

Mountain Views News

Sierra Madre Arcadia Duarte Monrovia Pasadena Altadena South Pasadena San Marino

SATURDAY, SEPTEMBER 28, 2024

VOLUME 18 NO. 39



the webb-martin group

What opportunities could the *historic Fed interest rate cut* create for homeowners?

Mortgage rates are expected to *continue to decline*, reducing monthly costs for refinancing

Homebuyers will have access to larger loans and increased purchasing power

As rates drop, buyer demand will increase competitive offers

Seize the Opportunity! Reach out to better understand your opportunities.



Experts in Representing Buyers & Sellers

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Katie Orth 626.688.0418
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COMPASS

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CITY COUNCIL HONORS NATIONAL CHAMPIONS - SIERRA MADRE SOFTBALL TEAM

September 24, 2024 – Another Fall season is opening at Heasley Field, where priceless memories touch every human sense. Its that chill in the air, a thrill in every cheer, and the Heasley Diner grill spreading Taylors prime meat aromas across the whole park. Amidst all that stimulation, you'll find next generation out on the field building their skills and confidence...in baseball, softball, and for life.

This Fall there is an added feeling of inspiration around Heasley, given by the group of girls who just graduated from Sierra Madre Softball as National Champions. You see, it all started for them 8 years ago when they were 5 and 6, picking up a glove for the first time and giggling their way through their first clumsy practices on the upper "Tball field". For at least half of that first season their games didn't resemble a sport at all – and then suddenly it starts to click. Whether as spectators or helping as a coach, many of us parents remember that magic moment while watching our little ones play. We look at each other and say, "that sorta looked like they knew what they were doing!" And from there the years fly by.

Well, this particular group of girls was blessed by an amazing set of parents, who were not only willing to volunteer for their own daughters' teams as coaches through the years, but they also helped to raise the whole Softball league to new levels of success, and to bring their positive culture out to represent Sierra Madre across the whole region.

Years of dedication by this special group first became evident as Sierra Madre started to match up squarely in competition against the top California leagues – Chino Hills, Santa Monica, Glendora, and the great Rancho Trabuco. But winning was not the most remarkable thing.

During the Summer of 2021, a call came in from a USA Softball regional director to the newly installed President of Sierra Madre Softball, Russ Meek. The official wanted to discuss an incident involving a Sierra Madre All Star team who was playing a tournament in the city of Walnut. Meek braced himself for bad news. Instead, the Official shared that the opposing coach behaved badly, making a terrible scene that interrupted the game and discouraged his own girls on the field. The Official said that the game could not have continued if not for the grace of our Sierra Madre coaches who kept player and family spirits high on both sides, and for the sportsmanship of our Sierra Madre girls who set an equally positive example.

The next Summer, another call came in from a top USA Softball Official, trying to find out who was coaching the All-Star team playing out in Simi Valley at the time. Meek shared that it was Coach Vinny Pagan, and he again braced himself for unfortunate news. Apparently, the Umpire had made a series of the terrible calls against Sierra Madre. Quoting the Official, "these were some of the worst calls he had ever seen, and they could have cost Sierra Madre the game." The Official said that if he had been coaching, he would have argued, protested, and probably would have gotten himself kicked out of the game.

Instead of arguing, complaining or making a scene, Coach Pagan turned right back to his team and said, "with the very next pitch we get another shot, so let's put ourselves back in the driver's seat and try to win this game." Focusing the the girls, he said "Let's go, I want to hear you all cheering for our next batter.



Our National Champs with Coaches and City Council Story & Photo Courtesy SMGSA

Get behind her, this game is not over!"

More email commendations quickly followed this call, from more Officials across the region. They spoke with reverence for Coach Pagan and his staff, but they also noted that Sierra Madre teams were repeatedly seen rising above similar, tough situations - often in the heat of the most competitive moments. Sierra Madre had become the clear example for all others, for keeping their composure, keeping games positive, and more and more they were just flat-out winning.

Nearly all those who have served on recent Sierra Madre Little League and Sierra Madre Softball boards know what the core mission is, when we are really volunteering for the kids. For every child of every age and skill level - make sure they are building confidence, having fun with their team, and that they are excited and inspired to come back again tomorrow.

Coach Vinny, Lacey Shaver, Tom Sullivan and Tom Acker, and each of their respective families behind them, carried out that mission at the highest level for nearly a decade. They inspired a group of girls who started on a dusty little T-ball field years ago, and this year that group engaged in an unprecedented campaign as the "Sierra Madre Threats." Their consistency, togetherness and positivity were unmatched and unbeaten by any other team in the land. This Tuesday, City Council recognized 'The Threats' historic achievement on the field, and on the Heasley Field Diner you will soon see an indelible brass plaque commemorating the success of these girls and their families, and even

SAVE THE DATES

SIERRA MADRE COMMUNITY CONVERSATIONS:

PUBLIC SAFETY - 10/8/2024

PUSD CANDIDATES - 10/9/2024

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SIERRA MADRE ADULT SOFTBALL FITNESS FOR LIFE	

We Are Bringing Out The Big Dogs To Help Make Your 2024/25 Real Estate Dreams Come True.

Fall Is The Perfect Reminder Of How Great Change Can Be.

Is It Time To Sell Your Home And Make The Move You've Always Dreamed Of?

CALL US!
We Want To Help You Achieve Your 2024/25 Real Estate Goals

Interest Rates are down. This is a GREAT time to SELL and BUY!



Barbara Rogers
626.484.8135
CalRE# 01169115

Eileen Benson
626.278.0187
CalRE# 01880650



COLDWELL BANKER REALTY

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HIGHLAND PARK \$2,975 / Mo
Beautifully updated 2-bedroom apartment in Highland Park with new kitchen, flooring, renovated bathroom, stunning views, and dedicated parking.



BIG BEAR CITY \$449,000
3 Beds, 2 Bath, 1,301 sf Home
Tranquil Big Bear home with central heat, fireplace, balcony, fenced yard, and wraparound deck. Perfect mountain retreat!



DUARTE \$449,000
2 Beds, 2 Bath, 993 sf, TownHouse
Duarte gem on quiet ground floor corner lot with patio, pool, hot tub, modern kitchen, and 2-car garage.

SIERRA MADRE

SIERRA MADRE

ARCADIA

PASADENA

ALTADENA

MONROVIA

REBATE SAVINGS\$

*Save Water...
Use it Wisely*

New, Faster Payment Process! Apply for rebates at www.sgvmd.com



UP TO \$35 REBATE

RAIN BARREL

UP TO \$2 REBATE

ROTATING SPRINKLERS

UP TO \$80 REBATE

IRRIGATION CONTROLLER

SAN GABRIEL VALLEY MUNICIPAL

WATER DISTRICT

Residents of Alhambra, Monterey Park and Sierra Madre are eligible for rebates.

We also offer an Irrigation Controller Retrofit Program: **\$1,000 VALUE**
Visit www.sgvmd.com/water-conservation/#rebates

For more water-saving information, contact rebates@sgvmd.com, call (626) 969-7911, or visit www.sgvmd.com with this QR code.



FRIENDS OF THE SIERRA MADRE LIBRARY

50th Wine & Cuisine Tasting Golden Jubilee

SATURDAY, OCTOBER 5, 2024
6 - 9:30 PM

LOCATION:
BALDWIN AVENUE GALLERY (THE BAG)
12 N. BALDWIN AVE., SIERRA MADRE

TICKETS
\$100 PER PERSON

PURCHASE TICKETS USING THE QR CODE BELOW OR
TINYURL.COM/53V3HYJ7



ALL PROCEEDS SUPPORT FRIENDS OF THE SIERRA MADRE LIBRARY
WWW.SIERRAMADRELIBRARYFRIENDS.ORG

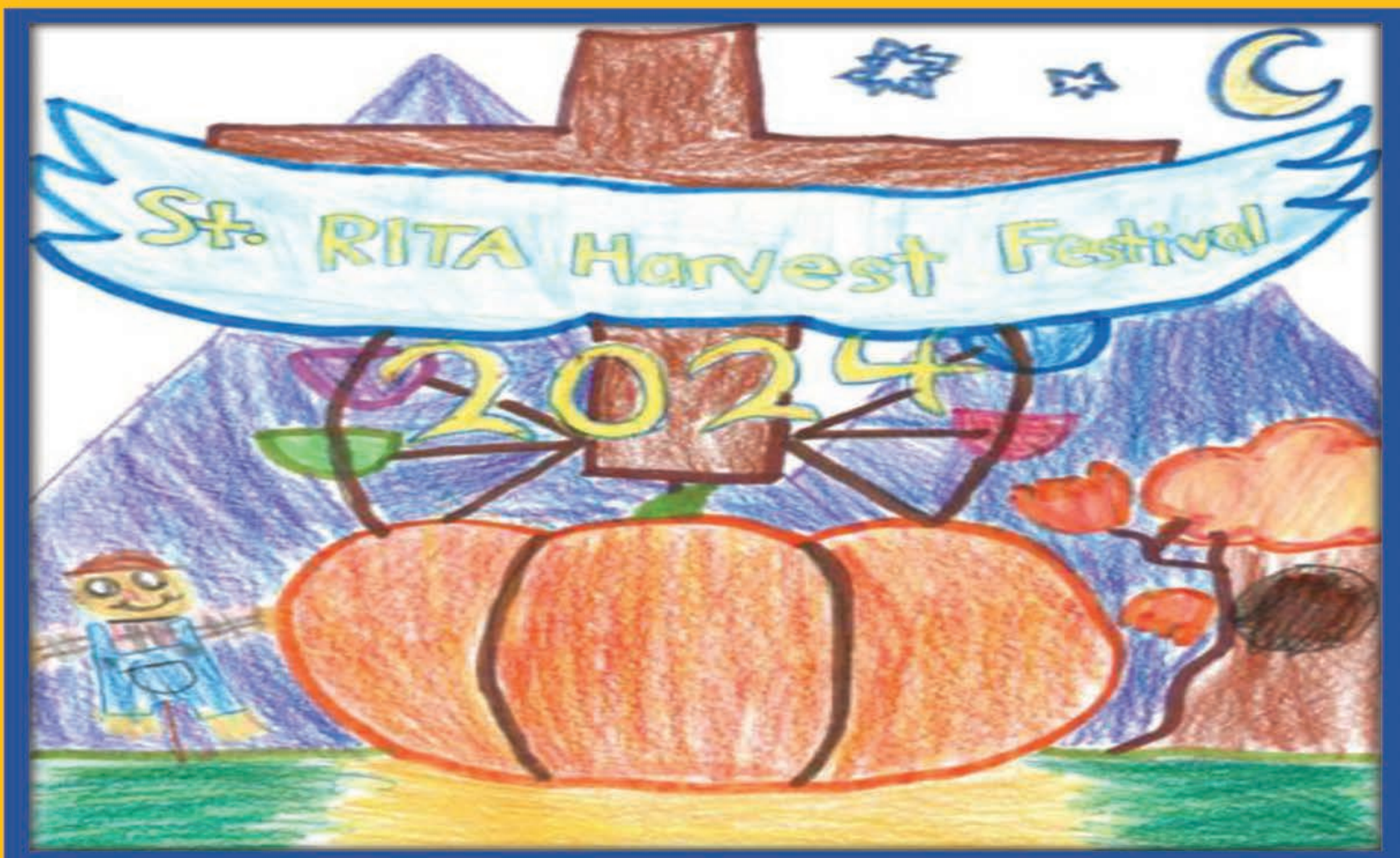


ST. RITA SCHOOL
FAITH · EXCELLENCE · SERVICE



Harvest Festival 2024

Saturday, September 28th, 12:00pm – 9:30pm
St. Rita School: 322 N. Baldwin Ave., Sierra Madre (West Campus)



Carnival rides, games, prizes, face painting, DJ, dancing, food, bar, special performances, & back by popular demand, 80's cover band...

PAST ACTION HEROES!!!

SAVE THE DATE for BEER, BRATS, & BINGO!
Saturday, October 26th, 6:00pm – 9:30pm

PUBLIC SAFETY - SIERRA MADRE EVENTS

SIERRA MADRE FIRE DEPARTMENT HELPS SAVE HOMES IN MONROVIA

By Chris Bertand, SMFD Captain

The Sierra Madre Fire Department serves the residents of Sierra Madre, but when there are larger fires, we are called upon to help our neighboring cities, just as what other cities have done for us. A great example of this occurred on September 17th. That afternoon we were working on one of our fire engines outside the station and we noticed a large smoke column to the east. At the time, we did not know the source of the smoke, but we knew it was a large fire and that we would likely be called to respond to it. Adrenaline surged through our bodies as we waited for the call. We even started putting on our equipment before the alarm so we could get a head start on our response. THIS is what we were put on earth to do. Fight fires and keep our community and neighboring communities safe.

When the dispatcher's voice came over the radio, she told us we were responding to an explosion in Monrovia, resulting in a house fire that was now fully engulfed in flames and beginning to ignite neighboring homes.

When we arrived on scene, we were assigned to the house just to the east of the house that first caught on fire. Because most of the fire in the first home had ignited the attic in the second home, our assignment was to pull the ceiling down to expose the attic and extinguish the fire. We worked in coordination with crews on the roof for nearly 40 minutes to put the fire out.

It was hot, dirty and extremely challenging, but very professionally satisfying to me and the other members of the Sierra Madre team. We were able to help our neighbors in Monrovia.

Our response to Monrovia is an example of the automatic aid system we use here in the San Gabriel Valley. All fire departments in our area participate in this system to assist each other during large scale emergencies that require multiple fire engines and fire trucks to mitigate emergencies. Just as we help them in their time of need, they will respond in kind when we need their help. This was not always the case with the Sierra Madre Fire Department. In the past, when we were a volunteer fire department, we had to make formal requests to other departments for help. This resulted in delayed responses to our largest and most urgent emergencies.

The automatic aid system is a benefit to all participants for these larger events. But one of the benefits that might be overlooked is the experience our firefighters get helping other agencies. The more emergencies we respond to, the better prepared we are at responding to emergencies in Sierra Madre. This helps protect the health and property of everyone in our city. It means we can do our best work for our residents when called upon during the most stressful and urgent events in most people's lives.

I want to continue to serve the residents of Sierra Madre and provide the fastest response for any city in the San Gabriel Valley. I encourage you to vote yes on Measure PS to maintain a strong and effective local fire department.

VOTE YES ON PS

NOVEMBER 2024

Yes on Public Safety for Sierra Madre

Maintain and Preserve a Safe Sierra Madre

For more information, please visit SierraMadresafety.org




A YES VOTE ON PS WILL:

- ✓ Maintain the FASTEST 911 response times, every second counts!
- ✓ Prevent reductions in services vital to our town
- ✓ Attract and retain the best-trained and experienced police officers, firefighters, and paramedics
- ✓ Ensure 100% of funds stay in local Sierra Madre control
- ✓ Provide taxpayer oversight to ensure accountability and transparency

VOTE YES ON PS

PAID FOR BY SAFETY FOR OUR CITY COMMITTEES TOP FUNDER PUBLIC SAFETY UNIONS

BLOOD DRIVE

Scan the code to make your next appointment!



SCAN ME

PROUDLY SPONSORED BY

Sierra Madre Police & Fire Department



Saturday, Oct. 5
8:30 AM to 12:30 PM

Memorial Park
222 W. Sierra Madre Blvd., Sierra Madre
at the Hart Park House

For appointments, call 800.879.4484, visit lstream.org/sierramadre, or scan the QR code above.

The Online Donor Store is back! Donors will earn points with every donation to redeem for e-gift cards and exclusive items. For more information, visit LStream.org/donorstore.



GIVE Where You LIVE

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LifeStream Blood Bank

VOTE COMMUNITY CONVERSATIONS

PUBLIC SAFETY PARCEL TAX

10/08/2024
12 NOON

SPONSORED BY THE SIERRA MADRE KIWANIS CLUB

THE LODGE
33 E. SIERRA MADRE BLVD
SIERRA MADRE, CA

PUSD BOARD REPRESENTATIVE DISTRICT 6

WHO BEST WILL REPRESENT SIERRA MADRE'S INTERESTS?

10/09/2024
6:00 PM

SPONSORED BY THE SIERRA MADRE CHAMBER OF COMMERCE AND THE SIERRA MADRE WOMAN'S CLUB

CITY COUNCIL CHAMBERS
232 W SIERRA MADRE BLVD
SIERRA MADRE, CA

OCT 5TH SATURDAY 9AM

Wellness FAIR

Prepare for a day filled with fun, and excitement at **Sierra Madre Wellness Fair!**

Bike Ride (8am)
Educational Workshops
Healthy Food
live DJ
Raffle Prizes
@Memorial Park




RAFFLE

RAFFLE

FREE FOOD

PHOTO BOOTH

TACTICAL FIRST AID KIT, SMOKE DETECTOR, FIRE BLANKET AND SIERRA MADRE FIRE DEPARTMENT SWAG

YUMMY FIREFIGHTER HOT DOGS!

ADULT OR LITTLE KID, DRESS UP LIKE A FIREFIGHTER!!

THE SIERRA MADRE FIRE DEPARTMENT 37TH FIRE PREVENTION FESTIVAL

10AM-1PM
SATURDAY, 12 OCTOBER

PRACTICE HOW TO PUT OUT THE STOVE FIRE




AND MEET THE GOATS WHO WORK FOR FUEL REDUCTION!



@ FIRE DEPARTMENT, 242 W SIERRA MADRE BLVD.

SIERRA MADRE

SIERRA MADRE

ARCADIA

PASADENA

ALTADENA

MONROVIA

Weather Wise



6-Day Forecast Sierra Madre, Ca.

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

Forecasts courtesy of the National Weather Service

SIERRA MADRE CITY MEETINGS SIERRA MADRE CITY COUNCIL MEETING

October 8, 2024 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 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 foothillsmedia.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.



Sierra Madre Public
LIBRARY
Read • Discover • Connect

This week at the
**Sierra Madre
Public Library**

September 30 — October 5

Monday

Baby Rhyme Time — Library at 9:00am

Preschool Storytime— Library at 10:00am

Tuesday

Community Mosaic Art Begins— Library throughout October

Friday

Best Used Book Sale in Library Parking Lot— In-person from 3:00pm—7:00pm

Saturday

Best Used Book Sale in Library Parking Lot— In-person from 10:00am—2:00pm

Read, Discover, Connect
@ Sierra Madre Public Library
350 W Sierra Madre Blvd.
(626) 355-7186

WALKING SIERRA MADRE - The Social Side

by Deanne Davis

Foggy mornings, cooler days, darker sooner, light later in the morning...can it be? We really are going to have Fall! So long, September! October is almost here!

"October is the least dependable of months...full of ghosts and shadows." Joy Fielding

"October has tremendous possibility. The summer's oppressive heat is a distant memory, and the golden leaves promise a world full of beautiful adventures." Sarah Guillory

"October! Baptize me with leaves, swaddle me in corduroy and nurse me with split pea soup. October, tuck tiny candy bars in my pockets and carve my smile into a thousand pumpkins!" Rainbow Rowell

AN ODE TO OCTOBER

September smiled and said goodbye,
Leaving behind a glorious, full harvest moon,
To remember her by.

October! You are here at last,
Holy scarecrows, this year is flying fast!
Pumpkins, pumpkins everywhere,
Halloween is in the air.

Pumpkin ice cream's in the store,
Pumpkin cookies, lattes, pancakes, muffins and more.
Pumpkin health bars, pumpkin gum,
Pumpkin Frosted Mini-Wheats, and even pumpkin doggie treats!

Pumpkin patches, haunted mansions,
Costume contests, carnivals,
Candied apples, Tootsie Rolls, Tootsie Pops and Snickers,
They're all ok, but I have to say, Dots, my friends, are truly the best,
A box of Dots will pass every Halloween test.

Chrysanthemums of orange and yellow,
Sing October's song...it's Fall, y'all!
The days are shorter, the mornings darker,
Pumpkins still growing at the house of Parker!
The folks on Alegria are plotting and planning,
Terrifying, scarifying Halloween surprises.
Witches and skeletons and spiders, oh my!
Jack-o-lantern faces, evil or sweet,
Lurk in the shadows on every street.

Little girls will be Barbie and Belle and Ariel,
Harry Potters and Super heroes,
Will be knocking at your door...

Trick or Treat! Trick or Treat! Give me something good to eat!

Their moms stand behind them hissing... "Thank you!" But the kids...already gone. Maybe more at the house next door.

Our bears will want to trick or treat,
They, too, want something sweet to eat.
But I'm afraid with those guys,
It's gonna be more trick than treat.

October! You are here at last,
Holy scarecrows, this year is going fast.
Football! Football! Which team will be best.
My dear John watches his beloved USC Trojans
From a seat on heaven's 50-yard line.
I hope they have Doritos and maybe a little glass of wine.

The picture this week is an awesome pirate, hand on the wheel, cutlass at the ready. Created by a lovely 9-year old lady, Miss Nellie, who lives in the Canyon in Sea-Arr-A Madre. Have you started on your scarecrow yet for the annual Scarecrow Contest? Judges are watching. Be creative! Be outrageous! Be your scariest best! There's a scary fireman in front of the fire department and be on the lookout for more.

What was Humpty Dumpty's favorite month? October because he had a great fall!

What's the best thing about October? All the cobwebs and dust in your house become Halloween decorations!

So exciting to see the ground-breaking for our new library. My family and I all have so many great memories of coming to live in Sierra Madre in the late 60s and immediately becoming frequent visitors to the library and acquiring marvelous treasures at the used book sales.

My book page:
Amazon.com: Deanne Davis
There are treasures there! Trust me!
Including "Just Desserts" A Fall Fantasy of Pumpkins Gone Wrong!



SIERRA MADRE ROSE FLOAT ASSOCIATION SEEKS APPLICATIONS FOR ROYAL COURT

The Sierra Madre Rose Float Association is once again seeking applications for members of our Royal Court to represent the City at local functions and activities and to ride on our float on January 1, 2025 in the Rose Parade* presented by Honda.

This year we are searching for up to three (3) Royal Court members.

Duties will include:

- SPEAKING TO LOCAL SERVICE ORGANIZATIONS AND CLUBS
- PRESENTING TO THE SIERRA MADRE CITY COUNCIL
- DECORATING OUR FLOAT AND WORKING IN OUR SALES BOOTH
- REPRESENTING US IN PUBLICITY OPPORTUNITIES
- RIDING ON THE FLOAT IN THE 2025 ROSE

PARADE* PRESENTED BY HONDA

- WORKING AT FLOATFEST ON JAN. 2ND, 2025, INTERACTING WITH VISITORS
- VARIOUS EVENTS THROUGHOUT THE 2025 CALENDAR YEAR

Princesses/Ambassadors will have a very exciting and educational year!

Application Guidelines and Process:

- 1) Applicants must be 15 to 18 years old, have a 3.0 grade average, and be a resident of Sierra Madre. Royal Court members must be available to participate in the speaking engagements (November & December) and during our Deco Week (December 26 – 31).
- 2) Applications are available on our website at: www.sierramadrerosefloat.org
- 3) Applications must be emailed to info@sierramadrerosefloat.org by Wednesday, October 2, 2024. Applications submitted later than October 2nd will not be considered.
- 4) Applicants must be able to attend judging interviews on the afternoon of Sunday, October 6th. The Sierra Madre Rose Float Association Royal Court will be presented to the membership on Sunday, October 20, 2024 at 5:00 p.m. at the SMRFA Barn, located at 587 E. Sierra Madre Blvd., Sierra Madre.

For more information or questions, please contact info@sierramadrerosefloat.org.

SIERRA MADRE ROSE FLOAT ASSOCIATION

\$25 ENTRY FEE

LEGENDARY BINGO

611 EAST SIERRA MADRE BLVD.
SIERRA MADRE, 91024

SATURDAY, OCT. 19, 2024
DOORS OPEN AT 6PM, BINGO AT 7:30PM

FIRST COME, FIRST SERVED SEATING COSTUMES ENCOURAGED BUT NOT REQUIRED (NO MASKS)

Tickets Sold Online
SierraMadreRoseFloat.org/store

BEER - PIZZA - WINE - SODA

IT'S TIME FOR THE 13TH ANNUAL SCARECROW FESTIVAL!

HOW TO PARTICIPATE:

1. Pick up a kit from Creative Arts Group & make a scarecrow. Free kits available! Register your scarecrow by Oct. 1st.
2. Tell us your scarecrow's story and get your scarecrow's photo posted on social media.
3. View the other scarecrows around town with our handy map.
4. Vote for your favorites on Facebook beginning October 1 through October 21. Winners Announced October 26!

Stop by for a free kit while supplies last

Scan for more info

CREATIVE ARTS GROUP
108 N. Baldwin Ave 626-355-8350 creativeartsgroup.org

Pasadena Altadena



News From Your Community For Your Community

Pasadena Recognizes PWP Public Power Week



City officials announced Thursday that the first week of October is nationally recognized as Public Power Week. Pasadena Water and Power (PWP), along with the American Public Power Association (APPA) and publicly owned utilities (POUs) nationwide, will celebrate Public Power Week from October 6 through October 12.

Public Power Week is a time for utilities to spotlight the way they serve their communities and share the benefits of being a POU customer. As a not-for-profit public service, PWP operates for the benefit of Pasadena's residents, businesses and visitors. PWP prioritizes reliability, responsiveness to customers, competitive rates and environmental stewardship.

The community is invited to attend family-friendly activities and opportunities:

- Resource Booth Power Hour

- Tuesday, October 8, 11:30 a.m. to 12:30 p.m. Victory Park Recreation Center, 2575 Paloma Street
- Learn all about helpful rebates, programs and resources.
- Storytime and Touch-a-Truck with a Lineman

Tuesday, October 8, 10 - 11 a.m.

- Jefferson Branch Library, 1500 E Villa Street
- An electric storybook reading from real linemen and an opportunity to see a PWP vehicle in-person. All ages welcome. Recommended for ages 2 to 4.

Electric Circuit Activity

Wednesday, October 9, 4 - 5:30 p.m.

- Lamanda Park Branch Library, 140 S Altadena Drive

Learn the basic science behind electrical circuits! All ages welcome. Recommended for ages 5 to 12.

"At PWP, our team takes tremendous pride in the services we provide to the Pasadena community," says PWP Interim General Manager David Reyes. "As a publicly owned utility, we care a great deal about helping our residents and businesses save energy and money, as well as providing reliable and environmentally responsible service."

Find out more about Public Power Week, including online resources by visiting us at PWPweb.com/PublicPowerWeek.



Finalists Selected for 2025 Rose Court

Before the final round of interviews Monday, the 28 finalists for the 2025 Rose Court took a group photo on the front steps of Tournament House. Applicants from 49 Pasadena area schools participated in the interview process and seven of the finalists will be named to the 2025 Rose Court on Monday at 9 a.m.

Tournament officials said they are excited to continue the treasured legacy of the Rose Court, whose members benefit by connecting with their communities, giving back in meaningful ways and bloom with self-confidence from valuable experiences they will carry with them for a lifetime. "The Tournament of Roses has a long-standing tradition of celebrating educational excellence and continues the legacy by providing each Rose Court member with a \$7,500 academic scholarship."

The Rose Court also engages in personal development programs aimed at improving their public speaking and presentation skills, building self-confidence and refining their etiquette. Members of the Rose Court are given numerous opportunities to get involved in the community, make meaningful contributions and network with local leaders. Being part of the Rose Court offers a wealth of benefits, including joining an organization committed to hands-on volunteer work, finding ways to give back to the community, honing public speaking skills and fostering personal growth and self-assurance.

Volunteer Members of the Tournament of Roses' Queen & Court Committee made their selections based on a number of criteria including academic achievement, community and school involvement, public speaking ability and youth leadership they said.

The 2025 Rose Court will ride down Colorado Blvd. in the

136th Rose Parade presented by Honda and attend the College Football Playoff Quarterfinal at the 111th Rose Bowl Game both on Wednesday, January 1, 2025. The 28 Rose Court Finalists are:

- First row, from left to right:
- 178 Isabella Villavicencio, Mayfield Senior School
 - 109 Ashlyn Pimental, Flintridge Sacred Heart Academy
 - 124 Giavanna Folda, San Marino High School
 - 65 Briar Bryant, Flintridge Preparatory School
 - 143 Isabella Jackson, Alhambra High School
 - 77 Simone Ball, Arcadia High School
 - 261 Faith Perez, Pasadena City College
 - 267 Anna Shore, Pasadena City College
 - 102 Katherine Kammas, South Pasadena High School
 - 214 Gabriela Sanchez, Gabrielino High School
- Second row, from left to right:
- 313 Saniyah Brunston, John Muir High School
 - 156 India Garcia-Robb, South Pasadena High School
 - 311 Lara Georgian, Mayfield Senior School
 - 179 Gabriella Gamboa, Flintridge Sacred Heart Academy
 - 58 Parisa Bryant, Maranatha High School
 - 273 Lindsay Charles, Westridge School
 - 82 Amishi Mahadev, South Pasadena High School
 - 79 Ariel Thio, Temple City High School
 - 235 Olivia Lopez, Pasadena High School
- Top row, from left to right:
- 60 Kate Kelly, La Cañada High School
 - 249 Piper Scherbert, Flintridge Sacred Heart Academy
 - 284 Sophia Page, Mayfield Senior School
 - 299 Lisette Parker, Maranatha High School
 - 208 Ella Bradley, Los Angeles County High School for the Arts
 - 260 Malini Pradhan, Flintridge Preparatory School

189 Margaret Dillard, La Cañada High School
190 Mona Dillard, La Cañada High School
297 Violet Marino, Marshall Fundamental Secondary School

For more information visit: tournamentofroses.com.

Free Rides Wednesday for Clean Air Day

Director of Transportation, Joaquin Siques, announced Pasadena Transit and Pasadena Dial-A-Ride are both offering free rides on Wednesday to celebrate California Clean Air Day.

According to cleanairday.org, California Clean Air Day is "built on the idea that shared experiences unite people to action to improve our community health," and encourages individual and collective actions to help improve our air quality.

In this spirit, Pasadena Transit and Pasadena Dial-A-Ride encourage you to let them be your ride. All Pasadena Transit vehicles are fueled by renewable natural gas, which is converted from organic materials officials said. "The Department of Transportation is committed to achieving the safe, efficient, and convenient movement of people and goods within Pasadena, while concurrently ensuring a balance between land use and transportation to maintain a livable community in which cars are not necessary to travel within the city."

Metro and Foothill Transit are also offering free rides on Clean Air Day as part of a larger regional effort to promote SoCal Transit week, beginning Monday to October 6. SoCal Transit week is a collaborative initiative hosted by MoveLA to raise awareness of alternative and sustainable transportation options across the region. A list of events and special activities happening during SoCal Transit Week, including here in Pasadena, can be found at: moveLA.org/socal_transit_week.

Latino Heritage Parade set for Next Saturday



City officials are inviting the public to celebrate the 26th Annual Pasadena Latino Heritage Parade and Festival on October 5 from 10 a.m. to 4 p.m.

According to the Pasadena Latino Heritage Parade and Festival Committee officials, the parade and festival have long celebrated Latino history and culture, fulfilling their mission to promote educational and cultural programs for residents of Pasadena and surrounding cities. This year's theme, "We Are Pasadena: We Continue to Flourish," shines a light on a Latino community that is not only growing and thriving but also honoring its roots while enriching its broader tapestry of our city and nation. The event brings together family, friends, warmth, and tradition, enhancing the community with its rich cultural offerings.

More than 2,000 participants and spectators are expected to attend the parade and festival. The parade will begin at the intersection of Los Robles Avenue and Buckeye Street, heading south on Los Robles Avenue and culminating in front of City Hall at 100 N. Garfield Ave. Following the parade, the festival will feature live entertainment, educational booths, free children's activities, and food vendors.

"Pasadena's Latino Heritage Parade and Festival is a proud tradition that not only honors the contributions of our vibrant Latino community but also celebrates the strength, diversity, and unity of our city. This year's theme, 'Somos Pasadena: Seguimos Floreciendo,' reflects the resilience and growth of our community as we continue to build a future rooted in shared values, culture, and history."

This year's Grand Marshals are Martín Dorado, an educator and beloved teacher at Madison Elementary School, and inspirational NASA astronaut José M.

Hernández, a mission specialist on STS-128.

Martín Dorado, a 5th-grade teacher at Madison Elementary, is in his ninth year with the Pasadena Unified School District. Madison Elementary, a vital part of the Pasadena community, serves perhaps the largest number of Latino bilingual learners in the city. As a public educator, Dorado is dedicated to encouraging and mentoring his students, helping them grow into the individuals they aspire to be. He understands the importance of culture and identity in the classroom, fostering the expression of his students' diverse cultural backgrounds. As a Mexican-American, he is proud of his Zacatecano heritage.

NASA engineer José M. Hernández dreamed of flying into space ever since he learned that the first Hispanic-American had been selected for the Astronaut Corps. "I was hoeing a row of sugar beets in a field near Stockton, California, when I heard on my transistor radio that Franklin Chang-Díaz had been chosen as an astronaut," Hernández recalls. "I was already interested in science and engineering, but that moment solidified my dream of becoming an astronaut." Years of hard work paid off when Hernández was selected to train as a mission specialist with the 2004 astronaut candidate class. In 2006, José completed Astronaut Candidate Training and in 2009, he was a mission specialist on the STS-128 mission on board the Space Shuttle, Discovery.

"We're thrilled to celebrate the 26th annual Latino Heritage Parade and Festival. Grab a lawn chair and invite your family, friends, and neighbors to join us for this spectacular celebration," said Koko Panossian, Director of Pasadena's Parks, Recreation, and Community Services Department.

For more information call (626) 744-6530.

Playhouse Area Walking Tour

Saturday, October 5th | 9:30 AM

Pasadena, settled by a group of farmers from Indiana in the 1870s, originally developed along the Arroyo Seco. The Pasadena Playhouse Historic District contains approximately 34 buildings, which represent the eastward growth of the City's urban core during the 1920s and 1930s, after Pasadena's economy had changed from agriculture to tourism. Development of this area was spurred by the construction of Pasadena's grand and imposing

Civic Center in the 1920s, prompting the construction of residential, religious and cultural facilities. This walking tour will feature a variety of architectural styles and several of the district's most notable landmarks including its namesake, the Pasadena Playhouse!

Tours last approximately 1.5 hours with a walking distance of approximately 1 mile. For the comfort of all our guests, dogs are not permitted on Pasadena Heritage walking tours.

For more information and tickets visit: pasadenaheritage.org.



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San Marino Upcoming Events & Programming

Application Deadline Approaching for City Treasurer

Looking to make an impact in the community? Apply for City Treasurer! The City of San Marino seeks to fill an opening for City Treasurer. The City Treasurer, in collaboration with the Finance Director, oversees the City's investments and advises the City Council. Knowledge of the collection and accounting of municipal funds is essential. San Marino residency is required. Interested persons should visit the City's website or contact the City Clerk for additional information and application materials. The deadline to submit an application is Monday, October 7, at 4 PM.

Introduction to Measure SM

On November 5, San Marino voters will have a choice. The City Council has placed the renewal of Measure SM, the Public Safety Parcel Tax Measure, on the ballot so voters can decide on the continuation of a special revenue source for police officers, firefighters, and paramedics. If voters renew Measure SM, it is expected to continue to generate approximately \$3.5 million annually in dedicated, locally controlled dollars for San Marino's Fire and Police Department services which have been a hallmark of safety in San Marino since 1980. For more information, visit: SanMarinoCA.gov/MeasureSM.

Old Mill Fireside Chat

DATE: Friday, October 11, 11:00 AM

WHERE: The Pomegranate Patio at the Old Mill

Frederick J. Ryan, Jr., author of the award-winning *Wine and the White House: A History*, is joined by Kate Sinclair, Executive Director of The Old Mill Foundation for an informative and entertaining fireside chat perfect for devotees of presidential history, lovers of wine, or both. They will discuss the importance of wine throughout White House history and explore how tastes in wine varieties and entertaining have evolved and adapted over those 200 years, from fine French wines to temperance and Prohibition to the emergence of world-renowned American wines. They will spotlight presidents known for their wine expertise—such as Thomas Jefferson, Richard Nixon, and Ronald Reagan—and cover how wine is selected, stored, and served at the White House, offering a glimpse of some of the service pieces in the collection.

Ryan, former Publisher of The Washington Post and founding CEO of Politico, produced this book in connection with the White House Historical Association.

\$10 Old Mill Members; \$20 Non-members

Purchase your tickets at: old-mill.org

Health & Wellness Talk: It's Just Teeth? Not so Fast!

Wednesday, October 2 at 1 PM, Barth Community Room

Join Dr. Jonathan Song, DDS of San Marino Dentistry to discover what oral-systemic connection is. What's healthy for the mouth is also healthy for the rest of the body and vice versa. Learn the best way to take care of your oral health from cavity, gum disease, oral cancer, and jaw joint problems. You will go home with information on how to best care for your dental health, which is intertwined with the rest of your body as a whole. Registration is not required.

Nature Series: Living with Native Oak Trees

Saturday, October 5 at 10 AM, Barth Community Room

Presenter: Lora Hall

San Marino is home to two native oak tree species: coast live oak and the rare Engelmann oak. These native oaks are not only beautiful, but they also provide a valuable habitat for wildlife. This lecture featuring San Marino's Urban Forester, Lora Hall, will discuss how to care for oak trees and encourage long, healthy lives, pruning and irrigation, what to plant under oaks (and what not to), common pests, and disease issues. Registration is not required.

Joyful Living Happy Life

Sunday, October 6 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.

Tiny Pumpkin Art Show

This fall, art and teeny tiny pumpkins come together in Crowell Public Library's first Tiny Pumpkin Art Show for everyone ages 3+! Why be limited to a blank canvas when you can unleash your inner Picasso on a pumpkin? Register for a Tiny Pumpkin Decorating Kit and after you complete your masterpiece, bring it back to the Library to be showcased in our Tiny Pumpkin Art Show Gallery. You also have the chance to win a prize! This program is sponsored by the Friends of the Library. Registration is required. Kit pickup begins October 1.

Meetings

Design Review Committee

Wednesday, October 2 at 6:00 PM; Barth Room and Zoom (Public Access)

Major Water Main Upgrade on Bellefontaine Street Done



City officials announced last week that Pasadena Water and Power (PWP) successfully completed a critical upgrade to a 110-year-old 10-inch cast iron water main along Bellefontaine Street.

"The new 12-inch ductile iron water main spans approximately 1,400 feet from Pasadena Avenue to Fair Oaks Avenue. This upgrade enhances water service reliability for the city, including three medical office plazas, two nursing facilities, and one hospital," they said.

The Bellefontaine Street Water Main Replacement Project presented several challenges. The main serves numerous critical facilities that require uninterrupted water service and vehicle access. The area also contains many existing underground utilities, including gas, electrical, and telecommunication lines.

Through interdepartmental collaboration within the City of Pasadena, including key support from the Pasadena Fire Department, the Department of Public Works, and the Department of Transportation, PWP successfully completed

the project on schedule. It exemplifies PWP's commitment to proactively improving the city's water infrastructure and ensuring reliable water service.

"Infrastructure projects like this are vital to our mission of continuing to deliver reliable, high-quality water to the community," says Chief Assistant General Manager, Stacie Takeguchi. "Thanks to the support of the local community, City partners, and our dedicated PWP team, we were able to complete this project efficiently and effectively. We are proud that this water main will serve the City of Pasadena for generations to come."

For complete details on active and recently completed projects, visit: PWPweb.com/Construction.

PWP provides electricity to more than 65,000 customers within Pasadena. PWP delivers water to nearly 38,000 households and businesses in Pasadena and adjacent communities in the San Gabriel Valley. As a community-owned utility, PWP is a not-for-profit public service owned and operated by the City of Pasadena for the benefit of its customers and the community.

City Seeks Police Auditor

City of Pasadena officials announced Wednesday that they are seeking to contract with an independent police auditor to advise the city's 11-member Community Police Oversight Commission.

They said that eligible firms or individuals are encouraged to review the request for proposals for independent police auditor, which can be found on the city's website at [:cityofpasadena.net](http://cityofpasadena.net), at the Community Police Oversight Commission's website, City Attorney's website, and at the link for the City's online procurement website (OpenGov). The deadline for submitting proposals is October 11.

The independent police auditor will be expected to perform the following duties, among others, as set forth by the ordinance adopted by the City Council in October 2020:

- Serve as a best-practices advisor to the Community Police Oversight Commission;
- Review categorical uses of force by Pasadena Police Department personnel to assess whether the police department's

investigation was complete, thorough, objective, and fair;

- Review investigations of personnel complaints of bias-based policing;
- Where directed by or in conjunction with the commission, recommend changes to police department policies; and
- Issue public reports.

Proposals must be submitted no later than 5 p.m. on Friday, Oct. 11. Details relating to the scope of work and online submission instructions can be found in the request for proposals. - Local Pasadena businesses, small and micro-businesses, and women and minority-owned businesses are encouraged to propose.

Pasadena Awarded 1.5M Safe Streets Grant

Director of Transportation, Joaquin Siquesis announced last week that the department was successful in its grant application for the U.S. Department of Transportation Safe Streets and Roads for All fiscal year 2024 demonstration program. The grant will provide \$1,556,520 to install a demonstration project, built with temporary 'quick-build' materials, to evaluate traffic calming safety improvements on El Molino Avenue from Atchison Street to Bonita Drive, connecting the entire City from north to south limits. El Molino Avenue is one of four planned Greenways, traffic-calmed streets prioritizing people walking and biking. These grant funds will allow the City to work with the community to identify preferred Greenway traffic calming safety treatments before committing funds to build permanent improvements as part of the larger twelve-million-dollar Greenways Project funded by Measure R. Outreach and public engagement for the El Molino Avenue Greenway project would begin in summer 2025, with the quick-build elements installed and evaluated through 2026, which will inform the final design effort for permanent greenway improvements. For more information visit: cityofpasadena.net.

Chamber Board Positions on State Ballot Initiatives

The Board of Directors of the Pasadena Chamber of Commerce and Civic Association considered statewide initiatives that will appear on the ballot in November. The Board considers whether or not propositions will have a local impact, either on our businesses, business community or economy, and how to best recommend a vote on the item.

Ballot initiatives are first reviewed by the Chamber's Legislative and Government Affairs Committee. That committee makes recommendations to the Board, which may be supported or opposed by the Board.

The Board of Directors considered initiatives on the November ballot and made the following recommendations on statewide initiatives:

Proposition 2: A statewide bond measure to raise \$10 billion for school construction. OPPOSE.

The measure was hastily placed on the ballot without serious consideration or the identification of specific projects or initiatives.

Proposition 4: A statewide bond measure to fund climate impacted programs like wildfire and forest programs, drinking water sustainability, sea level rise and more. SUPPORT.

"We are experiencing the effects of climate change every day," said Chamber President and CEO Paul Little. "The Chamber Board felt that taking steps now to deal with impacts such as wildfires, water shortages and more deserves funding."

Proposition 5: Would lower the voting requirement threshold for local measures that would support infrastructure projects and affordable housing development. OPPOSE. This would make it too easy for local governments to impose tax increases on property owners. The current limits imposed by voters previously should remain intact.

Proposition 6: Would limit the use of forced labor in prisons. SUPPORT. The Chamber Board felt this is a human rights issue.

Alleviating the last vestige of indentured servitude in California is warranted and would likely have little impact on prison budgets. It could help alleviate overcrowding in some prisons and jails where there would likely be early release provisions to prisoners who volunteer to work, rather than higher pay.

Proposition 32: Would raise the minimum wage to \$18 per hour in California. OPPOSE. Minimum wage increases to not have the intended result, a higher standard of living for minimum wage workers, and severely impacts employers.

Proposition 33: Would allow local governments to impose rent control on all rental units in California. OPPOSE. "This measure would undo the Costa-Hawkins Act and allow rent control on units built after February 1, 1995," Mr. Little commented. "This would significantly stifle the development of housing in California, exacerbating our housing shortage, and make existing housing less affordable."

Proposition 34: This would require certain health providers to use nearly all revenue received from federal prescription drug programs be spent on patient care. SUPPORT. "The appropriate spending of taxpayer money—purpose—is a basic taxpayer protection," said Mr. Little. "If an agency does not use funds for the purpose the money was provided, it should be returned so others can use it for that purpose."

Proposition 35: Would make permanent a tax on managed health care insurance plans. SUPPORT. This would make more money available for Medical and block lawmakers from using these funds to avoid cuts in other programs.

Proposition 36: Would increase penalties for theft and drug trafficking. SUPPORT. It would aggregate dollar amounts of thefts that can be counted as felonies, increase penalties for trafficking in fentanyl and more. "Passage of Proposition 36 would enhance public safety in a measured and effective manner," Mr. Little commented. "Smash and grab thefts, organized shoplifting, the sale and distribution of fentanyl and other drugs would result in more appropriate sentencing. It will make us all safer while maintaining the innovative approach to low-level crime and sentencing put in place by Prop 47 a few years ago."

The Pasadena Chamber of Commerce and Civic Association does not endorse individual candidates. Nor does the Chamber fund campaigns of candidates or those in support or opposition to ballot measures.

The Pasadena Chamber of Commerce and Civic Association is a professional business organization. Since the earliest days of Pasadena, the Chamber has played a major role in the development of this internationally renowned city. Founded in 1888 as the Board of Trade, the Chamber's primary purpose has been the enhancement of the economy, business climate and the quality of life in Pasadena. The Pasadena Chamber of Commerce currently serves more than 1250 members.

Free Pasadena Flu Shot Clinics

Pasadena Public Library offers free flu shot clinics in partnership with the Pasadena Public Health Department and Huntington Health, an affiliate of Cedars Sinai. Vaccine supplies are limited and are available on a first-come, first-served basis. Please wear short sleeves.

Pasadena Public Health Department Free flu shots are available to those 6 months and older. Children under 18 years must be accompanied by a parent/guardian.

- Thursday, Oct. 10 • 1:30 - 4 p.m. • Lamanda Park Branch Library

- Thursday, Oct. 17 • 1:30 - 4 p.m. • La Pintoresca Branch Library

- Thursday, Oct. 24 • 1:30 - 4 p.m. • Linda Vista Branch Library

- Thursday, Oct. 31 • 1:30 - 4 p.m. • Hill Avenue Branch Library

- Thursday, Nov. 14 • 1:30 - 4 p.m. • Santa Catalina Branch Library

- Thursday, Nov. 21 • 1:30 - 4 p.m. • San Rafael Branch Library

Huntington Health Community Outreach Free flu shots will be offered to those ages 9 and older. Children under 18 years must have their parent's consent and be accompanied by a parent/guardian. Not for people with an allergy to eggs or previous influenza vaccine, Guillain-Barré syndrome, or serious illness or fever on the day of vaccination.

- Wednesday, Oct. 16 • 10 a.m. – noon • Hastings Branch Library

For more information visit: cityofpasadena.net/library.

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FIRST WEST NILE VIRUS DEATH OF 2024 REPORTED IN LA COUNTY

Public Health Urges Residents to Take Action to Prevent the Spread of Mosquito-Borne Diseases

The Los Angeles County Department of Public Health has confirmed the first death due to West Nile virus for the 2024 mosquito season in Los Angeles County. The patient, a resident of the San Fernando Valley, was hospitalized and died from neurological illness caused by severe West Nile virus.

"To the family and friends grieving the loss of a loved one due to West Nile virus, we extend our heartfelt condolences," said Muntu Davis, MD, MPH, Los Angeles County Health Officer. "This tragic loss highlights the serious health risks posed by mosquito-borne diseases, such as West Nile virus, dengue, and others. Using insect repellent to prevent mosquito bites, eliminating items that hold standing water around your home where mosquitoes can lay eggs and develop, and using or fixing screens on your doors and windows to keep mosquitoes out of the home are simple steps everyone can take to significantly reduce the risk of mosquito-borne disease for both you and your neighbors."

West Nile virus spreads through the bite of an infected mosquito. Most mosquitoes do not carry the virus therefore, most people bitten by a mosquito are not exposed to the virus. Those who do get West Nile virus may experience mild symptoms including fever, muscle aches, and tiredness. While everyone is at risk for West Nile virus, people over 50 and those with health problems are at greater risk of serious illness, which can include meningitis (brain infection), encephalitis (swelling of the brain) and limb paralysis. There is no specific treatment for West Nile virus disease and no vaccine to prevent infection.

A total of 14 cases have been documented in Los Angeles County so far this year (excluding Long Beach and Pasadena as cases identified in those cities are reported by their local health departments). Peak mosquito season lasts from June to November in LA County. West Nile virus is the most common mosquito-borne disease that affects residents in LA County. Public Health reports cases of West Nile virus every year, which means the virus is endemic to the region. In collaboration with local vector control agencies, Public Health monitors cases of West Nile virus infection and actively engages residents to provide information about reducing the risk of West Nile virus to humans by promoting protective measures against mosquitoes.

Resident are encouraged to take the following precautions to reduce their risk:

- Wear Mosquito Repellent: Mosquito repellents can prevent mosquito bites. EPA-registered repellents containing DEET, picaridin, IR3535, 2-undecanone, and oil of lemon eucalyptus are the longest lasting and most effective. They are available as sprays, wipes, and lotions. Consider wearing long-sleeved clothes and pants when outside.
- Keep mosquitoes out their homes: Make sure that doors and windows have tight-fitting screens to keep

out mosquitoes. Repair or replace screens with tears or holes.

· Prevent mosquito breeding: Eliminate standing water where mosquitoes can lay eggs.

o Clear standing water in flowerpots, saucers, birdbaths and other outdoor containers. Empty items that hold water inside and outside your home once a week. Mosquito eggs only need a thimbleful of water to hatch.

o Cover water storage containers such as buckets and rain barrels. For containers with no lid, use wire mesh with holes smaller than an adult mosquito.

o Clean and maintain swimming pools, spas and drain water from pool covers.

o Throw away old items in your patio or yard that can hold water, e.g., old car tires and children's toys.

o Call 2-1-1 or visit call your local vector control to report persistent problems to your mosquito control district

About West Nile Virus

West Nile virus is a disease caused by the bites of infected mosquitoes. The virus survives in nature in several types of birds and is transmitted by the bites of mosquitoes that feed on infected birds. West Nile virus spreads during warm weather months when mosquitoes are most active. While not all mosquitoes carry this virus, the type of mosquito that spreads this virus is found throughout Los Angeles County.

Most people who get West Nile virus don't have any symptoms. About 1 in 5 people who are infected develop a fever with other symptoms such as:

- headache
- body aches
- joint pains
- vomiting
- diarrhea
- rash

About 1 in 150 people will have severe symptoms that may include high fever, stiff neck, muscle weakness, and sometimes rash. Symptoms usually appear 3 to 14 days after being infected. If symptoms are severe, residents are encouraged to call their doctor right away.

For more information, visit: publichealth.lacounty.gov/acd/vectorwestnile.htm

For questions or to find a nearby clinic or doctor, call the Public Health InfoLine at 1-833-540-0473, open every day from 8 a.m. to 8 p.m.

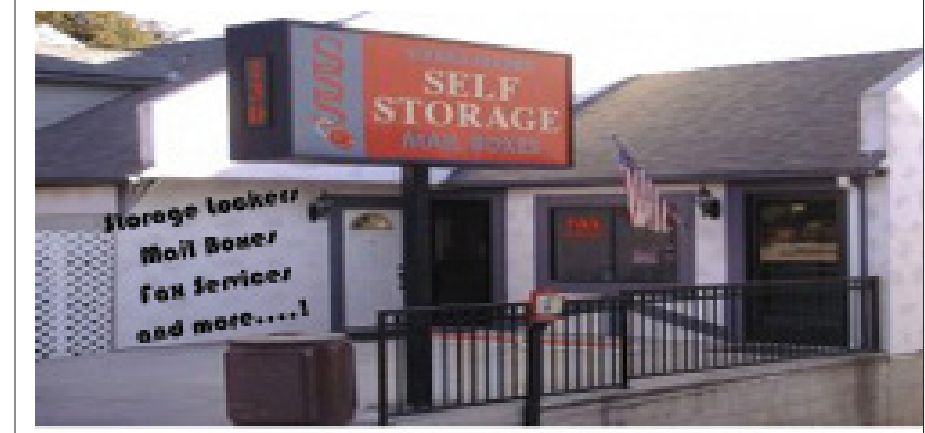


CHANTRY FLAT RECREATION AREA REOPENING OCTOBER 2!

Chantry Flat will reopen its popular recreation area on October 2nd. The reopening comes after years of closure following the 2020 Bobcat Fire, which impacted our Foothill communities.

Several volunteer groups have worked together to repair damaged trails and clean up debris that damaged the area. Take the time to visit the area and enjoy hiking trails while we continue work on own Canyon Park.

For more information, visit the Angeles Forest Service website.



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ASSEMBLYMEMBER CHRIS HOLDEN'S BILL ENSURING CHILDREN ARE SAFE WHILE AT CALIFORNIA SUMMER CAMPS GETS SIGNED INTO LAW

Sacramento, CA - This week, Assemblymember Chris Holden's legislation, Assembly Bill 262, which will direct the Department of Social Services (DSS) to lead a stakeholder group developing recommendations through a report to the Legislature on future regulations that will protect children while attending day and overnight camps, was signed into law by Governor Newsom.

"I am greatly relieved to learn that our state will be creating provisions to better ensure the safety of California children attending day and overnight camps," said Assemblymember Chris Holden. "I have worked directly with family members who have suffered the great misfortune of knowing just how much can go wrong without proper oversight but we can step in and be the change. This is a proud win and one that reflects the level of care that our children deserve."

AB 262 will direct DSS to report to the Legislature with guidance on establishing an appropriate licensing program for camps, ensuring camp counselors and staff are appropriately qualified, and providing parents and caregivers with accessible and transparent information on camp safety.

"When it comes to schools, camps, aftercare programs, and any other institution dedicated to supervising our children, we must take safety measures seriously. With this legislation, we are doing just that and I am glad our state recognizes this as a priority," said Holden.



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ARCADIA UNIFIED ELEMENTARY TEACHER COURTNEY FRANZ SELECTED AS LOS ANGELES COUNTY TEACHER OF THE YEAR



Holly Avenue's Courtney Franz with L.A. County Superintendent Dr. Debra Duardo and L.A. County Board of Education President Dr. Stanley Johnson

ARCADIA, CA – Holly Avenue Elementary School Special Education Teacher Courtney Franz has been selected as a Los Angeles County 2024 Teacher of the Year. Mrs. Franz will go on to represent Arcadia Unified in this year's California Teacher of the Year competition. Mrs. Franz has been an educator in AUSD for 17 years. In addition to being an exceptional teacher, her impact extends beyond her classroom. Mrs. Franz has developed comprehensive training programs for instructional assistants, which have been adopted at the district level, and she regularly coaches and co-teaches with fellow educators to support student success.

Franz is now among the 16 honorees who were chosen as 2024 Los Angeles County Teachers of the Year from a highly competitive pool of 69 teachers representing 65 school districts. She will continue her journey representing L.A. County in the California Teachers of the Year competition this fall, joining other top educators from across the state. The state will then announce the five California Teachers of the Year in October. One of those will go on to represent California in the National Teacher of the Year competition next year.

"Courtney takes every measure to ensure that every student receives the support they need to thrive academically and emotionally," said Holly Avenue Elementary Principal Teresa Oakland. "She is truly an exceptional educator who embodies the values of excellence, compassion, and dedication that define the Arcadia Unified School District."

SCHOOL DIRECTORY

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

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

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
Interim Principal Ernest Siy

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

Monrovia High School
325 East Huntington Drive, Monrovia, CA 91016
(626) 471-2800 Principal: Darwin Jackson
Email: schools@monrovia.k12.ca.us

Assumption of the Blessed Virgin Mary School
Ms. Rose Navarro, Principal
2660 East Orange Grove Blvd.
Pasadena, Ca 91107
626-793-2089
https://school.abvmpasadena.org/

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://pchs.pusd.us

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

Sierra Madre Elementary School
141 W. Highland Ave, Sierra Madre, Ca. 91024
(626) 355-1428
Principal: Dr. Jodi Marchesso
E-mail address: marchesso.jodi@pusd.us

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

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

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

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

Foothill Oaks Academy
822 E. Bradbourne Ave., Duarte, CA 91010
(626) 301-9809
Principal: Nancy Lopez
www.foothilloaksacademy.org
office@foothilloaksacademy.org

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

Frostig School
971 N. Altadena Drive Pasadena, CA 91107
(626) 791-1255
Head of School: Jenny Janetzke
Email: jenny@frostig.org

Wilson Middle School
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(626) 449-7390 Principal: Ruth Esseln
E-mail address: resseln@pusd.us

The Gooden School
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(626) 355-2410
Head of School, Jo-Anne Woolner
website: www.goodenschool.org

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.monroviashools.net

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Fighting Fires! **Fire Prevention and Safety**

Let's all help to prevent fires. You can start by talking with grownups in your family about fire safety and prevention. Check at your school to see if firefighters can come to talk to your class. **Cut out this checklist and hang it on your refrigerator or bulletin board.**

Read these clues to fill in the puzzle with people and the things they use to fight fires:

Family Fire Safety Checklist

Do you know that some dogs live in fire stations?

- Cook in the kitchen only when an adult is helping you.
- Don't touch matches, lighters or candles. They are only for adults to use.
- Do you have smoke detectors on every level of your home? Test them monthly. Change the batteries at least once a year.
- Do you know two or more ways out of the house?
- Never use elevators if there is a fire (stairs are much safer).
- Smoke rises. If there is a fire, stay low: crawl under the smoke.
- Have you picked a place to meet the rest of your family once you are all out of the house?
- Once you are out of the house, *stay out* of the house.

1. hydrants pump hundreds of gallons of _____ each minute

2. a fire _____ should be in every kitchen

3. horses of fire carriages in the 1800's were protected by _____, especially dalmatians

4. firefighters and equipment are brought by a _____ to the scene

5. person who teaches us fire safety and protects us

6. a _____ can be used to pick up water from a lake and drop it onto a fire

7. _____ are used to chop down locked doors or walls

8. _____ extinguish fires without endangering any firefighters

9. a special fire truck carries long _____ to reach high spots (skyscraper)

10. a smoke _____ gives warning of fire

Crossword Puzzle:

firefighter, fire engine, extinguisher, helicopter, axes, ladders, robots, dogs, water, detector

PUZZLES FOR YOU

Mountain View News Saturday, September 28, 2024

FAMOUS WORLD SITES

- ACROSS
- To grab meat off a grill
 - Tire meas.
 - Flock member
 - Hollywood sidewalk mark
 - Architect's drawing
 - Muhammad's teachings
 - *Leaning Tower city
 - Co-eds' military org.
 - a.k.a. Pleasant Island
 - *Angkor Wat country
 - Like some Christmas sweaters
 - Walt's Mickey
 - Blunder
 - Emerge
 - *"Midsommar" flower arrangements
 - *Avenue des Champs-Élysées, technically
 - Plural of stria
 - Prescribed food selection
 - On pins and needles
 - Knee-related acronym
 - Fur of the marten
 - Hissy fit
 - Political "shelter"
 - The night before Christmas
 - Eyewash vessel
 - Food tester
 - King Kong, e.g.
 - Milk quantity
 - *_____ Verde National Park
 - *Black Hills' Mount _____ National Memorial
 - Short-trunked ungulate
 - Geometric calculation
 - Barbequed anatomy
 - Not upright
 - Mountain lake
 - *Easter Island statues
 - Short for detective
 - Follow ems
 - "Mr. Roboto" band

DOWN

- Recipe amt.
- Related to ear
- U.S. space agency, acr.
- Gram, in Great Britain
- Walks weary
- Composer of "Gymnopédies" fame Erik _____
- *Machu Picchu empire
- Twelfth month of Jewish civil year
- On one's guard
- Ostrich-like bird
- Marcel of "Remembrance of Things Past" fame
- Harden
- *_____ Familia, Spain
- Autocratic
- Earlier in time, archaic
- Use blunt end of pencil
- Sack fabric
- Change shoelace knot, e.g.
- *China's Great attraction
- *Mt. Everest's northern slope location
- Tool handle
- Ranch grazer
- Poison ivy woe
- *_____ Strait, Alaskan cruise destination
- *Famous onion-domed cathedral's namesake in Russia
- Ingratiating behavior
- Gobbled up
- Relating to Utah
- Like exes
- Violent weather, pl.
- #13 Across' sacred writings
- Site frequenters
- First one on a ship
- Long narrative poem
- Loan attribute
- Heavy metal's Quiet _____
- E-commerce website
- Sylvester, to Tweety
- Broadway musical about wives of Henry VIII

CROSSWORD

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				9			4	
	9	8	1	3				

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

DOWNTOWN SIERRA MADRE HALLOWEEN WINDOW PAINTING

Window Painting is Back!!

Sponsored by the Sierra Madre Civic Club

Gather your friends and paint local merchants' windows in Halloween themes.

The contest is open to youths ages 9-17. At least one member of the team must be a Sierra Madre resident.

Awards for 1st, 2nd, and 3rd place winners in each age category.

For Applications and More Info:
SierraMadreCivicClub.org
 Facebook
sierramadrecia.gov
 The Library
 City Hall
 Your Local School





PAINTING DATES AND TIMES
 FRI, OCT 25, 2:30 P.M. – 6:00 P.M.
 SAT, OCT 26, 7:30 A.M. – 10:00 A.M.

DEADLINE TO TURN IN YOUR APPLICATION TO CITY HALL IS OCTOBER 11, BY 4:30 P.M.

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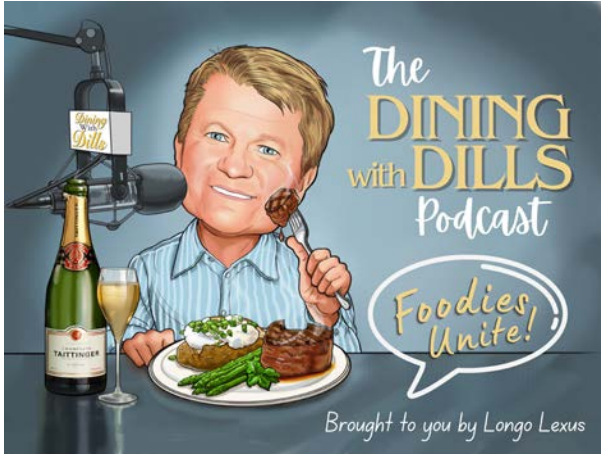
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Sept. 21, 2024 Solutions

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TAYLOR'S STEAKHOUSE, LA CAÑADA

Dining at Taylor's Steakhouse in La Cañada is an experience steeped in history and tradition, with all the hallmarks of a classic steakhouse. I had the pleasure of sharing dinner with Bruce Taylor, the gracious owner and son of the original founder, Tex Taylor. Bruce's passion for the restaurant, which has been in his family since 1953, is evident in every detail, from the ambiance to the food. Taylor's Steakhouse has been serving top-quality steaks for over 70 years. It all started when Tex and Margie Taylor bought a small bar called O'Kelley's Tavern in Los Angeles. As their popularity grew, so did their ambitions, transforming the tavern into the beloved steak-house it is today. Bruce took over in the 1970s, continuing his father's legacy by expanding to La Cañada in 1996.

The Meal: Steak, Salad, and Martinis

For this meal, I started with the Molly Salad, Taylor's take on the classic Wedge salad. It's a hearty dish with plenty of toppings—crispy bacon, tangy blue cheese, and ripe tomatoes. The salad was so filling that I had to pass on dessert!

As for the main course, I couldn't resist ordering their New York Strip Steak, cooked to perfection with a nice char on the outside and tender, juicy meat on the inside. Bruce shared his bone-less ribeye, which was equally impressive, with deep, rich flavors that any steak lover would appreciate.

To drink, I kept it simple with a classic gin martini—stiff and smooth, just as it should be. Bruce, ever the gracious host, opted for a glass of Chardonnay, his personal favorite. The wine list at Taylor's is extensive, offering a variety of well-curated selections to pair perfectly with their steaks, though their martinis are also a standout. No room for dessert maybe next time.

During our conversation, Bruce Taylor shared some insights into the long-standing traditions of Taylor's Steakhouse and his pride in maintaining the quality his father, Tex, established. Bruce spoke fondly about the restaurant's commitment to serving the finest aged, corn-fed prime and certified Angus beef, highlighting how they have worked with the same meat purveyor for over 35 years to ensure consistency and quality.

Final Thoughts

Taylor's Steakhouse in La Cañada is the perfect spot for anyone seeking a timeless dining experience. The combination of excellent food, a classic ambiance, and Bruce Taylor's warm hospitality makes it a must-visit. Whether you're there for a steak, a martini, or a glass of Chardonnay, you're guaranteed a top-notch meal.

Reservations should be considered! (818) 790-7668- 901 Foothill Blvd. Plenty of free parking back of restaurant

Email me at thechefknows@yahoo.com

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GRADE A

THE TASTING ROOM

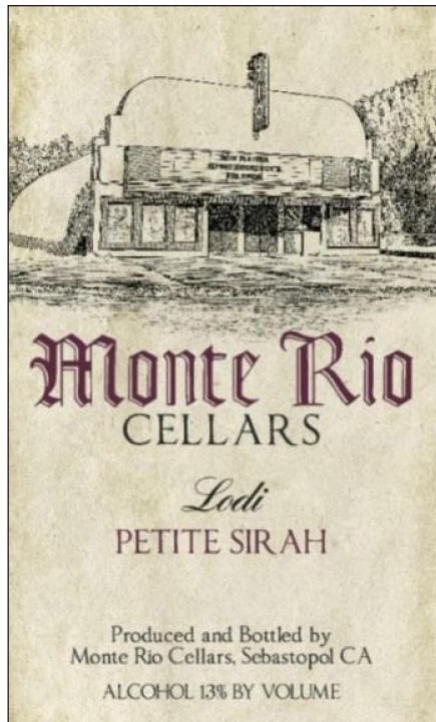
A CLASSIC CALIFORNIA RED MADE NATURALLY

I'm Gustavo Lira, Tasting Room Manager and Wine Buyer at The Bottle Shop in Sierra Madre with another wine and spirits selection.



One of the classic California red wines for me is Petite Sirah. California is the largest grower of Petite Sirah in the world, while there's hardly any plantings anywhere else in the world. It is not the same grape as Syrah. Rather, Syrah and Peloursin are the "parents" of Petite Sirah. The petite refers to the small

size of the berries. Petite Sirah is known for its dark purple color and deep bold flavors with pepper and dark berry notes. Some people compare this wine to Cabernet Sauvignon and Malbec. There are several producers who make Petite Sirah, among my favorites are Aaron Wines and Once & Future. I can now add Monte Rio Cellars to this list.



Monte Rio Cellars is owned by Patrick Cappiello and Pax Mahle. Patrick is a former sommelier and restaurateur turned winemaker, while Pax is a leading winemaker in California. The two work with family owned and organically farmed vineyards. Their vision of winemaking is to be very low intervention. Patrick ferments with wild yeasts, foot treads the grapes, uses very minimal sulfites, and ages in very neutral barrels. You can call this wine a natural wine, but it's a natural wine that is made very well. It doesn't come with all the baggage that other self-proclaimed natural wines made by inept winemakers have - it doesn't smell like a hamster cage and taste like kombucha. This wine is gorgeous.

The 2021 Monte Rio Petite Sirah is sourced from the Reese Vineyard and Calvinco Vineyard in Lodi. The vineyards are organically farmed, and the vines average ages are 20-40 years old. The grapes are whole clustered (the stems remain) and carbonic maceration is done in stainless steel. This retains the freshness of the juice. The wine is aged 10 months in neutral French oak.

As I sip this wine while writing this, I get dark blue fruit notes, floral notes, white pepper, a little chocolate, and herbs. It's got a core of acidity and raciness. The white pepper comes through on the smooth finish. It is not a big, high alcohol, bombastic wine, but rather a refined Petite Sirah. I chilled the bottle a bit and I could see this pairing wonderfully with Mole Poblano. I love it. Come get some at The Bottle Shop before I finish it all!

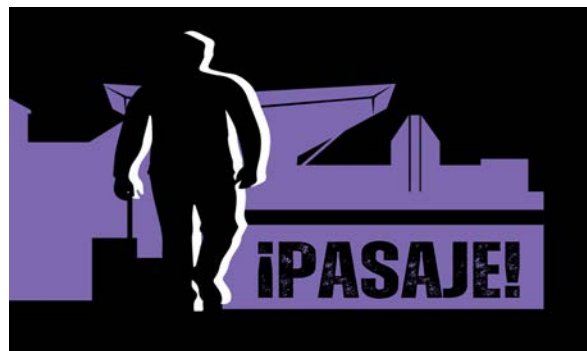
The 2021 Monte Rio Cellars Petite Sirah is available at The Bottle Shop for \$19.99. Say you saw it in the Mountain Views News and get it for \$17.99 through Monday, September 30th.

Scan the QRCode to sign up for our newsletter.

Until next time - Salud!



SIERRA MADRE Playhouse



COUNTDOWN TO ¡PASAJE!

T-MINUS ONE WEEK TO OPENING NIGHT

We're just one week away from the world premiere of ¡PASAJE!, and excitement is building! Opening night is already sold out, but you still have the chance to experience this extraordinary production on another night. ¡PASAJE! is a heartwarming and powerful new musical about family, identity, and the complexities of cultural heritage. Written by J. Quiroz, with music by multi-GRAMMY Award winner Asdrú Sierra, this show takes you on a journey with Andy, a young man traveling from Flagstaff to South El Monte, where he uncovers long-buried family secrets.



The show beautifully weaves together themes of Latinx identity, belonging, and the deep connections that bind generations. With stunning music, vibrant characters, and an inspiring story, ¡PASAJE! is a celebration of the Latinx experience that will resonate with audiences from all walks of life. Don't wait too long—tickets are flying, and you won't want to miss this groundbreaking production!

¡PASAJE!

Weekends October 4 - November 3rd

Showings at 4PM & 8PM

Tickets \$12-45

ALL THINGS By Jeff Brown

OAK GLEN: A HIDDEN TREASURE

Oak Glen is a wonderful small agricultural community located in the foothills of the San Bernardino Mountains near Yucaipa off the 10.



One of the most scenic spots in Southern California, Oak Glen is nestled in the heart of Apple Country, where it is cooler in the summer and winter offers enough snow to make snowmen.

Folks can come up and enjoy a simpler way of life, surrounded by the fresh crisp air and partake of the beautiful change of seasons. An hour from Los Angeles or Palm Springs, spend the day having some good ole' country fun. The mile-high climate of Oak Glen provides a beautiful change of season. Numerous Apple orchards open to the public cover the slopes laden with apple blossoms in the spring and apples in the fall. Oak Glen offers wholesome family fun in every season.

Visit orchards, mountain tree fresh apples and cider, enjoy hot apple pie and other fresh baked apple treats at one of the family restaurants. Feed the animals in the animal park or browse through the many specialty shops in the Glen.

A Bed and Breakfast, RV facilities as well as camping and group accommodations are available.

Fall Season - Come experience Apple Harvest. You can pick your own apples, raspberries or pumpkins, press your own cider, and enjoy country music, dancing, dinner events and other old fashioned activities. Explore and hike the vast and beautiful offerings of nature at The Wildlands Conservancy. Visit the historical Oak Glen School House Museum or take a horse drawn wagon ride through the orchards. Marvel at fall colors as brilliant as those of New England.

Check their website for all the different apple farms and activities.

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CHRISTOPHER Nyerges



[Nyerges is the author of several books including "Self-Sufficient Home" and "How to Survive Anywhere." He also leads wilderness classes every weekend. He can be reached at School of Self-Reliance, Box 41834, Eagle Rock, CA 90041, or www.SchoolofSelf-Reliance.com]

CLUES TOWARDS NATURAL HEALTH

Health. What is it, really? When most of the world speaks of the "health profession," they're not speaking of health at all. They're speaking about maladies, discomforts, and disease. They speaking about what the western doctors can do to relieve or eliminate the symptoms of our problems.

So it always bugs me that we've hypnotically switched "health" with "symptom relief" in our thinking. So what is health? How do we achieve it? What does it look like?

When I was about 17 I got a job at a local health food store. The owner made a point of telling me that he got into the "health field" because he'd nearly driven himself to death because of his desire to be an actor. He would recount for us his various diseases and symptoms, all of which he says he overcame by a change of diet. He still died a young death in his 50s, perhaps because his years of stress and drugs and drinking still caught up with him. But for awhile, he was the image of radiant health. What did he do? Perhaps more importantly, what did he not do?

What is good vibrant health, and how can we all achieve it?

It is something that the government can give us? Is it something that most doctors can tell us how to achieve? For starters, just look at your doctor. He or she might be the epitome of radiant health, but chances are, your overworked doctor is not an exemplar of radiant health.

In one of my books, Integral Health, I have proposed the "Pyramid of Health," where the bottom foundation of the pyramid constitutes all those things that are the most important foundations of health. The very tip of the pyramid - those things that are least important - include the drugs and care of doctors.

What you do, and eat, and think, and how you spend your life, are the building blocks to radiant health. This is nothing new, and is not a mystery.

Hippocrates, sometimes called the father of modern medicine, used a variety of "natural methods" to relieve sickness and bring about a state of health. These methods included exposure to sunlight, exercise, diet, fasting, water therapy, etc. There are whole books today about the scientific foundation for each of these means of promoting health.

Of course, the greatest focus in our society is upon the foods that we eat, and the intensity of the exercise we do. It is easier to quantify the effects on our health of various foods we eat than it is to quantify our state of mind on our health. But that is the direction in which we should be headed.

In a recent discussion with a mentor, he brought up what he felt is a major source of mental and physical sickness. He expressed that whenever any of us carries on with unpaid debts (and these debts can be financial, ethical, moral, or spiritual), that nightmares and sicknesses result. The obvious solution is to delve deep within, and find a way to pay that debt. But what most of us do, instead, is to dig in our heels and resist, resulting in much mental anguish and even manifesting as various sicknesses and diseases. Then, the common next step is to get a doctor (of some sort, even a psychiatrist) to give us drugs to deal with the pain. Of course, all the drugs have side effects, sometimes worse than what it was trying to cure. Or maybe we drink alcohol to relieve the pain so we can carry on with our life without ever having to deal with the cause.

Healthcare should promote regular vigorous exercise, and an excellent diet, and should guide each patient to see how our thinking, and the jobs we do, can ruin our health, or improve it. Real health educators should teach how to use foods as medicines, and how we can allow our body to heal itself, if we let it. For example, using the fresh aloe leaf to treat cuts and wounds. Or using garlic (internally or external-ly) to deal with infections. I told a friend how I once used garlic after a root canal, and didn't use any antibiotics that the dentist prescribed. He believed I was lying!

Another "natural method" involves using vinegar in our drinking water and fruit juices to help us adjust to external temperature fluctuations, or externally to deal with bug bites.

We are, of course, in the early stages of a health revolution, where people know something is wrong with the overall direction and focus of the "health profession." But don't expect changes from the industry or from government. Educate yourself, and learn to treat yourself and your family. And keep learning!

(Obviously, I've only touched on the tip of the iceberg here - I welcome your questions and comments).

CLASSES AND BOOKS

BY CHRISTOPHER NYERGES

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Katnip News!



Tuxedo, age four months; Male, MH

Neutered, vaxxed, vetted, healthy

SCOTTY



Lifeline for Pets presents Scotty, born May, 2024. He was saved from the Devore, high-kill shelter, where he was on the kill list. He's a total purrball. His rescuer says, "Scotty will melt when you pick him up, he purrs loud and long. He loves to play as all kittens do. He gets along with everyone. Nail trim, bath--he doesn't mind any of that."

If you are interested in adopting Scotty, please submit our adoption application (no commitment) on our website at www.lifelineforpets.org.

Pet of the Week

Charles is a charming 5-year-old pit bull with a big heart and a love for adventure. He's had quite the journey at Pasadena Humane, showing tremendous growth in confidence and affection over time.

Charles may initially appear shy, but once he warms up, his sweet personality truly shines. He responds well to treats and loves a good scratch behind the ears. You'll often find him happily leaning into his favorite people for pets or splashing around in the pool during his playtime in the yard. This handsome boy enjoys his walks and is always eager to explore. While he's still working on some leash manners, Charles shows great progress with every outing. He's especially fond of his treat puzzles and enjoys the occasional zoomies in the yard. When he settles down, he loves to curl up at your feet and soak up all the love he can get. Charles is looking for a patient and understanding adopter who can continue to guide him on his journey to becoming the best dog he can be. With his gentle nature and love for companionship, Charles has all the makings of a loyal and loving friend. He's ready to find a forever home where he can continue to thrive and share his affection. Are you ready to give Charles the loving home he deserves? Come meet this sweet boy and see if he's the perfect match for you! The adoption fee for dogs is \$150. All dog adoptions include spay or neuter, microchip, and age-appropriate vaccines.



Walk-in adoptions are available every day from 2:00 - 5:00. For those who prefer, adoption appointments are available daily from 10:30 - 1:30 and can be scheduled online. View photos of adoptable pets at pasadenahumane.org.

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

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



Dogs & Heat

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Asphalt and concrete temperatures can usually be 20-40 degrees hotter than the ambient temperature. If the back of your hand can't stand the heat on the concrete or asphalt for 7 seconds, it's too hot for a walk.

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From The Desk of Steve Scuirba, Safe Path For Senior

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IF YOU'RE 65 OR OLDER, IT'S TIME TO GET YOUR PNEUMONIA SHOT

Dear Savvy Senior:

I recently turned 65 and would like to know if am supposed to get the pneumonia vaccine? And if so, which type of vaccine do I need and is it covered by Medicare? Relatively Healthy

Dear Relatively:

Yes, the Centers for Disease Control and Prevention (CDC) does indeed recommend the "pneu-mococcal vaccines" for pneumonia for adults age 65 and older. They're also recommended for younger people with long-term health issues or weak immune systems, as well as children under 5 and people who smoke.

Pneumonia, which can happen anytime – not just during the cold months – can be a serious and even life-threatening condition. Each year, pneumonia causes a whopping 1.5 million people to visit medical emergency departments in the U.S. and causes roughly 50,000 deaths.

A recent study found that the use of pneumonia vaccines is associated with a 24 percent decreased risk of death, but vaccination rates aren't that high.

Around 67 percent of adults over the age of 65 are vaccinated against pneumonia, and just 24 percent of younger people (19-64 years old) at risk for pneumonia are vaccinated. The main reasons for this are because many people are unsure whether they need the vaccine, while others aren't even aware a vaccine exists.

Types of Vaccines

There are three different vaccines available, some more appropriate for certain people than others. They are the pneumococcal polysaccharide vaccine PPSV23 (Pneumovax23), the pneumococcal conjugate vaccine PCV15 (Vaxneuvance) and PCV20 (Prevnar 20). The numbers indicate how many strains, or serotypes, of streptococcus pneumoniae are included in the vaccine.

So, which vaccine should you get?

If you've never been vaccinated for pneumonia, the newer PCV20 is the top choice – it covers the 20 most common serotypes now.

If that vaccine is not available in your area, you can get the PCV15 vaccine, followed one year later by PPSV23.



If you had the earlier PCV13 (but not PCV15), or the PPSV23 at or after age 65, you're likely eligible to get the PCV20 for increased protection.

But because of the different possibilities, you need to talk to your doctor or pharmacist about the most effective option for you.

Side effects of these vaccines tend to be mild, but may include feeling achy and tired as well as redness, swelling and soreness where the injection was given.

You'll also be happy to know that Medicare Part B covers both single dose and two-dose pneumococcal shots, and you only need to get it once. Unlike the flu shot, which is given annually.

Most local pharmacies and community health clinics offer pneumococcal vaccines, but you may want to call ahead just to be sure.

For more information, visit the CDC's Pneumococcal Vaccination webpage at CDC.gov/vaccines/vpd/pneumo/index.html.

Other Vaccines

To avoid getting pneumonia as a consequence of a viral infection, you should also consider getting a flu shot, RSV shot and a Covid-19 booster in the fall.

While vaccines cannot prevent every case of pneumonia (or other conditions they're given for), those who get them usually have milder infections, a shorter course of illness and fewer serious complications than people who don't get vaccinated.

The flu shot and Covid booster are both covered by Medicare Part B, while the RSV vaccine (which is recommended every other year) is covered under Medicare (Part D) prescription drug plans. All three shots can also be given simultaneously.

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

SENIOR MATTERS

AGING IN PLACE REMODELS—WHICH ONES HELP OR HARM HOME VALUE?

As more seniors choose to age in place, home modifications for safety and accessibility have become increasingly important. The city of Sierra Madre offers a Community Development Block Grant (CDBG) for eligible residents to help improve safety standards at home. However, it's crucial to consider how these changes might impact your home's value. Not all modifications are created equal when it comes to resale. Some can enhance a home's market appeal, while others might reduce it. Here's a guide to help you make informed decisions:

Modifications That Can Boost Home Value:

- 1 Full Bathroom on Main Level: This is a highly desirable feature for buyers of all ages, making it a smart investment.
- 2 Wider Doorways and Hallways: Doorways at least three feet wide and hallways at least four feet wide improve accessibility and add to the home's appeal.
- 3 Non-Slip Floor Surfaces: Safety is a priority, and non-slip floors are a practical yet attractive upgrade.
- 4 Step-Free Entrances: A seamless entryway without steps can enhance curb appeal and accessibility.
- 5 Lever Door Handles: Easier to use than knobs, lever handles are a subtle yet appreciated upgrade.
- 6 Hands-Free Faucets: Modern and convenient, these are increasingly popular in kitchens and bathrooms.
- 7 Pull-Out Drawers: Replacing standard cabinets with pull-out drawers improves functionality and adds value.
- 8 Smart Home Features: Automated light shades, LED bulbs, rocker light switches, and smartphone-controlled lighting systems are in high demand.

Modifications That Could Decrease Home Value:

- 1 Elevator: According to a survey by the National Association of Home Builders (NAHB), 56% of respondents did not want this feature.
- 2 In-Law Suites: While functional for some, 42% of NAHB respondents found this feature undesirable.
- 3 Permanent Exterior Ramps: These can negatively affect curb appeal and are often considered a turnoff for potential buyers.
- 4 Chair or Wheelchair Glides on Stairs: These are highly specialized and can deter buyers not in need of such features.
- 5 Large Grab Bars and Push Bars on Doors: While essential for safety, they may be seen as institutional or unattractive by buyers.
- 6 Walk-In Bathtubs: These tubs can be a drawback due to their specific use and high cost.

It's important to weigh the costs against potential benefits. For example, widening a hallway can improve accessibility, but if a load-bearing wall is involved, the expense could range from \$20,000 to \$50,000 or more—far exceeding the potential increase in home value.

When planning aging-in-place remodels, consider both your immediate needs and the long-term impact on your home's value. Consulting with a real estate professional or contractor can help you make the best choices for your situation.



JANETTE LEDEA,
REALTOR/CONSULTANT
ePro, GRI, CDPE, SRES R E /
MAX Tri-City DRE#01480942
Cell: (626)242-3244

SENIOR HAPPENINGS

HAPPY BIRTHDAY! ...SEPTEMBER Birthdays*



Clem Bartolai, Pat Hall, Donna Anderson, Teresa Chaire, 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



SENIOR CINEMA

Movies at the Hart Park House will be held every Wednesday at 1pm after our senior lunch program.

Free popcorn, sweet snacks, and refreshing beverages will be available for all participants. Registration is not required.



OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

HOW CAN I GET MY SNEEZE BACK?



I've had a lot of health issues during this past year, and now that I seem to be over them, something else has taken their place.

I have had a sneezing fit for the past two weeks that I've never experienced before. Every time I sneeze, it is in triplets. I don't know why I have to sneeze three times, and I have tried to keep myself from sneezing three times, but so far, I lost that battle. Once, when I started to sneeze, I closed my mouth, which was a mistake because everything came out of my nose. That was not a very pretty sight.

Sneezing may become more of an issue as you age. I know it's a big issue for me, and I'm confused about how to deal with it.

The Gracious Mistress of the Parsonage says I must have some allergy. I confided in her that the only allergy I have is broccoli. I tell her that I have one of my sneezing fits every time she eats broccoli.

Whether it's true or not is immaterial. It's just something I can use against her when she complains about my sneezing fits.

I've been trying to figure out how to make something good out of these sneezing fits, and so far, I have failed. When I get close to a solution, I have one of my sneezing fits and forget what I was thinking about. Just thinking about my sneezing fits makes me sneeze.

The Gracious Mistress of the Parsonage told me, "Be careful, you might sneeze your brains out." Then she laughed.

I responded, "Oh, my dear you're too late for that. I've already sneezed my brains out." Obviously, brains aren't as important as I thought they were.

I have been sneezing for about two weeks, and it seems to be getting worse. Not only do I sneeze, but with the sneeze comes some disgusting phlegm. Several times, the whole front of my shirt was soaked in that disgusting phlegm. Unfortunately, The Gracious Mistress of the Parsonage is the first to see it, and she always responds in the negative.

I have to be careful where I'm standing when a sneeze hits. There are no warnings about the sneeze, and if I'm facing somebody when I sneeze, well, you know the rest of the story. I'll get through it as long as I don't sneeze in the direction of The Gracious Mistress of the Parsonage.

This past week, we were at a restaurant to celebrate something. I'm unsure what we were celebrating, but it doesn't matter. We were having a great time, but I was still in that sneezing fit—sneezing all the time.

I try to be very careful when sneezing because I don't want to sneeze on someone, particularly The Gracious Mistress of the

Parsonage. But when a sneeze comes, it surprises me and those around me.

We were at a restaurant, ordered our meal, and were in the middle of eating our meal, and it was a wonderful time together. I forget what I ordered, but whatever it was, it was delicious, and I enjoyed it.

Right in the middle of eating my meal, I had a sneezing fit. I've had some practice with these sneezing fits, and I knew I needed to be careful which direction I was looking. Because I was seated across the table from The Gracious Mistress of the Parsonage, when I started sneezing, it would've been in her direction.

Knowing that would not be a very good thing to do, I immediately turned my head to the right and sneezed three times. At the time, my mouth was full of what I was eating, and it all came spewing out.

The worst thing about that sneezing fit was I was facing our waitress and I got my sneezing fit all over the front of her. Oh boy! Was I in trouble. At least I didn't sneeze it in my wife's direction or that might've been the end of my sneezing fits for the rest of my life.

At the time, I didn't know what to do because the front of that waitress was full of yucky, sneezing phlegm. What do you do in a situation like that?

I apologized and asked her if there was anything I could do to help. She looked at me and said, "No, you've done enough already." Then she walked away to the back of the restaurant.

I don't know when I was more humiliated than at that time. But when I sat back and regained some control of myself, I realized that there were customers all around, and all of them saw exactly what I did. I just felt like everybody in that restaurant was staring at me.

It's not that I don't like attention; I'm just not too fond of this kind of attention.

I leaned across the table and asked The Gracious Mistress of the Parsonage, "Do you know how I can take back that sneeze?" She just looked at me and then looked down at her plate. That's the first time I remember that she couldn't figure out a solution to a problem.

I then thought about a Bible verse, Romans 8:28. "And we know that all things work together for good to them that love God, to them who are the called according to his purpose."

No matter my problem, if I trust God I can get through it.

Dr. James L. Snyder lives in Ocala, FL with the Gracious Mistress of the Parsonage. e-mail jamesnyder51@gmail.com, website www.jamesnyderministries.com

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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



PUT THE LIGHTS ON THANKS

I want to thank you for reading this far. Recently, my sister asked me if I would bother reading my articles if I had not written them. It is a good question and like most things I don't have an answer, only questions. It is true that my articles always seem to focus on my thoughts, but it is always my hope that these thoughts will connect somehow to the thoughts of my potential readers. In fact, recently, a neighbor who I had not seen for years, mentioned that as she noticed the jacaranda turning purple, she remembered my description of first driving up the hill to Sierra Madre and seeing the beautiful purple splendor. I do remember my initial reaction which I described in my article about ten years ago, I wrote "I thought I would never be unhappy again."

Of course, I was wrong—but not completely. That feeling remains and I really love the fact that I was able to share that feeling in my writing. At last, I am reaching the intended point of this article. The doctor I saw on Tuesday assured me that I was really doing pretty well, and we made an appointment to return for tests in about six months. Hooray, so what do I want to do now?

A couple of mornings ago I saw Ayana Elizabeth Johnson being interviewed on the Christiane Amanpour program and yesterday I saw her again on the PBS news hour. These are the only two programs that my wife and I regularly watch together, and I told my wife that I felt like a message was being personally communicated to me. Of course, my wife told me that I had enough books that I don't read already, and that rather than wasting money and buying another book that I won't read, why not find out if the book was available at a nearby library.

No libraries had the book, but I felt I needed it and prevailed upon my wife to drive me to Vroman's Bookstore which did have it. (Yes, my age has made me continuing to drive ill-advised) Now, I have the book right in front of me. The book is *WHAT IF WE GET IT RIGHT? Visions of Climate futures.*

What intrigued me was her presentation of a three-part climate action in a Venn diagram. The three categories are 1) What brings you joy? 2) What are you good at? 3) What needs doing? Where the three areas coincide is called Your Climate Action.

This Venn diagram speaks directly to me. Now that we can assume that I will be around for a while what do I want to do with that that time? Other than concerns for my family and doing the thing that I worry about most is the climate crisis. I do not just want to be an observer watching the world destroy itself. I do not just want to hope that everything will be all right. I want to be in action, and to be involved with other people. Let's start with the second category What are you good at? Not very much I'm afraid; but I love writing, and I know it brings me great joy when my writing connects to other people. Combining these two realizations with the third category of

What Work needs Doing? it is clear that I am ready, more than ready, to do something and included in this something is reading the whole *What If We Get It Right Book?* and helping to form a Writers and Readers Book Group to discuss the book.

I spoke to Susan Henderson, the editor of this newspaper, and she suggested I draft a book review to get an idea if there is any interest in forming an action group. Okay, anyway, I am on my way. Certainly, this article, of course, is mainly about me but there is the possibility that other people will become involved and form a community.

We will see. Let's hope so. The author Ayana Elizabeth Jackson says we have to do more than hope so that is what I think I am doing. Are you still reading and are you with me?

Let me know if you're interested and I'll let you know how things are going.

HOWARD Hays As I See It



"The people who cast the votes decide nothing; the people who count the votes decide everything" - Joseph Stalin

In his column last week, Dick Polman castigated our electoral college system as an example of the concessions made by our Founders to appease slaveholder states - concessions that later be-came problematic. (For another example, see: "Second Amendment".)

As of this writing, Kamala Harris holds a 5% lead over Donald Trump, with momentum grow-ing. According to NBC, her 16% rise in favorability since July is the biggest of any politician since George W. Bush's bump after 9/11.

In the meantime, Trump seems intent on losing support: surreal ramblings, obsessions with Taylor Swift and Oprah Winfrey, lack of coherent messaging and unforced errors alienating constituen-cies simply because he can't help himself.

Courting farmers in Pennsylvania, he said John Deere would be slapped with 200% tariffs should they open manufacturing in Mexico. Just what those farmers wanted to hear - Trump promising to triple the price of their favorite tractors.

At an antisemitism event in Washington and the Israeli American Conference he complained Jewish voters haven't treated him "properly". He warned that Jews would have only themselves to blame for the destruction of Israel resulting from a Harris victory because of their "voting for the enemy".

As for women, he assured they'd be so "happy" under a Trump administration they'd "no longer be thinking about abortion". (What a relief for the ladies!)

Trump also blew off those who simply want their government to function - insisting Congress shut it down unless a funding resolution included the voter suppression rider he demanded. Sen-ate Minority Leader Mitch McConnell (R-KY) called this "beyond stupid".

With no hope of swaying a majority of voters on factors like leadership, competence and vision for the future, the Trump campaign's focus is on swing states - not necessarily voters, but rather who counts the votes and how they're counted.

In Georgia (where Trump still faces eight criminal counts related to election fraud) he's hoping for a better outcome by having his own MAGA majority on the Election Board write the rules. Trump called them "pit bulls" who'd help ensure "victory" - unconcerned that their job is to ensure a fair election, not a particular outcome.

New rules require hand counts by precinct verifying number of votes and establish procedures for county-level "inquiries" prior to certification. (We're dealing with 2,400 precincts and 159 coun-ties in Georgia.) The Board's chairman himself says these moves are illegal and are now being challenged - as it's the Legislature, not the Election Board, that's supposed to make the rules.

The lone Democrat on the Board, Sara Tindall Ghazal, says these changes come "with no notice, no training." She adds, "We're so far off the deep end of sanity here."

Another new vote-counting rule is in the swing state of Arizona - requiring a hand count of all ballots dropped off on Election Day before they can be tabulated. (It's estimated there'll be up to 730,000 in Maricopa County alone.) The Secretary of State's office points out this will be done by poll workers who've "already completed a 12-15 hour shift". If nothing else, it's guar-anteed to bring indefinite delays in reporting results.

Republicans in Mississippi are challenging laws allowing mail-in ballots to be counted arriving up to five days after Election Day, as long as they're postmarked Election Day or before. Mississip-pi is reliably red, but litigation could affect 17 other states and D.C. having similar rules. In Pennsylvania, it's barring voters once the ballot's been mailed from fixing mistakes to make sure it'll be counted. And forget to date the outer envelope? Too bad, tossed out - regardless of whether it gets there by Election Day.

Whether these and countless other recent changes will withstand court challenges, actually be implemented and/or actually work is an open question. Swing state officials from Arizona, Penn-sylvania and Wisconsin have already said they're prepared to take to court local officials who refuse to certify results. But that's not the point.

Over the years, especially the past several months, Trump and his team have demonstrated a mas-tery in using endless court challenges along with questioning of established processes and proce-dures as a means of avoiding consequences. In this case, he's desperate and determined to use the same tactic hoping to ultimately avoid the consequence of a decisive majority of votes going to Kamala Harris.

As former Trump White House communications director Alyssa Farah Griffin explained on CNN, Trump "wants to preemptively cast doubt on the results in case he loses. . . He's incapable of losing and accepting that he lost".

Those with disdain for our democracy and who'd replace our Constitution with Project 2025 have as much right as the rest of us to cast their votes. But they shouldn't have anything to do with counting them.

RICH JOHNSON NOW THAT'S RICH



REALLY USELESS TRIVIA
In my less than illustrious career dispensing information, I have amassed quite a library of trivia, mostly useless. In a typical election cycle useless trivia can be effectively used to help make us forget (momentarily) the mind numbing political banter we are incessantly exposed to. Can we lighten the load of the upcoming election? Should we? I'm certainly willing to give it a shot. (Since I have no reputation to ruin.)

In all of my research on the body politic, the most profound suggestions I've discovered:

1. Politicians should NOT be given the keys to the city. Instead, we should simply change the locks.
2. Politicians who win public office should be forced to wear uniforms like NASCAR drivers, so we can identify their corporate sponsors.

Visitors from other countries have made the following observation on the American culture and commented: "It's not unusual for a red blooded American to volunteer to cross the ocean to fight for democracy, but not cross the street to vote."

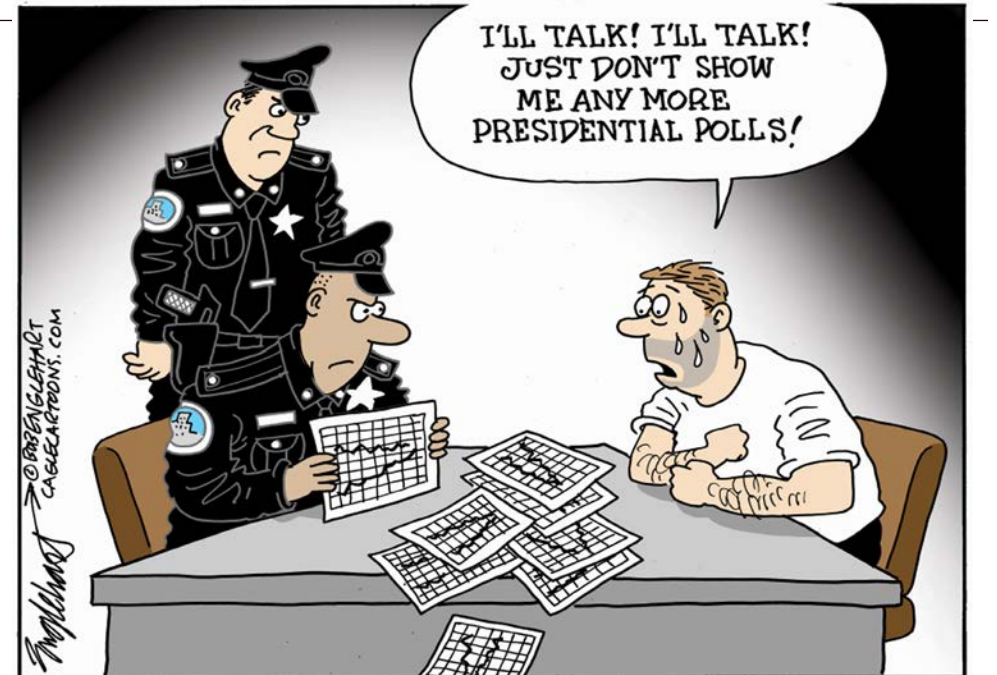
Let's proceed with useless trivia shall we?

- What are the names of Cinderella's stepsisters? Anastasia and Drizella
What is the biggest selling music single of all time? Candle in the Wind
Who has won more tennis grand slam titles: Venus or Serena William? Serena
Not counting me, what is the loudest animal on Earth? The Sperm Whale
In the state of Georgia, what's illegal to eat what with a fork? Fried chicken
What is a single strand of spaghetti called? Spaghetti
In public places in the state of Florida, what's illegal to do when wearing a swimsuit? Sing
What comes down but never goes up? Rain (silly)
How many legs does a lobster have? 10
How many slices of pizza does America eat per second? 350-400 pieces
How many bathrooms are there in the White House? 35
What animal breathes through its butt? Turtle
What president gave only two speeches during his presidency? Thomas Jefferson (Yay!)
What name do we know Stefani Germanotta by? Lady Gaga
What did engineer James Wright accidentally invent during World War II? Silly Putty
How old was Queen Elizabeth II when she was crowned Queen of England? 27
And finally, who are Psalm, Saint, and Chicago? Kim Kardashian's children

Since we don't know whether we are going forward or backward let's end with a couple of palindromes. (Palindrome: a word, phrase, or sequence that reads the same backward as forward.)

- English: " Rise to vote, sir."
How about a palindrome in Italian: "I topi non avevano nipoti". (Translation: The mice have no grandchildren)
Now, a palindrome in Spanish: "Alli trota la tortilla". (Translation: There jogs the tortilla)
Finally, a palindrome in French: "Eh, ca va, la vache". (Translation: And how is the cow)

Where else can you get this stuff?
Have a great week.



DICK POLMAN AS HURRICANE HELENE STRIKES, TRUMP'S MINIONS AT PROJECT 2025 HAVE PLANS FOR DISASTER



Even before Hurricane Helene struck the Florida coast with Category 4 winds, the National Oceanic and Atmospheric Administration (better known as NOAA) and its subsidiaries - the National Weather Service and the National Hurricane Center - were already busy saving lives.

Local emergency officials, echoing NOAA's dire forecasts, spurred mass evacuations on the Gulf Coast and warned of 20-foot storm surges that may not be "survivable." The sudden strengthening of this hurricane, fed by Gulf waters made warmer by climate change, triggered, in NOAA's words, "catastrophic, life-threatening inland flooding" that will likely extend all the way to the western mountains of North Carolina.

The federal agency says it's just doing its job: "Climate, weather, and water affect all life on our ocean planet. NOAA's mission is to understand and predict our changing environment, from the deep sea to outer space, and to manage and conserve America's coastal and marine resources."

Bravo to NOAA and all the other government weather organizations for all that they do... but wait! Way down on page 664 of Donald Trump's Project 2025 - the fascist blueprint he falsely says he knows nothing about - we find this pithy paragraph:

"The National Oceanographic and Atmospheric Administration (NOAA) should be dismantled and many of its functions eliminated, sent to other agencies, privatized, or placed under the control of states and territories." Because NOAA is "one of the main drivers of the climate change alarm industry and, as such, is harmful to future U.S. prosperity."

My message to the undecided voters: You say you don't know enough about Kamala Harris, but if you open your eyes and ears, you'll realize you know more than enough about what Trump and his minions would do if restored to power. And with climate change wreaking increasing havoc with

our weather, do you think it's a bright idea to dismantle our national early-warning system?

My message to Floridians, in particular: Year after year, you're experiencing the most dire consequences of climate change, and the worst is yet to come. The presidential election is a little over a month away. You'd be well advised to revisit your fealty to the MAGA movement and recognize how insanely stupid it would be to vote against your first priority, which is saving your own asses.

Indeed, just this week, the Miami Herald editorial page is speaking the truth about the reason Floridians should "staunchly oppose Project 2025."

"In Florida, we live and die - sometimes literally - by what the National Hurricane Center and National Weather Service, which are parts of NOAA, tell us. For six whole months every year, from June to the end of November, we're in the hurricane season... We cling to the utterances of the weather pros during these times of high stress, as we huddle in our homes or debate whether to flee an on-coming storm. We want - no, we need - forecasts that are free of hype, a profit motive and the taint of politics."

Helene was rapidly supercharged by record-warm water. Climatologists say that the ocean in the Gulf of Mexico is exceptionally warm for this time of year - thanks to climate change, which comes to us courtesy of fossil fuel pollution. And by the way, Trump's Project 2025 has a few things to say about climate change:

"The Biden Administration's climate fanaticism will need a whole-of-government unwinding...the perceived threat of climate change (is) a favored tool that the Left uses to scare the American public...Climate-change research should be disbanded."

A new national poll says that, of all Americans who've heard of Project 2025, only four percent view it favorably. The big question is whether its stench will prove sufficiently malodorous to tilt this election toward sanity and spare us a Category 4 regime.

EDITOR'S NOTE:

Sierra Madre is a part of the Pasadena Unified School District 6. As such, registered voters are asked to vote on ALL PUSD matters on the ballot, whether or not you have children who attend school in the district, or have children at all. Therefore, selection of who represents Sierra Madre on the PUSD Board is critically important as they not only represent other parts of the district (see map), but they are the voice of the community and are expected to convey the concerns of all Sierra Madre residents.

There are two PUSD schools in Sierra Madre - the historic Sierra Madre Elementary School and the recently renovated Sierra Madre Middle School. They are in my opinion, the finest in the district. I should know, I have 3 granddaughters who attended from Kindergarten until graduation from SMMS.

Those schools are situated on land that DOES NOT BELONG to the City of Sierra Madre but rather the school district and ultimately the State of California. Therefore, it behooves every citizen of Sierra Madre to let decide who will best represent the best interests of the students who attend and the town.

This election cycle there are two candidates running for the seat representing District 6. The incumbent, Tina Fredericks and challenger, Lisa Kroese. Below you will find a brief statement from each in an effort to help you make an informed decision about who should represent you.

In addition, there is a PUSD Parcel Tax Measure EE and Bond Measure R on the ballot. The outcome of these measures will have an impact, one way or another on your community. Your opinion and concerns are important! Again, I urge you to learn the details of each and cast your vote accordingly. *Susan Henderson, Editor/Publisher - Mountain Views News*

Be an informed voter!



MEET YOUR PUSD SCHOOL BOARD DISTRICT 6 CANDIDATES

LISA KROESE

As a dedicated public servant, PUSD parent and PUSD PTA executive board member, I hope to earn your vote and your trust as PUSD District 6's new Board Trustee. My experience working for high profile elected officials at both the federal and state levels has equipped me with the skills necessary to navigate complex challenges and to champion the needs of our students and families.



As a parent of three children who ALL attend PUSD schools (at Don Benito Elementary, Sierra Madre Middle School, and Marshall Fundamental High School) I different perspective than my opponent about dedication and focus needed to ensure that our district provides a safe, inclusive, equitable, and enriching environment for ALL students. Leveraging our resources and assets to develop a secure fiscal plan that prioritizes the long-term stability of our remaining schools is urgent. Strong, safe schools build strong communities. PUSD is deficit spending, we need to allocate resources effectively to support updated campuses and foster academic excellence.

Every student deserves access to high-quality education and opportunities to thrive. I will work diligently to uphold our community values of diversity, equity, and inclusion, ensuring that all voices are heard and represented in decision-making processes.

We must create learning environments where the best educators are supported, and can work without fears of layoffs and disruptions.

I have a collaborative approach to problem-solving. I believe in working closely with educators, parents, and community partners to build a sustainable path forward.

Together, we can cultivate an educational landscape that not only meets the needs of our students today but also prepares them for success in the future. I would be honored to earn your support and serve as your trustee on the Pasadena Unified School Board. Thank you!

www.lisaforusd.com/

TINA WU FREDERICKS

Elected in 2020, Trustee Tina Wu Fredericks is the only credentialed teacher on the school board. She taught high school math before becoming a mother. Tina is a former employee of PUSD, serving as a teaching assistant and summer program teacher. As a proud product of California public schools, Tina has been an active PUSD parent for 12 years for 4 PUSD schools, serving multiple terms on the PTA Board.



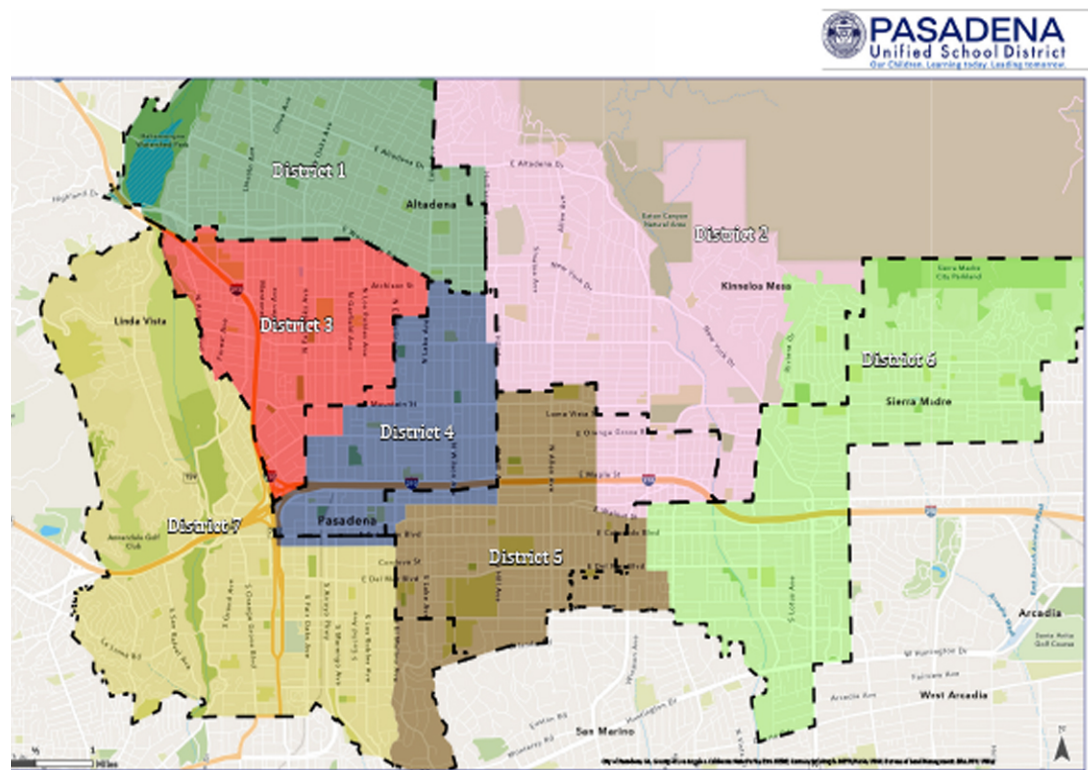
Trustee Fredericks has used her leadership roles as a Board member to take meaningful action to improve the district. As Chair of the Legislative Advocacy Committee, she led the effort to put Measure EE on the November ballot, which has been estimated to bring in \$5M annually towards increasing pay for teachers and staff and increasing mental health support staff. And as Chair of the Facilities Committee, Fredericks helped the district secure a grant for transforming asphalt-covered school grounds into learning green spaces, aimed at improving well-being, hands-on learning, and play, while protecting students from extreme heat.

Her priorities are to close the opportunity gap by focusing on achieving student outcomes in math and reading; paying our teachers and staff competitive salaries; and fully funding public education at the state and federal level, especially in special education.

Trustee Fredericks is endorsed by United Teachers of Pasadena, California School Employees Association Chapter 434, National Women's Political Caucus - Greater Pasadena Area, National Union of Healthcare Workers, former PUSD Trustees Mikala Rahn, Ed Honowitz, Susan Kane, former mayors of Sierra Madre John Capoccia and John Buchanan, Congresswoman Judy Chu, Senator Anthony Portantino, Assembly members Chris Holden and Mike Fong, and CA Superintendent Tony Thurmond among many notable others.

Trustee Fredericks works full-time as a software engineer and has been living in East Pasadena with her husband and two daughters since 2010.

www.VoteTina4pusd.com



FREQUENTLY ASKED QUESTIONS

WHAT PROJECTS ARE INCLUDED IN MEASURE EE?

- Expanding Science, Technology, Engineering, Arts and Mathematics (STEAM) classes and programs
- Expanding career and technical education programs and classes
- Providing mental health and behavioral support resources and facilities
- Increasing wages for teachers and staff

WHAT IS MEASURE EE?

Measure EE is a parcel tax on the November 5, 2024, Presidential Election ballot. If approved by at least two-thirds of the votes cast, it will raise approximately \$5 million annually for eight years. Levied on a flat per-parcel basis, parcel taxes are used to fund educational programs and services and to support teachers and staff.

HOW MUCH WILL MEASURE EE COST?

Measure EE's annual parcel tax is \$90 per parcel for eight years. Funds come from a fixed tax on all parcels—residential, commercial, agricultural and industrial—located within the District.

IS THERE AN EXEMPTION FOR SENIOR CITIZENS?

Yes, seniors (age 65 and older) can apply for an exemption for their residences.

WHAT TAXPAYER PROTECTIONS ARE IN PLACE?

Measure EE ensures that there will be full public disclosure of all spending. A third-party auditor will audit all expenditures. Measure EE includes a specific list of programs on which funds may be spent. Funds must be spent on Pasadena Unified School District's programs and cannot be taken by the state.

HOW DO I VOTE BY MAIL?

All registered voters in California will receive a vote-by-mail ballot. If you need to register to vote, you can register online at www.registertovote.ca.gov. Once you complete your ballot, sign your ballot envelope and simply drop your ballot in the mail—postage is prepaid—by November 5, 2024. If you need additional assistance or would like to drop off your ballot in person at a vote center or ballot drop box, please visit lavote.gov for more information.

MEASURE R
MEASURE EE

PASADENA UNIFIED SCHOOL DISTRICT

ELECTION DAY IS NOVEMBER 5, 2024



FREQUENTLY ASKED QUESTIONS

WHAT PROJECTS ARE INCLUDED IN MEASURE R?

- Repairing or replacing leaky roofs and plumbing
- Repairing or replacing inefficient electrical, heating, ventilation and air-conditioning systems
- Replacing deteriorating portable classrooms
- Expanding coding, robotics, engineering, health sciences, creative arts and computer science programs
- Expanding counseling, mental health programs and special education facilities for students
- Creating greater accessibility to classrooms, restrooms, playgrounds and walkways in compliance with the Americans with Disabilities Act (ADA)
- Providing shade structures and adding trees to outdoor areas to protect students from the heat
- Building below-market rental housing in order to retain and hire qualified teachers and staff
- Updating classroom technology, wireless networks and infrastructure
- Expanding Science, Technology, Engineering, Arts, and Mathematics (STEAM) classrooms and labs
- Modernizing classrooms for career and technical education programs to prepare students for college and future careers

WHAT IS MEASURE R?

Measure R is a general obligation (GO) bond measure on the November 5, 2024, Presidential Election ballot. If approved by 55% of votes cast, Measure R will authorize \$900 million to make renovations and improve schools and classrooms throughout the Pasadena Unified School District. In addition, Measure R will allow the district to qualify for state matching funds.

WHAT IS A GO BOND?

California school districts commonly use GO bonds to fund improvement projects, such as constructing and renovating classrooms. Similar to a home loan, GO bonds are repaid over time. Funds to repay the bonds come from a tax on all taxable property—residential, commercial, industrial and agricultural—located within the district.

HOW MUCH WILL MEASURE R COST?

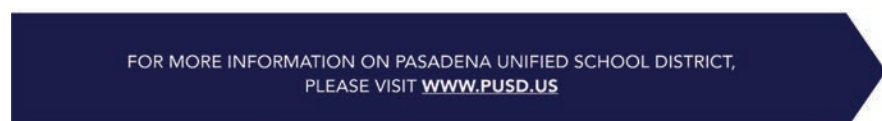
Measure R's estimated average annual tax rate is less than \$59 per \$100,000 of assessed valuation. Assessed valuation should not be confused with market value. The assessed valuation is the value placed on property by Los Angeles County and is typically lower than market value.

WHAT TAXPAYER PROTECTIONS ARE IN PLACE?

Measure R ensures that there will be full public disclosure of all spending. An independent Citizens' Oversight Committee must review and report on all bond fund expenditures, and a third-party auditor must audit all bond fund expenditures. Measure R includes a specific list of projects on which bond funds may be spent. Laws prohibit funds from being used for administrators' salaries, pensions, or benefits. Measure R bond funds must be spent on Pasadena Unified School District's projects and cannot be taken by the state.

HOW DO I VOTE BY MAIL?

All registered voters in California will receive a vote-by-mail ballot. If you need to register to vote, you can register online at www.registertovote.ca.gov. Once you complete your ballot, sign your ballot envelope and simply drop your ballot in the mail—postage is prepaid—by November 5, 2024. If you need additional assistance or would like to drop off your ballot in person at a vote center or ballot drop box, please visit lavote.gov for more information.





Mountain View News Saturday, September 28, 2024

WE'RE BACK!

By Russ Meeks

Bringing everything back that COVID shut down seems like a never-ending process, but each rekindled tradition is a great victory.

For our athletic leagues, the first order of business during COVID was getting our kids back out there in the fresh air, active and healthy with their friends. Sierra Madre Little League led the region in this successful mission. On March 7, 2020, they were the first league to shut down operations and issue the best advisory information available for families. Led by the SMLL Safety Director Jon Obrien, Russ Meek and Mayor Kelly Kriebs who was the SMLL VP at the time, their philosophy was to establish credibility by shutting down first, and then work closely with our City on the plan to get our Little Leaguers back on the field first. Thanks to careful research, city collaboration and about \$40K invested in safety supplies for each player and team, they wrote the safety plan that all others followed to restart play.

By Spring of 2022, all three Sierra Madre sports leagues (Sierra Madre Girls Softball, Sierra Madre Little League, and Sierra Madre Pony Baseball) were humming again with record attendance and success. Familiar faces around town had already been asking league officials, "When are you starting the Adult Softball league again?"

Through Summer of 2019 the Adult League was a fantastic tradition, attended by 8-10 teams who played at Heasley Field during the semi-dormant time when the Softball and Baseball youth were taking a rest. It was Parents and grandparents of those kids, along with dozens of local res-idents who just wanted to play together in a not-serious atmosphere. This was a CO-ED league, meaning an equal amount of men and ladies had to be out there on the field.

There were teams called Sierra Madre Memorial, Uncorked, Runs-n-Buns, Cheers, and the Gooden School parents got together every



Pictured are the two final teams, Runs-n-Buns and Sons-of-Pitches, who each battled to take the lead against the other in every inning. The final score saw Runs-n-Buns hold on for the win by only 2 runs, 13-11. So another tradition is back, and better than ever. A primary good that came out of it was deeper collaboration between the youth sports leagues and the city, and the result was a first-class experience despite very casual expectations from the players.

year wearing jerseys that said "Good Company." Even the Buc had a team. Playing was real mental and emotional therapy, and even physical therapy in town was booming to address all of the sore joints and pulled muscles! It had to come back.

In 2021 SM Little League asked the YMCA if they could help get the league started again using their safety plan. It was the YMCA who originally ran Adult Softball. But COVID vaccines were just coming out, the Delta Variant was sweeping through town, and the "Y" was reeling from heavy COVID setbacks.

In 2022 Sierra Madre Softball opened

discussions and business planning about how it might work, but they were entering a period of exponential growth in their board and programs, which would extend play deeper into the off-season. In 2023 Softball and Little League were both fo-cused on record All Star runs into the summer post season, along with major renovation projects that they began to partner to improve school and city park facilities around town. The Boards had approved making contributions to help get Adult Softball started, or even run it, but the re-sources, manpower and bandwidth just wasn't available. Kurt Knop, the new and fantastic director at the Y, shared the same sentiment. Another summer passed!

Then on a November evening in 2023, an Adult Softball Committee came together at RT Rogers Brewery to update the business plan and delegate responsibilities. It was Laura Aguilar from the City, Lacey Shaver a parent and board member with both Sierra Madre Little League and Soft-ball, Samantha Krost, Russ Meek, Bob Salisian and David Cramer from Sierra Madre Softball, and Kurt Knop from the Y. Since then Ted Tegart joined (also from the City), along with Liz Olguin who is a teacher at Sierra Madre Elementary.

Outreach went out in May to as many of the old contacts who could be found,

and also to the families in each of the sports leagues. Within 2 weeks a record 12 teams were registered, meaning there was more demand for field space than Heasley Field alone could offer, since the youth All Star teams continued to need practice space to support their Summer campaigns. Sierra Madre Pony graciously offered Adult Softball use of Dapper Field on Sundays, and their board member Nick Forillo stepped up to manicure the field for the Adult Games every week.

The 2024 comeback season ran 6 short weeks from late July through early September, with no shortage of laughs, new memories, and all types of therapy mentioned above! A single-elimination playoff narrowed the field of teams down to 4 semi-finalists who played at Heasley Field the night of September 15. Despite all of the new, younger faces who were youth sports parents and highly decorated athletes in their own "glory days," the last teams standing were all classic groups from the pre-COVID years. It was "Good Company," "Sierra Madre Memorial," "Runs-n-Buns," and "Sons-of-Pitches" (formerly named "Uncorked").

Now, everyone is waiting to hear how soon the teams can get together again. Plans are being explored for a Holiday tournament, or perhaps a season of Adult CO-ED "Wiffle-Ball" which would require less field space. No doubt the 2025 Summer season will be well-attended, likely starting around July 4 for a longer 10-week season.

The leagues have important improvement projects to engage, and with this large new population of players and spectators filling out the calendar, exposure for sponsors is significantly more val-u-able as well. Please reach out if you or anyone close would like to discuss.

For more information, contact Russ Meek

SMGSAPLAYERS@GMAIL.COM
626.827.5011 M

FITNESS FOR LIFE



Michele Silence, M.A. is a 37-year certified fitness professional who offers semi-private/virtual fitness classes. Contact Michele at michele@kid-fit.com. Visit her Facebook page at: michelesfitness Visit her Facebook page at: michelesfitness.

- Nuts and Seeds: Almonds, chia seeds, hemp seeds, flaxseeds, sunflower seeds.
- Vegetables: Broccoli, spinach, peas (though these are lower in protein than other sources).
- Plant-Based Protein Powders: Pea protein, hemp protein, brown rice protein.

What if you don't get enough protein?

1. Muscle Loss: Not eating enough protein can cause your body to break down muscle, especially if you're trying to lose weight or are inactive.
2. Fatigue and Weakness: Without enough protein, you might feel tired and weak, and physical tasks may become harder.
3. Weakened Immune System: Protein is vital for building antibodies and immune cells, so too little can weaken your immune system.
4. Slower Metabolism: Losing muscle from a lack of protein can slow down your metabolism, making it harder to lose or maintain weight.

What if you eat too much protein?

1. Weight Gain: If you overdo it on protein and your body doesn't need the extra for muscle repair or energy, it can be stored as fat.
2. Kidney Stress: High protein intake over a long period might strain the kidneys, particularly if you already have kidney issues. This is important if you go on any kind of high protein diet. Paleo, Atkins, Dukan, Whole30 and Keto are all examples of diets that will put stress on the kidneys because they rely on a heavy protein intake.
3. Dehydration: Eating a lot of protein increases your body's need for water because your kidneys have to work harder to process and eliminate nitrogen, a byproduct of protein breakdown.
4. Digestive Issues: Without enough fiber, a high-protein diet can cause constipation and digestive discomfort.

Almost all foods contain some amount of protein in them. Most people are not protein deficient. Contrary to popular belief, vegans can still hit their protein intake easily. Athletes like Novak Djokovic, Venus Williams, Chris Paul, Scott Jurek, Tia Blanco, Alex Morgan and others have no problem staying strong and performing at their best eating plant based.

Just remember, incorporating the right amount of protein in your diet is crucial for maintaining muscle, supporting metabolism, and keeping you full, especially when trying to lose weight. Balance is key — too little or too much can cause problems. Focus on meeting your daily needs and adjusting based on your personal goals to stay on track with your health.

WHAT'S UP WITH PROTEIN

Protein plays a major role in weight loss by boosting metabolism, keeping you feeling full, and preserving muscle. But what happens when you don't get enough — or eat too much?

How Protein Helps With Weight Loss

When you eat protein, your body burns more calories digesting it compared to fats and carbs. It boosts metabolism. This is called the thermic effect of food, and it helps increase your metabolism. In short, your body uses more energy to process protein, which means you burn more calories after eating it.

It also reduces appetite and cravings. Protein makes you feel fuller for longer by regulating hunger hormones like ghrelin and peptide YY. When you eat enough protein, you're less likely to snack or overeat. People who add more protein to their diet often end up naturally eating fewer calories.

Protein can help you preserve muscle mass too. When losing weight, you don't want to lose muscle — you want to burn fat. Protein is essential because it helps preserve muscle mass while you're in a calorie deficit, keeping your metabolism running strong.

How Much Protein Do You Need?

The amount of protein you need depends on your body, activity level, and goals. For the average adult, the basic recommendation is about 0.36 grams of protein per pound of body weight. That's about 56 grams a day for men and 46 grams for women.

However, if you're trying to lose weight or you're very active, you'll need more — typically around 0.5 to 1.0 grams of protein per pound of body weight. This helps support muscle maintenance and fat loss. So someone who weighs 150 pounds might aim for 75 to 150 grams of protein daily (150 lbs. x 0.5 = 75g; 150 lbs. x 1.0 = 150g). Only those doing intense training or in the process of building muscle need more. Most of us don't fall into that category.

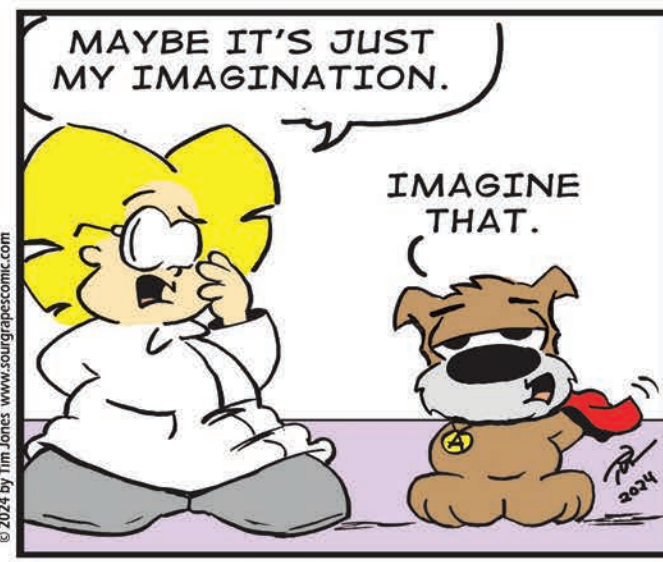
Plant-Based Protein Sources

Of course meat, fish and other animal products contain protein but eating a healthier plant based diet can still get you more than adequate amounts of daily protein. These foods make it easy to hit your protein targets even without eating meat. Here are a few of the great protein sources to choose from:

- Legumes: Lentils, chickpeas, black beans, kidney beans.
- Soy Products: Tofu, tempeh, edamame, soy milk.
- Grains: Quinoa, farro, amaranth, bulgur, whole wheat products.

SOUR GRAPES

by Tim Jones





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Events Around Town in October!

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One Time Events

- October 4** 5:00 pm - 9:00pm
Monrovia Street Fair and Market
Stroll through the fair and discover lively vendors, handmade crafts, live music and more.
- October 4** 6:00 pm - 10:00 pm
San Gabriel Dumpling and Beer Fest
Mission District: Twist on Oktoberfest - craft beer garden, food, entertainment, and kids' activities.
- October 5** VIP: 12:30 General: 1:30pm - 5:30pm
Craftoberfest at The Rose Bowl
"Fun for the whole family" food and drink festival featuring curated craft breweries.
- October 5** 10:00 pm - 4:00 pm
Latino Heritage Parade and Festival
Parade and festival at Pasadena City Hall- Live entertainment, booths, children's activities, food.
- October 6** 1:00 pm - 4:00 pm
Fall Fest at One Colorado
Join in an afternoon of live music, fall treats, games, a beer garden, and more!
- October 11** 6:00 pm - 10:00 pm
ArtNight Pasadena
An evening of art, music, and entertainment as the city's prominent museums and cultural institutions offer special programming. Free!
- October 12** 1:00 - 2:30 pm & 3:30 - 5:00 pm
Pumpkin Fairy Gardens at the Arboretum
Kids and families can build enchanting fairy gardens in real pumpkins. Two workshops.
- October 12** 10:00 am - 2:00 pm
Old Town Fall Festival in Monrovia
Enjoy family friendly activities including music, crafts, hay wagon rides & pet costume contest.
- October 13** 5:00 pm - 8:00 pm
Taste of Old Town Monrovia 2024
Experience delicious dishes from local restaurants and vendors, live music.
- October 25** 5:00 pm - 8:00 pm
Members Pumpkin Party 2024 at the Arboretum
Enjoy live music, pumpkin crafts and outdoor games. Wear your costume and bring a picnic.

- October 25** 4:00 pm - 6:30 pm
Downtown Arcadia Halloween Haunting
Enjoy Trunk-or-Treating and play games from the City of Arcadia.
- October 26** 2:00 pm - 8:00 pm
Pasadena Symphony @ the Ambassador
Concert includes works by Mahler, Korngold, and Boyer, and violinist Akiko Suwanai.
- October 26** 11:30 am - 3:00 pm
Halloween Spooktacular/ Bob Baker Marionettes at One Colorado
Create your own spooky pumpkin and enjoy the ghouls of Bob Baker Marionettes.
- October 26** 3:00 - 3:30 pm
Thrill The World at the Arboretum
This international dance event brings people together to perform the iconic "Thriller" dance.
- October 27** 11:00 am - 4:00 pm
Barks and Boos at the Arboretum
Dress up your canine friend and bring them along as you stroll in the garden. Pet adoptions.
- October 31** 3:00 pm - 6:00 pm
Halloween Spooktacular and Trick-or-Treat Bash in Monrovia
Bring the family for Trick or Treating, costume contests, library activities, booths, and more.
- Ongoing Events**
- October 4 - 6**
Tesla: A Radio Play for The Stage Caltech
The story of the brilliant and controversial Tesla's relationship with Thomas Edison, American business, national security, and more.
- October 4, 5, 11, 12, 18, 19, 25, 26, 31**
Haunted Pasadena Walking Tour
Discover eerie alleys, hidden courtyards, and historic sites of Pasadena's past. 6:30 - 8:30pm
- October 19, 20, 26, 27**
Pumpkin Patch Fall Fest at Santa Anita
The infield comes alive with a pumpkin patch, a maze, rides, "Spooky Treat Hunts" and more.
- October 19, 26, 31**
Pasadena Halloween Bar Crawl
Put on your costume and enjoy ghostly cocktails and bewitching brews at the city's most haunted bars and taverns.

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THE NAR PRACTICE CHANGES EXPLAINED

You may have heard about the upcoming **practice changes by the National Association of REALTORS®.**

My goal is to **simplify the two key changes** that went into effect in August.

Together, we will navigate the changes to rules and regulations in our industry while continuing to provide the **same exceptional service** I always have.

Don't hesitate to reach out if you have any questions.

01

Every buyer represented by a NAR-affiliated agent is now required to sign a Buyer Representation Agreement.

This agreement **formalizes the relationship between the buyer and broker** before touring properties.

02

Buyer's agent compensation can no longer be advertised on the MLS.

Compensation **has to be advertised, offered, and negotiated outside of the MLS.** This can be done through phone, email, or in-person conversations with the listing agent.



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