded will be far more uncomfortable. Most daytime burglars want to enter from an off the street entry point.

How secure are your vehicle and pedestrian garage doors? Garages are a gold mine for burglars because they contain bicycles, tools, and lawn equipment, all highly desired easy to sell items.

Keep shrubbery around entrances and walkways trimmed. The last thing you want is to make it easier for a thief to hide when attempting to break in, so eliminate his op-

tions for hiding spots. You could even plant thorny shrubs, and there are many beautiful versions, by your windows to make it not only difficult to break in, but painful.

How much lighting do you have around your home? Burglars more than anything want to not be seen. Something as simple as an motion sensitive light can be a powerful deterrent to crime.

Don't advertise! Take note of any expensive electronics, art, or furniture that is easily spotted through windows. You don't have to redecorate your entire home to keep expensive items out of sight, but it doesn't hurt to make small adjustments where you can. No need to tempt thieves any more than you have to.

Keep your yard free of toys, tools, and ladders. A yard littered with toys signals to a thief that the house may be filled with equally interesting entertainment, like game consoles, tablets, or laptops.

Additional Steps Consider forming a neighborhood watch program. This will give you the opportunity to get to know your neighbors better and create an invaluable awareness and commitment to crime prevention in your area. You can contact SMPD for information and assistance developing the program.

Consider a home security systems. Many companies are making response no-tification systems much more affordable, and there are audible alarms available as well....burglars hate noise.

Notify neighbors when on vacation. If you are going on vacation or your home is going to be unoccupied for a number of days, let your neighbors (neighborhood watch club) know. Just knowing that you are not home will cause them to pay closer attention to your property, and question why that harmless carpet cleaning company van is parked in front of your home. Also, remember to schedule vacation checks with SMPD. We live and work in one of the safest communities in all of California....TOGETHER, we will keep it that way.

Rodrick Armalin
Chief, Sierra Madre Police Department
(626)355-1414
rarmalin@cityofsierramadre.com

WALKING SIERRA MADRE - The Social Side

by Deanne Davis

"When Life gives you lemons, tell Life to get a Life, 'cause lemons are a terrible gift!"
Patrick Schell
"I believe that if life gives you lemons you should make lemonade then try to find somebody whose life has given them Vodka and have a party!"
Ron White
"When life gives you lemons, grab the Tequila and salt!"

The week we've just had certainly could make one think it was loaded with lemons, what with Covid continuing to take beloved friends from us, distance learning making our children crazy, the Capitol being attacked by bizarre persons wearing fur-trimmed Viking horned hats and other assorted atrocities. Tequila and salt sounds like it might take our mind off some of this.

But here's another alternative you could consider. The picture is of three of the lemons that are on my lemon tree. There are three others, but these are so lovely. They won't be there long, however, as I am intending to make Lemon Bars with them. Yes, I'm still four pounds heavier than I want to be, but I NEED these Lemon Bars. If you've got a lemon or two, you can have some, too.



These are easy, don't take long to make and you can enjoy them almost immediately.

1/3 cup butter
1/4 cup sugar
1 cup flour

In your electric mixer bowl, beat butter on medium to high speed for 30 seconds. Add 1/4 cup sugar; beat until combined. Beat in 1 cup flour until crumbly. Press mixture into the bottom of an ungreased 8-inch square baking pan. Bake at 350 degrees for 15-18 minutes or until just golden.

Meanwhile, for filling:

2 eggs
3/4 cup sugar
2 tb. flour
2 tb. finely grated lemon peel (more is good, lots more is better)
3 tb. lemon juice
1/4 tsp. baking powder

Whip eggs in same bowl you used for the crust. Add 3/4 cup sugar, 2 tb. flour, lemon peel, lemon juice and baking powder. Beat 2 minutes or until combined. Pour filling over baked layer. Bake 20 minutes more or until lightly browned around edges and center is set. Sprinkle powdered sugar over top after it has cooled.

You will feel better as soon as you eat two or three or the whole pan of these. Trust me! I realize every other commercial on TV is for Nutrisystem, GoLo (not even sure what that is), and that Peloton exercise bike that leans to the left then leans to the right with some sweating person peddling for all they're worth while an instructor screams at them from the screen in front of them. Ignore that. Have a lemon bar.

A little more about thoughts for the New Year...not resolutions, just thoughts...

"Good persons need to be talked about."

"We have to choose JOY and keep choosing it every day." Henri J. M. Nouwen

"The road to success is dotted with many tempting parking spaces."

"Everything I need to know, I learned from Noah the Ark builder:
1. Don't miss the boat.
2. Remember that we are all in the same boat.
3. Plan ahead. It wasn't raining when Noah built the Ark.
4. Stay fit. When you're 60 or 70 years old, someone may ask you to do something really big.
5. Don't listen to critics, just get on with the job that needs to be done.
6. Build your future on high ground.
7. For safety's sake, travel in pairs.
8. Speed isn't always an advantage. The snails were on board with the cheetahs.
9. When you're stressed, float a while. (Or have a lemon bar.)
10. Remember, the Ark was built by amateurs, the Titanic by professionals.
11. No matter what the storm is, when you're with God, there's always a rainbow waiting."

"Have courage for the great sorrows of life, and patience for the small ones. And when you have laboriously accomplished your daily tasks, go and sleep, in peace. God is awake!"
Victor Hugo

There now, Lemon Bars and encouraging words...almost as good as Tequila and salt.

My book page: [Amazon.com: Deanne Davis](https://www.amazon.com/dp/B08L3M3K3K)
"Sunrises and Sunflowers Speak Hope"
Is available there, as is
"A Tablespoon of Love, A Tablespoon of Laughter."
Easter is on its way and "The Crown"
My story about what happened to that crown of thorns
Is now a real book! Also available on Amazon.com



SIERRA MADRE POLICE BLOTTER

January 3, to January 9, 2020

During this period the Sierra Madre Police Department responded to 131 calls for service.

TRESPASSING

At 10:00AM on 1-9-21 officers were dispatched to the 00 block of S. Baldwin Ave. for a report of an individual that had been sleeping in the lobby of the business and now refused to leave. During the interview process, the subject became combative making it necessary for the officers to restrain him. The subject was taken to a local hospital for medical clearance, then taken to Pasadena Jail. Case to DA's office

IS SECONDHAND SMOKE BOTHERING YOU AT HOME?



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- GET CIVICALLY ENGAGED
- ADVANCE PUBLIC HEALTH
- GAIN VOLUNTEER HOURS
- OPPORTUNITIES TO WIN PRIZES/GIFT CARDS



[goDayOne.org](https://www.goDayOne.org)



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Weather Wise

6-Day Forecast Sierra Madre, Ca.

| | | | | | |
|--------------|-------|----|-----|------|-----|
| Sun | Sunny | Hi | 60s | Lows | 40s |
| Mon: | Sunny | Hi | 60s | Lows | 40s |
| Tues: | Sunny | Hi | 60s | Lows | 40s |
| Wed: | Sunny | Hi | 60s | Lows | 40s |
| Thur: | Sunny | Hi | 60s | Lows | 40s |
| Fri: | Sunny | Hi | 60s | Lows | 40s |

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.



This week at the
Sierra Madre
Public Library

January 18—23

Monday

Martin Luther King, Jr. Day—No Library Services

Tuesday

Story Adventure at Memorial Park—A new story will be available all week!

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

Library Happy Hour—Online at 5:00pm; call the Library at 355-7186 to register

Wednesday

Grab & Go Activity Kit—Available outside the Library after 10:00am

Snackchat: 1st, 2nd & 3rd Grades—Online at 4:00pm; pickup a snack pack at the Library before the meeting

Pajama Storytime—Online at 7:00pm; call the Library at 355-7186 to register

Thursday

Third Thursday Book Club—Online at 11:00am; call the Library at 355-7186 to register

Friday

Aloha Friday—View online after 10:00am

Saturday

Snackchat: High School Grades—Online at 2:00pm; pickup a snack pack at the Library before the meeting

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Sierra Madre Woman's Club

550 W. Sierra Madre Blvd. 2020: 113 Years

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

Wed, 1/20: 6:30 pm Evening Meeting



“Arroyo”

Pasadena During Building of Colorado Street Bridge

W/ Pasadena Author - **Chip Jacobs**

Book available at Vroman's

Zoom Link : Call 626-429-2454 by 5 pm Tues, 1/19

GFWCSierraMadreWomansClub.org

SierraMadreWomansClub



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

Wistaria Thrift Shop

CLOSED - Until March

Per LA Co's Stay-At-Home Order

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Judy Webb-Martin, Presudent

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website - smumc.net



Pasadena Altadena

News From Your Community For Your Community

Martin Luther King Jr. Holiday Closures

Pasadena residents and businesses are reminded that city hall and many city services will be closed Monday, in observance of Martin Luther King Jr. Day.

The city council will not meet on Monday. The next city council meeting is scheduled for Monday, Jan. 25.

Pasadena residents and businesses with power emergencies should call Pasadena Water and Power (PWP) at (626) 744-4673. For water-related emergencies, call (626) 744-4138. PWP's Customer Service Call Center will be closed, but customers can access their accounts and make payments by phone at (626) 744-4005 or online at www.PWPweb.com.

The Municipal Services Payment Center, the Citizen Service Center, and the Parking Office will be closed. The Citizen Service Center will resume regular hours on Tuesday, along with the Parking Office for scheduled appointments only; however, the Municipal Services Payment Center will remain closed for two weeks.

All parking meters will be free, and parking time limits will not be enforced; however, violations for overnight parking, red curb parking, "No Parking" zones, and blocking fire hydrants will be enforced. All regular enforcement resumes Tuesday.

The Permit Center remains closed to the public. Drop-off services for new plan submittals, resubmittals, revisions and new permit applications will be unavailable on Monday and will resume on Tuesday.

Trash, recycling and yard waste collection will not occur on Monday. Instead, there will be a one-day delay for residents.

Pasadena Transit and Dial-A-Ride buses will operate on regular weekday schedules on Monday, Jan. 18.

Pasadena Public Library's Live Chat and curbside pickup services will be unavailable Monday and will resume on Tuesday. All parks will be open; however, no site reservations are being accepted for the holiday.

Pasadena Fire and Police Departments will continue to provide patrol, jail, fire, paramedic and all other emergency services. Residents are advised to always call 9-1-1 for life-threatening emergencies. For all other non-emergencies, call (626) 744-4241. As always, "If You See Something, Say Something."

As a reminder, LA County remains under the state's Regional Stay-at-Home Order.

For more information visit: cityofpasadena.net.



Man with Knife Killed by Altadena Sheriffs

A shirtless man was shoot to death Sunday by an Altadena Sheriff deputies after he allegedly stabbed a woman and then later lunged at officers with a knife. The deputy-involved shooting in the 2400 block Figueroa Dr. occurred when deputies were flagged down by citizens at approximately 4:05 p.m. and reported the stabbing.

According to Altadena deputies they located a male suspect holding a knife nearby. "When the deputies attempted to detain the suspect at gunpoint, he raised the knife and charged at the deputies and a deputy-involved shooting occurred," they said. The photo above is taken from video of the shooting.

The suspect was pronounced dead at the scene. The female victim was transported to a local hospital with stab wounds to her upper back, they said.

The investigation is ongoing and there is no additional information at this time.

In a statement Altadena deputies outlined the process whenever a deputy-involved shooting occurs involving Los Angeles County Sheriff's deputies, and a person is struck by gunfire, multiple

independent investigations immediately begin at the scene. These include separate investigations by the Sheriff's Homicide Bureau and Internal Affairs Bureau. The Los Angeles County Sheriff's Department immediately notifies the Office of the Inspector General who sends a representative to the incident scene and provides independent oversight throughout the investigative process. Once concluded, a preliminary review is conducted by the Critical Incident Review Panel to determine whether any immediate actions are warranted. Every aspect of the shooting is reviewed by the Sheriff's Executive Force Review Committee.

The Los Angeles County District Attorney's Office, Justice System Integrity Division, conducts a legal analysis to determine whether any criminal charges will be filed and if the shooting was legally justified.

Anyone with information about this incident is encouraged to contact the Los Angeles County Sheriff's Department's Homicide Bureau at (323) 890-5500.

In related news: Los Angeles County Sheriff

Alex Villanueva said Thursday that a deputy within his department is suspected, while off duty last week, of being involved with Capitol rioters in Washington, DC Jan. 6.

"I am very concerned one of my deputies may have been involved in wrongdoing at the U.S. Capitol. Upon learning, I contacted the Federal Bureau of Investigation and briefed them. Additionally, we have initiated an administrative inquiry into the matter. Anyone with additional information, please contact LASD."

Villanueva did not identify the deputy but said they identified themselves as being there.

Application for CPOC Now Online

The city is now accepting applications for the initial nominations for appointment to the Community Police Oversight Commission, with appointments to occur in the coming weeks. The application for those interested in serving as a commission member is now available online.

In October 2020, the city council established the CPOC by ordinance. The purpose of the commission is to enhance, develop, and strengthen community-police relations, and review and make recommendations regarding the ongoing operations of the Pasadena Police Department to the chief of police, city manager, and/or city council.

The CPOC will be composed of 11 members, with each city council member nominating one (for a total of eight), and three members nominated from community-based organizations. No later than 90 days after appointment to the commission, commissioners must participate in a ride-along with the Pasadena Police Department, and receive 30 hours of training in relevant subject matter areas. Further information about the qualifications and duties of commissioners can be found in the Pasadena Municipal Code, Chapter 2.60.

In the near future, the city council will consider and adopt by resolution a policy for appointment of members to the Community Police Oversight Commission. Those who are interested in serving are encouraged to apply immediately to be part of the pool of applicants to be considered for the initial appointments to the 11 available vacant positions.

For questions, additional information, or to be sent an application by mail, please contact the mayor's office at (626) 744-4333.

Cheeseburger Week Goin' Take-out, not Goin' to Texas

Multiple Pasadena eateries celebrate 1924's invention of the cheeseburger in Pasadena with delicious offerings, specials and more. Sample as many as you can and vote for your favorite in the Cheeseburger Challenge.

Pasadena celebrates the invention of the cheeseburger in the city in 1924, 40 restaurants, burger joints and more take part in the citywide celebration. For now, Cheeseburger Week is a take-out event. (Should Governor Newsom relax outdoor dining restrictions, that could change.)

During Cheeseburger Week from January 24th to January 29th, Pasadena honors Lionel Sternberger's genius in being the first to put cheese on a hamburger and serve it at the Rite Spot in Pasadena in 1924. Forty of Pasadena's favorite restaurants, lounges and burger joints offer their signature burgers, some special creations and great deals during Pasadena Cheeseburger Week.

In 1924, as legend has it, teenaged Lionel Sternberger (pictured) burned one side of a hamburger patty at The Rite Spot, his father's roadside stand along Colorado Boulevard (then Colorado Street) in west Pasadena. Rather than throw away the spoiled burger, he masked his mistake with a piece of cheese and served it to a very appreciative customer. Word soon spread and customers flocked to The Rite Spot for The Aristocratic Burger, A Hamburger with Cheese. Sternberger's achievement is the first verified instance of someone serving a hamburger with cheese to a customer.

Over the years, Sternberger perfected his Aristocratic Burger, much to the delight of customers at The Rite Spot. Sternberger's culinary achievement has been documented by Hamburger America, the Los Angeles Times and even Time magazine in its obituary of Sternberger.

To celebrate Sternberger's culinary masterpiece, Pasadena restaurants are offering specials, unique creations and the tried and true. Patrons can experience a terrific take-out burger experience, from top-of-



the-line fine dining experiences to burger stands and lounges. Those wanting a variety of experiences can organize a cheeseburger crawl or follow one of the pre-planned themed crawls.

Several participants in the 2021 Cheeseburger Week celebration and Cheeseburger Challenge are offering special meals and deals. Clearman's Galley (The Boat) has their Charbroiled Cheeseburger Combo on special for \$14.95.

Dog Haus (both locations) has 99¢ Cheeseburger Sliders and any of Dog Haus' 7 amazing Haus Burgers for just \$6.99 during Cheeseburger Week!

The Raymond offers their Classic Burger with Fries for \$18 and the Impossible (veggie) Burger with Fries for \$20.

The Stand has their French Onion Soup Burger for \$12. Kathleen's has their sublime Avocado Bacon Cheeseburger, with their house made thousand island dressing. Served with onion rings or fries.

Mi Piacce in Old Pasadena has created the Black Label Burger: exclusive Prime Rib Eye and Brisket mix with aged Vermont cheddar, raw Vidalia onion, organic tomato-Boston lettuce-fresh made 1000 island- toasted sesame brioche bun for \$20; Many other participants are offering special creations and deals.

For a full list of participants and more specials visit: pasadenarestaurantweek.com and click on the Restaurants and Menus tab. Voting in the 2021 Cheeseburger Challenge opens January 24, and ends January 30.

Altadena Seeking Applicants for Community Committee

The Altadena Library Board of Trustees is now accepting applications for the newly created seat(s) on the Community Facilities District Committee, which was formed to oversee the assessment and funding of future capital improvement projects of the Altadena Library District, following the recent approval of Measure Z in the November 2020 election. Attached is a press release with background information

and application instructions for interested candidates.

We think your readers in Altadena would be interested in hearing about this opportunity for engagement in local democracy, so we hope you will share this opportunity with your audience! Any questions about the CFD Committee can be directed Library Director Nikki Winslow at nwinslow@altadenalibrary.org or (626) 798-0833 ext. 103.



From visiting mission control to seeing where space robots are built, the interactive tour lets online users explore the historic space facility from anywhere in the world.

Have you ever wondered where the rovers we send to Mars are built, or where spacecraft that explore the cosmos return their data to Earth? In a typical year, over 30,000 people visit NASA's Jet Propulsion Laboratory in-person; now, for the first time ever, you can see the Southern California facility from anywhere in the world on a virtual tour.

The interactive tour takes visitors to several locations at the 177-acre laboratory, which together provide an overview of JPL's rich history and its many space missions, past and present. Each location is embedded with dozens of points of interest – including videos, fun facts, and images. For example, you can drop by the control room for the Deep Space Network, where JPL staff communicate with every NASA spacecraft flying beyond the orbit of the Moon.

Click on one of the embedded links to see in real-time which spacecraft are returning data to each of the three Deep Space Network facilities based around the world.

"Seeing JPL from the inside is an amazing experience, and we hope this virtual tour creates the same sense of wonder," said Veronica McGregor, manager of JPL's Digital News and Media Office. "We plan to expand the tour with more locations later this year so people can return over and over."

The virtual lab tour is a collaboration of the JPL Digital News and Media Office and the Public Services Office, which handles in-person tours and other visitor activities. The tour staff's expertise, honed from ushering thousands of visitors through the lab each year, was invaluable in creating the dozens of points of interest included in each virtual tour stop. In-person tours at JPL have been suspended since March 2020 due to the pandemic. For more information and to explore the virtual tour visit: jpl.nasa.gov/virtual-tour.

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ARCADIA NEWS AND NOTES

VIRTUAL JANUARY PRESENTATIONS

The Recreation and Community Services Department, Senior Services Division is offering three free informative virtual presentations in January. On January 12 at 10am, you can learn how to safely remain in your home as you age by making modifications ranging from simple-do-it yourself fixes to more complex solutions depending on your needs. On January 19 at 12pm, Dr. Jay Iinuma from Arcadia Methodist Hospital will discuss the function of sleep; sleep apnea, insomnia solutions, as well as sleep and mental illness. On January 26 at 10am, California Telephone Access will provide you with information on making it easier to hear, dial and make calls. There are cellphone amplifiers to make your cell phone louder. No landline, no problem!

If you are interested in learning about these programs but do not have a computer there is a dial-in option. All individuals must pre-register by calling Arcadia Senior Services at 626.574.5130 at least one day prior to the presentation. We will be requesting you to provide an email address if you have one. For more information, please call the Senior Services Office at 626.574.5130.

BE MINE DRIVE-IN BINGO!

Feeling cooped up in the house? Come out and join us as we safely play Drive-In Bingo at the Community Center in the parking lot – 365 Campus Drive. The cost is \$5 to play, and each participant will be given five (5) game cards for a chance to win gift card prizes. All participants must register prior to the event, be in the same household if they are sharing a vehicle, and must wear face coverings. The 50+ Drive-In Bingo Event will be held on Friday, February 5 from 10-11:30am, and you can register now! Spring into Bingo will take place on Friday, April 2 from 10-11:30am and you can register beginning February 4. Please register online at ArcadiaCA.gov/Recreation or contact the Community Center at 626.574.5130. BINGO!!!

DO YOU NEED FINANCIAL HELP WITH PAYING UTILITY BILLS?

Do you, or someone you know need financial assistance to stay afloat? Now, more than ever, many are struggling to pay their bills and stay in their homes. The City of Arcadia received a grant for Homeless Prevention and Diversion. The City of Arcadia is partnering with Union Station Homeless Services to initiate and facilitate problem solving conversations with clients in order to identify actions needed to either ensure they remain in housing or move them quickly into housing. Union Station will determine the client's eligibility for the program. This program is targeted towards individuals at-risk of becoming homeless or those who are recently homeless. Potential outcomes based on problem solving conversations would include resolving conflicts with roommates, providing short-term rental assistance to prevent eviction, and helping a client reunite with family members. This grant can also pay for electric and other bills, credit checks, housing application fees, and like in order to prevent homelessness. This program is only available for Arcadia residents only. For more information, please contact Erik Deurmeier at Union Station Homeless Services at 626.734.3971, edurmeier@unionstationhs.org or Sara Somogyi, at the City of Arcadia at 626.821.4369 or ssomogyi@arcadiaca.gov.

About Arcadia
Nestled along the rolling foothills of the San Gabriel Mountains and Angeles National Forest, Arcadia is a charming, family-oriented community with a population of just over 57,000. Located only 13 miles east from downtown Los Angeles, regional transportation networks like the Metro Gold Line connect Arcadia as a premier residential, shopping, and entertainment destination in the San Gabriel Valley. Arcadia is known for its top-rated schools, iconic landmarks, and serene neighborhoods. Arcadia is an award-winning community having been twice named as the Best City in California in which to Raise Kids and the 2017 Most Business Friendly City in Los Angeles County. With the conveniences and amenities of a full-service, mid-size city, Arcadia's "Community of Homes" provides a quality of life that will go [Above & Beyond](#) your expectations.

For more information, please visit ArcadiaCA.gov or follow us on Twitter by texting DISCOVER to 33222:

COVID-19 VACCINE VIRTUAL TOWN HALL

SAVE THE DATE!

TUESDAY, JANUARY 19, 2021

6:00PM - 7:30PM

GET THE LATEST UPDATES ON THE COVID-19 VACCINE!



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CHAIRMAN, DEPT. OF FAMILY
MEDICINE, WHITE MEMORIAL
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DR. ELOISA GONZALEZ
DIRECTOR, CARDIOVASCULAR
AND SCHOOL HEALTH,
LOS ANGELES COUNTY
DEPARTMENT
OF PUBLIC HEALTH



DR. PAUL SIMON
CHIEF SCIENCE OFFICER
LOS ANGELES COUNTY
DEPARTMENT OF
PUBLIC HEALTH



DR. SEIRA KURIAN
DIRECTOR,
DIVISION OF MEDICAL AFFAIRS
LOS ANGELES COUNTY
DEPARTMENT OF
PUBLIC HEALTH

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TINYURL.COM/ASKCOVIDTOWNHALL

VACCINATELACOUNTY.COM



COUNTY OF LOS ANGELES
Public Health

ALTADENA-SO. PASADENA-SAN MARINO

Online Application Portal for Small Business Set to Open

Program provides up to 50 small businesses with grants of \$7,500 each

The city of Pasadena and Pasadena Community Foundation (PCF) announced Monday the opening of the Small Business COVID-19 Relief Grant Program to assist small businesses in Pasadena impacted by the COVID-19 pandemic. The program provides approximately 50 reimbursable grants of \$7,500 each to qualifying small businesses. Source of funds for the program are provided by the City's annual Community Development Block Grant (CDBG) allocation.

PCF was chosen by the City to review and select applicants and subsequently disburse grant funds. The online application portal opens Monday, Jan. 25.

"Small businesses are suffering a huge financial burden due to the pandemic, and many don't have the resources to hold on long term. PCF is grateful that the City has stepped up to help once again and is counting on the Foundation's history of grant-making expertise to get that help to the businesses that need it most," says Kate Clavijo, senior program officer at PCF.

Review program guidelines and apply. The grant application period is open Jan. 25 through Feb. 12, 2021. Eligibility

Business owners who are eligible for grants must meet the following criteria:

- 5 or fewer employees
 - Operate out of a street-level storefront in Pasadena
 - Have experienced an economic hardship due to the COVID-19 pandemic
 - Own 51%+ of business
- Other eligibility criteria apply. Please see program guidelines for details.

Application Support
PCF and the Small Business Development Center (SBDC) will host a series of information sessions on Zoom:

- Wednesday, Jan. 20, at noon
- Friday, Jan. 22, at noon
- Thursday, Jan. 28, at noon
- Saturday, Jan. 30, at noon

SBDC staff members will be available to assist applicants and answer questions. The information sessions can be accessed at <https://pasadenacf.org/info-session>.

For additional information regarding the Small Business COVID-19 Relief Grant Program, contact Pasadena Community Foundation Program Officers Kate Clavijo at (626) 796-2097 x7, kclavijo@pasadenacf.org, or Mike deHilster at (626) 796-2097 x5, mdehilster@pasadenacf.org.

About Pasadena Community Foundation
Pasadena Community Foundation (PCF) is a tax-exempt public charity created by and for the people of Pasadena. Managing charitable assets that meet the evolving needs of our community, PCF works with individuals, families, and organizations to establish philanthropic funds, build endowment funds, manage philanthropic programs, and distribute grants.

Applications Now Being Accepted for Council Seat

City officials announced last week that the City Council is now accepting applications from qualified, registered voters, residing in City Council District 5 to fill the vacancy created by the resignation of now Pasadena Mayor Victor Gordo.

According to the official notice, the term of service for the appointment to the District 5 seat is from the date of appointment to December 12, 2022. In addition to a completed application, applicants must circulate a nomination petition and gather a minimum of 25 qualified signatures from registered voters living in and registered in District 5. Nomination petitions and application materials are available in the City Clerk's Office, and will be issued subject to confirmation of eligibility. Applicants must handdeliver all completed

materials no later than 5:30 p.m. on Thursday, January 14 to the Office of the City Clerk. No postmarks, email submissions, or faxes will be accepted. There is a \$25.00 filing fee due at the time applications and nomination petitions are filed.

To be considered for the position, those applicants invited to participate must also attend a special meeting of the City Council in February 2021 for the purposes of a public interview by the full City Council. The date and time of the meeting has yet to be determined and further information will be provided after all applications are received.

City of Pasadena Office of the City Clerk is located 100 North Garfield Avenue, Room S228. Appointments are required to obtain materials. Due to COVID-19, all individuals coming to City Hall must wear facial coverings and observe social distancing.

For more info call (626) 744-4124 or email: mjomsky@cityofpasadena.net.

Masters Series Winter Term History of American Movies

The winter 2021 term of The Masters Series, which embraces lifelong learning and is presented by the Pasadena Senior Center, will be virtual via Zoom for people 50 and older Tuesdays to Feb. 23, from 2 to 4 p.m. and will be titled "The History of American Movies."

Since the earliest days of cinema, movies have captured hearts and imaginations all over the world. Dr. Jonathan Kuntz, a film historian and widely respected expert on Hollywood cinema and the development of the studio system, will cover the American film industry from the birth of Hollywood at the turn of the 20th century through the challenges facing filmmaking and distribution today.

Jan. 26 – Hollywood in the Great Depression
Feb. 2 – Hollywood from World War II to the Blacklist
Feb. 9 – The End of the Studio Era, and Hollywood in the 1960s
Feb. 16 – The New Hollywood and the Rise of Cable TV
Feb. 23 – The Reagan Era and the Entertainment Conglomerate to the Present

The cost for the seven sessions is only \$90 for members of the Pasadena Senior Center and \$105 for non-members.

To register, visit www.pasadenaseniorecenter.org and click on The Masters Series Lifelong Learning. Everyone who registers will receive email instructions for joining each of the seven Zoom sessions online. For more information about The Masters Series, email AnnieL@pasadenaseniorecenter.org.

Kuntz has welcomed several generations of students

to the study of cinema with his popular undergraduate course on the history of the American motion picture, offered every quarter at the UCLA School of Theater, Film and Television. He has appeared in several documentaries about American film history as an expert on film production and exhibition, and has contributed to The New York Times. Known for his encyclopedic knowledge, he has been quoted in the media on many topics from the careers of Elizabeth Taylor and Marilyn Monroe to the effects of the Disney purchase of Lucasfilm.

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



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AS COVID-19 VACCINE ROLLOUT CONTINUES, RESIDENTS REMINDED TO STAY HOME TO STOP THE SPREAD OF COVID-19

The Los Angeles County Department of Public Health (Public Health) confirmed 258 new deaths and 15,051 new cases of COVID-19. To date, Public Health identified 989,928 positive cases of COVID-19 across all areas of L.A. County and a total of 13,489 deaths. L.A. County is likely to record over 1 million total cases this weekend.

Of the 258 new deaths reported today, 95 people who passed away were over the age of 80, 79 people who died were between the ages of 65 and 79, 60 people who died were between the ages of 50 and 64 and 13 people who died were between the ages of 30 and 49, and one person who died was between the ages of 18 and 29. Seven deaths were reported by the City of Long Beach and three deaths were reported by the City of Pasadena.

There are 7,715 people with COVID-19 currently hospitalized and 22% of these people are in the ICU. For most of this week, the number of people hospitalized with COVID-19 each day remained slightly under 8,000 patients. While the number of patients hospitalized daily with COVID-19 decreased slightly, healthcare workers and ICU capacity remains strained. According to the State, the Southern California Region continues to have 0% available ICU capacity.

Testing results are available for more than 5,154,000 individuals with 18% of people testing positive.

The most important action for everyone to take to stop the spread of COVID-19 and save lives is to stay home and not mingle with others not in your household.

As of Thursday, more than 279,000 doses of vaccine including more than 219,000 first doses and more than 60,000 second doses have been administered to healthcare workers and residents and staff at skilled nursing facilities in Phase 1A. The County is in the process of offering vaccinations to all remaining healthcare workers in Phase 1A. While many frontline healthcare workers have already received their first dose, we estimate an additional 450,000 healthcare workers need to be vaccinated.

There are many healthcare partners vaccinating healthcare workers, including select pharmacies and health clinics. To bolster vaccination efforts for remaining healthcare workers who are eligible for a vaccine in Phase 1A, next week, Public Health is opening five new large-capacity vaccination sites across the county for frontline healthcare workers in Phase 1A. Healthcare workers must register for an appointment in advance and must bring identification with them that clearly shows where they work and that they qualify when

showing up for their vaccine. Healthcare workers should visit the signup website to register.

With support from our many partners and the opening of the large-capacity vaccination sites, Public Health anticipates the remaining healthcare workers will be vaccinated with their first dose in the next two weeks. Beginning next week, Public Health will be working with healthcare providers and pharmacies to get ready to vaccinate people 65 and older once our vaccine allocation increases. This way we can continue with our commitment to vaccinate healthcare workers while getting ready for Phase 1B.

Visit: www.VaccinateLACounty.com to learn about the vaccination phases, determine when you can get vaccinated, and sign-up for our COVID-19 vaccine newsletter.

“To all people grieving the loss of a loved one to COVID-19, we are deeply sorry for your loss and wish you peace,” said Barbara Ferrer, PhD, MPH, MEd, Director of Public Health. “As vaccine supply allows, we want to expand vaccinations and move through the tiers as quickly as possible. We are very hopeful that our allocation of doses increases enough for us to begin vaccinating seniors before the end of the month. As vaccine supply improves, more residents will become eligible for vaccinations. It will take a number of months to reach the level of vaccination needed in the population to curb ongoing transmission of the virus.”

While the vaccination process is underway, it is imperative that everyone continues to follow the straight-forward measures needed to prevent spread of the virus--wearing a face covering, avoiding gatherings, keeping your distance, and washing your hands frequently. Individuals with underlying health conditions and those that are older should remain in their home and not be around others unless seeking essential medical care.

Public Health will host a COVID-19 Vaccine Virtual Town Hall on Tuesday, January 19, from 6:00 p.m. to 7:30 p.m. Join the town hall to learn more about the COVID-19 vaccine, how it was developed, where it will be distributed in our communities, and when it will be

| LA COUNTY COVID-19 COMMUNITY CASES/DEATHS JANUARY 15, 2021 vs 12/17/2020 | | | | | |
|--|------------|------------|------------|------------|-------|
| COUNTY* | | 01/15/2021 | | 12/17/2020 | |
| | | 989,928 | | 596,721 | |
| | | 13,489 | | 8,757 | |
| CITY | Population | Cases | | Deaths | |
| (12/17/2020 stats in parenthesis) | | | | | |
| Pasadena | 14,1371 | 8941 | (5271) | 189 | (142) |
| | 6,403 | 169 | (126) | 5 | (2) |
| Arcadia | 57,754 | 2066 | (1165) | 64 | (44) |
| | 7,981 | 451 | (238) | 9 | (3) |
| Bradbury | 1,069 | 32 | (30) | 0 | (0) |
| | 22,016 | 1799 | (1093) | 50 | (5) |
| Monrovia | 38,800 | 2474 | (1513) | 76 | (41) |
| | 3,881 | 288 | (174) | 1 | (0) |
| Sierra Madre | 10,989 | 362 | (223) | 7 | (5) |
| South Pasadena | 26,053 | 1037 | (614) | 32 | (28) |
| Altadena | 43,260 | 2533 | (1459) | 40 | (23) |
| Testing as of 01/15/2021: 5,117,473 (4,265,009) | | | | | |
| (No. of persons positive out of total persons tested) | | | | | |
| 18% (12.8) Nationally recommended Positivity Level: 5% | | | | | |

made available to the general public. The town hall will be streamed live on Twitter, Facebook, and YouTube @lapublichealth. For more information and to submit a question, visit: <http://tinyurl.com/askcovidtownhall>

The Reopening Protocols, COVID-19 Surveillance Interactive Dashboard, Roadmap to Recovery, Recovery Dashboard, and additional things you can do to protect yourself, your family and your community are on the Public Health website, www.publichealth.lacounty.gov.

HOW LONG DOES THE CORONAVIRUS LIVE ON SURFACES?

The coronavirus that causes COVID-19 mainly spreads from person to person. Transmission from person to person can happen through larger droplets from sneezes and coughs but there is also growing evidence that smaller particles called aerosols can hang in the air longer and travel farther. These aerosols may also play a part in transmission. A variety of studies are looking at how long the virus stays alive on a variety of surfaces. It is still unclear if this increases the chance of transmission. From what we know so far – transmission from surfaces is much lower risk than person to person. Still, it is possible (though not as likely) to catch the virus if you touch a surface or object that has the virus on it and then touch your mouth, nose, or eyes.

Coronaviruses: What you Need to Know

The coronavirus can live for hours to days on surfaces like countertops and door-knobs. How long it survives depends on the material the surface is made from. Here's a guide to how long coronaviruses -- the family of viruses that includes the one that causes COVID-19 -- can live on some of the surfaces you probably touch every day. Keep in mind that researchers still have a lot to learn about the new coronavirus. But you're probably more likely to catch it from being around someone who has it than from touching a contaminated surface.

Different Kinds of Surfaces

Metal: Examples: doorknobs, jewelry, silverware 5 days

Wood: Examples: furniture, decking 4 days
Plastics
Examples: milk containers and detergent bottles, subway and bus seats, backpacks, elevator buttons 2 to 3 days

Stainless steel: Examples: refrigerators, pots and pans, sinks, some water bottles 2 to 3 days

Cardboard: Examples: shipping boxes 24 hours

Copper: Examples: pennies, teakettles, cookware 4 hours

Aluminum:
Examples: soda cans, tinfoil, water bottles 2 to 8 hours
Glass
Examples: drinking glasses, measuring cups, mirrors, windows
Up to 5 days

Ceramics
Examples: dishes, pottery, mugs 5 days

Paper
Examples: mail, newspaper The length of time varies. Some strains of corona-virus live for only a few min-

utes on paper, while others live for up to 5 days.

Food
Examples:takeout, produce Coronavirus doesn't seem to spread through food.

Water
Coronavirus hasn't been found in drinking water. If it does get into the water supply, your local water treatment plant filters and disinfects the water, which should kill any germs.

Fabrics
Examples: clothes, linens
There's not much research about how long the virus lives on fabric, but it's probably not as long as on hard surfaces.

Shoes
One study tested the shoe soles of medical staff in a Chinese hospital intensive care unit (ICU) and found that half were positive for nucleic acids from the virus. But it's not clear whether these pieces of the virus cause infection. The hospital's general ward, which had people with milder cases, was less contaminated than the ICU.

Skin and hair
There's no research yet on exactly how long the virus can live on your skin or hair. Rhinoviruses, which cause colds, survive for hours. That's why it's important to wash or disinfect your hands, which are most likely to come into contact with contaminated surfaces.

Coronavirus Transmission: What You Need to Know

What You Can Do

To reduce your chance of catching or spreading the new coronavirus, clean and disinfect common surfaces and objects in your home and office every day. This includes:

Countertops
Tables
Doorknobs
Bathroom fixtures
Phones
Keyboards
Remote controls
Toilets

Use a household cleaning spray or wipe. If the surfaces are dirty, clean them first with soap

and water and then disinfect them.

You can also make a bleach solution that will be good for up to 24 hours. Mix 5 tablespoons (one-third cup) of household bleach per gallon of water, or 4 teaspoons per quart of water. Never mix bleach with ammonia or another cleanser. Leave cleaners or bleach solutions on surfaces for at least 1 minute.

Keep surfaces clean, even if everyone in your house is healthy. People who are infected may not show symptoms, but they can still shed the virus.

Wash your hands with soap and warm water for at least 20 seconds after you visit the drugstore or supermarket or bring in takeout food or a delivered newspaper.

It's a good idea to wash fruits and vegetables under running water before you eat them. Scrub them with a brush or your hands to remove any germs that might be on the surface. If you have a weakened immune system, you might want to buy frozen or canned produce.

There's no evidence that anyone has gotten the virus from food packaging. But if you want, you can wipe down take-out containers or grocery items and let them air dry.

Wash or disinfect reusable grocery bags after

each use. Wash used fabrics often, using the warmest water that the manufacturer recommends. Dry them completely. Wear disposable gloves when handling an ill person's laundry. Throw them away when you're done, and wash your hands.

The virus probably won't survive the time it takes for mail or other shipped items to be delivered. The highest risk comes from the person delivering them. Limit your contact with delivery people as much as you can. You might also leave packages outside for a few hours or spray them with a disinfectant before bringing them in. Wash your hands after you handle mail or a package.

If you want, you can disinfect the soles of your shoes and avoid wearing them indoors. **Coronavirus and Temperature** Coronaviruses generally don't live as long in higher temperatures and humidity levels than in cooler, dryer conditions. Researchers are studying whether exposure to heat, cold, or sunlight affects how long the new virus lives on surfaces.

Coronavirus Viability Scientists also don't know how much of the virus it takes to cause an infection. Even if a small amount lingers on a surface for days, this might not be enough to make you sick.

WebMD Medical Reference Reviewed by Brunilda Nazario, MD on August 21, 2020



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PASADENA UNIFIED SUSPENDS ALL IN PERSON PROGRAMS

Dear PUSD Community,

Due to the surge in COVID-19 cases, the Pasadena and Los Angeles County Public Health Departments have recommended that schools suspend in-person learning programs until the end of January. By deferring in-person programming for just a few weeks, we can have a significant impact on reducing the rate of transmission of COVID-19 in our community so that we can return to in-person learning as soon as possible.

Starting Friday, January 15, 2021, the Pasadena Unified School District's small group in-person learning programs will be temporarily suspended through the end of January. The last day for in-person programs is January 14, 2021. This affects the following programs:

- LEARNs K-8 programs
- Blair Viking Scholars at Blair School
- Phoenix Flyers program at Rose City High School

The Special Education Assessment Center will remain open. Grab & Go Food Centers will also continue to operate.

We apologize for any inconvenience and look forward to resuming in-person programming as soon as possible. We will notify you of the reopening date for these programs once more information is available. www.pusd.us

ENROLL IN PUSD IN 2021-2022!

Enroll at your neighborhood school or at a different PUSD campus

The First Lottery of 2021-22 Open Enrollment is January 7 - 28, 2021

Enrollment is now underway for the 2021-2022 school year for the Pasadena Unified School District's (PUSD) Early Education programs and Transitional Kindergarten through 12th-grade schools. PUSD is an Open Enrollment district, so in addition to their assigned school of residence, students have an opportunity to choose any other PUSD school that has space. The first online application lottery for 2021-22 Open Enrollment is January 7-28, 2021.

"At PUSD, we're dedicated to helping every child flourish academically, socially, and emotionally," said Superintendent Brian McDonald. "Whether in distance or in-person learning, our teachers and schools create learning communities that welcome and inspire every student."

With exceptional educational opportunities for every learner, the schools of the Pasadena Unified School District (PUSD) are a launchpad for every child's success. PUSD offers a wide range of programs, from traditional schools to programs such as dual language immersion, STEM (science, technology, engineering, and mathematics), Visual and Performing Arts, magnet schools, International Baccalaureate, and Early College, Math and App academies. All PUSD schools provide a rigorous standards-based curriculum in safe environments that welcome every learner.

The faculty and staff of PUSD are dedicated to ensuring that every child flourishes academically, socially, and emotionally, whether learning is online or in person.

For more information, visit pusd.us/enroll or review the PUSD Enrollment Guide English Español.

There are two ways to attend PUSD schools for students new to PUSD or to a new school (TK-12):

1. Enroll in your neighborhood school - Find your school of residence and complete Online Registration for 2021-2022 here. Parents are encouraged to register at their school of residence for 2021-2022 by March 5, 2021.
2. Apply through Open Enrollment/ School Choice - Apply to signature programs such as Dual Immersion, Magnets, International Baccalaureate, College & Career Academies, and more! Open Enrollment applications for 2021-2022 are accepted during two general phases:
 - o January 7-28, 2021- First lottery: online applications are accepted from students who live within PUSD boundaries and from children of PUSD employees. The application site will be live starting at 9 a.m. on January 7 and closing at 4 p.m. January 28, 2021. You will be prompted to create an account at <https://schoolchoicepusd.com/login>
 - o March 15-19, 2021 - Second lottery: online applications for new applicants who live within PUSD. Applications of Interest accepted from students who live outside PUSD boundaries.

For more information about PUSD's Open Enrollment, visit pusd.us/enrollment or contact the PUSD Enrollment, Permits & Records Office.

SCHOOL DIRECTORY

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

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

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

Barnhart School
240 W. Colorado Blvd Arcadia, Ca. 91007
(626) 446-5588
Head of School: Ethan Williamson
Kindergarten - 8th grade
website: www.barnhartschool.org

Bethany Christian School
93 N. Baldwin Ave. Sierra Madre, Ca. 91024
(626) 355-3527
Preschool-TK-8th Grade
Principal: Dr. William Walner
website: www.bcschools.org

Clairbourn School
8400 Huntington Drive
San Gabriel, CA 91775
Phone: 626-286-3108 ext. 172
FAX: 626-286-1528
E-mail: jhawes@clairbourn.org

Foothill Oaks Academy
822 E. Bradbourne Ave., Duarte, CA 91010
(626) 301-9809
Principal: Nancy Lopez
www.foothilloaksacademy.org
office@foothilloaksacademy.org
Frostig School
971 N. Altadena Drive Pasadena, CA 91107
(626) 791-1255
Head of School: Jenny Janetzke
Email: jenny@frostig.org
The Gooden School
192 N. Baldwin Ave. Sierra Madre, Ca. 91024
(626) 355-2410
Head of School, Jo-Anne Woolner
website: www.goodenschool.org

High Point Academy
1720 Kinneloa Canyon Road
Pasadena, Ca. 91107
Head of School: Gary Stern 626-798-8989
website: www.highpointacademy.org
La Salle College Preparatory
3880 E. Sierra Madre Blvd. Pasadena, Ca.
(626) 351-8951 website: www.lasallehs.org
Principal Mrs. Courtney Kassakhian
Monrovia High School
325 East Huntington Drive, Monrovia, CA 91016
(626) 471-2800 Principal Darvin Jackson

Email: schools@monrovia.k12.ca.us

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

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

St. Rita Catholic School
322 N. Baldwin Ave. Sierra Madre, Ca. 91024
Principal: Adela Solis (626) 355-6114
solis@st-ritaschool.org
Website: www.st-ritaschool.org

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

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

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

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

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

Pasadena Unified School District
351 S. Hudson Ave., Pasadena, Ca. 91109
(626) 396-3600 Website: www.pusd@pusd.us
Arcadia Unified School District
234 Campus Dr., Arcadia, Ca. 91007
(626) 821-8300 Website: www.ausd.net

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

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

Arcadia Christian School
1900 S. Santa Anita Avenue Arcadia, CA 91006
Preschool - and TK - 8th Grade
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Email: inquiry@acslions.com
Principal: Cindy Harmon
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...his term in the White House!



Kids: color stuff in!



I love flying over all the events!

On January 20, 2021, Joseph Biden will become our country's 46th president. That date, **Inauguration Day**, is when a newly elected president officially takes office. President Biden's first day will be very busy - full of speeches, services, parades, parties and dancing.

Read the clues to fill in the crossword:

1. Joseph Robinette _____ Jr. was born in Scranton, PA, on November 20, 1942.
2. As a child, Joe stuttered. He practiced _____ by reciting poems in front of a mirror.
3. When Joe was 13, his family moved to Mayfield, _____, so his dad could find work.
4. Joe attended a private high school, but he had to wash windows and weed gardens to help his _____ afford the tuition.
5. In high school, Joe played _____.
6. Later, Joe studied history and _____ science at the University of Delaware.
7. While on spring break, he met Nelia Hunter, whom he _____ a few years later.
8. After graduating from college, Joe studied law and became a _____.
9. After the family moved back to Delaware, Joe started his own law _____.

Presidential Inauguration 2021

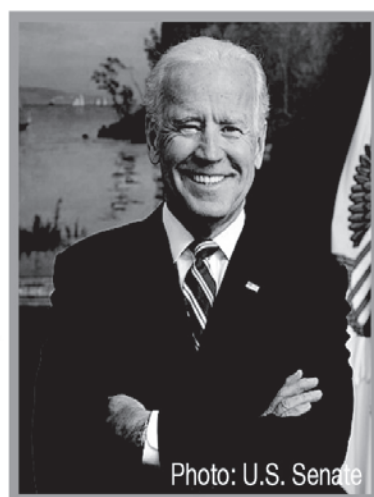
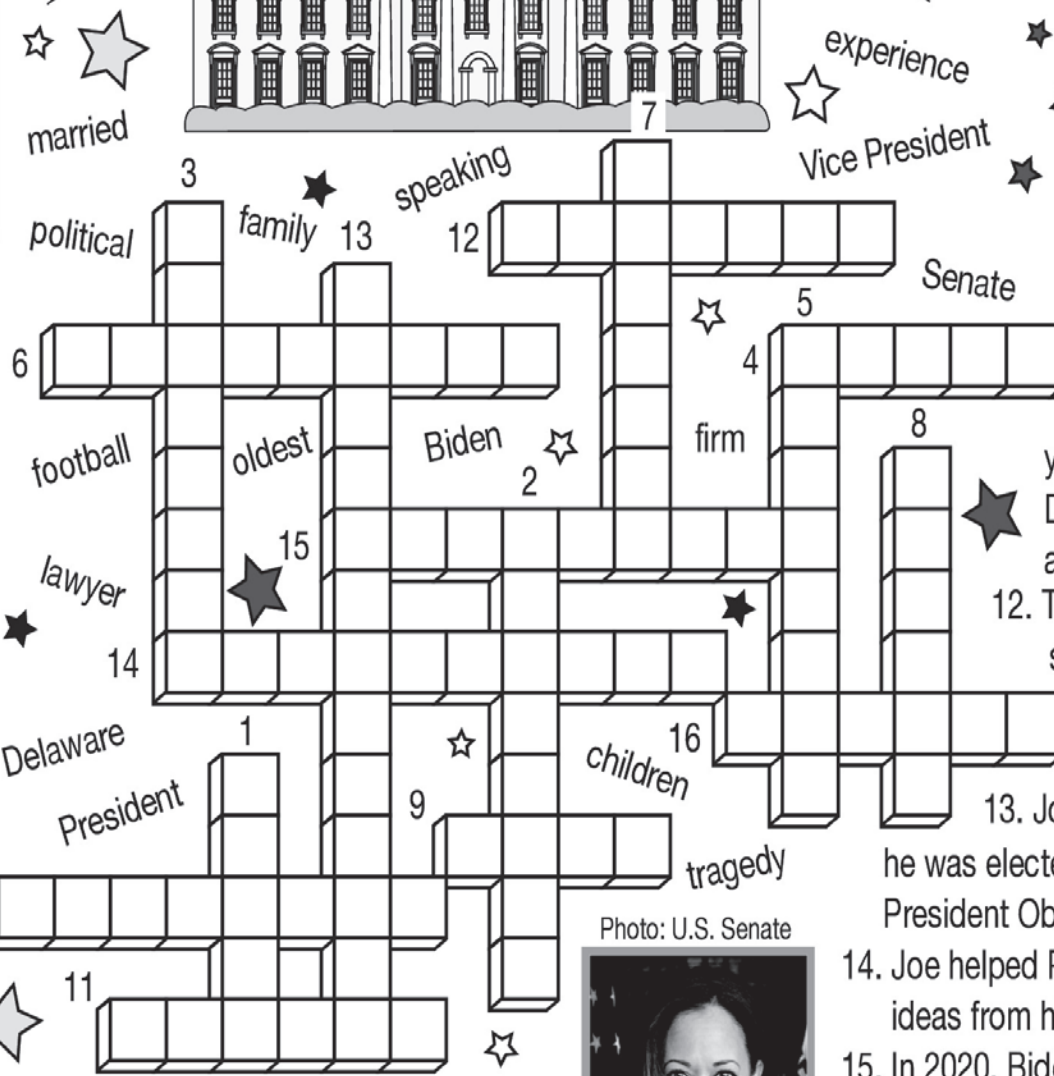


Photo: U.S. Senate

10. Joe and Nelia had three _____.
11. In 1972, at just 29 years old, Joe ran to represent Delaware in the U.S. _____ and won.
12. That same year, the Biden family suffered a _____ when Joe's wife and daughter died in a car accident.
13. Joe served as a Senator. In 2008 he was elected _____ under President Obama, and served for two terms.
14. Joe helped President Obama by sharing ideas from his political _____.
15. In 2020, Biden accepted the nomination as the Democratic candidate for _____.
16. In 2021, at age 78 years old, Joe Biden is the _____ person ever inaugurated as U.S. President!

On Inauguration Day, **Kamala Harris** will become the first woman - and person of color - to become a U.S. Vice President.



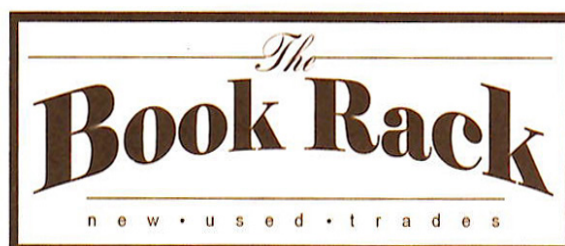
Photo: U.S. Senate



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ACUPUNCTURE: DOES IT WORK AND IS IT COVERED BY MEDICARE?

Dear Savvy Senior:
Is acupuncture a viable treatment for pain and is it covered by Medicare? Since the pandemic hit, I have a lot of lower back and neck pain and am wondering if it's worth trying. What can you tell me? Looking for Solutions

Dear Looking: Many studies over the years – funded by the National Institutes of Health – have found acupuncture to be very effective in easing pain and can help with a variety of other ailments too. Here's what you should know.

Acupuncture Treatment

First used in China more than 2,000 years ago, acupuncture has become increasingly popular in the United States over the past decade.

While acupuncture isn't a cure-all treatment, it is a safe, drug-free option for relieving many different types of pain including low back pain, neck pain, osteoarthritis, migraine headaches, fibromyalgia, postoperative pain, tennis elbow, carpal tunnel syndrome, dental pain and more. Studies have also shown that it can be helpful in treating asthma, depression, digestive disorders, menopause symptoms like hot flashes, and nausea caused by chemotherapy or anesthesia.

Exactly how or why acupuncture works isn't fully understood, but it's based on the traditional Eastern theory that vital energy flows through pathways in the body, and when any of these pathways get blocked, pain and illness result. Acupuncture unblocks the pathways to restore health.

However, today most Western practitioners believe that acupuncture works because it stimulates the nerves causing the release of endorphins, which are the body's natural painkiller hormones. It's also shown to increase blood circulation, decrease inflammation and stimulate the immune system.

What to Expect

During acupuncture, practitioners stimulate specific points on the body by inserting thin needles through the skin. The needles are solid, sterile and disposable (used only once), and as thin as a cat's whisker.

The number of needles used for each treatment can vary anywhere from a few, up to a dozen or more. And where the needles are actually stuck depends on the condition being treated, but they are typically inserted about one-quarter to 1-inch deep and are left in place for about 20 minutes. After placement, the needles are



sometimes twirled or manipulated, or stimulated with electricity or heat.

You may feel a brief, sharp sensation when the needle is inserted, but generally it's not painful. Once the needle is in place, however, you may feel a tingling sensation, numbness, mild pressure or warmth.

How many treatments you'll need will depend on the severity of your condition – 12 treatments done weekly or biweekly is very common. It's also important to know that acupuncture can be used in conjunction with other conventional medical treatments, or by itself.

Cost and Coverage

The cost per treatment typically runs anywhere from \$40 to \$150, depending on where you are in the country and what style of treatment you are receiving.

Today, an increasing number of private insurance plans, including some Medicare Advantage plans, and policies provided by employers offer some type of acupuncture coverage.

You'll also be happy to know that last January (2020), the Centers for Medicare and Medicaid Services announced that original Medicare will now cover up to 12 acupuncture sessions in 90 days for patients with chronic lower back pain. Eight additional sessions can be added if patients show improvement.

But in order to receive Medicare coverage, you must use a licensed acupuncturist who is supervised by a medical doctor, physician assistant or nurse practitioner trained in acupuncture, who will need to process the acupuncture claim. Currently, licensed acupuncturists can't directly bill Medicare.

To find an acupuncturist in your area ask your doctor for a referral, or you can do a search online. Two good resources are the National Certification Commission for Acupuncture and Oriental Medicine (nccaom.org), and the American Academy of Medical Acupuncturists (medacupuncture.org), which offers a directory of MDs and DOs who are certified to practice acupuncture.

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

SENIOR HAPPENINGS

HAPPY BIRTHDAY! ... January Birthdays*



Gerald Day, Mary Tassop, Judy Webb-Martin, John Johnson, Mary Bickel, Marlene Enmark, Shirley Wolf, Ross Kellock, Ruth Wolter, Sue Watanabe, Sandy Thistlewaite, Bobbi Rahmadian, Fran Syverson, Shirley Wolff, Judy Zaretzka and Becky Evans.* 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 lhein@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 lhein@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 become 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

RIDING THE HALLELUJAH TRAIN TO THE END



We had a long, hard week with problems and difficulties that took time to solve if they even were solved. It is quite interesting to me that when I solve one problem, two other problems appear. I think they're all waiting in line.

In particular, one day was rather difficult and zapped both of us of energy. I ordered a new desk for my office, and there were so many problems getting it delivered that I almost gave up. Along the way the desk was damaged and they returned it back to the store without even telling us. We had to reorder it all over again and wait for it. But then it came. Problem solved.

That evening the Gracious Mistress of the Parsonage and I sat down after supper to watch a little TV news and drink our evening coffee. We like to get caught up on the news of the day so we know what's happening. There is nothing like relaxing after a hard day's work and just getting a little bit of energy back into the system again, and at our age, that takes time of which we have little.

As we were watching the news, the Gracious Mistress of the Parsonage sighed very deeply and said, "Why does the news always have to be negative?"

She had a point there. Every story on the news that evening was negative and left you just a little more depressed than when you started watching it.

We discussed some of the negative news being broadcast. None of it made sense to either of us. My opinion is simply, if it doesn't make sense to the Gracious Mistress of the Parsonage, I'm not going to try to find any sense for myself.

Each story was worse than the one before it. I felt the attitude in the room was going further south than I wanted it to go. Nothing on the news in any way sparked any bit of inspiration in my life. For every negative story the news presents, there should be at least five positive stories that counter the negativity.

I looked over at my wife, smiled one of my gregarious smiles, and said, "I'm going to be riding the hallelujah train to the end. You want to join me?"

Looking at me quizzically, she said, "What in the world does that mean?"

I chuckled, and when I got control of my chuckling, "Do you remember good old uncle Ned?" She shook her head and said that she never met him, so she did not know who I was talking about.

So I told her the good old uncle Ned story. He was the kind of guy that if you could discourage him, you were the only person that could do that. He always had such a happy demeanor that

when you were depressed, you just wanted to get around him to give you a little bit of cheer along with one of his nonsensical stories.

Uncle Ned went through trouble in his life, probably more trouble than the rest of the family knew, but if you talked to him, you wouldn't know he had a single trouble in the world. He was the most positive person I've ever known. I think he was more positive than Norman Vincent Peale.

When everything was going against him, and it didn't look like there was any solution to the problem, uncle Ned would say, "I'm just gonna ride the hallelujah train to the end." Then he would break into one of his infamous hallelujah dances.

It took me a long time to understand what he meant by that. If there is anybody who didn't have a reason to be happy, it was uncle Ned. But, you would never be able to find anybody happier than uncle Ned.

It wasn't until after he had passed that I began to understand what he was talking about.

The "hallelujah train" that he talked about was simply him taking control of his attitude at the time. He never allowed an incident, person or even family member to take away his happiness. I began to understand that he deliberately chose to ride the "hallelujah train," which made him in charge of his life.

As I told my wife the story, she leaned back and smiled one of her gracious smiles. Then she said, "I think I understand what he meant by that hallelujah train."

I can't remember anything that uncle Ned really did or accomplished in life. I'm sure there were things, but nothing came to my attention as I thought of him. The only thing was his attitude of happiness that nothing or no one could take away from him.

Walking into the house the next day, my wife looked at me and said, "Well, I'm riding the hallelujah train today."

I didn't have to ask her to explain, I knew exactly where she was going with this.

Troubles come and go, but if I allow them to control me in any regard, I am the loser. Therefore, each day I'm going to ride the hallelujah train to the end.

That evening I thought of one of the wise sayings of King Solomon. "He that handleth a matter wisely shall find good; and whoso trusteth in the Lord, happy is he" (Proverbs 16:20).

The door into the hallelujah train is simply trusting in the Lord.

Dr. James L. Snyder is pastor of the Family of God Fellowship, 1471 Pine Road, Ocala, FL 34472. www.whatafellowship.com.

FAMILY MATTERS

By Marc Garlett



WHAT YOU SHOULD KNOW ABOUT LONG-TERM CARE INSURANCE

With people living longer than ever before, more and more seniors require long-term healthcare services in nursing homes and assisted living facilities. However, such care is extremely expensive,

especially when it's needed for extended periods of time.

Traditional healthcare insurance doesn't cover such services, and though Medicare does pay for some long-term care, it's quite limited, difficult to qualify for, and requires you to deplete nearly all of your assets before being eligible (though proactive estate planning can help shield your assets). To address this gap in coverage, long-term care insurance was created.

Intensive Care

First introduced as "nursing home insurance" in the 1980s, this type of insurance is designed to cover expenses associated with long-term skilled nursing services delivered in a nursing home, assisted living facility, or other senior care setting, though some of today's policies cover care delivered in your own home as well.

Such intensive care is required when you are no longer able to care for yourself, often in the later stages of your life. These policies cover the cost of skilled nursing services that support you with basic self-care tasks, such as bathing, feeding, dressing, walking, and using the bathroom. These are known as activities of daily living (ADLs).

Before your coverage kicks in, most policies require that you demonstrate you have lost the ability to engage in at least two or three ADLs. Most policies also have a deductible, or elimination period, which is a set number of days that must elapse between the time you become disabled (eligible for benefits) and the time your coverage kicks in.

Many policies offer a 90-day elimination period, but others can be longer, shorter, or even have no elimination period at all. Of course, the shorter the elimination period, the more expensive the premium. Additionally, long-term care policies typically come with a predetermined benefit period, which is the number of years of care it will pay for. A benefit period of three to five years, for example, is a quite common duration for such policies. Most policies also come with a cap on the dollar amount of coverage that will be paid for care on a daily basis, known as a daily benefit amount.

Getting Covered

Obviously, the younger and healthier you are when you buy the policy, the cheaper the premiums will be, so the sooner you invest in coverage, the better. In fact, most policies exclude certain pre-existing conditions, so if you wait until you become ill, it can

be impossible to find coverage.

Increasing Premiums, Decreasing Benefits

With the elderly population booming, there has been a surge in demand for long-term care services, which has led to a marked increase in the cost of such policies. At the same time, many insurers have been cutting back on the benefits their policies offer.

If you are looking to purchase long-term care insurance, you should speak with multiple insurance providers and compare their benefits, care options, and premiums. Different companies may offer the same coverage and benefits, but they can vary dramatically in price. Always ask about the insurance company's history of rate increases, including the amount of the most recent increase.

Choose Wisely

For the best chances of success when shopping for a policy, get help from a fee-only planner, who is not compensated based on your choice of coverage. When meeting with an insurance provider, you must get answers to following three questions about your policy:

1. How long is the elimination period before the policy begins paying benefits?
2. What capacities, or ADLs, must you lose before coverage kicks in?
3. How many years of care are covered?

Buying long-term care insurance should be a family affair, because you are going to need your family members to advocate for you and file a claim for the policy when you need to use it. Given this, make sure your family knows what kind of policy you have, who your agent is, and how to make a claim.

What's more, you should pre-authorize the right person to speak to the insurance company on your behalf, and not just rely on a power of attorney. That said, you should definitely have a well-drafted, updated, and regularly reviewed power of attorney on file as well.

Keep Your Policy Updated

Once you are in your 40s, your long-term care policy should be reviewed annually to evaluate new insurance products on the market and update your policy based on your changing needs. And whatever you do, once you have a policy in place, make sure you don't miss a premium payment, because if you stop paying, even for a short period of time, you'll lose all of the money you invested and will have no access to the benefits when you need them.

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.

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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CHRISTOPHER Nyerges

THE ZEN OF PAINTING



30 Years Later and the House Demolished, Did It Matter if We Used Glossy or Flat?

[Nyerges is the author of Enter the Forest, Guide to Wild Foods, and co-author of Extreme Simplicity. He has led wilderness trips since 1974. He can be reached at the School of Self-Reliance (Box 41834, Eagle Rock, CA 90041); or on-line at www.Schoolof-Self-Reliance.com.]

It was the summer of 1973 when my brother and I lived on my grandfather's farm in Chardon, Ohio. One day, we decided to paint the kitchen a beautiful shade of light turquoise.

We turned on the radio, and began our task. We opened the windows, and I did the trim while my brother rolled. We listened to the radio as we busied ourselves with our individual tasks. We worked the corners, the edges, the front surfaces.

There's something about painting -- perhaps it's the fumes, perhaps it is the long quiet times of many little tasks. Painting requires no moral decisions, no great choices, no necessary pontifications about the meaning and purpose of life. And yet...

And yet, there you are, with your self, and the task before you. For me, painting time has often been a time to re-enter the inner I, to think, to remember. In many ways, it is the ideal task for self-enlightenment.

When we were done, we felt we'd accomplished something, and felt we'd given something back to the old farmhouse.

When the weekend came, another uncle came to visit us. He strode into the kitchen, looked around at the paint, and simply said "you didn't use glossy!"

Glossy? We were teenagers from California, visiting the home where our mother grew up. Though it may be second-nature to us today, back then we had no sense that a kitchen should be painted glossy. Glossy vs. flat were not issues that we thought much about. We didn't think it mattered all that much?

But Uncle Joe seemed to think it was a big deal, and just one more bit of evidence that teenagers from "the big city" were a bunch of dimwits who wouldn't know a cow from a goat. Uncle Joe shared it around to family and friends that we'd painted the kitchen in "wrong" paint, so we heard about in the weeks that followed. Some relatives didn't care, but others would comment as they came in, "Oh, so there's the flat paint job," instead of, "Hey, hello, long time no see!"

Dumb city boys who don't know the difference between flat and glossy paint, who actually had the stupidity to paint a kitchen in flat paint.

Of course, our intent was to make the family happy that we'd improved the old farmhouse. We wanted the relatives to comment that we were industrious nephews who proved that all city boys were not idiots.

Today, while I was painting my own bathroom -- glossy paint, white -- memories of the summer of 1973 in Chardon began to play again in my mind. Perhaps it was the paint. Perhaps it was the cool breeze blowing fresh oxygen through the room. I heard the chickens out back and it reminded me of my brief period of farm-living.

I began to think about how Uncle Joe responded, and how he could have responded. I realized then the great truth in the phrase that WHAT we do is of little or no importance, but HOW we do it is everything.

Uncle Joe died over 10 years ago, and when I visited the old farm site in 1999, the entire farm house and barn had been torn down and were now just a field. None of it mattered anymore in the world of physical reality. Joe was gone, and the entire farmhouse was simply a memory, glossy or flat.

Joe could have congratulated us on taking the initiative to paint, and could have explained why kitchens are always painted glossy. He could have told us that it was a great primer coat, and enthusiastically offered to drive us right then to the hardware store to get glossy paint, and we'd all do the final coat together. That would have been something. Our memory would have been profoundly different had Uncle Joe taken that route of inclusiveness, familiness, and helpfulness.

I do not fault him for what he did do -- he probably knew no other way. In fact, from what I knew about his father (my grandfather), his father probably would have beaten him had Joe painted the kitchen with flat paint. So to Joe, that was just one of millions of automatic reactions to things in his world. He probably forgot about in a few years, after the novelty of talking about Marie's silly nephews wore off.

I realized then how important such "little things" can be, and I wondered how well I would do when my next opportunity arose. It is especially important with impressionable youth to do the very best we can to be a good example.

It seemed like an important insight, that the "how" is more important than the "what," and that flat or glossy really doesn't matter. Perhaps it was the paint. Perhaps it was the cool breeze blowing fresh oxygen through the room....

Katnip News!



SWEET BEVY & BELLA

Very much adored cats, whose loving owner passed away. Bevy is the gorgeous, all black male. He's

shy but sweet, as you can tell by looking at his hopeful, trusting expression. Bella is a beautiful tortoiseshell, also sweet. She looks very content to just sit and chill, which could be why she is slightly overweight. Happy and fun play sessions would be good for both of them. They would probably be fine with gentle, older children, but best would be a quiet adult home.



They are currently with a temporary foster, who can only keep them through January. Born 2013. See more pictures, adoption information and application on our website at the More Cats page at www.lifelineforpets.org.

Pet of the Week

As you can see from his smile, three-year-old Wally is a friendly and relaxed dog. He's been hanging out in the Pasadena Humane Adoptions office lately, where he's been enjoying long naps on a pile of blankets, delicious treats, and full-body petting. Wally is eager to learn, and he's already mastered "sit" and "paw". He's a total sweetie who loves attention -- all he needs is you!

The adoption fee for dogs is \$150. All dog 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.

View photos of adoptable pets and schedule a virtual adoption appointment at pasadenahumane.org. Adoptions are by appointment only, and new adoption appointments are available every Sunday at 10:00 a.m. for the following week.

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





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STUART TOLCHIN



MONEY—IS IT THE SOURCE OF ALL EVIL...OR...DOES IT MAKE THE WORLD GO ROUND?

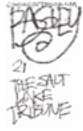
George Orwell, the infamous author of Animal Farm and 1984, defined as a paramount problem of politics that tyrannized people very often ACCEPT the authority, judgment, and power of their “superiors.” In the United States today it is very clear that many tyrannized people accept the behavior and pronouncements of Donald Trump although it is obvious that he makes no distinction between what is true and what his false. Even today in the impeachment hearing Trump defenders state only that proceeding with impeachment at this time would be disruptive to the overall political process and therefore Trump should not be impeached. They argue that what’s past is past and that it’s time to begin tending to the present. Forgive and forget!

Of course what is really feared by those in power is a loss of control, a change of accepted rules. Strangely Trump had one ability that differentiated him from almost any other politician his ability to generate spectacle. This ability to command attention has already produced results that were unthinkable four years ago. In the Republican Presidential Primary of 2016 Trump prevailed over 16 other contenders all of whom had more knowledge, ability, experience and desire to fulfill the traditional obligations of President in accord with their individual political beliefs. Trump cared for none of this. What he possessed was an insatiable need for adulation and adoration—he called this loyalty. This got the media’s attention as it became clear that all Trump cared about was his ratings and numbers. A perfect twenty first Century candidate.

My major concern in this article is an attempt to explain why so many millions of American voters be repelled by his lies. As Orwell bemoaned, people don’t really understand or care very much about what is actually good for them. They pick a hero, wear his MAGA hats, and delight in his seeming opposition to accepted norms, although in reality he is the living embodiment of White Male Christian dominance. He can do no wrong because everything he does is right until it isn’t. What these Trump followers fear is the demise of the power White Male Christian who has been in power for the last 500 years and has uncompassionately dehumanized, colonized, and enslaved ever other human being. This kind of man has given his adherents all that they believe is theirs and the fear, perhaps quite accurately, that much of their privileges earned by accidents of birth will soon be taken away by more hard working people who were not penalized from the start.

It’s rarely described as such but we are living in a continuing Race and Gender War, a war for equality of opportunity, and a war to end the ridiculous separation of the very, very rich from all other classes. As a young man George Orwell, a child of wealth was taught “Life was hierarchical and whatever happened was right. There were the strong, who deserved to win and always did win, who deserved to lose and always, did lose, everlastingly.” Who were the strong? Young George (then Eric Blair believed then that every desirable quality—beauty charm, athleticism, sexual desirability and something called character which in reality, meant the ability to impose your will on others, came packaged in money.

Well as always times they are still a’changin’. The road to success in most people’s eyes still involves the continual pursuit of money. That has not changed but slowly, ever so slowly, White Males have been relieved of their automatic and undeserved privileges which exist at the starting line. I wish I could make things fairer but I just don’t have the money or the talent or the energy to bring that about. Maybe I have been hampered by too much privilege and I am not even Christian.



“Your problem isn’t with the prescription.”



LEFT, RIGHT OR CENTER!

TOM PURCELL



DISGRACEFUL DISCOURSE OURS TO CORRECT

Without grace, our public discourse will continue to suffer. “Grace,” according to Dictionary.com, has more than one meaning, but all of them are powerful.

Grace is “a pleasing or attractive quality,” as well as “favor or goodwill.”

In a religious sense, grace is “a virtue or excellence of divine origin” – a gift from God to help us be more charitable and gracious toward our fellow man. It’s also a prayer of thanks recited before meals.

In a general sense, grace is “elegance or beauty of form, manner, motion, or action.” And when we are most lucky, our beloved friends and family members grace us with their presence. Grace is a beautiful and necessary component of everyday life. Without it, our world cannot function. And grace is horribly lacking in our public discourse.

Too many political leaders, beginning with our president and including too many others holding high positions in the federal government, are being the polar opposite of graceful. Dictionary.com lists some antonyms of grace. They include ugliness, animosity, enmity, harshness and disfavor.

Even Trump supporters have been appalled by the coarseness of some of his tweets and his recent words that re-sulted in some disgraceful followers storming the U.S. Capitol, which has sickened, saddened and appalled every-one. But how are Trump’s political foes, who’ve told their supporters to get into peoples’ faces or disrupt their restaurant meals, or who used highly inflammatory words to gin up protesters, better? When our alleged leaders are totally lacking any semblance of grace, where does that leave us?

In a world lacking in grace, citizens are at each other’s throats. They don’t care to understand ideas or points of view that challenge theirs. No, it’s easier to demonize and make caricatures of those who hold different ideas or political viewpoints – it’s easier to destroy opposing thought.

In a world lacking in grace, political leaders aren’t leaders at all. They’re followers. They seek power by feeding red meat to just enough followers to get them across the finish line on election day. They care only about the 51% who supported them – and turn a blind eye to the 49% who didn’t, further dividing our increasingly fractured country.

In a world lacking in grace, civility is lost. Neighbors turn on neighbors who put the wrong political signs in their front yards. Politics becomes all-consuming and never-ending. Anger becomes all-consuming and ever-increasing. Hatred rears its ugly head, with violence waiting in the wings, looking for any opportunity to erupt.

To save the future, we need to restore grace to our country, our political leaders and ourselves – and it begins with each and every one of us. We need to open our hearts and minds to what is true and good – truth and goodness hold no political affiliations. We need to see the best in our neighbors. We need to understand why people think differently than we do – and we will likely discover that we mostly all de-sire similar beneficial outcomes, and differ primarily on how to achieve those outcomes.

I pray that God bestows much-needed grace upon us once again – because grace is what we need to restore order, trust and civility to public discourse.

Tom Purcell, author of “Misadventures of a 1970’s Childhood,” a humorous memoir available at amazon.com, is a Pittsburgh Tribune-Review humor

IMPEACHMENT ISN’T ABOUT TRUMP CROSSING THE RUBICON



When Donald Trump became only president in our tangled history to be impeached twice, Americans found themselves asking, “What now?” The better question is “What’s next?” It goes beyond the prospect of a trial in the Senate that now appears set to unfold in the opening days of the new Biden administration, despite arguments over whether the chamber has such authority (there is hardly unanimity on that score).

Every move the nation makes between now and when the Senate votes on whether to convict Trump on charges of inciting insurrection (and vote it absolutely must), will not only in echo in the near term, it will set the tone for the next 20 years of our politics and beyond. Pundits have compared last week’s riot at the U.S. Capitol, which left five people dead, to Julius Caesar and his forces crossing the Rubicon river in Italy in 49 B.C., prefacing for the civil war that ultimately toppled the Ro-man Republic. The analogy is an imprecise one for a couple of reasons, not least because it does a grave disservice to Caesar, a master political strategist and brilliant (if utterly brutal) military commander. The oafish and authoritarian Trump can be accused of many things, but being a 21st century Julius Caesar is not one of them. If we’re looking for a more precise historical antecedent from the ancient world, we need to turn the clock back farther, to the decades between the third Punic War in 146 B.C. that saw the final obliteration of Carthage, and the rise of the Caesars.

As the historian Mike Duncan writes in his 2017 book “The Storm Before the Storm,” it was an era eerily similar to our own. One where the first cracks in the foundation of the Republic started to emerge.

Those years were, as Duncan notes, punctuated by “rising economic inequality, dislocation of traditional ways of life, increasing political polarization, the breakdown of unspoken rules of political conduct, the privatization of the military, rampant corruption, endemic social and ethnic prejudice, battles over access to citizenship and voting rights, ongoing military quagmires, the introduction of violence as a political tool, and a set of elites so obsessed with their own privileges that they refused to reform the system in time to save it.” The era also was filled with colorful, controversial and historically influential figures who are understandably overshadowed by the such later emperors as Augustus, Nero and Constantine. They include the Gracchi, a clan of populists who met a grisly end, as well as Sulla, who seized power through a military coup, setting the precedent Caesar

followed when he finally toppled the Republic three decades later. As the Cambridge historian Mary Beard writes in her compulsively readable 2015 history “SPQR,” the death of the last Gracchi brother in 121 B.C, set the stage for “three more sustained civil wars or revolutionary uprisings (there is often a hazy boundary between them).” As terrifying and tragic as those hours at the Capitol were last week – and they were – it’s crucially important to note that, hours later, the machinery of government reasserted itself, and the House and Senate reconvened to certify the victory of President-elect Joe Biden and Vice President-elect Kamala Harris. The Capitol siege cast a light on an already present, and now growing white nationalist movement that Trump, who is ignorant of history but savvy at manipulation, was able to turn to his political advantage to win the White House. And then, abetted by the conservative echo chamber, he weaponized them when his defeat was assured. Now Washington and state capitals across the country are bracing for a potential repeat of that violence during marches and protests scheduled for this weekend. We’ve already seen the images of scores of National Guard soldiers sleeping on the floor of the Capitol. We’re at a turning point in our politics. But it is not without precedent. In his “Meditations,” one of the last great emperors, Marcus Aurelius, admonished readers (and himself) “to bear in mind constantly that all of this has happened before. And will happen again – the same plot from beginning to end, the identical staging.” These are the historical realities that the Senate, which seems to have trouble thinking beyond the next news cycle, must keep in mind when it tries Trump. The government also must move swiftly to find, charge and try those responsible for the violence. Fair trials, met with stern punishment for the guilty (which should include political banishment for Trump and rebukes to his enablers), will not only send the signal that our system remains strong and vital, but also remains a beacon for the rest of the world.

So that next time, when someone who might actually be able to pull it off thinks about crossing the Rubicon, they won’t get any further than the water’s edge.

FRED THOMAS



TO FRIEND OR UNFRIEND

For the first time in my FB life. I am considering unfriending or unfollowing some friends. Some of whom I've known for decades. But not who you think and maybe not for the reasons that may appear obvious.

Easily the most effective agent for change in the

history of our country is the late Reverend Dr. Martin Luther King Jr. All day yesterday and throughout the night, his words were stuck in a constant loop in my mind.

"Returning hate for hate multiplies hate, adding deeper darkness to a night already devoid of stars. Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that. Hate multiplies hate, violence multiplies violence, and toughness multiplies toughness in a descending spiral of destruction."

and

"A riot is the language of the unheard."

I am tired of all of the vitriol being spewed. There is simply no way to fix our nation's problems by attacking the same people that are attacking us. And for the record, how is all the violence and anger working? A year of civil unrest to protest the very real heavy-handed and murderous assault on people of color by law enforcement has got us where? Where are the results? How many of us have participated in real substantial changes to community policing? I'm not talking about a meeting or two. I'm talking about actual actions taken in a sincere effort to save me and my brothers from being killed in the streets by law enforcement without

the guarantee of due process.

MAGA... how did your riot work for you yesterday? did it solve anything. Understand that your actions are the desperate acts of the frustration of your voices not being heard. A legitimate and transparent investigation to have the results of the election reviewed in a manner that would appease you. What you got instead was a dismissal of your concerns from your elected officials (not talking about the courts because as every person of color knows, the courts don't always provide the justice we are seeking). In your frustration, some chose to storm and damage the capital. Does this sound familiar? I suggest you look across the aisle. the BLM movement is comprised of people myself included that have generations of feeling the same despair that caused your national display yesterday. We can't see these parallels because we choose not to see them. We want to be angry with each other, our politicians are raising billions from all of this discord. You don't believe me, go to the SEC website and look at the numbers.

Every day I pray to God that we do this differently as a nation. But I fear that prayer is doomed to fail. It's doomed to fail because we have to choose love over hate, truth over convenience, and integrity over victory. These are the choices that God has empowered each individual to choose for themselves. And moving forward if you choose to continue the name-calling and vitriol because you are upset and frustrated. I may choose to move you from my conversation. Even if I agree with your views and politics. Dr. King used to implore people that could not remain non-violent not to join his efforts because he knew that any hate-filled expression would shift the focus from the merits of justice and give those that don't want to change a convenient excuse not to. I can't change the nation, but I'm trying to heal the pain and lack of understanding from my friends,

Please, don't force me to unfriend you. we are truly in a "Descending spiral of destruction" Your voice (all of yours) is critical to solving our issues, together.

LETTERS TO THE EDITOR

I appreciated the statement from Rep. Adam Schiff on the events of January 6 in your last MVN, while the columns at the bottom of the Opinion page informed us that BLM violence was bad and this was bad, too.

Rich Manieri quotes Ari Fleischer; "What is the difference between the left-wing fringe, BLM, that lit police stations on fire, tried to light a federal courthouse on fire, occupied two cities, looted and engaged in violence, and what people did yesterday at the Capitol?"

Numbers I've seen indicate BLM protests were 93% peaceful, with destruction coming after most protestors had left and yahoos arrived on the scene afterwards. Guns and violence came with Proud Boys-types who couldn't miss out.

As for cities being "occupied", those protests grew largely from police treating certain communities as occupied territories; bad cops held unaccountable for treating residents accordingly and as if their mostly-Black lives didn't matter.

Whether BLM, "far-left anarchists" or all-purpose boogeyman antifa, none sought to kidnap governors (13 were arrested last October for targeting Michigan Gov. Gretchen Whitmer). None showed up with guns in cosplay-camo to invade state capitols from Salem, Oregon to Frankfort, Kentucky. None wore endorsements of the Confederacy or the Holocaust. They didn't come with lynch-mob fervor along with zip-ties, Tasers, mace and makeshift gallows threatening elected leaders. There weren't the homemade bombs, bats and beatings of police (with one officer's skull smashed with a fire extinguisher).

Sorry – but insurrection against our government, invasion and desecration of the Capitol, death threats against lawmakers to halt constitutional duties and smearing excrement on the walls of our temple of democracy can't be equated with looting the local Target.

Michael Reagan laments detractor from Trump's "record of accomplishment". It's a record that led to this

insurrection; from the demonizing and playground bullying of those refusing to kiss the ring – whether political opponents, protestors or journalists (with a particular disdain for women of color – go figure); to his refusal to comply with checks and balances and congressional oversight under the Constitution.

In the meantime, he put another \$1.5 trillion on our nation's credit card to shift more wealth to the oligarchs. He abandoned allies and embraced despots – our country becoming an international embarrassment. He engaged in unprecedented graft and used foreign policy for extortion. (Reagan refers to "character flaws".) And this was all before COVID.

The "legacy" Reagan frets about might be summed up in two words, "Twice impeached"; or maybe two words and a number, "400,000 dead Americans"; or then again maybe three words, "Kids in cages".

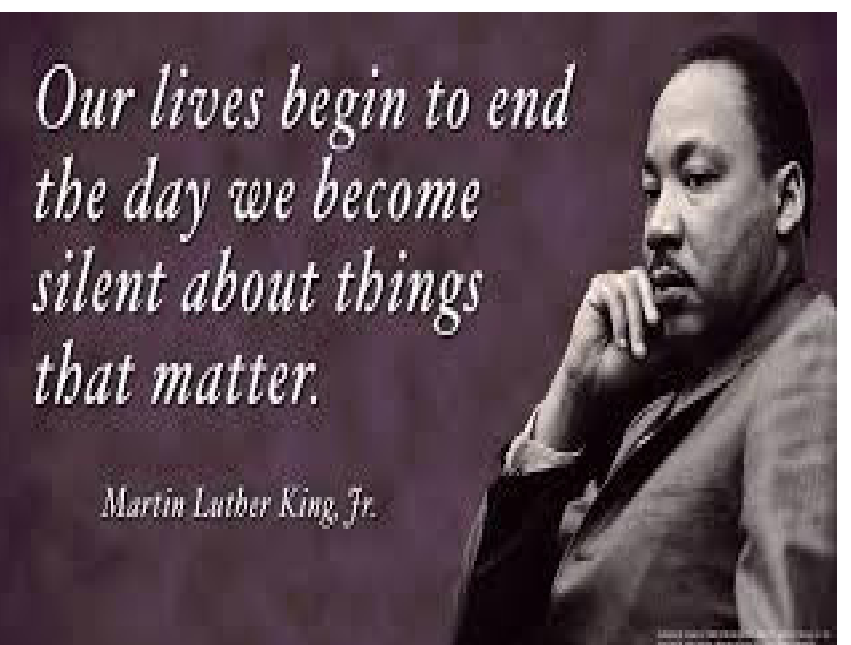
Reagan warns of "the one-party socialist state, the Biden-Schumer-Pelosi troika", thus engaging in the very "throw-it-out-there-and-the-rubes-might-believe-it" practice that brought us here. (Decades ago, his dad warned that with passage of Medicare, America would no longer be "free".)

Manieri notes that all sides feel they're on "the right side of history". I'll side with those who appreciate that history (a good start is Arnold Schwarzenegger's YouTube posting on growing up in the aftermath of Nazi rule). One side seeks to protect our right to vote; the other seeks to limit that right and then, if that doesn't work, to invalidate that vote altogether. One side seeks "to form a more perfect union". The other seeks to weaken and destroy it. Those with a longer-term appreciation will recall Dr. King's citation, "the arc of the moral universe is long, but it bends towards justice."

Now that consequences are apparent, some warn a second impeachment might prove "divisive"; that we should simply condemn violence and move on. But, as observed on the website MeidasTouch, "Nobody asked al-Qaeda for advice on unity after 9/11".

Howard W. Hays
Sierra Madre

Dr. Martin Luther King Jr. Holiday



CALIFORNIA'S LIMITED STAY AT HOME ORDER

- All non-essential activities stop from 10PM-5AM
- Applies to all counties in purple tier
- Effective 11/21/2020 - 12/21/2020
- Activities from 10pm-5AM are often non-essential or gatherings that spread COVID-19.
- Reducing movement & mixing of households protects essential workers and dramatically slows spread, hospitalizations, and deaths.

covid19.ca.gov

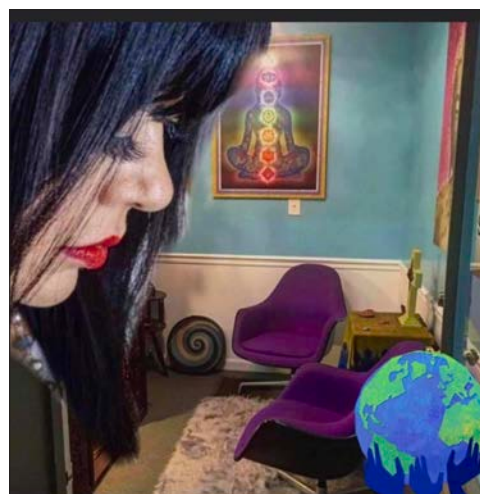
PORTRAIT OF OUR NEIGHBORS By Stuart Tolchin

YVETTE NATALIA DEL CORAZON

Our neighbor Yvette Del Corazon is a long time resident of Sierra Madre Canyon and has operated a business in Sierra Madre for 23 years. Her business card identifies her as the owner of Hands With Heart a holistic healing center specializing in the area of MIND –BODY– SPIRIT which provides services in twenty different areas including Massage/Bodywork/Physical Therapy and Transformational Coaching. Yvette is a fully educated, accredited and licensed Massage therapist. Additionally she has taken multiple specialized classes offered at the Esalen Institute in Big Sur. Yvette characterizes herself as someone devoted to cultivating deep changes in self and society.

She is a person who has had extraordinary life experiences but emphasizes that Sierra Madre is her home and identifies the Sierra Madre Canyon Community as keeping her alive and never letting her down. She really loves her life and has always followed a spiritual path which remarkably has included four near death experiences. During these near death experiences she describes visiting heaven which she experienced as a spiritual place wherein she was completely encircled with divine love from which she was saddened to leave when the experience ended.

As you can see by the enclosed picture she is an unusual person even by Sierra Madre standards. In another one of



the pictures you can see Yvette surrounded by members of the Sierra Madre community who participated in a drumming which was intended to and did successfully bring Yvette back to health. Prior to her last death threatening condition which allowed her to return home just before Election Day Yvette was walking seven miles in the morning. Now, only a week after returning home after a month in Intensive Care and recovering from a condition that doctors told her was terminal she is now walking a mile in the morning.

Yvette describes herself as a person with gifts, spiritual gifts that allow her to have insights into the lives of people she has never met or who predeceased her. She was formerly the head of the Spiritual Values and Community Outreach program as a part of the Sierra Madre Civic Club. She is part

of a uniquely active family which includes a former mayor of Los Angeles and a brother who was speaker of the House of the California State Assembly and is presently a Regent of the University of California. When asked to explain the distinguished positions occupied by family members she explained that her family had been long involved with the work of Caesar Chavez and farm workers. She also has had the opportunity to meet famous almost mythic individuals who were parts of the Civil Rights Movement. She describes meeting Rosa Parks as one of the most memorable moments of her life. (If you are not familiar with the name Rosa Parks you owe it to yourself to look her up. She is called "the mother of the civil rights struggle for racial equality based upon her refusal to give up her bus seat to a white man in Montgomery Alabama. Also a part of the 10 Freeway is dedicated to her.)

Returning to Yvette, notwithstanding her familial political connections politics is not the road she has travelled. As a part of her continual spiritual quest she has spent months in the jungles of Peru in the apprentice Ayahuasca apprentice shaman program. (You should look this up too as it is described in National Geographic Magazine as a journey to Hell and Back.) Yvette does not describe the experience that way but still she may well be considered as someone who has visited both heaven and hell and has chosen to remain living with us in Sierra Madre. In any case, it would be inaccurate to picture Yvette as some other worldly type person (oh maybe a little bit). In reality she is just one of the remarkable interesting neighbors that we see walking the hills of the canyon every day and should the opportunity arise she would be a person well worth your time to get to know.





THE SIERRA MADRE CHAMBER OF COMMERCE URGES YOU TO SUPPORT OUR LOCAL BUSINESSES!*

| | | | |
|--|---|--------------|-------------------------------|
| HAPPYS WINE & SPIRITS MARKET | 12 W Sierra Madre Bl Sierra Madre 91024 | 626-355-9444 | Alcoholic Beverages |
| THE BOTTLE SHOP | 58 W Sierra Madre Bl Sierra Madre 91024 | 626-355-1262 | Alcoholic Beverages |
| FREE ANIMAL DOCTOR | 70 E Montecito Ave Sierra Madre 91024 | 626-325-6296 | Animal Care |
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| KENSINGTON SENIOR LIVING | 245 W Sierra Madre Bl Sierra Madre 91024 | 626-355-5700 | Assisted Living |
| POPPYCAKE BAKING CO | 328W Sierra Madre Bl Sierra Madre 91024 | 626-355-9000 | Bakery |
| THE BUCCANEER LOUNGE | 70 W Sierra Madre Bl Sierra Madre 91024 | 626-390-0342 | Bar |
| RT ROGERS BREWING CO | 38E Montecito Ave #1 Sierra Madre 91024 | 626-921-0308 | Brewery |
| FIT BAR COMPANY | 1 Kersting Court Sierra Madre 91024 | 626-325-3809 | Cafe/Food Bar |
| MARYS MARKET & CANYON CAFÉ | 561 Woodland Dr Sierra Madre 91024 | 626-355-4534 | Cafe |
| ATTITUDE | 90 W Sierra Madre Bl Sierra Madre 91024 | 626-355-3929 | Clothing |
| THE SIERRA MADRE HELPING HANDS | | 626-348-4940 | Charitable Services |
| SIERRA MADRE THRIVES | | | Charitable Services |
| BEANTOWN COFFEE HOUSE & BAKERY | 45 N Baldwin Ave ,Sierra Madre 91024 | 626-355-1596 | Coffee Shop TEMP Closed |
| JPG COFFEE | 142 W Sierra Madre Bl ,Sierra Madre 91024 | 626-352-3881 | Coffee Shop |
| STARBUCKS | 1 Kersting Court Sierra Madre 91024 | 626-355 8222 | Coffee Shop |
| SYNDICATE COFFEE | 18 W Sierra Madre Bl,Sierra Madre 90124 | 626-351-0051 | Coffee Shop |
| FOOTHILL TEK | 34 N. Bladwin Ave. Sierra Madre, CA 91024 | 626-355-5152 | Computer Services |
| FOOTHILL COMPUTER SERVICES | PO BOX 515 Sierra Madre 91025 | 626-355-8315 | Computer Services |
| PAPER HEART CONCIERGE SERVICES | 414 Auburn Ave, Sierra Madre 91024 | 626 348-4940 | Concierge |
| SIERRA MADRE DANCE CENTER (Miss Amie) | 154 W Sierra Madre Bl Sierra Madre 91024 | 626-381-9003 | Dance Lessons (Children) |
| WOODHILL DESIGN | 38 E Montecito Ave Sierra Madre 91024 | 626-423-2639 | Design Services |
| CRYSTAL CLEANERS | 53 N Baldwin Ave Sierra Madre 91024 | 626-355-8111 | Dry Cleaning |
| DOG WASH AMERICA | 187 W Sierra MadreBl,Sierra Madre 91024 | 626-836-0701 | Dog Washing |
| LEONORA MOSS | 9 Kersting Court, Sierra Madre 91024 | 626-355-1180 | Florist |
| SAVOR THE FLAVOR | 11 Kersting Court Sierra Madre 91024 | 626-836-1236 | Gourmet Gifts |
| FAULKNER DESIGN | 403 E Jackson St Pasadena 91104 | 626-644-7780 | Graphic Design/Web Design |
| TAYLORS OL' FASHION MARKET | 14 E Sierra Madre Bl ,Sierra Madre 91024 | 626-355-8267 | Grocery Store |
| SIERRA HEALTH & FITNESS | 20 N Baldwin Ave Sierra Madre 91024 | 626-836-1236 | Gym |
| ARNOLDS FRONTIER HARDWARE | 297W Sierra Madre Bl ,Sierra Madre 91024 | 626-355-3365 | Hardware Store |
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| MOTHER MOO CREAMERY | 17 Kersting Court, Sierra Madre 91024 | 626-355-9650 | Ice Creamery |
| BROWNS CLASSIC INTERIORS | 64 W Sierra Madre Bl, Sierra Madre 91024 | 626-355-2712 | Interior Design/Decorating |
| E WALDO WARD & SON | 273 E Highland Ave ,Sierra Madre,91024 | 626-355-1218 | Jams/Jellies/Preserves |
| SO CAL KENPO KARATE | 47 W Sierra Madre Bl Sierra Madre 91024 | 626-545-5554 | Karate Studio |
| DOCUMEDIA MAIL BOX & POSTAL | 80 W Sierra Madre Bl,Sierra Madre 91024 | 626-836-6675 | Mailing and Business Services |
| ROCKIN ROLLERS | 38 E Montecito Ave #10 Sierra Madre 91024 | 626-355-0101 | Music and Beauty Services |
| ARIA NAILS SPA | 38 W Sierra Madre Bl,Sierra Madre 91024 | 626-355-0781 | Nail Salon |
| TROPICAL NAIL SPA | 56 W Sierra Madre Bl Sierra Madre 91024 | 626-355-5878 | Nail Salon |
| MOUNTAIN VIEWS NEWS | 80 W Sierra Madre Bl,Sierra Madre 91024 | 626-355-2737 | Newspaper |
| LUMMEN OPTOMETRIC | 14 W Sierra Madre Bl Sierra Madre 91024 | 626-921-0199 | Optometrist |
| THE SHABBY DOG | 31 E Montecito Ave Sierra Madre 91024 | 626-836-5452 | Pet Grooming/Boarding |
| BEST BUY DRUGS | 29 N Baldwin ave Sierra Madre 91024 | 626-355-3456 | Pharmacy |
| ANDY BENCOSME ,CENTURY 21 VILLAGE REALTY | 38 W Sierra Madre Bl,Sierra Madre 91024 | 626-355-1451 | Real Estate |
| CAROL CANTERBURY - BERKSHIRE HATHAWAY | 115 W Sierra Madre Bl,Sierra Madre,91024 | 626=355-1600 | Real Estate |
| JUDY WEBB MARTIN - WEBB-MARTIN GROUP | 30 N Baldwin Ave Sierra Madre 91024 | 626-688-2273 | Real Estate |
| LUTHER TSINOGLU - DEASEY PENNER PODLEY | 30 N Baldwin Ave Sierra Madre 91024 | 626-695-8650 | Real Estate |
| TACOS ENSENADA | 345 W Sierra Madre Bl,Sierra Madre 91024 | 626-351-1176 | Restaurant (Mexican)} |
| YUI | 24 W Sierra Madre Bl,Sierra Madre 91024 | 626-325-3840 | Restaurant (Sushi) |
| CASA DEL REY MEXICAN RESTAURANT | 31-N Baldwin Ave, Sierra Madre 91024 | 626-355-6060 | Restaurant (Mexican) |
| CORFU | 48 W Sierra Madre Bl,Sierra Madre 91024 | 626-355-5993 | Restaurant (Mediterranean) |
| FOUR SEASONS TEA ROOM | 75 N Baldwin Ave ,Sierra Madre 91024 | 626-355-0045 | Restaurant |
| LEMON ZEST | 74 W Sierra Madre Bl,Sierra Madre 91024 | 626-921-0202 | Restaurant |
| MADRE VILLAGE PIZZRIA | 41 N Baldwin Ave Sierra Madre 91024 | 626-355-8817 | Restaurant |
| MONSIEUR CREPE | 54 W Sierra MadreBl,Sierra Madre 91024 | 626-355-1508 | Restaurant |
| NANO CAFÉ | 322 W Sierra Madre Bl,Sierra Madre 91024 | 626-355-3334 | Restaurant |
| ONLY PLACE IN TOWN | 110 W Sierra Madre, Sierra Madre 91024 | 626-355-3502 | Restauramt |
| SIERRA FUSION | 120 W Sierra Madre Bl,Sierra Madre 91024 | 626-355-3030 | Restaurant |
| LUCKY BALDWINS PUB | 21 Kersting Court Sierra Madre 91024 | 626-355-1140 | Restaurant/Pub |
| SUBWAY | 148 W Sierra Madre Bl Sierra Madre 91024 | 626-355-1800 | Sandwich Shop |
| CAPELLI COURT SALON | 26 N Baldwin Ave ,Sierra Madre 91024 | 626-836-1244 | Salon |
| LITTLE MOUNTAIN SALON | 43 E Montecito Ave, Sierra Madre 91024 | 626-353-8095 | Salon |
| RUIZ SHOE REPAIR | 53 N Baldwin Ave Sierra Madre 91024 | 626-355-8111 | Shoe Repair |
| CLEANSE SKIN ENERGY | 20 W Montecito Ave,Sierra Madre 91024 | 310-730-8892 | Skin Care |
| SKIN CARE & BODY WORK DAY SPA | 49 S Baldwin Ave Ste C Sierra Madre 91024 | 626-233-0700 | Skin Care |
| BUTERFLY EFFECT DAY SPA | 370 W Sierra Madre Bl, Sierra Madre 91024 | 626-355-5507 | Spa |
| LUCKY CLOVER SPA | 31 W Sierra Madre Bl Sierra Madre 91024 | 626-355-6000 | Spa |
| MAESTRO CUSTOM TAILOR | 81 W Sierra Madre Bl Sierra Madre 91024 | 626-355-3545 | Tailor |
| CATHERINE ADDE (TRAVEL STORE) | 140 S Lake Ave Pasadena 91101 | 626-639-2614 | Travel Consultant |
| PROTRAVEL INTERNATIONAL | 55 W Sierra Madre Bl, Sierra Madre #108 | 626-796-4448 | Travel Consultant |
| DANNY OSTI TREE SERVICE | 109 S Lima , Sierra Madre 91024 | 626-355-7087 | Tree Service |

info@sierramadrethrives.com

**Partial listing.*

Please call to confirm hours of operation and services.

REMEMBER - WE'RE ALL IN THIS TOGETHER!



Happy New Years
2021
 Wishing you
 health | happiness | friendship
 throughout the coming new year!



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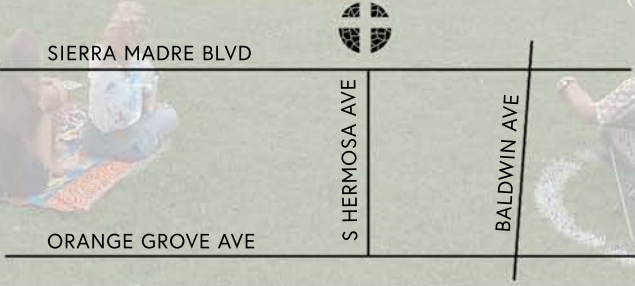
CHRIST CHURCH
 SIERRA MADRE

JOIN US FOR CHURCH OUTDOORS!

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.

SERVICE TIMES

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