

# Mountain Views News

Sierra Madre

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South Pasadena

San Marino

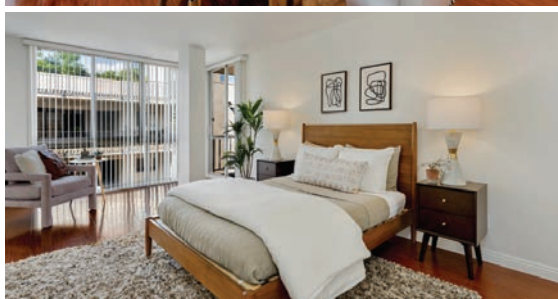
SATURDAY, SEPTEMBER 17, 2022

VOLUME 16 NO. 38



the webb-martin group

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## Scarecrow Festival

Presented by Creative Arts Group

### ABOUT THE FESTIVAL

The arrival of fall in Sierra Madre means it is time for the Scarecrow Festival. Please celebrate the season with us by building a scarecrow and enjoying all the creative Sierra Madre scarecrows. You will be able to see them in person or in the online gallery.

Kits will be available September 1st

Please register your scarecrow by September 27th

Maps available online or in the office October 5th



Register Here



We continue to be so appreciative of all our clients whom we have been able to support. Despite everything, we are **NEVER** too busy to support you. Feel free to reach out to any of us with questions about the market and/or if you are interested in moving forward with selling or buying a home.

**Jan Greteman 626.975.4033**  
lic #01943630

**Judy Webb-Martin 626.688.2273**  
lic #00541631

**Katie Orth 626.688.0418**  
lic #00942500



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source: CoreLogic, Freddie Mac, Bankrate

## WE SHALL NEVER FORGET



The Sierra Madre Police and Fire Departments, along with members of the community gathered at 6:45 am on September 11, 2022 to honor those who lost their lives as a result on the Twin Towers in New York. It was also honoring all first responders for their service during the crisis. This year marked the 21st anniversary of the event.

Photo by Dirk Bolle

## “THE MEADOWS” NOW IN HANDS OF CITY COUNCIL

Special meeting held to decide the fate of Mater Dolorosa and surrounding community By Kevin McGuire

A special session was held on Thursday, September 16, to decide the fate of “The Meadows at Bailey Canyon” project on the grounds of the Monastery at Mater Dolorosa.

It has been a grueling process for the Planning Commission, City Council, and the developers at New Urban West, with a ton of pushback from the community to the point of a ballot measure to appear in November for a vote.

After years of rumors and many months of discussions, revisions, gridlock, and some raised voices, The Planning Commission approved the project with some agreed-upon modifications by the developers on August 18, 2022 (Resolutions 22-10, 22-11). The City Council is now faced with the following actions:

1. Certify the Environmental Impact Report (EIR)
2. Adopt CEQA Findings of Fact
3. Adopt the Mitigation Monitoring and Reporting Program
4. Approve amendments to the General Plan and Land Use Map to change the project site from Institutional to Single-Family Residential
5. Approve the Lot Line Adjustment.

There are also actions under City Council Ordinance 1461 and Planning Commission Resolution 22-11, which are the following:

1. Approve amendments to the Zoning Code and Zoning Map to change the project site from Institutional to Single-Family Residential
2. Approve the Specific Plan
3. Approve the Development Agreement.

The project plans include building 42 residential houses and a 3-acre recreation park open to the public. Those for the project say it will be good for the Passionists as the money from purchasing these homes will help finance the well-being of the retired priests, and the new homeowners will be consumers and taxpayers within Sierra Madre. In addition, the homes will be energy and water efficient, there is a plan for water retention, parts of the property will remain as open space, and the community will benefit from the park.

Those community members against the project still maintain that water usage will be an issue, drought conditions, fire danger, blocking views of the hillside, noise, removal of trees, privacy, and increased traffic concerns. A few community members successfully obtained enough signatures to get an Initiative Measure which will appear on the General Election Ballot on November 8. If the measure passes, the zoning at the Monastery parcel and any subdivisions would change from Institutional to Hillside Residential, spoiling Mater Dolorosa's future building ambitions for possible a shrine, expanded retreat area, and gardens or paths.

It has been a battle in this community for some time, and the City fears the possible legal repercussions if this Measure passes in November.

To a packed house, City Attorney Aleks Giragosian and Jonathan Frankel of New Urban West, Inc., gave presentations during the public hearing. Giragosian highlighted the legal responsibilities of all parties and summarized the Planning Commission recommendations and changes initiated. Frankel provided some background on New Urban West's homebuilding history and was available to answer questions throughout the discussion by City Council, which lasted over an hour.

After a short recess, community members had their chance to comment, and there was no shortage of takers speaking for and against “The Meadows” project. Public comment lasted just about an hour before a second break was needed, and then it continued for another 20 minutes before it came back to City Council for a vote.

But, instead of a vote, the public and developers were handed yet another cliffhanger, as Mayor Gene Goss and Council Members requested more time to review the information before and extend this public hearing to another date where they will tackle the eight action items at hand.

The meeting will resume on Tuesday, September 20, 2022. (See below)

### City of Sierra Madre

#### CITY COUNCIL SPECIAL MEETING PUBLIC HEARING NOTICE

To: All Residential Households in the City of Sierra Madre  
From: The City of Sierra Madre  
Subject: CONSIDERATION TO APPROVE GENERAL PLAN AMENDMENT AND ZONE CHANGE AND SUBSEQUENT LAND USE MAP AND ZONING MAP AMENDMENTS, SPECIFIC PLAN, LOT LINE ADJUSTMENT, AND DEVELOPMENT AGREEMENT, AND CERTIFY AN ENVIRONMENTAL IMPACT REPORT AND APPROVE RELATED MITIGATION MEASURES AND REPORTING PROGRAM FOR A PROPOSED 42 LOT RESIDENTIAL SUBDIVISION

Project Location: 700 North Sunnyside Avenue

This notice serves to inform you that the City Council will be continuing their Special Meeting Public Hearing on the date, time, and the location described below regarding a request to construct up to 42 single-family detached residential units on approximately 17.30 acres of the property owned by The Congregation of the Passion, Mater Dolorosa Community referred to as “The Meadows at Bailey Canyon.”

The City Council will consider project applications to certify the Environmental Impact Report (EIR) and adoption of a Mitigation Monitoring and Reporting Program, approve amendments to the update the General Plan and Land Use Map to change the project site from Institutional to residential low density, and update the Zoning Code and Zoning Map to change the project site from Institutional to Single-Family Residential Specific Plan Overlay, approve the Lot Line Adjustment, and approve the Development Agreement. Application approval may be made pursuant to applicable findings for each independent action.

The meeting will be streamed live on the City's website at [www.cityofsierramadre.com](http://www.cityofsierramadre.com), on Foothills Media website at <http://www.foothillsmidiasite.org/sierramadre> and broadcast on Government Access Channel 3 (Spectrum). The Brown Act provides the public with an opportunity to make public comments at any public meeting. Public comment may also be made by e-mail to [PublicComment@CityofSierraMadre.com](mailto:PublicComment@CityofSierraMadre.com) by 3 PM on the day of the meeting. For further information on this subject, please contact the Planning and Community Preservation Department at (626) 355-7138.

#### DATE AND TIME OF HEARING

City of Sierra Madre  
City Council Special Meeting  
Tuesday, September 20, 2022  
(Hearing begins at 5:30 p.m.)

#### PLACE OF HEARING

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

All interested persons may attend this meeting and the City Council will hear them with respect thereto.

ENVIRONMENTAL DETERMINATION: State law requires the preparation of an EIR for projects that have the potential for environmental impacts. Public Resources Code Section 21002 requires that an EIR identify the significant effects of a project on the environment and provide measures or alternatives that can mitigate or avoid these effects. The EIR evaluates the environmental effects associated with the development of the project and discusses the manner in which the project's significant effects can be reduced or avoided through the implementation of mitigation measures or feasible alternatives to the proposed project.

APPEAL: If in the future anyone wishes to challenge the decision of the City Council in court, one may be limited to raising the issues that were raised or presented in written correspondence delivered to the City Council at, or before, the scheduled public hearing. For further information on this subject, please contact the Planning and Community Preservation Department at (626) 355-7138

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Traditional Home with Remodeled Kitchen and Mountain Views

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**ARE YOU READY?**  
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**JOIN NOW**

**Ages 12-18**

- ROTARY sponsored Interact Club looks great on college applications.
- Service Hour Opportunities
- Make a DIFFERENCE

Develop your leadership skills while you discover the power of "Service Above Self!"

**Thursday September 15th @ 5:30pm**  
 Syndicate Coffee & Bakery  
 18 W. Sierra Madre Blvd  
 Sierra Madre.

**MORE INFO**  
 Contact Sherry or Alex

**EMAIL**  
 Interactclubsierramadre@gmail.com

**WEBSITE**  
 Sierramadrerotary.org

**Sierra Madre Woman's Club**

**Do you wonder what the latest craze is all about?**  
 Join us for a fun evening of Pickle Ball in Sierra Madre  
**Date: Wednesday, Sept. 21st,**  
**Time: 6pm**  
**Location: Memorial Park, tennis courts behind City Hall**

*\*We will provide paddles if you do not have one. We will also have light snacks and refreshments.*  
 RSVP to Veronica Vasquez at (626)429-2454

**ELECTION COVERAGE**

On November 8, 2022 the Sierra Madre Municipal Election and the Statewide General Election will be held.

For the Municipal election, voters in Sierra Madre will go to the polls and select three people from a field of five to sit on the City Council. Local voters will also vote on the citizens initiative, Measure HR the citizens initiative that seeks to rezone the property where the Meadows at Bailey Canyon is to be built and as a result of such a change restrict the projects size and scope.

The General Election ballot will include nominees for U.S. Senate, House of Representatives, State Assembly and State Senate as well as statewide ballot measures and initiatives.

In an effort to keep the residents of Sierra Madre informed regarding the Municipal Election, The Mountain Views News will provide our readers with weekly coverage. Each week, as we have done in the past, we will profile the city council candidates and give each the opportunity to introduce themselves to our readers by answering the following questions:

1. Why are you running for City Council?
2. What are you going to do for Sierra Madre?
3. How do you plan on accomplishing your goals?

(All candidates are being asked to answer the same questions and their answers will be published unedited.)

The candidates running for Sierra Madre City Council are (in alphabetical order):  
 COLIN BARR  
 EDWARD GARCIA (incumbent)  
 GENE GOSS (Incumbent)  
 KRIS LOWE  
 CHRISTINE MORAN

This paper will also review the pros and cons of Measure HR and other election related information.

Coverage will begin in the September 17th, 2022 edition and run through November 5th, 2022.

It is our sincere hope that each candidate will submit their answers so that we can share them with you. A separate letter has been sent to each, asking them to participate.

Our reporting on this election will be as fair and objective as possible. However, please keep in mind that our columnists are always free to share their opinions. Their opinions are their opinions and may or may not reflect the position of the paper. This is true in all things, not just this election.

We will also provide for you the calendar of important dates regarding the election. It is our goal to do whatever we can to help you make an informed decision on November 8, 2022.

Susan Henderson, Publisher/Editor

Sierra Madre Playhouse presents

**SILENT SKY**

By Lauren Gunderson

Directed by Barbara Schofield

September 9 - October 9, 2022

For information and tickets: SierraMadrePlayhouse.org

*"In Lauren Gunderson's 'Silent Sky,' Henrietta Leavitt's story unfolds with a beauty and complexity worthy of the skies she mapped."  
 - Chicago Sun Times*

## Vote NO on Measure HR

**100-YEAR OLD MONASTERY**  
**Non-compliant on its own property**



**68 MANSIONS**  
**Out of character for Sierra Madre**



**Is this what we want?**

**Measure HR permanently changes local rules to impact Sierra Madre's community character.**

- Makes the 100-year old Monastery **non-compliant on its own property**
- Allows **68 mansions** to be built at the Monastery Site
- Circumvents Sierra Madre's **existing checks and balances**
- Sets a dangerous precedent that **jeopardizes private property owners rights**

Our Mayor and City Council unanimously agree:

**Measure HR is wrong for Sierra Madre.**

Read the City Council's complete argument against Measure HR→

Source: Ballot argument and rebuttal in opposition to Measure HR, Sierra Madre City Council, Aug 18, 2022



Ad paid for by No on Measure HR, Sierra Madre Neighbors for Fairness, a Coalition of Local Residents, Taxpayers, and Mater Dolorosa Passionist Retreat Center; Committee major funding from New Urban West



A word from the Editor:

With the controversy surrounding development of the MEADOWS AT BAILEY CANYON, I made a decision to give the public the opportunity to hear both sides of the argument and voice their questions and/or concerns. This has been done free of charge and access has been made available to individuals and to organized groups who are opposed and to those in favor of the project. The sole purpose of this access is to keep the public informed so that they may draw their own conclusions as to whether or not they want to support the project and to provide the public with information to help them decide how they will vote on the ballot measure in November, Measure HR.

Since that time, I have received many responses from voters not involved in any of the organized groups who are grateful to read communications from both sides. To the person, they have said that the ‘Conversations’ are helping them make a decision, and yet none of them indicated that they had made their decision yet. Thus, continuing to give both sides access warrants continuation.

To that end, and as the election date approaches and passions for and against the project elevate, I am taking the time to remind everyone that the purpose of this space is for the presentation of the facts, concerns, questions and comments surrounding the project only. It is not a forum for personal attacks, defamatory remarks or other comments that do not contribute to conversations that will help the public better understand whether or not they want to support Measure HR and/or the Meadows at Bailey Canyon project.

Since the inception of ‘Conversations’, I have exercised editorial oversight and rejected publication of several submissions, from both sides, that did not lend themselves to the goal of keeping the public informed, on the project and ballot measure.

So, as stated in the mission of this paper that has run for the last 17 years, “The traditions of [this] community newspapers and the concerns of our readers are this newspaper’s top priorities. We support a prosperous community of well-informed citizens. We hold in high regard the values of the exceptional quality of life in our community, including the magnificence of our natural resources. Integrity will be our guide.

Susan Henderson, Publisher/Editor

LETTER TO THE EDITOR

THE GREEN SHIRTS

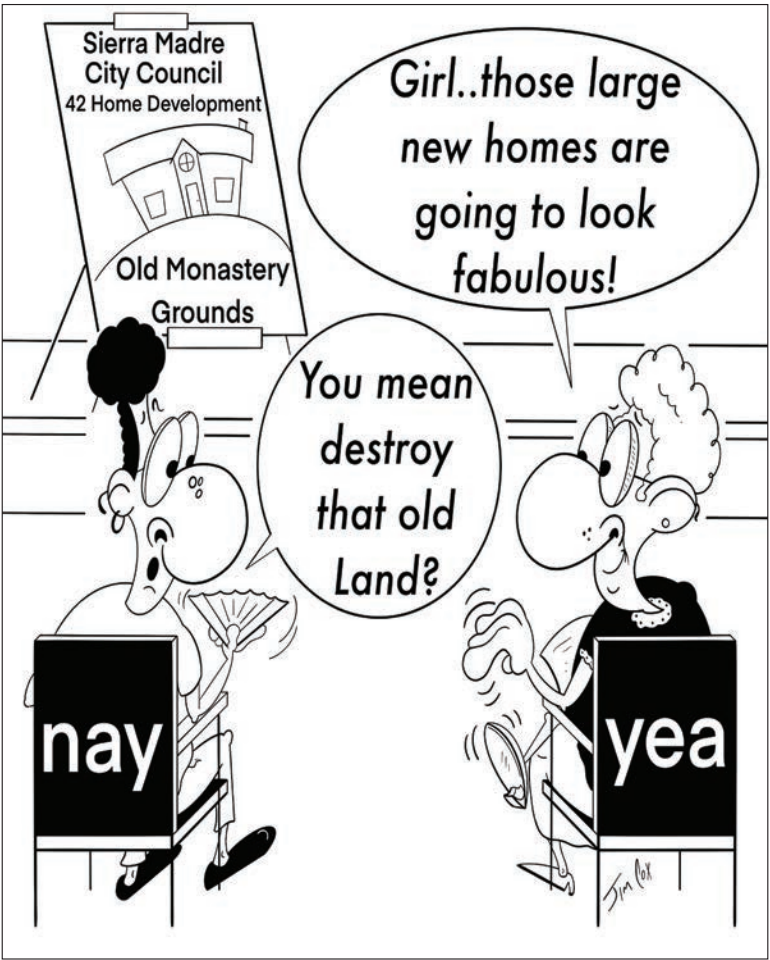
In a letter to their email base, the Stop the Development Group derisively referred to some of the supporters of the Passionists as the “Green Shirts”, referring to the green tees that are worn by some who were given the shirts by developer New Urban West. In their latest email, the Stop organization states that NUW bribes “their out of town green shirt attendees. . . but 95% of the people they have show up don’t live in Sierra Madre.” Not true. The majority of those who wear the green shirts are not only Sierra Madre residents, but they also consider the Retreat Center as their spiritual center for guidance in their everyday life. They have been attending retreats for years. Many of those who are advocating for the Passionists also volunteer with Sierra Madre organizations in town to make our village the very special place it is.

The out-of-towners the Stop group refers to are also those who work, serve on the Board of the Retreat Center, or otherwise volunteer for the Passionists and have been involved for decades. Attacking them is attacking their very religious beliefs. These who are defending the project are in essence defending the almost 100-year-old Passionist Retreat Center and the priests who reside there.

At the August 18th Planning Commission meeting, Fr. Michael Higgins spoke in favor of the Meadows Project. What he said is the true meaning of what the whole project is all about. Part of what he said was “I just wish to remind you how important this plan for the Meadows is to us Passionists. It will fund Passionist ministries and care for decades, and, at the same time, it will help us reach thousands more people here and around with the beautiful, empowering lessons to be learned from Christ’s passion.”

He went on to say, “Your position as a Sierra Madre Planning Commissioner doesn’t allow you to consider matters like that, but we ask that you do consider the other reason why the Meadows plan is important to us. The Meadows Project both protects the blessed solitude of our environment and peace-bringing beauty that has ministered to so many who have prayed and meditated on our grounds.” (Bold print is mine.) Fr. Higgins ended by saying, “. . .by recommending approval of this plan that you have worked on so diligently, you are recommending a plan that is equally sensitive to the character of Sierra Madre as well as to the quality of life of those who live here.”

To those of us who are opposing Measure HR to change the zoning of the Passionists’ entire property, these were the magic words to explain our position. Pat Alcorn



SIERRA MADRE Neighbors for Fairness

DON’T ENCOURAGE THEM

When the proponents of Measure HR started in back in January they were all talking up how they were going to “save the meadow,” and they needed money to fight the evil developers who were going to destroy the “natural beauty and tranquility of the meadow” and “wildlife and nesting habitats.” Just sign your name and they will make sure the “last remaining open space parcel of land in Sierra Madre” is not “gone forever”.

Then the truth came out.

Their plan to stop this housing project was to rezone the entire property to a residential zone. Now you might be asking, how is that going to work? It isn’t! They are not going to do anything they promised to do. In fact, they are only making things worse.

The city’s report on Measure HR came out and boy was that a shocker!! It turns out not only will Measure HR not stop 42 homes from being built, it will allow up to 68 megahomes to be built. Instead of the reasonable homes as large as 3,775 sq. ft., developers will be able to build giant 6,500 square foot mansions under the HR (Hillside Residential) zone. They never told anyone this when collecting signatures.

Then there is the other issue the proponents miscalculated. Rezoning the Passionists property will prohibit all “expansion, significant alteration, or change in use,” even for the Stations of the Cross, and will likely violate the Passionists’ First Amendment rights through overly restrictive downzoning. Another thing they “forgot” to tell people.

The 1300 signatures were collected through a campaign of ignorance. That is the charitable interpretation. The less charitable one is where you assume that the three proponents, who all have extensive legal backgrounds and one who failed to disclose he worked for a developer of mega-mansions, knew exactly what

they were doing. Either way, whether incompetence or malicious intent, the vast majority of the 1300 signatures are ethically illegitimate because the signers were not informed of what they were allowing.

Now Preserve Sierra Madre has joined ranks and officially supports Measure HR which will literally allow Arcadia-style mansions in Sierra Madre, while their website STILL says their mission is to “prevent over-development and mansionization and to protect our historic properties and open spaces.” Measure HR does none of that. In fact, they still say, “We have all seen firsthand, in Arcadia, what can happen to neighborhoods under a development free-for-all.” Now they are pushing for giant mansions on giant lots just like Arcadia has!

Please do not encourage these groups who have gotten in over their heads. “Stop the Monastery Housing Project” (before they rebranded as just “Stop Housing Project – Protect Sierra Madre”) website said they were opposed to any housing project that would remove the Last Remaining Open Space, allow building in an Extreme Fire Risk Area, or cause additional Traffic and Congestion. Yet their rebranded plan does all those things and they are just fine with it. This was the bait and switch.

We believe the people running these groups are ultimately good people who care about Sierra Madre, but both the “Protect” and “Preserve” groups have lost their way. Don’t encourage them with your support because if you do then you are in favor of building Arcadia-style mansions at the Monastery and you are supporting violating the religious rights of the Passionists.

No one wants a whole neighborhood of huge mansions in Sierra Madre. Vote No on Hillside Residential. Vote no on HR.

News | Sierra Madre Neighbors for Fairness  
news@sierramadreneighborsforfairness.org  
SierraMadreNeighborsforFairness.org

YES ON HR

Vote Yes on HR to prohibit “expansion, significant physical alteration, or change in use” of the “Mater Dolorosa Retreat Center and the Stations of the Cross.” (1)(9)

Yes on HR to turn a 100 year old Sierra Madre institution into “a nonconforming use” on their own property by forcing them into a residential zone. (4)

Yes on HR to stop the donation of a three acre park and 35 hillside acres placed in conservancy (3)

Yes on HR to allow developers to “build homes of up to 6,500 square feet on the Mater Dolorosa Property.” (2)

Yes on HR to “irrevocably alter the natural setting and change the feel of this portion of Sierra Madre forever, taking away the environmental setting that makes Sierra Madre special” by allowing up to 68 mansions instead of 42 homes. (5)(6)

Yes on HR to prohibit the City Council from ever making changes to the Passion-

ists’ property without it first going to an election of the “majority of voters.” (7)

Yes on HR to target the Passionists for spot-zoning by not affecting “any other real property in the City.” (8)

Yes on HR to force the “repeal” of any existing city ordinances which are “inconsistent with this Initiative.” (Initiative Section 11.)

Yes on HR to “constrain the Passionists’ alternatives to develop their property for religious purposes.” (1)

Yes on HR to try and force the city to “sustain and re-enact” “any portion of this Initiative [which] is held by a court of competent jurisdiction to be Invalid”. (10)

Yes on HR to put the city at risk of being sued by making it “difficult to overcome the burden of persuasion where the Final Environmental Impact Report finds that [any] negative environmental impacts may be mitigated.” (1)

TWELVE REASONS TO VOTE YES ON MEASURE HR

Yes on HR to try to “substantially burden the religious exercise of the Passionists” by turning them into a nonconforming use. (1)

(1) City Attorney 9212 Report – i. Substantial Burden Analysis. (2) City Attorney 9212 Report - The Initiative’s Impact on Land Use b.iv. (3) Passionists Letter dated May 24, 2022, Planning Commission Public Comments June 2, 2022. (4) Initiative Section 5. (5) Initiative 2.6. (6) City Attorney 9212 Report - The Initiative’s Impact on Land Use b.iii. (7) Initiative Section 10. (8) Initiative Section 6. (9) Initiative Section 2.B.a. (10) Initiative Section 9.B.

References: [https://www.cityofsierramadre.com/cityhall/city\\_manager\\_s\\_office/transparency/citizenpetition](https://www.cityofsierramadre.com/cityhall/city_manager_s_office/transparency/citizenpetition)

YesOnHR.org

LETTER TO THE EDITOR

THE MOUNTAINS ARE CALLING

150 years ago John Muir wrote in a letter to his sister, “The Mountains are calling and I must go.” Do you hear the mountains of Sierra Madre calling you? They are a very part of the city, impossible to separate.

Sierra Madre has a long history of protecting its mountains. Throughout the Great Hiking Era the city was the gateway to Mt. Wilson and numerous camps located in the hills. In the 1960’s Sierra Madre started investing in the hillsides, first with the purchase of Bailey Canyon from Southern Pacific Railroad, then with land both purchased from and given to the city by the Carter family, to create Bailey Canyon Wilderness Park.

Around 1967, 1120 acres, including 920 acres in the Angeles National Forest, were purchased and incorporated into the Sierra Madre Historical Wilderness Area. Did you know the city owns the land all the way to Orchard Camp? Twenty years later the Sierra Madre Mountain Conservatory (SMMC) was created by a group of dedicated Sierra Madreans with the intent of protecting additional properties. Los Angeles County voters passed Proposition A in 1992. This made \$3.1 million available for the conservation of additional land in Sierra Madre, adding about 120 acres to the city’s protected properties through the SMMC.

As part of the Meadows project Memorandum of Understanding (MOU), about 35 acres to the north of the Mater Dolorosa Retreat Center were to be donated to the city and placed in conservancy. Somewhere between the draft EIR and the final EIR this got changed to the city no longer receiving title to the properties and only holding the conservation easements for them. This represents a huge loss to the city.

Sierra Madre understood the value of investing in its hillsides, having one of the highest ratios of parkland owned by a city in Southern California. Has Sierra Madre forgotten its dedication to such a degree that it will let these 35 acres slip away unnoticed? For some reason I’m the only person asking this question in recent meetings. Protect Sierra Madre and Preserve Sierra Madre are silent on the issue. . . unless they are saying how these properties don’t warrant additional protection or unless their supporters are arguing that Sierra Madre has too many damn parks!

How is it that a 100 year old Sierra Madre institution who is finally cashing in a long-term investment has caused the city’s preservationists and self-proclaimed environmentalists to forget what is historically important? Can they not see the forest for the trees? Are they really willing to turn their backs on the mountains? The SMMC has said they will hold the conservation easements, just as they have done for more than 1200 city-owned acres, they only need to be asked.

The City Council is very close to making a decision on the Meadows project. If they decide to approve the project are they going to let this once in a lifetime opportunity to invest in our mountains slip through their hands? The General Plan literally calls for the City Council to expand parkland and preserve hillsides whenever possible. Well, here it is, for free. They only need to accept it. The liability to the city is minimal as they are adding less than 3% to the City’s already conserved hillsides. Accepting these properties gives the city the option of later expanding Bailey Canyon Wilderness Park to the west. This would be a legacy move for any city council, and would be unheard of without having to spend millions of dollars. I guess the city passing up this opportunity would also be a legacy move. . . but a very bad one.

The City Council needs to follow the footsteps of our historic city leaders who had the foresight and took the risk to make similar investments in the city’s future, which has been paying dividends to the citizens of Sierra Madre and our guests for decades. The mountains are calling, we only need to respond.

Robert Gjerde



- Kits are available at Creative Arts Group
- Register your scarecrow by September 27<sup>th</sup>

The 11th Annual SCARECROW FESTIVAL

September & October  
Sierra Madre

108 N Baldwin Ave. Sierra Madre







PLEASE HELP US REACH OUR GOAL

Sierra Madre Post Office Landscape Project

We are grateful to the over 150 people and businesses that have donated to the **Post Office Landscape Project** to support this exciting community project. Their generosity has put us more than 75% to our goal of making the Sierra Madre Post Office a showplace for drought-tolerant water-saving landscaping that everyone can enjoy.

However, we recently learned that the project now requires the installation of a wrought-iron railing on the north side of the property along Mariposa Avenue. The wrought-iron railing was not part of the original fundraising goal or project budget. The railing is needed to protect the public due to the installation of a new bioswale to catch rainwater and use it to recharge the groundwater.



We need your support to enable us to complete the hardscape, soil preparations, irrigation, and wrought-iron railing ahead of the planting of the new native foliage scheduled for December 3, 2022.

Please help us with this project by sending a tax-deductible donation payable to the **“Post Office Landscape Project c/o SMCF”** at P.O. Box 716, Sierra Madre, CA 91025. If you prefer to make your donation by PayPal, please scan the QR Code below:



We are especially proud that this project has been **conceived, implemented, and supported** by volunteers and members of the greater Sierra Madre community. With a landscape plan designed by FormLA, donations from *Rainbird* and the *San Gabriel Valley Municipal Water District*, our volunteers, and our community donors, we will have a post office as a showplace that represents Sierra Madre in a way that we can all be proud.



**Eminence Skin Care Boutique featuring:**  
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American Red Cross

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**Blood Drive**  
**Sierra Madre Chamber of Commerce**

Location: Bloodmobile  
115 W Sierra Madre Blvd  
Sierra Madre, CA 91024

**Sunday, September 25, 2022**  
**10:00 a.m. to 4:00 p.m.**

Please visit [RedCrossBlood.org](http://RedCrossBlood.org) and enter sponsor code: SMCC to schedule an appointment.



Streamline your donation experience and save up to 15 minutes by visiting [RedCrossBlood.org/RapidPass](http://RedCrossBlood.org/RapidPass) to complete your pre-donation reading and health history questions on the day of your appointment.



1-800-RED CROSS | 1-800-733-2767 | [redcrossblood.org](http://redcrossblood.org) | Download the Blood Donor App

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WALKING SIERRA MADRE - The Social Side

by Deanne Davis

“How do you mend a broken jack-o-lantern? With a pumpkin patch, of course!”  
“What did the pumpkin say to the pumpkin carver? Cut it out!”  
“A pumpkin ghost story: And after they hollow you out, they stick a fire inside you!!”

I just couldn't wait any longer, friends and neighbors! It's the middle of September, the Creative Arts Group is talking about the 11th Annual Scarecrow Festival and reminding you to register your scarecrow by September 27th, and I have to start talking about PUMPKINS! Today's picture! PUMPKINS! So happy to start thinking about making pumpkin stuff. We've had our first Pumpkin Spice Latte and now I want some Pumpkin Coffee Cake. If you didn't realize you needed some before, you will when you finish reading this recipe:

PUMPKIN COFFEE CAKE

Preheat oven to 350. Spray a 9 x 9 pan with cooking spray. For the coffee cake:  
2 cups all-purpose flour  
¾ cup granulated sugar  
2 tsp. baking powder  
½ tsp. salt  
1 TB pumpkin pie spice  
1 cup pumpkin puree (not pumpkin pie filling)  
¼ cup vegetable oil  
1 tsp. vanilla  
½ cup milk (nonfat works fine)

For the Streusel topping:  
¼ cup butter, melted  
¼ cup all-purpose flour  
1 cup brown sugar  
1 TB cinnamon  
Pinch salt

Mix first 5 ingredients in a large bowl. Whisk to combine. Stir in next 4 ingredients until mixed. Pour into greased pan. Set aside. Mix streusel ingredients and spread on top of cake. Bake 30-35 minutes. This is so good you'll make it again tomorrow.

*“When life seems hard, the courageous do not lie down and accept defeat; instead, they are all the more determined to struggle for a better future.”*  
Queen Elizabeth in her 2008 Christmas broadcast

The front page of the Mountain Views News last week showed the most charming picture of Queen Elizabeth and recounted some of the details of her visit to Sierra Madre in 1983 to visit the British Home. Although the article doesn't say who the people, in addition to Dr. White, were chosen to meet Her Majesty, if my memory serves me well...and it frequently doesn't... I do believe that my dear friend, Fay Angus, Sierra Madre resident and prolific author, who changed her residence from the lovely house on Canon Drive to heaven in 2016, was one of those there at the British Home that February day. Queen Elizabeth was a woman of courage, wit, great strength and endurance, and so was Fay Angus. If you haven't read any of her books, they are available on Amazon. She was another of the Treasures of Sierra Madre. I met Fay when John and I moved to Sierra Madre in 1967, right after we were married. We lived in the house up the driveway from Fay and her husband, John, and she was my strength, help and guiding light all the years we lived there on Canon Drive. Fay was born in Brisbane, grew up in China and, during WWII, at 10 years of age, she and her mother were interned at Yangchow Concentration Camp. Fay revered and admired Queen Elizabeth tremendously. Fay, John and her mother, Amy, moved to Sierra Madre in 1959 and she frequently visited the British Home and supported their activities.

*“It doesn't get easier, your wings just get stronger.”*  
*“We are all like butterflies, transforming in our own time.”*  
*“Just as the gorgeous Monarch butterfly emerges from a chrysalis, so will hopeful spirits emerge.”*

For all the Monarch butterfly fans who have been following the continuing adventures of Leah and her milkweed Monarch hatchery, there's good news and bad news. Two of her hatchlings, Lulu and Lorenzo, did indeed emerge from the chrysalis stage but their wings were crumpled and never did become the strong wings they needed to fly off to Mexico. Eventually, as Leah put it, they “became part of the circle of life.” The last two, Loretta and Lizzie, are not ready to do much of anything yet. Next week we'll all know how Days of Our Butterflies ends.

Last Sunday was the 21st anniversary of 9/11. Another day of infamy. I quote from Edward Grinnan of Guideposts Magazine:

“I watched the towers collapsing over and over until I went for a walk through the deserted streets of my adopted hometown (New York), wondering if the city would ever be the same. The country has been through a lot in the 21 years since that day. We have seen war and disease and economic hardship. Again and again, I have heard, “We live in uncertain times.” Humans have always lived in uncertain times. What could have been more uncertain than the time when a Savior was born in a region of the world that was in turmoil and revolt? Yet it was the birth of that Savior, at that time, that gave us the greatest certainty of all – the certainty of eternal life and of a peace that passes all understanding.”

*“Sunrises & Sunflowers Speak Hope”*  
*Supplies a little hope on every page.*  
Look for it on my book page: [Amazon.com: Deanne Davis](https://www.amazon.com/Deanne-Davis/e/B000APR010)  
*Lots of other wonderful works by me on there, too!!*



**Disasterville!!**  
**Tabletop Disaster Exercise**

**This month we will use our new “Disasterville” interactive table-top activity for simulating disaster response. What do you do after an earthquake? Where should limited resources go first? We will incorporate components such as an emergency operation center, a medical treatment area, animals, and damaged buildings. Join us for some fun!**

*The public is always welcome at CERT meetings.*

**Sierra Madre CERT General Meeting**  
**Thursday, September 22nd 7:00 PM**  
**Hart Park House - Memorial Park**  
**222 W. Sierra Madre Blvd.**



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## Weather Wise



6-Day Forecast Sierra Madre, Ca.

<b>Sun</b>	Sunny	Hi	80s	Lows 60s
<b>Mon:</b>	Sunny	Hi	80s	Lows 60s
<b>Tues:</b>	Sunny	Hi	80s	Lows 60s
<b>Wed:</b>	Sunny	Hi	80s	Lows 60s
<b>Thur:</b>	Sunny	Hi	80s	Lows 60s
<b>Fri:</b>	Sunny	Hi	90s	Lows 60s

Forecasts courtesy of the National Weather Service

### SIERRA MADRE CITY MEETINGS SIERRA MADRE CITY COUNCIL MEETING

September 20, 2022 5:30pm

#### THIS MEETING WILL BE HELD IN THE COUNCIL CHAMBERS!

As part of the City of Sierra Madre's COVID-19 transparency efforts and The Brown Act provides the public with an opportunity to make public comments at any public meeting. Public comment may also be made by e-mail to [PublicComment@CityofSierraMadre.com](mailto:PublicComment@CityofSierraMadre.com) by 3:00 p.m. on the day of the meeting.

Emails will be acknowledged at the Council meeting and filed into public record. The public may also comment in person at the meeting.

The meetings will be streamed live on Foothills Media website at [foothillsmmedia.org/sierramadre](http://foothillsmmedia.org/sierramadre) and broadcast on Government Access Channel 3 (Spectrum)..

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

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

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

Your event must:

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

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

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Sierra Madre Public  
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Read • Discover • Connect

This week at the  
Sierra Madre  
Public Library

September 19—24

#### Monday

Preschool Storytime at Memorial Park—  
Outdoors at 10:00am. Call 626-355-7186 to  
register

#### Tuesday

Cricut Workshop—In-person at 4:00pm

#### Wednesday

Anime Afternoon—In-person at 4:00pm

Pajama Storytime—Online at 7:00pm

#### Thursday

Baby Rhyme Time at Memorial Park—  
Outdoors at 9:00am. Call 626-355-7186 to  
register

#### Saturday

Music & Mindfulness: Guitar—In-person from  
11:00am-1:00pm

Read, Discover, Connect  
@ Sierra Madre Public Library



**WANT TO GET INVOLVED IN THE CITY  
BUT NOT SURE HOW?  
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The City is expected to have  
vacancies on our commissions  
soon so you can get a head start

by applying now.

Applications and more information can be found here:  
[cityofsierramadre.com/cityhall/commissions](http://cityofsierramadre.com/cityhall/commissions)

Planning Commission has one (1) expected vacancy.

Community Services Commission has one (1) expected  
vacancy.

Library Board of Trustees has two (2) anticipated vacancies.

Natural Resources Commission has one current vacancy  
and one anticipated vacancy for a total of two (2) vacancies.

Interested? Go To: <https://www.cityofsierramadre.com/cityhall/commissions>

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Zen Shin



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# Pasadena Altadena

News From Your Community For Your Community

## City set to Celebrate Latino Heritage

The City of Pasadena and the Latino Heritage Committee announced Firday Pasadena's 24th annual Latino Heritage Celebrations lineup, including the much-anticipated parade and festival Saturday, Oct. 1.

The month-long family-friendly activities and celebrations take place Through Oct. 28.

### Fiestas Patrias

Friday, Sept. 16, 5-9 p.m. Villa Parke, 363 E. Villa St.

The grand fiesta is back! Join the Parks, Recreation and Community Services Department in commemorating the independence of 18 Latin American countries. This lively family celebration features the parade of flags, children's activities, and crowning of the queen and court by City officials. Food will be available for purchase.

### Latino Heritage Parade and Festival

Saturday, Oct. 1, 10 a.m.-4 p.m.

See story right for all the information.

### Chocolate Skull Making

Saturday, Oct. 8, 2-5 p.m. Villa Parke, 363 E. Villa St.

Día de los Muertos (Day of the Dead) sugar skull craft. Participants will follow step-by-step instructions to create a fun and unique chocolate calavera. Supplies will be provided and registration is required.

### Paint and Aguas Frescas

Saturday, Oct. 8, 2-5 p.m. Villa Parke, 363 E. Villa St.

Join us for Paint and Aguas Frescas! Participants ages 16 and older will create their very own painting, under the instruction of an experienced artist, while enjoying a tasty cantarito of agua fresca! Art kits and aguas will be provided.

### Movie in the Park, "Vivo"

Friday, Oct. 14, 7 p.m. Tournament of Roses Association Grounds

391 S. Orange Grove Blvd. Bring your blanket and lawn chairs and enjoy the movie "Vivo." Registration is encouraged.

### Día de los Muertos

Friday, Oct. 28, 5-9 p.m. Villa Parke, 363 E. Villa St.

Join friends and neighbors at Villa Parke Community Center to celebrate Día de los Muertos (Day of the Dead). The Parks, Recreation and Community Services Department is teaming up with Armory Center for the Arts and Pasadena Community Job Center to commemorate the century-old holiday with dance performances; arts & crafts; food available for purchase; and "ofrendas," altars honoring the lives of the deceased.

Visit: <https://www.cityofpasadena.net/parks-and-rec/> to register for these events and activities. Or for more information on any of the events, call (626) 744-6530.

## Wiggle Waggle Walk at the Rose Bowl

Grab your walking shoes and a leash for the 24rd Wiggle Waggle Walk at Brookside Park at the Rose Bowl in Pasadena on Sunday, September 18. Pasadena Humane hopes to raise \$250,000 from the event, which will be used for food, shelter and medical care for the more than 12,000 homeless pets they care for every year. As of Friday, they have already raised \$230,500.

Animal lovers are encouraged to fundraiser for the animals by registering as an individual or as part of a team on the Wiggle Waggle Walk website and asking family, friends and co-workers for donations. Supporters who are unable to attend the event can still donate via the Walk website.

So far, the team, "Let's Wag More Bark Less" lead the donations with \$22,100 raised. Team "KFI Wake Up Call Wiggles" are second raising \$12,212.

The top individual fundraiser Caroline Reed has raised \$16,188 and second is JoAnn Turovsky with \$13,00 raised.

Participants can choose to walk a 1- or 3-mile loop around the Rose Bowl or stay behind to enjoy vendor booths at Brookside Park. Attendees do not need a dog to join the fun—



just a desire to help animals. For safety reasons, cats and other non-canine critters are not allowed at the event.

"The Wiggle Waggle Walk & Run is our biggest fundraiser of the year, with proceeds helping to save the lives of thousands of animals in our community with programs such as foster care, kitten nursery, animal ICU, wildlife rehabilitation, spay/neuter, adoptions and animal rescue," organizers said.

Pre-registration closed Friday, the registration fee is \$65 at the event.

Check-in opens at 8:00 a.m.

at Brookside Park. The Walk begins at 9:00 a.m. and festivities, including vendor booths, team photos, food trucks, music and more, will continue until 11 a.m. Brookside Park is located at 360 North Arroyo Blvd in Pasadena.

For more information and to register, visit [wigglegagglewalk.org](http://wigglegagglewalk.org).

*Pictured: Wiggle Waggle Walk Poster Dog "Bronco."*

## Library to offer Free Flu Shots

*COVID Moderna vaccines will also be available*

Pasadena Public Library will offer free flu shot and COVID Moderna vaccine clinics in partnership with Pasadena Public Health Department. Vaccine supplies are limited and available on a first-come, first-served basis. Masks are required. Please wear short sleeves.

### Huntington Health Community Outreach

Free flu shots will be offered to those ages nine and older. Children under 18 years must have their parents' consent and be accompanied by a parent/guardian. Not for persons with an allergy to eggs or previous influenza vaccine, Guillian-Barré syndrome, or serious illness or fever on the day of vaccination.

Tuesday, Sept. 27 | 2 - 4 p.m. | Hastings Branch Library  
**Pasadena Public Health Department**

Free flu shot and Moderna vaccines are available to those six months and older. Children under 18 years must be accompanied by a parent/guardian.

Monday, Oct. 3 | 2 - 4:30 p.m. | La Pintoresca Branch Library

Thursday, Oct. 6 | 2 - 4:30 p.m. | Hill Avenue Branch Library

Monday, Oct. 10 | 2 - 4:30 p.m. | Linda Vista Branch Library

Thursday, Oct. 13 | 2 - 4:30 p.m. | San Rafael Branch Library

Monday, Oct. 17 | 2 - 4:30 p.m. | Allendale Branch Library

Thursday, Oct. 20 | 2 - 4:30 p.m. | Lamanda Park Branch Library

Monday, Oct. 24 | 2 - 4:30 p.m. | Santa Catalina Branch Library

For more information visit: [cityofpasadena.net](http://cityofpasadena.net).

## Police Release Video, Audio of Officer Involved Shooting

By Dean Lee

Pasadena police publicly released graphic video Tuesday of an officer involved shooting July 30, in the 600 block of North Lake Avenue, of a man wanted in connection of carjacking.

The video shows, former Pasadena resident, Adam Youines (pictured) holding a handgun to his head before being shot multiple times by multiple officers after being barricaded in the parking lot of a strip mall at the intersection of N. Lake Ave. and Orange Grove Boulevard shortly before 2:30 a.m.

Officers can be heard asking Youines to put down his weapon and surrender. The standoff lasted eight minutes, with Youines on the phone with Pasadena police Dispatch. At one point he tells the dispatcher he wants to die.

"I'm done," he said. "Done, shoot me, shoot me..." he says in audio also released by Pasadena Police.

Youines jerks the heavily damaged white minivan towards police seconds before being shot.

According to police, the Monrovia Police Department advised Pasadena Police Dispatch, they were pursuing a vehicle that had been carjacked in the City of Pasadena.

"After approximately 18 minutes of pursuing the vehicle, Monrovia police relinquished



the primary responsibilities of the pursuit to the Pasadena Police Department," they said. "The Pasadena PD pursued the vehicle throughout various areas of the city before the suspect pulled into a small shopping center."

Youines' erratic actions, including driving on the wrong side of the road at high rates of speed and running traffic lights, lasted approximately 35 minutes spanning several city blocks as well as segments of the 210 freeway.

The shooting is actively being investigated by the Pasadena Police Department Robbery and Homicide Detectives, the Los Angeles County District Attorney's Office and the City of Pasadena. Anyone with information about this case is encouraged to call Pasadena Police at (626)-744-4241 or anonymously by calling "Crime Stoppers" by dialing (800) 222-TIPS (8477).

## City of Pasadena Names New Interim Health Officer

Dr. Eric Handler has been contracted to serve as interim health officer for the City of Pasadena, effective immediately. He will serve as interim health officer while Pasadena Public Health Director and Health Officer Dr. Ying-Ying Goh participates in a 12-month prestigious fellowship in Washington, D.C.

Handler is a retired public health consultant. His prior work experience, education and training makes him highly qualified to perform the functions and duties of a health officer. His primary duties will include supporting the response to public health emergencies, monitoring trends in population health, providing clinical consultation to public health staff, and interpreting federal and state public health policy and guidance.

"Pasadena Public Health Department is excited to have Dr. Handler join us, especially as we continue to respond to COVID-19 and now MPX," states Interim Director of Public Health Manuel Carmona. "Dr. Handler has a long and distinguished career in public service and has demonstrated the ability to successfully perform health officer duties for the City."

Handler was appointed by



the Orange County Board of Supervisors as the county's health officer from 2006-19. Prior to his work in Orange County, he served as the deputy secretary for Children's Medical Services in the Florida Department of Health from 1996-2000. In addition, Handler served as the chief medical officer for the Florida Department of Children and Families between 2000-03.

A native of Los Angeles, Handler received his bachelor of arts degree and master's of public health (MPH) from the University of California, Los Angeles (UCLA), and he received his medical degree from Chicago Medical School. For more information visit: [cityofpasadena.net](http://cityofpasadena.net);

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# Pets in need

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[www.FreeAnimalDoctor.org](http://www.FreeAnimalDoctor.org)

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**Free Animal Doctor**



## San Marino Upcoming Events & Programming

**Joyful Living Happy Life**  
Sunday, September 18  
from 2:00 – 4:30 PM, Barth  
Community Room

This workshop gives you tools to face challenges in the workplace, social life, and family life. Join the Unified Charity Foundation as they talk about the customs and traditions in a new land and how to remove cultural obstacles to prosperity. Registration is not required.

**Brain Aerobics & Lip Reading**  
Monday, September 19, and Tuesday, September 20  
from 9:30 – 11:30 AM, Barth  
Community Room

This popular class led by Francine Katz (MA, SLP, & CCC) concentrates on lip reading and memory. She provides seniors a fun way to fight the common problems of diminished hearing and memory as people age. Registration is not required, but plan to attend regularly.

**Family Storytime**  
Tuesday, September 20 at  
10:30 AM, Children's Area

Storytime features activities for children ages 5 and under that will promote early literacy and lifelong learning through songs, movement, fingerplays, and books. Storytime is also an opportunity for caregivers to learn ways they can incorporate learning activities into everyday routines. Storytime occurs weekly on Tuesdays through October 4. Registration is not required. Please watch our social media for cancellations.

**San Marino Center Groundbreaking Ceremony**

Join us at 9 AM on September 29 for the Groundbreaking Ceremony of the San Marino Center!

**DID YOU KNOW?**  
There are over 32 different types of bird species and butterflies living in and migrating through Lacy Park annually!

Join us on Saturday, September 24 at 8:15 AM for our Audubon Society Nature Walk featuring Pasadena Audubon Board Member and professional bird guide Luke Tiller! You'll get to explore Lacy Park and have all your questions about birds and birding answered.

**Meetings**  
**Public Safety Commission**  
Monday, September 19 at 6 PM; Teleconference and Barth Community Room  
**Design Review Committee**  
Wednesday, September 21 at 6 PM; Teleconference and



Barth Community Room  
**Lacy Park Closure for SMUSD Cross Country Meets**  
Thursday, September 22 at 1 PM to end of day  
**Parks & Public Works Street Rehabilitation Project**

Earlier this week, All American Asphalt, the contractor for the City's Annual Street Rehabilitation Project, began the concrete and curb and gutter removal portion of their project south of Huntington Drive. Residents on these impacted streets received notices ahead of time from All American Asphalt, with additional details about the timeline for work on their street and what the project's impact to the neighborhood will be. Working hours for the project are 7 AM to 5 PM Monday through Friday. The City appreciates resident cooperation, as the street rehabilitation program helps improve the City's infrastructure and resident safety.

**Sand Bags Available to Residents**

The Parks and Public Works Department is providing residents a sandbag self-fill location, given the recent stormy weather and approaching rainy season. Sand and bags will be available at the Stoneman parking lot (1560 Pasqualito Drive), and residents are welcome to fill up to six bags to help protect their home from potential flooding. A limited supply of additional bags can be picked up by appointment at City Hall. Please contact the Parks and Public Works Department at 626-300-0765 or publicworks@cityofsanmarino.org with any questions.

**Election Update**

The City was notified this week that City Council Candidate, Diana Milikie Nixon, has formally requested to withdraw from the election. Due to the County deadline to withdraw names, her name will still appear on the ballot but Ms. Nixon has requested this announcement be made public. You can view her withdrawal email at: cityofsanmarino.org.

## Portantino Given 2022 Senate Legislative Champion Award

*The senator was honored for his dedication to mental health policies*

Senator Anthony Portantino this week received the 2022 Senate Legislative Champion Award from the California Alliance of Child and Family Services during their Homecoming Conference. The Senator was honored for championing policies that promote the social, emotional, and behavioral wellbeing of children and families.

"I am proud to advocate for comprehensive mental health policies that benefit our children and families and I am very humbled to receive this honor," stated Senator Portantino. "I am also privileged to work alongside many advocacy organizations dedicated to improving mental health outcomes for those in need. Together we will continue to push forward policies that are critical to ensuring the long-term wellbeing and academic success of our kids."

Senator Portantino has a strong record of advocating for mental health policies and has been dedicated to improving youth mental health outcomes during his time in public office. The Senator previously authored SB 972, which required schools to print the suicide hotline on student identification cards. He dedicated three years to pass SB 328, a policy which pushes back start times for middle and high schools. Scientific data and research show that later school start times lead to improved mental health for kids, with reductions in instances of anxiety, depression, and suicidal ideation. For his past work, Senator Portantino received the Children's Hero Award from the California Academy of Child and Adolescent Psychiatry and has been recognized by Family Services Agency in Burbank and Sycamores in Pasadena. Last year, the California Council of Community Behavioral Health Agencies (CBHA) honored the Senator as a Behavioral Health Champion.

Senator Portantino is the author of multiple bills aimed at improving mental health outcomes for youth. SB 224 requires local educational agencies,



which currently offer one or more courses in health education to middle or high school students, to include mental health content in those courses. It also requires that the California Department of Education develop a plan to expand mental health instruction in California public schools on or before January 1, 2024. SB 14 requires the California Department of Education to recommend best practices and identify training programs to address youth behavioral health, including but not limited to, staff and pupil training. Additionally, the bill ensures that youth absences from school for mental health issues will be treated as an excused absence in the same way any other health issues are treated. This year, Senator Portantino authored SB 1302 to establish or improve wellness and mental health support centers on campuses, which is on the Governor's desk for signature.

"The California Alliance of Child and Family Services is honored to award Senator Anthony Portantino with the 2022 California Alliance Youth Legislative Champion Award for the California Senate," said Christine Stoner-Mertz, CEO of the Alliance. "Senator Portantino has focused so much of his career in the Senate on improving the lives of children, youth, and families across the state. His tireless advocacy and work on SB 224 to bring mental health education to our young people was pivotal. We hope that his dedication will inspire others to join him in this critical work."

The California Alliance of Child and Family Services promotes the health, well-being and safety of children, youth and families in California and serves as a collective voice for organizations that serve children, youth and families.

## Sept. Library Card Sign-Up Month

September is Library Card Sign-up Month, when libraries nationwide join the American Library Association (ALA) to remind parents, caregivers, students, and community members that signing up for a library card is the first step on the path to lifelong learning.

To celebrate National Library Card Sign-up Month this year, the Pasadena Public Library is giving away a set of limited edition library post cards. Each set has a post card dedicated to one of our locations with a beautiful Art Deco style illustration on one side and writing space on the other. Each branch has 25 sets that will be given to the first 25 people to sign-up for a card at their locations. Along with this, new card members can go home with a Libraries are Limitless bookmark (while supplies last) to accompany their new card and any items they check out that day.

The Pasadena Public Library is an information center for the Pasadena community in order to preserve and encourage the free expression of ideas essential to an informed citizenry. A variety of highly vetted programs are presented for children and adults and they represent the research and opinions of the presenter and do not reflect an endorsement by the City of Pasadena nor the Pasadena Public Library.

To sign up for a library card or to learn more about the library's resources and programs, visit: cityofpasadena.net/library/ or call (626) 744-4066.

## NASA's Rover Investigates Geology Rich Mars Terrain

NASA's Perseverance rover is well into its second science campaign, collecting rock-core samples from features within an area long considered by scientists to be a top prospect for finding signs of ancient microbial life on Mars. The rover has collected four samples from an ancient river delta in the Red Planet's Jezero Crater since July 7, bringing the total count of scientifically compelling rock samples to 12.

"We picked the Jezero Crater for Perseverance to explore because we thought it had the best chance of providing scientifically excellent samples – and now we know we sent the rover to the right location," said Thomas Zurbuchen, NASA's associate administrator for science in Washington. "These first two science campaigns have yielded an amazing diversity of samples to bring back to Earth by the Mars Sample Return campaign."

Twenty-eight miles (45 kilometers) wide, Jezero Crater hosts a delta – an ancient fan-shaped feature that formed about 3.5 billion years ago at the convergence of a Martian river and a lake. Perseverance is currently investigating the delta's sedimentary rocks, formed when particles of various sizes settled in the once-watery environment. During its first science campaign, the rover explored the crater's floor, finding igneous rock, which forms deep underground from magma or during volcanic activity at the surface.

"The delta, with its diverse sedimentary rocks, contrasts beautifully with the igneous rocks – formed from crystallization of magma – discovered on the crater floor," said Perseverance project scientist Ken Farley of Caltech in Pasadena, California. "This juxtaposition provides us with a rich understanding of the geologic history after the crater formed and a diverse sample suite. For example, we found a sandstone that carries grains and rock fragments created far from Jezero Crater – and a mudstone that includes intriguing organic compounds."

"Wildcat Ridge" is the name given to a rock about 3 feet (1 meter) wide that likely formed billions of years ago as mud and fine sand settled in an evaporating saltwater lake. On July 20, the rover abraded some of the surface of Wildcat Ridge so it could analyze the area with the instrument called Scanning Habitable Environments with Raman & Luminescence for Organics & Chemicals, or SHERLOC.

SHERLOC's analysis indicates the samples feature a class of organic molecules that are spatially correlated with those of sulfate minerals. Sulfate minerals found in layers of sedimentary rock can yield significant information about the aqueous environments in which they formed.

What Is Organic Matter?  
Organic molecules consist of a wide variety of compounds made primarily of carbon and usually include hydrogen and oxygen atoms. They can also contain other elements, such

as nitrogen, phosphorus, and sulfur. While there are chemical processes that produce these molecules that don't require life, some of these compounds are the chemical building blocks of life. The presence of these specific molecules is considered to be a potential biosignature – a substance or structure that could be evidence of past life but may also have been produced without the presence of life.

In 2013, NASA's Curiosity Mars rover found evidence of organic matter in rock-powder samples, and Perseverance has detected organics in Jezero Crater before. But unlike that previous discovery, this latest detection was made in an area where, in the distant past, sediment and salts were deposited into a lake under conditions in which life could potentially have existed. In its analysis of Wildcat Ridge, the SHERLOC instrument registered the most abundant organic detections on the mission to date.

"In the distant past, the sand, mud, and salts that now make up the Wildcat Ridge sample were deposited under conditions where life could potentially have thrived," said Farley. "The fact the organic matter was found in such a sedimentary rock – known for preserving fossils of ancient life here on Earth – is important. However, as capable as our instruments aboard Perseverance are, further conclusions regarding what is contained in the Wildcat Ridge sample will have to wait until it's returned to Earth for in-depth study as part of the agency's Mars Sample Return campaign."

The first step in the NASA-ESA (European Space Agency) Mars Sample Return campaign began when Perseverance cored its first rock sample in September 2021. Along with its rock-core samples, the rover has collected one atmospheric sample and two witness tubes, all of which are stored in the rover's belly.

The geologic diversity of the samples already carried in the rover is so good that the rover team is looking into depositing select tubes near the base of the delta in about two months. After depositing the cache, the rover will continue its delta explorations.

"I've studied Martian habitability and geology for much of my career and know first-hand the incredible scientific value of returning a carefully collected set of Mars rocks to Earth," said Laurie Leshin, director of NASA's Jet Propulsion Laboratory. "That we are weeks from deploying Perseverance's fascinating samples and mere years from bringing them to Earth so scientists can study them in exquisite detail is truly phenomenal. We will learn so much."

JPL, which is managed for NASA by Caltech, built and manages operations of the Perseverance rover

For more about Perseverance visit: mars.nasa.gov/mars2020.

## Celebrate National Coming Out Day

Join the Pasadena Library as they commemorate the city's efforts to celebrate and foster an inclusive community and mark the anniversary of National Coming Out Day October 11.

During the annual event there will be music, resource tables, crafts, speakers, free HIV testing, and giveaways for all ages. Presented by the Pasadena Public Health Department, Pasadena Public Library, and Pasadena Parks, Recreation and Community Services.

National Coming Out Day, celebrates coming out as lesbian, gay, bisexual, transgender, queer (LGBTQ)

or as an ally. Oct. 11, 2022, marks the 34th anniversary of National Coming Out Day.

Thirty-four years ago, on the anniversary of the National March on Washington for Lesbian and Gay Rights, National Coming Out Day was first observed as a reminder that one of our most basic tools is the power of coming out.

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

Coming out - whether it is as lesbian, gay, bisexual, transgender, queer or asexual - STILL MATTERS. When people know someone who is LGBTQ, they are far more likely to support equality under the law. Beyond that, our stories can be powerful to each other.

For more information visit: cityofpasadena.net/library.

City of  
**SOUTH PASADENA**  
**OPEN HOUSE**  
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Join us for an opportunity to meet our team, learn more about the City's Departments, programming, and services in the City of South Pasadena!

**Date: Sunday, October 2, 2022**  
**Time: 10:00 a.m. to 2:00 p.m.**  
**Location: South Pasadena City Hall**  
Event is held on Mission St. between Fair Oaks Ave. and Fremont Ave.

For more information, please contact us at  
(626) 403-7380 southpasadenaca.gov/events @southpasadenaca

Catch breaking news at:  
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# AROUND SAN GABRIEL VALLEY

## The Chef Knows By Peter Dills

### THINK LOCAL SHOP LOCALLY

It's time to give the small retailer some love and affection. Fred and Lewy Fedial have owned Gerlach's Liquor store in Pasadena for many years. I think when I was a student at nearby Blair High School is when they took over. These guys truly know their wines. Recently I talked to owner Fred on how they buy wines for their limited space and how they can compete with the big box boys. Fred told me straight out they can't compete, but where else can you go where the owners have gone to over 500 wine tastings and their knowledge of wines is available on a day to day basis? I asked Fred to give me a stand-out good value wine. I was told that when they do find a wine that they can personally recommend they simply buy more of it so they can pass the savings on to their customers.



Dining  
With  
Dills

Fred Suggested the Josh Cellars Cabernet, at around \$15, he says it drinks like a wine twice the price, Fred enjoys the black cherry taste and the medium body. Great Value!

Cabernet Sauvignon is one of the world's most widely recognized red wine grape varieties. It is grown in nearly every major wine-producing country among a diverse spectrum of climates from Canada's Okanagan Valley to Lebanon's Beqaa Valley where it found new homes in places like California's Santa Cruz Mountains, Napa Valley, and Sonoma. Its popularity is often attributed to its ease of cultivation—the grapes have thick skins and the vines are hardy and naturally low-yielding, budding late to avoid frost and other dangers.

Dills Score: 89  
Each week I will give you my Dills Score. Starting with a base of 50 points, I have added points for value - 8 points for color, 8 points for aroma or "nose", 8 points for taste, 7 points for finish, and 8 points for my overall impression, which includes my value rating.

Join me this Sunday at 5 PM for Dining w/Dills AM KLAA 830 follow me on twitter kingofcuisine

Gerlachs Liquor Store (626) 799-1166 located on the corner of Fair Oaks and Glenarm.

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## NATIONAL 988 SUICIDE & CRISIS LIFELINE

Nationwide, people who are experiencing a mental health crisis and in need of immediate help are now able to dial or text 988 and receive assistance through the new Suicide and Crisis Lifeline number.

A new 988 Call Center, operated by Didi Hirsch, is now taking calls coming into the 988 hotline in Los Angeles County. Trained operators are available to triage callers to receive the appropriate services, including suicide crisis counseling over the phone and mental health de-escalation counseling over the phone. In addition, they will also triage callers to determine when dispatching a mobile crisis team is appropriate and, in rare cases, connection to law enforcement when safety is of concern.

## PUBLIC SAFETY

### ARCADIA POLICE BLOTTER



For the period of Sunday, September 4th through Saturday, September 10th, the Police Department responded to 914 calls for service, of which 98 required formal investigations. The following is a summary report of some of the major incidents handled by the Department during this period.

Sunday, September 4:  
1. At 9:14 p.m., an officer responded to Santa Anita Race Track, located at 285 West Huntington Drive, regarding a grand theft from person incident. The victim stated someone stole her wallet from her purse while she was attending the 626 Market event. The crime occurred sometime between 7:00 p.m. and 8:00 p.m.  
2. At 9:56 p.m., an officer responded to a residence in the 1100 block of Fallen Leaf Road regarding a burglary report. The officer determined unidentified suspect(s) smashed a rear living room window and fled with the victim's jewelry.

Monday, September 5:  
3. At 5:45 p.m., an officer responded to the 600 block of West Duarte Road regarding a theft from vehicle incident. Two suspects were witnessed stealing the catalytic converter from the victim's Honda Odyssey. They are described as two males and they fled in a white sedan.  
4. At 7:08 p.m., an officer responded to the 200 block of West Naomi Avenue regarding a theft from vehicle report. Sometime between 9:00 a.m. and 7:00 p.m. on September 5th, someone stole the victim's catalytic converter from his Honda Odyssey. It is unknown if the thefts were committed by the same suspects.

Tuesday, September 6:  
5. At 12:59 a.m., an officer responded to 24 Hour Fitness, located at 125 North First Avenue, regarding a stolen vehicle report. The victim discovered his bag, containing his car keys, had been stolen and his car was also missing. The items were stolen between 12:00 a.m. and 12:20 a.m.  
6. At 1:22 a.m., an officer initiated contact with a subject in the area of Baldwin Avenue and Fairview Avenue for having an outstanding warrant. Upon contacting the 48-year-old male transient, the officer discovered he was under the influence of alcohol in a public place. He was arrested and transported to the Arcadia City Jail for booking.

Wednesday, September 7:  
7. At 12:48 a.m., an officer responded to the intersection of Second Avenue and La Sierra Drive regarding a traffic collision involving a vehicle and a tree. Upon contacting the driver, the officer detected a strong odor

of alcohol emitting from his body. During a search of the vehicle, the officer located a firearm, a large quantity of controlled substances, and additional controlled substances which appeared to be for personal use. The 21-year-old male from Arcadia was arrested and transported to the Arcadia City Jail for booking.  
8. At 7:10 a.m., an officer responded to the area of First Avenue and Santa Clara Street regarding a robbery. An investigation revealed the suspect, a Black male transient, confronted the victim in what appears to be a targeted incident and pushed him to the ground. The suspect fled with the victim's cell phone.

Thursday, September 8:  
9. At 2:56 a.m., an officer responded to the 800 block of West Duarte Road regarding the notification of a stolen vehicle in the area. Officers located the vehicle and upon contacting the driver, discovered he was also on parole. The 33-year-old male from Pasadena was arrested and transported to the Arcadia City Jail for booking.  
10. At 9:43 p.m., officers responded to the intersection of North Santa Anita Avenue and East Colorado Boulevard regarding a stolen vehicle in the vicinity. The 39-year-old female driver from El Monte pulled over and was arrested and transported to the Arcadia City Jail for booking.

Friday, September 9:  
11. At 6:57 p.m., an officer responded to the 100 block of California Street regarding a theft from vehicle report. The officer determined someone stole the catalytic converter from the victim's Honda Accord sometime between September 7th and September 9th.

Saturday, September 10:  
12. At 7:22 a.m., an officer responded to the 600 block of Arcadia Avenue regarding a grand theft report. The victim discovered two of his wheels had been stolen from his vehicle.  
13. At 12:06 p.m., an officer responded to a residence in the 700 block of Hampton Road regarding a burglary. An investigation revealed unknown suspect(s) smashed a rear sliding window and fled with the victim's property. The total loss is unknown as of the date of this report.  
14. At 10:01 p.m., an officer responded to 24 Hour Fitness, located at 125 North First Avenue, regarding a theft report. The victim stated someone had cut the lock to his locker and stolen his cash. A second victim stepped forward and reported the same thing happened to him.



### DUARTE POLICE BLOTTER

September 4, 2022  
Aggravated Assault:  
800 block of Beckville Street. On September 4, 2022 at 2:23 AM the victims were sitting in the driveway when they noticed the same "matte" black Ford Expedition driving back and forth on Beckville Street. The victims were about to go inside when the vehicle slowed down in front of the location and the driver side window lowered. A male Hispanic shouted out "where you from?" as he simultaneously fired off one round at them. The suspect fled the area. Suspect outstanding, no surveillance video available.

Aggravated Assault:  
1800 Block of Buena Vista Street. On September 4, 2022 at 7:54 PM the victim was walking through the parking lot of the location, when a red 4 door Honda pulled up alongside of her. The front seat passenger exited the vehicle and began to assault her, striking her in the head and face with a handgun. The suspect entered the vehicle and fled the area. Suspect arrested on September 8, 2022. Possible surveillance video available.

Grand Theft:  
1000 Block of Mountain Olive Drive. Between September 3, 2022 4:00 PM and September 4, 2022 6:00 PM suspect(s) unknown stole the victim's catalytic converter to his vehicle a white 2016 Nissan NV200. Loss was approximately \$2,000.

Grand Theft Auto:  
1200 Block of Three Ranch Road. Between September 3, 2022 5:00 PM and September 4, 2022 5:00 AM suspect(s) unknown stole the victim's parked vehicle a white 2015 Kia Optima. Vehicle recovered. No surveillance video available.

September 5, 2022  
Grand Theft Auto:  
1300 Block of Highland Avenue. On September 5, 2022 between 1:30 AM and 1:35 AM suspect(s) unknown stole the victim's parked vehicle a silver 2007 Toyota Camry. Vehicle recovered. No surveillance video available.

September 6, 2022  
Burglary (Commercial):  
1470 Mountain Avenue (Best Buy). On September 6, 2022 at 7:42 PM suspect(s) unknown described as a male 5'09" 230 lbs, wearing a black t-shirt, blue jeans and a red baseball hat and a female 5'06" 130 lbs with pink hair wearing a blue shirt and black shorts entered the location and walked directly to the networking and camera area. The suspects selected numerous items and exited the emergency door. The suspects entered an awaiting newer dark blue BMW four door sedan. Loss is unknown at time of report, surveillance video available.

September 7, 2022  
Grand Theft Auto:  
1800 Block of Buena Vista Street. On September 7, 2022 between 2:30 AM and 8:00 AM suspect(s) unknown stole the victim's parked vehicle a red 2011 Kia Optima. Vehicle recovered. No surveillance video available.

September 8, 2022  
Burglary (Vehicle):  
300 Block of Greenbank Avenue. On September 8, 2022 between 5:00 AM and 5:30 AM suspect(s) unknown entered the victim's locked vehicle a silver 2013 Kia Optima and stole some money, sunglasses, and other miscellaneous items. Loss was approximately \$260. Surveillance video showed a male Hispanic in dark clothing exit a possible Mazda.

Grand Theft Auto:  
2700 Block of Huntington Drive. On September 8, 2022 between 4:40 AM and 5:15 AM suspect(s) unknown stole the victim's parked vehicle a silver 2021 Chevrolet Silverado. Vehicle recovered. No surveillance video available.





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## FROM PASADENA UNIFIED SCHOOL DISTRICT:

### Student Mental Health Signs, Symptoms & Referrals to Services

THURSDAY, SEPTEMBER 22, 2022, 6:00 PM.

JOIN THE MEETING

JOIN BY PHONE: US +1 669 900 6833 or +1 408 638 0968

MEETING ID: 935 2013 7592

PASSCODE: 074866

Presented by

PUSD  
THRIVE: School Mental Health  
Lara Choulakian, LCSW  
Luisana Marquez, LCSW  
Edith Ballard, CSW

Join us to learn about student mental health. We'll be going over signs and symptoms of some of the more common mental health concerns seen in students. We'll also discuss how you can support your student as well as where and how to seek mental health services at PUSD.

This workshop will be offered in English with Spanish interpretation.

For questions and additional information please contact the Office of Family and Community Engagement Familycenter@pusd.us, (626)396-3600 Ext. 88191

## 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: Tonya Beilstein  
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: Jonathon Hawes  
website: www.bcsclions.org

Clairbourn School  
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San Gabriel, CA 91775  
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FAX: 626-286-1528  
E-mail: jhawes@clairbourn.org

Foothill Oaks Academy  
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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 Dr. Jamal Adams

Monrovia High School

325 East Huntington Drive, Monrovia, CA 91016

(626) 471-2800 Principal Darwin 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: Mathew Kodama  
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: ressell@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  
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626-574-8229/626-574-0805  
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Principal: Cindy Harmon  
website: www.acsclions.com



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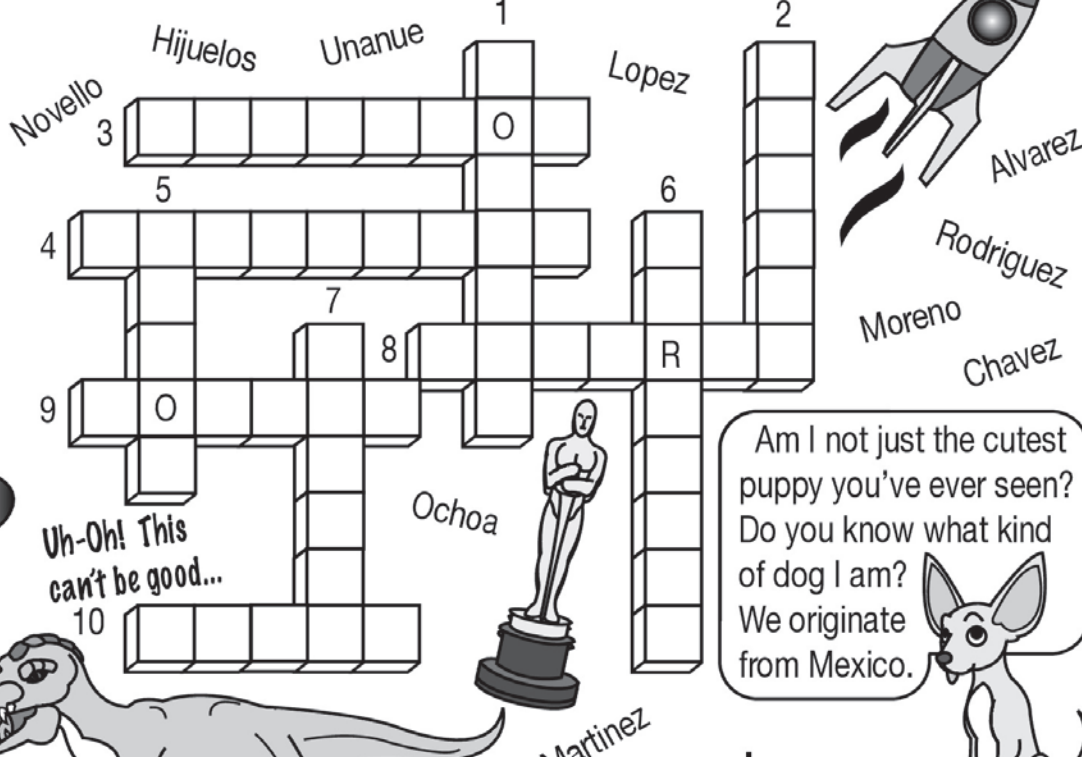
## Learning About Hispanic Heritage



I love flying over our beautiful country and seeing all kinds of families doing things together. On this page we celebrate families of Hispanic heritage. We learn about how they have shaped the history of the United States. People of Hispanic heritage have come to the U.S. from countries such as Puerto Rico, Cuba, Mexico and other parts of Central and South America. They may speak slightly different versions of the Spanish language, and possess a range of identities and cultures, but they have one thing in common – they are part of the American story!

### Can you read the clues to identify these Hispanic Americans?

- 1.) Antonia Coello \_\_\_\_\_ - the first Hispanic U.S. Surgeon General; also the first woman to hold the position
- 2.) Cesar \_\_\_\_\_ - went to many elementary schools while traveling to farms with his family to work; he started a labor union to get fair wages, better housing and to improve other conditions for farm workers
- 3.) Oscar \_\_\_\_\_ - won a Pulitzer Prize for Fiction (1990) for his novel *The Mambo Kings Play Songs of Love*
- 4.) Alex \_\_\_\_\_ - youngest major league baseball player to hit 600 home runs
- 5.) Ellen \_\_\_\_\_ - first female Hispanic astronaut
- 6.) Susana \_\_\_\_\_ - first Hispanic woman governor (New Mexico), born in Texas; family of Mexican heritage
- 7.) Prudencio and Carolina \_\_\_\_\_ - began a company called Goya, producing Hispanic foods; the largest Hispanic-owned food company in the U.S.
- 8.) Luis Walter \_\_\_\_\_ - won the Nobel Prize in Physics (1968): he and his son declared that the mass dinosaur extinction was caused by a meteor impact
- 9.) Rita \_\_\_\_\_ - first Hispanic actress to win an Oscar
- 10.) Nancy \_\_\_\_\_ - great woman golfer; got first set of golf clubs at age 8



Clues for crossword puzzle:

- Across 1: Lopez
- Across 2: Alvarez
- Across 3: Rodriguez
- Across 4: Moreno
- Across 5: Chavez
- Across 6: Martinez
- Across 7: Ochoa
- Across 8: Uh-Oh! This can't be good...
- Across 9: Am I not just the cutest puppy you've ever seen? Do you know what kind of dog I am? We originate from Mexico.
- Across 10: I am a C \_ i \_ u \_ a \_ u \_ a (Hint: Each blank needs the same letter.)





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CHRISTOPHER Nyerges



THE GOLDEN CHIA SEE OF THE AMERICAN SOUTHWEST. WILL THE REAL GOLDEN CHIA PLEASE STAND UP?

[Nyerges is an educator, and author of 22 books, several of which have chapters on the native chia plant. More information can be found at www.SchoolofSelf-Reliance.com]

The use of chia seeds in the diet has grown in popularity in the last few decades. It’s an excellent and nutritious seed which can be added to coffee, drinks, puddings, desserts, and lots of other foods.

Inez Ainge wrote in an article, “Native Chia” (1967), that “chia has been proclaimed a high energy food not only because it contains a high percentage of protein (30 percent), but because it also contains a natural enzyme which acts as a catalyst for the protein.” A nutritional analysis done in 1964 shows 20.2 percent protein, 34.4 percent oil, and 5.6 percent ash, as well as significant amounts of iron, calcium, phosphorus, magnesium, potassium, and traces of other minerals common to most seeds.

This golden chia is a native to Southern California and the Southwest generally, and it is not the chia commonly sold in all health food stores, so let’s try to clear up that confusion.

Golden chia -- Salvia columbariae-- received significant public attention in the 1950s and ’60s, due to the writing of Harrison Doyle, mostly in Desert magazine. He authored the self-published book, “Golden Chia: Ancient Indian Energy Food.” He also cultivated the seed for sale, and encouraged others to do so. Doyle writes, “As a boy in Needles, California, I played with the Mohave Indians my own age. I ate their foods, ran long distance races with them, rode their colorful Indian ponies bareback, whacked a tin can around the yellow silt flats in the ancient game of shinny. I remember some of the Indian boys telling me (I was interested in long distance running at the time) that Indian runners sometimes ran all the way in to the coast on trading expeditions with the Coast Tribes, carrying gourd shells containing water and a handful of chia seeds to sustain them.”

Harrison also frequently mentioned the writing of Dr. J. T. Rothrock, botanist and surgeon of the Wheeler United States Geographical Survey of 1875. Rothrock wrote that the chia was cultivated as regularly as corn by the Nahua races of ancient Mexico. Of the seed, Dr. Rothrock writes, “An atole, or gruel, of this was one of the peace offerings to the first visiting sailors. One tablespoon of these seeds was sufficient to sustain for 24 hours an Indian on a forced march.” Harrison points out that this was most likely referring to Indian runners and traders in the desert Southwest.

As a result of the writings of Doyle, health food stores wanted to provide the seeds to their customers. Though there had been some attempts to cultivate the native chia, a related plant, Salvia hispanica -- had already been in production in Mexico, and so this was the readily-available seed that met the demand from health food stores. To this day, Salvia hispanica is the overwhelming majority of the “chia” that is sold in markets. Salvia hispánica seed resembles a tiny mottled pinto bean, usually dark gray or black but occasionally gray or nearly white. The native golden chia – S. columbariae -- has a brownish or goldish-tan seed that is almost pyramidal in shape. Both seeds will form a gelatinous outer layer when soaked in water. nearly white.

Most objective studies indicate that whether you’re using the commercial chia (Salvia hispanica), or whether you’re one of the rare ones who either grows or collects their own native chia (S. columbariae), you’ll be getting a top quality nutritional seed either way.

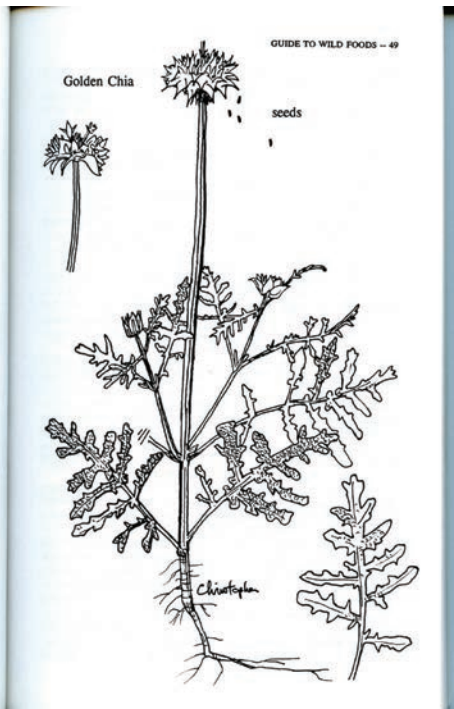
Harrison Doyle reports in his book that he conducted several tests on himself of the native vs. the non-native commercial chia seeds, and in general, he reported that the golden chia seed produced a pronounced feeling of excess physical energy that he didn’t experience from the non-native seeds.

USING THE CHIA SEEDS (native or non-native)

Indigenous people of the Southwestern collected the seeds by bending the stems of the mature plants and shaking them into a finely woven basket. In a solid stand of the plant, a surprisingly large amount can be gathered in a short time. When I locate such a place, I usually just shake the heads into a small plastic collecting bag. You can then shake the seeds through a fine mesh screen in order to remove all foreign particles.

The seeds can be made into drinks by simply soaking for a few minutes in either hot or cold water or fruit juice and drinking as is. I add about a teaspoon to my daily coffee.

More about chia in my books, or Daniel Moerman’s monumental “Native American Ethnobotany.”



Katnip News!



ARYA LOVES DOGS

This loving girl started her life's adventure at only a week old by being hand-raised with a sweet pitbull and pug, so she gets along wonderfully with dogs.



She was very lovingly spoiled as a tot, and thinks she's the "queen of everything," and that the world revolves around her--and she's right! She would best benefit by being an "only cat child," so she can soak up all your attention. . . OR be in a family with a nice doggy or two so she can get rough & tumble with someone as outgoing as she is. She LOVES people! She likes being held like a human baby, and if you wear something soft she'll make biscuits on you all day long. You can actually carry her around the house on your shoulder, like a baby! While nuzzling your neck, she'll even groom you! Arya is fittingly named after Arya Stark, the little girl warrior from Game of Thrones. She's age 1, spayed, chipped, vetted, and ready to go! See more pictures of her and the adoption application at www.lifetimeforpets.org.

Pet of the Week

Drake is as handsome as he is nonstop fun! This energetic guy is sure to be the life of the party, especially a pool party! He absolutely adores playing in his kiddie pool, so get ready get wet!

Drake has made a lot of human and dog friends at the shelter and out in the community with our Wiggle Waggle Wagon. He's been a certified lover boy while meeting other dogs, going for jogs and getting lots of love from his adoring public.

While Drake may be fully grown at 2 years old, he is still a big (almost 70 pound) puppy at heart. Are you ready for this lovable guy? Yes indeed!

Pasadena Humane is having a free adoption day on Saturday, September 24 from 10:00 AM – 2:00 PM. Adoption fees are waived for all dogs, cats and critters. No appointment is needed.

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 an adoption appointment at pasadenahumane.org. Adoptions are by appointment only, and new adoption appointments are available every Sunday and Wednesday at 10:00 a.m.

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



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FAMILY MATTERS

By Marc Garlett

PROTECT YOUR AGING LOVED ONES FROM UNDUE INFLUENCE

As people get older and face cognitive decline, they become susceptible to bad actors who want to take advantage of them. With the growing number of seniors, the prevalence of diminished capacity associated with aging, and the concentration of wealth among elderly Baby Boomers, we’re seeing a serious surge in the number of cases involving this situation.

Close family members are sometimes surprised to learn an elderly loved one was taken advantage of by someone who manipulated him or her into cutting ties with family members and giving assets to the bad actor.

This is not only unethical, but also illegal and considered a form of elder abuse. It’s called “undue influence” and it can have a disastrous effect on your aging parents and other senior relatives’ well-being. As such, I encourage you and your family to be aware, educated, and empowered in knowing the risks for your elderly loved ones—and how to protect them.

Undue Influence Basics  
Undue influence occurs when one individual uses their position of authority or advantage to coerce another individual into making decisions or performing an act that they otherwise would not. This often involves the leveraging of emotional ties or power dynamics, and it can take the form of deception, threats, harassment, isolation, or several other actions. The perpetrator is most often a family member, but it could also be a close friend, caregiver, professional advisor, business partner, or even someone the person just met.

In estate planning, undue influence typically occurs during the creation or revision of wills, trusts, or other estate planning documents. For example, a son may use threats and lies to pressure his elderly mother to change her will or trust to grant him more inheritance, while reducing his siblings share of the estate.

Identifying Undue Influence  
Undue influence can be difficult to identify because it often takes place behind closed doors. And unless you are in frequent communication with a loved one, you may not have any clues as to what is transpiring. This can be especially challenging if you have elderly loved ones who live far away, leaving you unable to regularly visit them and with little knowledge of their daily lives and interactions with others.

To complicate matters further, not all influence is undue, and some influence is perfectly fine—for example, the mere fact

that someone was influenced by another individual to give them money now or to change their estate plan isn’t necessarily enough to create undue influence. Additionally, adults have the legal right to make their own decisions (even bad decisions), and they can spend or give away their money in whatever manner they choose, provided they haven’t been deemed incapacitated.

Undue influence isn’t just about one person influencing another or merely expressing their opinion; it’s about a person in power manipulating someone who is vulnerable to the extent that they are unable to exercise their own free will. Although undue influence can be difficult to spot, there are some common warning signs.

Red Flags for Undue Influence  
Some of the most common actions which are red flags that someone may be attempting to unduly influence your parents or other elderly loved ones include the following:

- Preventing communication between the victim and family members.
- Isolating the victim from family and friends.
- Withholding documents from family members.
- Encouraging the victim to make financial gifts or offer other benefits to people he or she only recently met.
- Naming recently met connections as attorney-in-fact under a financial power of attorney or agent on medical power of attorney, or as a joint owner on financial accounts, real estate, and other assets.
- Giving financial or estate planning advice that is not in the victim’s best interests, but rather in the interests of the advisor.
- Excessive involvement of a recently met connection with the victim’s estate planning efforts, such as help with creating or updating key estate planning documents.
- Significant inconsistencies between previous versions of the victim’s estate plan and the latest versions. This is especially true if the estate plan suddenly includes new beneficiaries or excludes previous ones.

Should you notice any of these behaviors or other signs that a loved one may be a victim of undue influence, it’s critical that you immediately take steps to investigate the situation, whether that means getting the proper authorities involved or confronting the abuser directly. Time is of the essence in such cases, so the earlier you step in the better.

There have been far too many cases where family members waited too long to act, and by the time they did, the damage was already done— savings were depleted, family homes were sold, and in the worst cases, senior victims were placed in substandard nursing homes and assisted living facilities against their wishes.

Given these risks, it’s vital to get in front of the situation as early as possible, not only to prevent financial mismanagement and exploitation, but also to ensure your loved ones’ overall health and safety.

Prevent Undue Influence with Proactive Communication & Planning  
One of the most effective ways to prevent the possibility of undue influence is to be proactive when it comes to communicating with your parents and other elderly relatives about their financial goals and desires. And though many people think it’s a taboo subject, don’t be afraid to talk to them about their estate plan. By talking with your loved ones early and often about how they want their affairs handled, you can help reduce the chance for surprises down the road.

Additionally, your loved ones should always work with an experienced lawyer to create their estate plan or update revocable living trusts and power of attorney documents, which can be drafted to allow you or another trusted family member to intervene and help them in a time of crisis, without the need for court intervention.

Because age-related dementia and other forms of cognitive decline are a serious risk, make sure your parents and other senior relatives know they can use estate planning to have control over how their lives and assets will be managed if it does occur.

All my best,

MARC

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There are many reasons in working with us. At Safe Path for Seniors, we will assess the senior and depending on their care needs and budget, make recommendations. For example, we may suggest that the right fit is a Board and Care Home (normally a 6-bedroom house) as opposed to an Assisted Living Community or a Memory Support Facility. You will work with an experienced agent who knows the industry well and will give you recommendations. The good news is that there is no cost for this service.

If you have any questions about placing a loved one, visit [www.safepathforseniors.com](http://www.safepathforseniors.com) or call Steve at 626-999-6913

HOW THE INFLATION REDUCTION ACT WILL LOWER YOUR  
DRUG COSTS

Dear Savvy Senior:  
What kind of changes can Medicare beneficiaries expect to see in the Inflation Reduction Act that was recently signed into law? I'm enrolled in original Medicare and have a Part D prescription drug plan but spent more than \$6,000 out-of-pocket last year on medications alone.  
Overpaying Paul

Dear Paul:

The climate, tax and health care bill known as the Inflation Reduction Act that was passed by Congress and signed into law by President Biden last month includes significant improvements to the Medicare program that will kick-in over the next few years.

These changes will lower prescription drug prices for millions of seniors by allowing the government to negotiate drug prices for the first time and capping seniors' out-of-pocket drug costs at \$2,000 annually. Some other popular changes will include free vaccinations, lower insulin costs and expanded subsidies for lower income seniors.

Here is a breakdown of the changes to expect in Medicare and when they will roll out.

2023: Starting this January, all vaccines covered under Medicare Part D, including the shingles vaccine, will be free to beneficiaries. And the skyrocketing cost of insulin will be capped at \$35 per month. This will be a significant saving for the more than 3 million Medicare enrollees who currently use insulin to control their diabetes.

Also starting next year, drug makers will be penalized in the form of "rebates" that they would be forced to pay to the government if they impose price increases that exceed general inflation.

2024: Cost sharing for catastrophic coverage in Part D will be eliminated. Under the current Part D benefit, once your out-of-pocket costs reach \$7,050 in 2022, you enter "catastrophic" coverage but are still responsible for 5 percent of your prescription drug costs, with no limit.

But in 2024, people with Part D coverage will no longer be responsible for any out-of-pocket drug costs once they enter catastrophic coverage. This is significant for seniors who use expensive medications for conditions like cancer or multiple sclerosis.

Also starting in 2024 through 2029, Part D premiums will not be allowed to grow faster than 6 percent per year.

And for lower income Medicare beneficiaries, eligibility for the Part D Low Income Subsidy (also known as Extra Help) will be expanded to 150 percent of the federal poverty level, from today's limit of 135 percent. This change will mean about 500,000 more seniors will qualify for financial assistance to help pay some or all of their prescription drug premiums and deductibles.

2025: One of the biggest cost reduction measures for Medicare beneficiaries will begin in 2025 when out-of-pocket spending on Part D prescription drugs will be capped at \$2,000 per year. This will be a major savings for the more than 1.5 million beneficiaries who currently spend more than \$2,000 out-of-pocket each year.

2026: When Medicare's Part D program was enacted in 2003, negotiating lower drug prices was forbidden. But because of the Inflation Reduction Act, starting in 2026 Medicare will be empowered to begin negotiating prices with drug companies for 10 of the most expensive drugs covered under Part D. In 2027 and 2028, 15 drugs would be eligible for negotiations and in 2029 and subsequent years, 20 drugs would be chosen.

And, in addition to all the Medicare improvements, the Inflation Reduction Act also extends the Affordable Care Act (Obamacare) premium subsidies for three years that have helped millions of Americans gain coverage before they're eligible for Medicare.

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

SENIOR HAPPENINGS

HAPPY BIRTHDAY! ...SEPTEMBER BIRTHDAYS\*

Clem Bartolai, Pat Hall, Donna Anderson, Teresa Chaure, Cathy Gunther, Esther Macias, Sheila Pierce, Nancy Sue Shollenberger, Patti O'Meara, Judie Cimino, Mary Steinberg, Geri Wright, Parvin Dabiri, Denise Reistetter and Nehama Warner, Virginia Mullaney, Gwen Robertson.

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

SIERRA MADRE SENIOR CLUB    Every Saturday from 11:30am-3:30 pm in the Hart Park House Senior Center.    Join us as we celebrate birthdays, holidays and pay BINGO.    Must be 50+ to join.    For more information call Mark at 626-355-3951.

DOMINOES TRAIN GAME    1st and 3rd Wednesdays,    11:00 am— 12:30 pm Hart Park House The object of the game is for a player to play all the tiles from their hand onto one or more trains, emanating from a central hub or "station". Call Lawren with questions that you may have.

PAINT PALS    Tuesday, 9/8 10:30 am—Hart Park House    If you enjoy painting, sketching, water color, or making some other form of artistic creation please join our new program, PAINT PALS!!! Bring a project that you are working on to the HPH and enjoy some quality art time with other artists looking to paint with a new pal.

TEA AND TALK SENIOR BOOK CLUB    Tuesday Se3pt. 14 and Sept. 28 — 9:00 am Staff has launched a new book club series, Tea and Talk, which meets twice a month to discuss the fun, suspense, intrigue, love and so much more that each selection will have in store!

FIBER FRIENDS    Tuesday, 9/6 and 9/20 —10:00 am If you enjoy knitting, crocheting, embroidery, needlepoint, bunka, huck, tatting or cross stitch then we have a group for you! Bring your current project, a nonalcoholic beverage, then sit and chat with likeminded fiber friends. We meet in the Hart Park House

CHAIR YOGA    Every Monday and Wednesday, 10-10:45 am Please join us for some gentle stretching, yoga, balance exercise and overall relaxation with Paul. Classes are ongoing and held in the Memorial Park Covered Pavilion or the Hart Park House..

HULA AND POLYNESIAN DANCE    Every Friday, 10-10:45 am Bring a lei, your flower skirt or just your desire to dance! Hula in the Park is back and waiting for you to join in on all the fun! Memorial Park Pavilion.

BLOOD PRESSURE CLINIC - Sept. 13    11:00 am - 12:00 pm Methodist Hospital will be holding a free to seniors clinic once a month in the Hart Park House. Walk in are welcome - no pre-registration required.

BINGO: Sept. 22    1:00 pm - 2:00 pm Come down to the HPH (Hart Park House) for a lively round of BINGO. Prizes await!

SENIOR CINEMA    Wednesday, 9/14— Beginning at 1:00 pm ELVIS PG-13 2h 39m The life of American music icon Elvis Presley, from his childhood to becoming a rock and movie star in the 1950s while maintaining a complex relationship with his manager, Colonel Tom Parker.

Wednesday, 9/28—Beginning at 1:00 pm 9 to 5 PG 1 h 49 m Three female employees of a sexist, egotistical, lying, hypocritical bigot find a way to turn the tables on him. Hart Park House.

OUT TO PASTOR  
A Weekly Religion Column by Rev. James Snyder

SIR FORGETS-A-LOT TO THE RESCUE

Contrary to the idea that the older you get, the more you forget, it has never been my experience. I have forgotten things for as long as I can remember. I even forget things that never actually happened.

It runs in our family, though it came to me legitimately down through the generations. A nut doesn't fall far from the tree.

As a young person, I was quite fascinated with uncle Fred. Everybody who knew him called him Sir Forgets-A-Lot. At the time, I didn't know what they were talking about because good old uncle Fred seemed like a very nice guy.

I remember once spending a whole day with him working on his farm. I forget what we were doing, but we spent our time together. He told me one funny story after another, and I enjoyed them all.

Finally, I had come to the point of asking him about his nickname.

"Uncle Fred, why do they call you Sir Forgets-A-Lot?"

He looked at me, laughed, sat down and began explaining the situation. I was eager to hear the story from his perspective.

"Well," he said as he began his story, "it's basically because I do forget a lot of things." And then he laughed.

He went on and on about forgetting people and situations and everything. As I was listening to him, I began chuckling on the inside. I was chuckling because I knew he was making up the story as he went along. I forget how I knew that.

Then he said something that sort of stumped me.

"Son," he said with a very serious tone of voice, "sometimes the best thing you can do is to forget something."

Looking at him, I didn't quite understand what he was talking about, and then he continued.

"Sometimes, you can make up a story when you forget something, and people don't know the difference."

At that time, I saw him staring off into space with a great big grin on his face. I knew he was thinking of something, but I didn't know if he would tell me the truth or not.

"It's much easier to deal with people when you can say, 'I'm sorry I just forgot.'"

Then he explained that people understand that everybody forgets something at some time. And when you confess to forgetting something, he explained, people take you seriously, and they are eager to forgive. I can live with forgiveness.

Then he gave me some illustrations.

"I'm sorry I didn't show up at your birthday party; I just forgot. Please forgive me."

"I'm sorry I didn't send you that money; I just forgot. Please forgive me."

I began to understand why anybody who knew uncle Fred called him Sir Forgets-A-Lot. He got out of trouble whenever he was in trouble by confessing that he had forgotten about it.

After spending the day with uncle Fred, I wasn't quite sure that he was as forgetful as most people thought. So whenever he would tell me one of those stories, he would look at me, smile and wink.

He didn't forget anything; he was simply manipulating people at the time. The great part was that very few people, maybe I'm the only one, ever knew what he was doing.

I thought about him for a while, and the more I thought about him, the more I began to understand what he was talking about. So no matter what problem he was in, he could solve that problem by saying, "I just forgot. Please forgive me."

As a surviving relative of Sir Forgets-A-Lot, I have learned to handle situations in my life that I did know how to handle before. Uncle Fred taught me a lot. I'm not sure, but I've come very close to being crowned the Sir Forgets-A-Lot of this generation.

Uncle Fred passed away a few years back, and I can't forget him. I now know why he was always smiling, and I am interested in what he was teaching me. Whether he was teaching me intentionally or not, I am becoming a grade A student.

The test of all this is in front of The Gracious Mistress of the Parsonage. She never knew uncle Fred, and I have yet to tell her his story. Some things are better forgotten, if you know what I mean.

I've been trying to perfect my forgetting skill as best I can. I still have some work to do, but I'm busily engaged in my strategy of forgetting.

When I come against The Gracious Mistress of the Parsonage, I must understand that she never forgets anything. In fact, I have suspected on many occasions that she remembered something that never actually happened. I have never addressed that in front of her. That's why I'm a happy husband.

Being as old as I am, it is a handy tool to use, particularly with The Gracious Mistress of the Parsonage. She can't forget anything. And there is nothing in life that I can't forget.

She will often query me by stating, "Did you remember....?" I always reply, "I'm sorry, my dear, I just forgot. Please forgive me."

Forgetting is not just the blessing of old age, it's just a blessing.

"For I will be merciful to their unrighteousness, and their sins and their iniquities will I remember no more" (Hebrews 8:12).

Even God exercises the blessing of forgetting, for which I am so grateful.

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### Mountain Views News Mission Statement

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

## STUART TOLCHIN



Here in Sierra Madre the main topic of discussion is the Meadows Project at Bailey Canyon. It is so close to us that it is very difficult to ignore. For you non-Sierra Madreans the Meadows project is related to the presence of a Monastery, and its surrounding area presently owned by the Passionist Organization in Chicago which wants to sell off the property. I have lived in Sierra Madre for 44 years and have always, in the back of my mind, been pleased by the existence of the Monastery. Every morning for about twenty five years or so I would jog from my house, around our Canyon Circle, up the hill across Carter and then jog around the Monastery property and appreciate its wondrous views.

I am a kind of curious religious illiterate and would frequently stop at the fourteen Stations of the Cross each one standing for an event that occurred prior to Jesus' death. For me the Monastery conveyed a sense of order and calm and an understanding that it was okay for people to believe in histories that I believe never happened as a part of their adjustment to the world. I particularly admired the pieta depiction of the Virgin Mary holding the body of her deceased son in her arms. To me the representation spoke of grief, and mourning, and family and humility. I always wanted to tell Mary that it was okay because her son would be resurrected.

Sadly, more and more today I see people as unwilling to discuss anything with people who have different opinions. More than that we have become distrustful of one another and even fear letting our kids walk a few blocks home from School. I believe it is important to listen closely and still be prepared to civilly disagree. Perhaps today there is so much uncertainty about everything that most of us simply fear disagreement and are more comfortable thinking "there is something wrong with those people."

The present state of things are so bad that in 2021 a bill was introduced in the House of Representatives entitled the Informed Electorate Act. The language in the Act proclaims that informed and enthusiastic civic engagement signifies and sustains a healthy body politic. Nevertheless, the language of the bill proclaims that "A growing contingent of ideological extremists ... are threatening what makes our country great...by promoting a widespread ignorance and threatening first amendment freedoms." Of course the Bill has not and will not become law but it recognizes the problem.

I believe that what is of utmost importance is people's willingness to listen to and learn from one another. I applaud the continuing discussions here in Sierra Madre relating to the Meadows Project. The debates have helped me to recognize the importance of the Monastery. I have come to understand the importance to me of the character of our funky 10,000 person little city with its 11 churches, none of which I attend, to remain the way it is. I know change is inevitable but I oppose it anyway. I feel that moneyed interests now dominate all aspects of our society and want only to make more money behind our backs. All along we have been lied to by our inadequate schools which equate virtue with the corporate needs to make more and more money. Every crisis, every war, somehow brings them more money. If democracy is to survive, if our specie is to survive, we must try to stay informed and aware.

So let's do it. On the November ballot running for Judicial positions are four female defense attorneys. On Sunday I went to a fund raiser and learned that in Los Angeles County no Public Defender has ever been elected. Elections are dominated by the Prosecutors and their funding organizations who represent a class consciousness of the need to protect indifferent to the needs of minorities and the disabled and the homeless. Rather than looking at unfamiliar names on the ballot we all have the responsibility to at least first familiarize ourselves with who we are voting for. The web site of the Defenders of Justice is <https://thedefendersofjustice2022.com>.

As I said above, "it ain't easy"; but becoming more informed voters is part of what we must do to comply with Jefferson's first prerequisite to democracy. We will learn much more about ourselves after the November elections. I wish you good luck or at least good effort!!

## TOM PURCELL THANK YOU FOR BEING MANNERLY?



"No problem."

That is how I used to reply to people who thanked me for holding the door open for them or for offering some other small gesture.

I don't know where I got into the habit of saying this to people, but I do not say it anymore.

My mannerly response of choice now is the one my mother taught me over and over again as a child: "You're welcome."

You may see no difference between the modern, slangy reply "no problem" and "you're welcome," but there is one, slight though it may be.

So why not make the change back to the traditional response?

After all, any time you are more polite to your fellow human beings you spread the desire for them to be more polite to others.

Politeness is infectious — almost as infectious as rudeness is.

Consider: If someone cuts you off in traffic, then gives you a very rude gesture with his middle finger, are you not filled with instant anger and aggression?

Are you then more likely to be rude to some other stranger?

"Incivility is a virus," says Christine Porath, a Georgetown professor and author of "Mastering Civility: A Manifesto for the Workplace."

She explains to NBC News that rude reactions tend to create more rude behavior, creating a big negative spiral and a negative culture.

Being mannerly is especially important now. We live in a time of increasing rudeness — thanks in no small part to the way we treat each other on social media.

Social media has resulted in more group-think — whereby we are certain that we and our friends are 100% correct about any particular issue and those with whom we disagree are not only wrong but are stupid and evil.

Group-think has given us license to lash out at others without restraint.

Thirty years ago if you said some of the things to a stranger that some people say all the time to others on Facebook, you'd likely get punched in the face.

But the days in which there were consequences for such rudeness are long over.

Psychology Today says there is one key reason why people are so much ruder today: a lack of eye contact.

We behave differently hiding behind a fictitious online name when we do not have to make face-to-face contact with whomever we are verbally criticizing or attacking.

One solution: let's be more mindful of being mannerly — online and off.

As a kid, I had it drummed into my head to say "please" and "thank you."

Now, when I phone the electric company or a client, I always ask, "How are you today?"

It throws people off. Most of the time, they reply, "I'm great. How are you?"

And off we go, with a touch of civility established, to tend to our business.

I have to work hard at being polite — particularly in traffic — because I do have a temper and I do respond with aggression if someone gives me the middle-finger gesture after cutting me off.

A better way to respond, my wise mother keeps telling me, is to smile and wave — gestures that suggest "my bad" even though I did nothing wrong.

Truth be told, I've only managed to do this once. But boy, does it instantly confuse and disarm rude people.

Polite behavior always does.  
**Tom Purcell, is a Pittsburgh Tribune-Review humor columnist.**

## PUT THE LIGHTS ON

### AN INFORMED ELECTORATE

Thomas Jefferson wrote that a well informed electorate is a prerequisite to democracy. Well, if he was right I'm afraid that what we have is not a democracy. Perhaps you are aware of Winston Churchill's famous statement "Democracy is the worst form of government except for all the others." I don't think that Churchill even composed the statement himself but rather he was just "a publicist for an unsourced aphorism" as it is described on the web. The point is that whatever democracy is or, is meant to be, it is pretty special. It seems that in order for democracy to work, which it does probably better than any other system, it is imperative that each of us tries to remain as informed as we possibly can.

## RICH & FAMOUS

### SUCCESSFUL FAILURES KEEP GOING



Have you always wanted to write the next best seller? Or perform in front of an enthusiastic audience? But you just never got around to it? Or tried, crashed, burned, and gave up.

Well, my friend, you are definitely not alone. In fact, if you tried and failed you are in rather good company!

Famous Failures:

Albert Einstein... had the label "mentally slow" put on his permanent school record.

Henry Ford... his first 2 automobile companies failed miserably.

Thomas Edison... failed his first 10,000 tries to invent a working light bulb. To date he holds 1093 patents.

Oprah Winfrey... was hired in Baltimore as a news co-anchor and then fired for being unfit for television.

J.K. Rowling... her "Harry Potter" books were rejected by all 12 major publishers. To date, she's sold more than 400 million books, lol.

Michael Jordan... was cut from his high school basketball team.

Walt Disney... was fired from his newspaper job. They said he lacked imagination and good ideas.

Steven Spielberg... was rejected from film school three times.

Elvis Presley... fired from the Grand Ole Opry and told to go back to truck driving.

Colonel Sanders... rejected over 1,000 times before finding a franchise partner.

Vincent Van Gogh ... sold a total of one (1) painting his entire lifetime... and at a discount.

Rich Johnson... well, let's not talk about that work in progress now.

The difference between the people above and most of the rest of us? They kept going.

To achieve success you have to overcome three sizeable obstacles:

1. An unwillingness to risk the possibility of failing in your pursuit of success.
2. Jealous friends (saboteurs) who will tell you it's a waste of time, your idea will never fly.
3. Or risked failing and permitted a setback or two to shut you down.

"Success consists of going from failure to failure without loss of enthusiasm." Winston Churchill

Pursue your dreams my friends. Are you too old? Balderdash!

Samuel L. Jackson had his first major acting role at age 43.

Harland (Colonel) Sanders started franchising Kentucky Fried Chicken at age 62.

Henry Ford was 45 when he created the revolutionary Model T car.

Julia Child wrote her first cookbook at age 50.

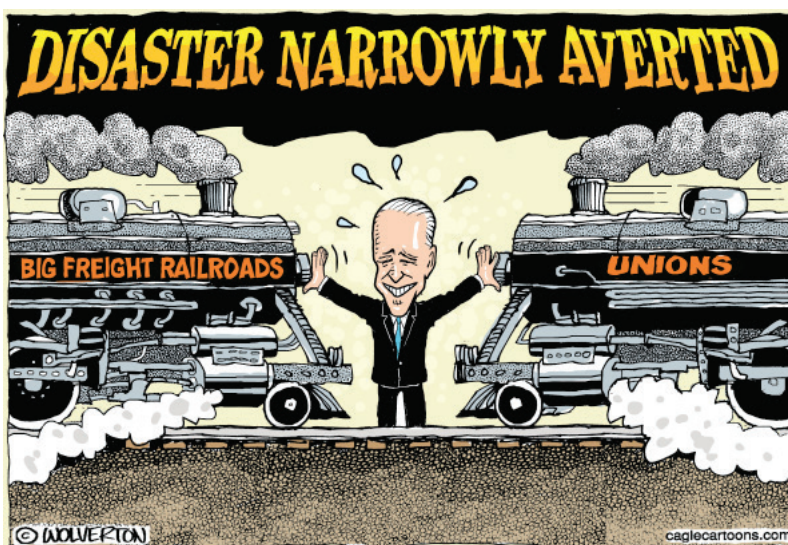
Comedian Rodney Dangerfield was unknown until his appearance on Ed Sullivan at age 46.

Fashion designer Vera Wang designed her first dress at age 40.

Marvel Comics founder Stan Lee created his first comic at age 39.

Have a dream or idea? What are you waiting for? Start getting your ducks in a row!

Finally, speaking of dreams, at age 60, I put a rock and roll band called JJ Jukebox together. And us, "seasoned veterans" have risked ridicule and rejection by actually performing in front of people. So, at the risk of ridicule and rejection, I invite you to come see us Saturday night, September 24th 6:30-9:30 at Nano Café in Sierra Madre. Call (626) 325-3334 for reservations.



### New names for a certain NFL team in Washington D.C....













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