

Mountain Views News

Sierra Madre Arcadia Duarte Monrovia Pasadena Altadena South Pasadena San Marino

SATURDAY, OCTOBER 5, 2024

VOLUME 18 NO. 40



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

Jan Greteman 626.975.4033
lic #01943630

Judy Webb-Martin 626.688.2273
lic #00541631

Katie Orth 626.688.0418
lic #00942500

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CONTRACTOR CHOSEN FOR LIBRARY RENOVATIONS

By Kevin McGuire

The City awarded AMG & Associates a general contractor services contract for the Meaningful Library Improvement Project (MLIP), which was set to address the many renovations needed to improve the Sierra Madre Library.

On Tuesday, September 24, 2024, the City Council unanimously approved Resolution 24-58, amending the 2024-25 Fiscal Year Budget to include \$1,800,000 from General Fund Reserves for the library improvement project.

According to the contract, AMG offered a base bid of \$9,542,000, alternative #2 in the amount of \$45,000, and a 10% contingency of \$960,000 for a total not to exceed \$10,547,000. Four bids were reviewed before the city agreed to the contract with AMG. The city also received funding from the California State Library Grant and the California State Library Building Forward Infrastructure Grant totaling \$10,000,000, matched with federal American Rescue Plan Act of 2021 funds.

Director of Public Works Arnulfo Yanez gave a brief presentation to the City Council and attendees outlining the budget for the MLIP. The goal of the MLIP is to address several maintenance needs dating back to 1955, when the library was first constructed. The 350 W. Sierra Madre Blvd building requires renovations to ensure seismic safety and Americans with Disabilities Act compliance.

According to Yanez's report, improvement will include:

- Seismic retrofitting to ensure structural safety in case of earthquakes.
- The library's interior space will be expanded, the book collection and meeting spaces will be enhanced, and an outdoor community area will be provided for public use.
- Green space improvements.
- Replacing the Library's windows and improving energy efficiency.
- Upgrading the fire suppression systems to meet current safety standards.
- Addressing HVAC needs, providing a more comfortable environment for staff and patrons while contributing to energy efficiency.
- Asbestos abatement is crucial to ensure the health and safety of all who use the facility.

The city received several favorable references recommending AMG, including from La Habra, Santa Maria, and the County of Ventura. All references stated that AMG and Associates completed the work on schedule without excessive change orders. The references noted that "professionalism and a clear understanding of the work met their expectations." According to the report, all references indicated they would use them again.

Yanez expressed the importance of expertise with projects of this size. AMG holds the state of California's top category review for best safety practices, protocols, and compliance with occupational health and safety regulations. "AMG is what we're looking for. It fits our need. It fits our construction approach," Yanez said.

"Tonight, we have the opportunity to tell the community that the library is a priority. "We want the community to have the best library we can afford," stated Councilmember Gene Goss, a Library Board of Trustees Representative.

"Growing up in Sierra Madre, the library was where we were able to get resources that we couldn't get anywhere else," said Councilmember Kristine Lowe. "Any family could come. It's a place of not just quietness but a place where you have activities that help the community. And it's free," Lowe stated.

"Communities are judged by their libraries. Anywhere you go in the world, it is the libraries that end up being the foundation of a community," stated Mayor Pro Tem Robert Parkhurst. "We tried to do this seven times. We are able to do it now. This makes a lot of sense," Parkhurst added.

It's unclear when renovations will begin, but you can view the full report on the City's website at www.cityofsierramadrecal.gov

FORMER SIERRA MADRE PHARMACIST BEGINS PRISON SENTENCE

On August 30, 2024, Paul Mansour of Sierra Madre, a pharmacist who formerly co-owned Mansour Partners Inc., doing business as Best Buy Drugs (Best Buy) surrendered himself to Federal Authorities to begin a two year prison sentence.

Mansour pleaded guilty on April 5, 2023, to one count of health care fraud. At his sentencing hearing in June of this year, he was fined \$100,000 and required to pay full restitution to the Center for Medicare and Medicaid Services the sum of \$1,038,411.96, both to be paid "no later than 60 days after the date of sentencing".

According to court records, from January 2017 to July 2022, Mansour created fake patient profiles in the Best Buy pharmacy's digital filing system using fictitious names, dates of birth, and addresses. Mansour added fraudulent prescriptions to the fake patient profiles and then submitted false and fraudulent claims to Medicare for those prescriptions in the name of actual Best Buy patients. In doing so, Mansour billed Medicare for fraudulent prescriptions that were never dispensed to beneficiaries.

Mansour was also sentenced to serve 24 months in jail and 3 years probation. His voluntary surrender to Federal Authorities to begin his sentence was confirmed by prison authorities on September 3, 2024.

Principal Deputy Assistant Attorney General Nicole M. Argentieri, head of the Justice Department's Criminal Division; Acting Assistant Director in Charge Krysti Hawkins of the FBI Los Angeles Field Office; and Special Agent in Charge Timothy DeFrancesca of the Department of Health and Human Services Office of Inspector General's (HHS-OIG) Los Angeles Regional Office made the announcement. The FBI and HHS-OIG investigated the case.

Trial Attorney Matthew R. Belz of the Criminal Division's Fraud Section prosecuted the case.

The Fraud Section leads the Criminal Division's efforts to combat health care fraud through the Health Care Fraud Strike Force Program. Since March 2007, this program, currently comprised of nine strike forces operating in 27 federal districts, has charged more than 5,400 defendants who collectively have billed federal health care programs and private insurers more than \$27 billion. In addition, the Centers for Medicare & Medicaid Services, working in conjunction with HHS-OIG, are taking steps to hold providers accountable for their involvement in health care fraud schemes.

More information can be found at www.justice.gov/criminal-fraud/health-care-fraud-unit. MVNews

COMMUNITY CONVERSATIONS

PUBLIC SAFETY PARCEL TAX

10/08/2024
12 NOON

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

SPONSORED BY THE
SIERRA MADRE
KIWANIS CLUB

PUSD BOARD REPRESENTATIVE

DISTRICT 6

WHO BEST WILL REPRESENT
SIERRA MADRE'S INTERESTS?

10/09/2024
6:00 PM

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

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

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

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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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CENTURY 21

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LIC# 02119245

FOR LEASE

SIERRA MADRE \$4,500 / Mo
Charming 3-bed, 2-bath Sierra Madre home with modern upgrades, private yard, 2-car garage, shared utilities. Wi-Fi, pets welcome!

FOR SALE

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!

FOR SALE

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.

PUBLIC SAFETY - SIERRA MADRE EVENTS



VOTE YES ON PS
 Yes on Public Safety for Sierra Madre

*** NOVEMBER 2024 ***

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



Ready to Change Your Life

TEEN LEADERSHIP CAMP 2024!

WHAT IS TLC?
 Teen Leadership Camp is an intensive training program for 8th graders. Talented young people attend a 3-day seminar organized by Rotary International District 5300. All of the participant's expenses are often paid by sponsoring Rotary clubs.

WHAT DOES TLC OFFER?

- Development of personal skills
- Development of leadership skills
- Improving self-confidence
- Gaining exposure to a variety of issues and people
- Improving career skills & knowledge
- Meeting and learning from community leaders and mentors



CAMP CEDAR CREST
 Running Springs, California
 December 6-8 2024

For more information contact us at sierramadrerotaryclub@gmail.com



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

FREE FOOD YUMMY FIREFIGHTER HOT DOGS!

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

RAFFLE


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.



THE CITY OF SIERRA MADRE

HEAT RELIEF

Sierra Madre City Hall
 232 W. Sierra Madre Blvd.

Hart Park House
 222 W. Sierra Madre Blvd.

Sierra Madre Public Library
 440 W. Sierra Madre Blvd.

Available during regular business hours.

HEY SIERRA MADRE: IT'S HOT!

During extremely hot and humid weather, your body's ability to cool itself is challenged. When the body heats too rapidly to cool itself properly, or when too much fluid or salt is lost through dehydration or sweating, body temperature rises and you or someone you care about may experience a heat-related illness. It is important to know the symptoms of excessive heat exposure and the appropriate responses. The Centers for Disease Control and Prevention (CDC) provides a list of warning signs and symptoms of heat illness, and recommended first aid steps.

Some of these symptoms and steps are listed below.

Heat Cramps

Heat cramps may be the first sign of heat-related illness, and may lead to heat exhaustion or stroke.

Symptoms: Painful muscle cramps and spasms usually in legs and abdomen and heavy sweating.
 Seek immediate medical attention if cramps last longer than 1 hour.

Heat Exhaustion

Symptoms: Heavy sweating, Weakness or tiredness, cool, pale, clammy skin; fast, weak pulse, muscle cramps, dizziness, nausea or vomiting, headache, fainting.
 Seek immediate medical attention if the person vomits, symptoms worsen or last longer than 1 hour.

Heat Stroke

Symptoms: Throbbing headache, confusion, nausea, dizziness, body temperature above 103°F, hot, red, dry or damp skin, rapid and strong pulse, fainting, loss of consciousness.


First Aid: Call 911 or get the victim to a hospital immediately. Heat stroke is a severe medical emergency. Delay can be fatal.

For more information on all of these heat related illnesses, see the Centers for Disease Control and Prevention (CDC) website.

| Heat Exhaustion | Heat Stroke |
|--|---|
| <p>ACT FAST</p> <ul style="list-style-type: none"> • Move to a cooler area • Loosen clothing • Sip cool water • Seek medical help if symptoms don't improve | <p>ACT FAST</p> <p>CALL 911</p> <ul style="list-style-type: none"> • Move person to a cooler area • Loosen clothing and remove extra layers • Cool with water or ice |
| <p>Dizziness</p> <p>Thirst</p> <p>Heavy Sweating</p> <p>Nausea</p> <p>Weakness</p> | <p>Confusion</p> <p>Dizziness</p> <p>Becomes Unconscious</p> |

Heat exhaustion can lead to heat stroke.


Heat stroke can cause death or permanent disability if emergency treatment is not given.



Stay Cool, Stay Hydrated, Stay Informed!

Free COVID tests are now available to order at COVIDTests.gov

Share how to spot the scams with your friends and family.



FEDERAL TRADE COMMISSION

Catch breaking news at: mtnviewsnews.com

SIERRA MADRE

SIERRA MADRE

ARCADIA

PASADENA

ALTADENA

MONROVIA

WALKING SIERRA MADRE - The Social Side

by Deanne Davis

"Halloween is right around the corner. You can tell because all the stores are decked out for Christmas."
Stephen Colbert (*Totally true!*)

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

"The next two months will be spent proving that one can live solely on things made with pumpkin. Beat it Kale! It's pumpkin's time to shine!"
Anonymous Pumpkin



Scarecrows are popping up everywhere and creativity is in the air, along with the scent of pumpkin spice lattes. The picture this week is Optimus Prime. He is located at our temporary library. September was National Library Card Sign-Up Month and Optimus Prime is a reminder that just because September is a thing of the past, you can still sign up for your own personal library card, which will open the door to you of treasures beyond your wildest dreams. Mysteries, histories, biographies and cookbooks, funny, sad, informational, instructional...love, oh my dear friends and neighbors, the love stories you will find in the library. Old ones, new ones, love for places, people, horses, dogs, even raccoons, if you can imagine such a thing!

Word of advice: Never argue with a librarian...they know too much! Having fun isn't hard when you have a library card! And in case you didn't know: Optimus Prime, is a fictional character and the protagonist of the Transformers franchise. Optimus Prime is generally depicted as a brave and noble leader. A perfect choice for the Library scarecrow.

October always makes me think of Charles Schulz and his immortal comic strip, "Peanuts." Linus is probably already out there in his pumpkin patch, hoping that this year the Great Pumpkin will decide that he has, indeed, created the most sincere pumpkin patch, and will rise up and scatter presents all over the place. Charlie Brown will be kind but disbelieving, Lucy will be scornful, but Linus will always believe.

Just for fun, here's a scary excerpt from one of the Emma Gainsworth Adventures:

"Emma Gainsworth walked into a cobweb one cool October day on her way to the pumpkin patch. She was thinking of making herself a jack-o-lantern, one with scary eyes and a jagged mouth to put on her front porch.

Actually, she didn't just walk into a cobweb, the cobweb reached out and embraced Emma, cocooned Emma, captured Emma and something spidery began slowly climbing down the silken strand that led to Emma's struggling self. All eight of its eyes zeroed in on her struggling form. Eight hairy legs slowly slid toward her, trembling in anticipation of the tasty morsel just inches away. If it had lips, the spider would have licked them. "Drat!" She whispered, trying to move her head enough to see just exactly who...or what, had captured her.

Struggle as she might, the web wound tighter and tighter around her and the spider got closer and closer. "This is it," she thought to herself. "Devoured by a spider." She could just hear her frenemies snorting in disbelief when they heard the news. But just as the spider was about to pounce, Emma blew on him. Yes, she blew a gust of garlic-scented breath at him.

You see, friends and neighbors, Emma had dined heartily on "40 Cloves and A Chicken" for lunch. This Alton Brown recipe did, indeed include 40 cloves of garlic!

- 1 whole chicken (broiler/fryer) cut into 8 pieces
- 1/2 cup plus 2 tablespoons olive oil
- 10 sprigs fresh thyme
- 40 peeled cloves garlic
- Salt and pepper

She seasoned her chicken with salt and pepper, tossed it with 2 TB olive oil and browned it on both sides over high heat. She removed it from the heat, added the oil, thyme and garlic cloves, covered and baked it for 1-1/2 hours.

Hence, when she blew on the spider, she not only discouraged him, but she asphyxiated him, melted his web and, landing lightly on her feet, selected the perfect pumpkin for her jack-o-lantern as the spider weakly kicked his legs in his death throes.

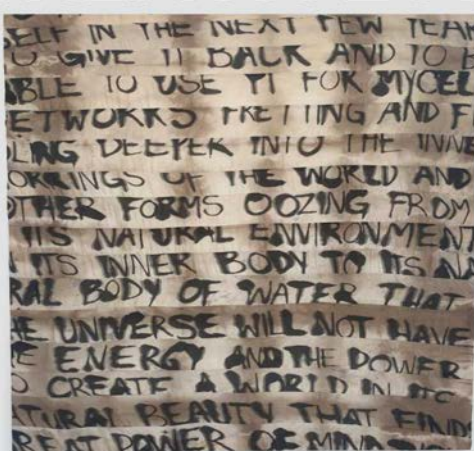
Proving, friends and neighbors, that you never know exactly what you'll find in a pumpkin patch!

Dick and Kay Sappington, who have been the heart, soul and constantly working hands of the Sierra Madre Rose Float Association for so many wonderful years are retiring. They will be missed, not just because the floats have been so fabulous, but because they are splendid people. We wish them all the best, the happiest, the most beautiful years to come. We can never thank you enough. Now keep having the best time of your lives!

My book page: Amazon.com: Deanne Davis
There are treasures there! Trust me!

Including "Just Desserts" A Fall Fantasy of Pumpkins Gone Wrong!
And all the Emma Gainsworth Adventures.
Pumpkins are much more than a squash.

CREATIVE ARTS GROUP



Elemental Encounters
Alyson Brandes Liz Berger

Opening Reception: October 5th, 5-8pm

108 N Baldwin Ave, Sierra Madre, CA

ADAMS PACK STATION, STURTEVANT CAMP AND CHANTRY FLATS HAVE REOPENED!



ADAMS PACK STATION: Dedicated to Serving the Big Santa Anita Cabin Community and all Outdoor Enthusiasts who find their way to us! While many visitors to the canyon think of Adams Pack Station as just a place to purchase food, drinks, hiking maps and Forest Service passes, it is also the last remaining pack station in Southern California, and the only year-round pack station still operating in the Western United States!



On October 2, Chantry Flats Recreation Area in the Angeles National Forest above Sierra Madre reopened to the public. Crews have been working diligently over the past four years to help restore this highly-used recreation area to pre-Bobcat Fire conditions. Certain trails remain closed pending further repair. Click here for more information regarding trail conditions

and essential hiking safety tips from our partners at Sierra Madre Search & Rescue.

STATS:

Elevation: 2,000 feet

Amenities: Picnic sites with picnic tables and BBQ grills (not allowed for use when in EXTREME or CRITICAL fire restrictions, water fountains where visitors can fill up their water bottles, flush and vault toilets, and accessible picnic sites.

Hiking:

OPEN TRAILS INCLUDE:

- First Water Trail
- Upper and Lower Winter Creek trails
- Sturtevant Loop to Sturtevant Falls
- Gabrielino National Recreation Trail from Chantry Flats to Sturtevant Camp

CLOSED TRAILS:

- Zion Trail
- Sturtevant Trail closed to Mt. Wilson
- Anything north of Sturtevant Camp (basically Gabrielino National Recreation Trail) is closed to Newcomb Pass
- Fees: Day use - Adventure Pass OR America the Beautiful Pass required.

Nestled high on a ridge in Big Santa Anita Canyon, the Chantry Flat Picnic Area offers a quick getaway to nature. To reach Chantry Flat Picnic area, drive 5 miles into the mountains from North Santa Anita Avenue in Arcadia, CA, off Interstate 210.

The drive itself will deliver epic views of the San Gabriel Valley before reaching the shade of Chantry Flat. After parking and displaying an Adventure Pass or America the Beautiful Pass, visitors have an array of activities to choose from. Whether its setting up a family picnic on one of the many picnic sites tucked into the hillside or choosing to hike to various locations, including nearby Sturtevant Falls, this area has a little something for everyone.

Catch breaking news at:
mtnviewsnews.com

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

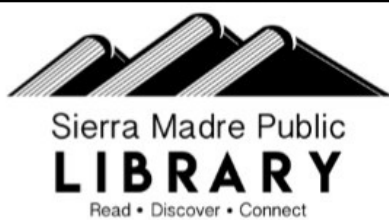
Sierra Madre's EMERGENCY radio station is now accepting scripts for Public Service Announcements (PSAs) about community events. PSAs will be broadcast on the air at no charge. The station operates 24/7 and can be heard at 1630 on the AM dial.

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**

October 7 — October 12

Monday

Baby Rhyme Time — Fire Station at 9:00am

Preschool Storytime — Fire Station at 10:00am

Wednesday

Caregiver Workshop: Infant CPR — Library at 10:00am

Green Teens: First Aid & CPR — Hart Park House at 4:00pm

Thursday

This Is How We Roll Book Chat — Library at 9:00am

The Big Pumpkin Smash — Fire Station at 4:00pm

Saturday

3D Printing Basics — Library at 12:00pm

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

BRING \$\$\$ FOR DRAWINGS AND FOOD!

LEGENDARY



BINGO



No walk-ins

SAT 19 OCT

DOORS AT 6PM, GAMES AT 7:30PM

611 EAST SIERRA MADRE BLVD., SM, 91024

COSTUMES ENCOURAGED (NOT REQUIRED) (NO MASKS)

SOLD OUT!

Thanks!

FIRST COME FIRST SERVED SEATING

TONS OF PRIZES!

BRING CASH!

CANCER SUPPORT COMMUNITY
GREATER SAN GABRIEL VALLEY

FREE SUPPORT & PROGRAMS FOR ANYONE IMPACTED BY CANCER

FREE HEALTHY LIFESTYLE CLASSES...

- Yoga
- Meditation
- Pilates
- Photography
- Watercolor painting
- Cooking and more!

For a complete list of free programs please visit our website.

REGISTER HERE

626-796-1083
www.CancerSupportSGV.org
331 W. Sierra Madre Blvd, Sierra Madre, CA 91024

REBATE SAVINGS

Save Water... Use it Wisely

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

- WATER-EFFICIENT WASHING MACHINE: UP TO \$85 REBATE
- HIGH-EFFICIENCY TOILET: UP TO \$40 REBATE
- WATER FLOW MONITOR: UP TO \$100 REBATE
- RAIN BARREL: UP TO \$35 REBATE
- ROTATING SPRINKLERS: UP TO \$2 REBATE
- IRRIGATION CONTROLLER: UP TO \$80 REBATE

SAN GABRIEL VALLEY MUNICIPAL WATER DISTRICT

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

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

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 [sierramadrecivclub](https://www.facebook.com/sierramadrecivclub)
The Library City Hall
Your Local School

PUT SOME SPOOKY PAINT HERE!

YOUR ARTWORK HERE

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.

QUESTIONS? INFO@SIERRAMADRECIVICCLUB.ORG

Pasadena Altadena

News From Your Community For Your Community

ArtNight Pasadena Returns October 18

Director of Planning and Community Development, Jennifer Paige, announced Thursday that fall ArtNight will include 14 in-person venues with visual art, dance, music, and other performances to enliven Pasadena and engage audiences from 6:00 p.m. to 10:00 p.m. on Friday, October 18.

ArtNight Pasadena is a signature cultural tourism event that is produced by the City's Cultural Affairs Division in collaboration with the ArtNight partner organizations.

Paige said that performance takes center stage this fall with an eclectic mix of music and dance. Join the Gamble House as it presents the intersection of architecture and improvisation with live, spontaneous soundscapes, from Royal Flux; step in time at Alkebu-lan Cultural Center with on-stage tap dancing and live painting by Reia Owens; and experience kinetic, live dance at A Room to Create with the Pennington Dance Group.

Halloween treats and haunts materialize at Red Hen Press with a spooky 30th anniversary celebration as LA's largest publishing house where creepy tunes and literary activities will delight. All ages can create sugar skulls and screen prints at ArtWORKS Teen Center and seasonal art activities will continue at City Hall with music by DJ Rani de Leon and snacks.

This fall, the Pasadena Museum of History shines the spotlight on the multi-dimensional world of filmmaking with "Lights, Camera, Action! Hollywood Magic in Pasadena," an exhibition that features objects related to movies, television, and music videos.

Creativity is highlighted at the Armory Center for the Arts with "From the Ground Up," an inspiring exhibition of student artwork where you can make your own art in studio. Gallery 787 at Reminders Creative Reuse invites you to view a show of local artists' works, and then browse the Arts & Crafts thrift store for your own creative inspiration. The talents of staff and students will be on display at Jackie Robinson Community Center along with an art workshop by Heather Hillard Bonds while an outdoor art installation featuring work by local artists and PUSD students explores the idea of "Home" through its many lenses at Light Bringer Project.

Finally, Art Center College of Design offers a trio of exhibitions at different gallery sites. Part of the Getty's "Pacific Standard Time (PST) Art and Science Collide" initiative, the Williamson Gallery presents an exploration of Big Data's impact on daily life with "Seeing the Unseeable: Data, Design, Art," while the Mullin Gallery examines immigrant labor in the U.S. through "Jinseok Choi: Before the Last Spike," with mixed media works that reference the last connective spike hammered on the first transcontinental railroad. Letterpress printing studio tours and demonstrations will be the focus of the HMCT Gallery.

For more information about all ArtNight programming, please visit: ArtNightPasadena.Org (also in Spanish).

Best Day Ever for New 2025 Rose Court



Photo By D.Lee/MVNews

During a ceremony Monday, Pasadena Tournament of Roses president Ed Morales introduced the seven new members of the 2025 Rose Court. The anticipated reveal was attended by nearly 200 people on the south lawn of Tournament House, including friends and family of the 28 finalists.

Using next year's parade theme "Best Day Ever," Morales said, "why wait until 2025 how about we begin today, right now, by announcing the seven incredible, accomplished young women chosen to comprise the 2025 Rose Court."

The new members are (pictured above from left to right), Lisette Parker, Maranatha High School; Saniyah Brunston, John Muir High School; Lara Georgian, Mayfield Senior School; Natalia Pradhan, Flintridge Preparatory School; Simone Ball, Arcadia High School; Lindsay Charles, Westridge School; and Kate Kelly, La Cañada High School.

The women will serve as ambassadors for the Tournament of Roses, the Pasadena community and the greater Los Angeles area. Each will receive a \$7,500

educational scholarship.

"These exceptional young ladies embody character, service and leadership, demonstrated through their dedication to family, school and community,"

Rose Court members experience countless benefits, including personal development programs designed to enhance their public speaking and presentation abilities, boost self-confidence and refine their etiquette skills. Rose Court members are provided with opportunities to actively participate in the community, make positive contributions and discover ways to connect with local leaders.

Announcement and Coronation of the 106th Rose Queen and the presentation of the 2025 Rose Court is set to be held on Tuesday, October 29, on the front lawn of Tournament House.

The 2025 Rose Court will ride on a float down Colorado Blvd. in the 136th Rose Parade and attend the College Football Playoff Quarterfinal at the 111th Rose Bowl Game, both on Wednesday, January 1, 2025.

For more information and bios for the seven members visit: tournamentofroses.com.

PPHD Requires Vaccinations for All Health Care Workers

Pasadena Acting Health Officer, Dr. Parveen Kaur, issued a health officer order mandating annual influenza (flu) and updated COVID-19 vaccinations for health care workers.

"COVID-19 and the flu remain a concern for all Pasadena residents, but these viruses pose a more significant risk to the health of residents who have underlying medical conditions or need to access health services in medical facilities where the risk of exposure is higher," Kaur said.

Health care workers who do not receive both vaccinations by Friday, Nov. 1 are required to wear a well-fitted mask in healthcare facilities when working in direct patient care areas. Masks are highly recommended for all health care workers, even if they have received the COVID-19 and flu vaccines. Pasadena Public Health Department (PPHD) strongly recommends patients, clients, and visitors of healthcare settings to wear a well-fitted mask or a N95, KN95, or KF94 respirator.

Pasadena has a higher per capita population residing in long-term care facilities compared to the rest of Los Angeles County.

"The vaccination and masking requirements required by the health officer order are protective measures which have effectively reduced infection rates and protected vulnerable populations from COVID-19 and flu related complications," said Acting Director of Public Health, Manuel Carmona.

PPHD encourages everyone to stay up to date on COVID-19 and flu vaccines. To get the updated COVID-19 vaccine, uninsured or underinsured individuals can visit the County of Los Angeles Vaccination Sites website, and insured community members can schedule their vaccine appointment by visiting the Albertsons pharmacy website or Vons pharmacy website. Find the full list of FREE flu vaccine clinics offered by PPHD at bit.ly/Fall-Flu-Clinics.

Queen Tryouts for Doo Dah



Parade to have new Doo Dah Royal Night, and a Royal Light

Parade organizers are calling for Individuals of every gender, shape, age, and persuasion to test their mettle to win the coveted crown at the Pasadena Doo Dah Parade Queen Tryouts on Sunday afternoon, October 27, at the infamous after-party headquarters of the Old Towne Pub. On hand for the wild ride will be queen-hopefuls, former Queens, Everlasting King Clayton, Doo Dah Preservation Society's Magistrate Vince, Czar Tom, Duke of Doo Dah, and Freddie Mercury the emcee, also veteran parade entrants, tryout supporters, and those too curious to stay away. Tryouts start at 4 p.m.

This year we proclaim the royal family is expanding. Tryouts will offer two new positions to its court: The Doo Dah Royal Night, and the Royal Light. This leaves room for more family drama, while also acknowledging, life is not always 'a bed of roses.' Contestants for the Queen as well as the yin and yang Nights, will have 5 minutes to perform and sway the judges (meaning those in attendance) that they should don the crown and family nomenclature at this year's 45th Pasadena Doo Dah Parade, which takes place in Old Pasadena on Sunday, November 24th.

Past years have seen the crowning of many colorful,

talented, and eccentric royals: Queens such as Quing Robbie Ravenwood, Natalie "Mama Sunshine" Flores, "Sassy but Classy" Jennipha, Patrizzi Intergalactica, Red Rosie, Naughty Mickie, Tippi Headtrip and the Lost Language, Tequila Mockingbird, MeowMeowz, Susann of "Good Vibes, House Parties & Jabberwocky Jerk Sauce," and the 1978 original "Queen of the Stardust Ballroom" Dorothy Romani.

"Who will dazzle and win the day? Come find out! Queen Tryouts are open to everyone, and we mean it," organizers said.

Known as the twisted sister of the conventional Rose Parade, The Pasadena Doo Dah Parade celebrates 45 years of irreverent frolicking in Old Pasadena. Doo Dah Parade began as a grassroots event in 1978 to gain national attention for its eccentric and, often, irreverent satire. The parade, which has spawned numerous off-beat replicants across the country, was even highlighted in the Wall Street Journal. Dozens of inventive, if zany, art cars, mutant vehicles, marching, rocking, and punk bands, and a memorable cast of performance artists, showstoppers, hoofers and crooners, disruptors, political pundits, satirists, absurdists, lone wolves, float makers, and merrymakers.

The Old Towne Pub is located at 66 N Fair Oaks Ave but you enter at 34 Holly Street.

Busch Gardens Walking Tour

Pasadena Heritage is set to hold a Busch Gardens Walking Tours Saturday, October 19th. There will be three start times 9 a.m., 9:30 a.m. and 10 a.m.

Discover the once world-famous Busch Gardens, created by industrialist Adolphus Busch and his wife Lily in 1904. What began as a private winter retreat soon blossomed into a public botanical wonderland, featuring exotic plants, water features, and stunning landscape designs.

From 1905 to 1938, Busch Gardens attracted over a million visitors. Though closed for decades, many of its original features remain hidden on private property.

If you would like to learn more, join a lecture by Michael Logan at the Pasadena Museum of History on Thursday, October 17th at 7:00 p.m. For more visit: pasadenahistory.org. For more information about the walk visit: pasadenaheritage.org.



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San Marino Upcoming Events & Programming

History of the Public Safety Parcel Tax

The Public Safety Parcel Tax has been a part of San Marino's funding structure since 1980, approved by voters to support public safety services. Over the years, these funds have been allocated to help maintain essential police and fire department operations. Measure SM is a continuation of this tax, which has played a role in supporting San Marino's safety infrastructure. If approved, this measure would continue generating approximately \$3.5 million annually to fund the City's police, fire, and paramedic services, maintaining local public safety efforts. For more information, visit: SanMarinoCA.gov/MeasureSM.

Trunk or Treat & Dance Party

Join us for a spooktacular evening at Trunk or Treat & Dance Party on October 25 from 6-8 PM at Lacy Park! Enjoy creatively decorated trunks, a costume contest, and a lively dance party under the moonlight. Wristbands are required for adults and youth ages 2 and up. Pre-order wristbands by October 24 at www.SanMarinoCA.gov/Registration for \$5 (residents) or \$10 (non-residents). Day-of wristbands will be \$15 at the gate. Pick up pre-sale wristbands at the San Marino Community Center by October 25 at 11 AM. For more info, call (626) 403-2200.

City Honored with Distinguished Budget Presentation Award

The City of San Marino has earned the Distinguished Budget Presentation Award from the Government Finance Officers Association (GFOA) for the 4th consecutive year! Congratulations to our Finance Department for their commitment to transparency and excellence in budgeting. This national award recognizes our budget document as a top-tier policy, financial plan, operations guide, and communication tool. This achievement highlights the hard work of our Finance team and City leadership, setting a standard of excellence in budgeting!

City Treasurer Applications Due Monday

The City of San Marino is seeking a City Treasurer to oversee investments and advise the City Council alongside the Finance Director. San Marino residency is required, and knowledge of municipal fund accounting is essential. Apply by this Monday, October 7, at 4 PM. Visit the City's website or contact the City Clerk for details.

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 *Wine and the White House: A History*, joins Kate Sinclair, Executive Director of The Old Mill Foundation, for a fireside chat on the history of wine at the White House. They'll explore how wine has evolved over 200 years, highlighting key presidents and how wine is selected and served. Ryan, former Publisher of The Washington Post, produced the book with the White House Historical Association. Tickets are \$10 for Old Mill members and \$20 for non-members; purchase yours at www.old-mill.org.

Chinese Club Workshop

Thursday, October 10 at 10:30 AM, Barth Community Room

In the spirit of cultural exchange and appreciation of diversity, educational development, and community service, the Chinese Club of San Marino holds monthly lectures and workshops. Registration is not required.

Board Game Café

Thursday, October 10 at 3 PM, Barth Community Room

Young adults in grades 6-12 are invited to join us once a month after school in the Barth Community Room and try out our tabletop games! Snacks and drinks will be provided. Registration is not required.

Collecting Cryptids

Friday, October 11 | 3:30 PM

Location: Barth Community Room

Cryptids from across North America have gone missing inside the Library, and we need help to find them! Tweens in grades 4-6 are invited to learn about these legendary creatures and then embark on a scavenger hunt where they will work in groups to become researchers and amateur cryptid experts. We provide the training and explorers kit; you find the cryptids! This program is sponsored by the Friends of the Library. Registration is required.

Stories in Sound: Song Sharing and Listening Party

Saturday, October 12 at 2:30 PM, Barth Community Room

Do you love sharing your favorite music with friends and family? If so, this is the program for you! At our Listening Party, we will come together to share some of our favorite recorded songs and pieces of music. In a cozy setting with some snacks, each patron will have a chance to play 1-2 recordings of their choice over the in-house speakers. After listening, we will discuss the piece together, noting what we liked about it and asking whatever questions we may have. Please keep your selections library-appropriate (no cursing)! This program is sponsored by the Friends of the Library. Registration is not required.

Meetings

City Council Meeting

Wednesday, October 9 at 6:00 PM; City Hall Council Chambers and Zoom (Public Access)

Full Cast for Playhouse's LA CAGE AUX FOLLES



Danny Feldman, Producing Artistic Director of Pasadena Playhouse, the State Theater of California and recipient of the 2023 Regional Theatre Tony Award, announced Tuesday the full cast for its upcoming production of *La Cage aux Folles*, directed by Sam Pinkleton (Broadway's *Oh, Mary!*), with book by Harvey Fierstein, music and lyrics by Jerry Herman, based on the play by Jean Poiret. Pasadena Playhouse will also offer La Cage 101 – a special 4-part virtual class in the lead up to the extravagant Playhouse production, featuring very special guests Harvey Fierstein, Director Sam Pinkleton (*La Cage aux Folles*, *Oh, Mary!*), and Producing Artistic Director Danny Feldman. Special 3 Show Musical Package is also now available, including tickets to *La Cage aux Folles* and tickets to *Anything Goes* and *Follies* in Concert at the Pasadena Civic Auditorium.

The cast of *La Cage aux Folles* is led by previously announced

Cheyenne Jackson (*American Horror Story*) as Georges and Tony Nominee Kevin Cahoon (*Broadway's Shucked*) as Albin.

Joining them are Ryan J. Haddad (*The Politician*) as Jean-Michel, Shannon Purser (*Stranger Things*) as Anne, George Salazar (*Impeachment: American Crime Story*) as Jacob, Michael McDonald (*MADtv*) as Edouard Dindon/M. Renaud, Nicole Parker (*MADtv*) as Marie Dindon/Mme. Renaud, El Beh (*American Conservatory Theater's The Wizard of Oz*) as Francis, and Shea Diamond (*FX's Pose*) as Jacqueline.

The cast is completed by Kay Bebe Queue, Cody Brunelle-Potter, Salina EsTitties, Rhoye Ivy King, Ellen Soraya Nikbakht, Suni Jade Reid, and Paul Vogt as Les Gagelles.

Tickets and Membership information for *La Cage aux Folles* are available at pasadenaplayhouse.org, by phone at 626-356-7529, and at the box office at 39 South El Molino Avenue.

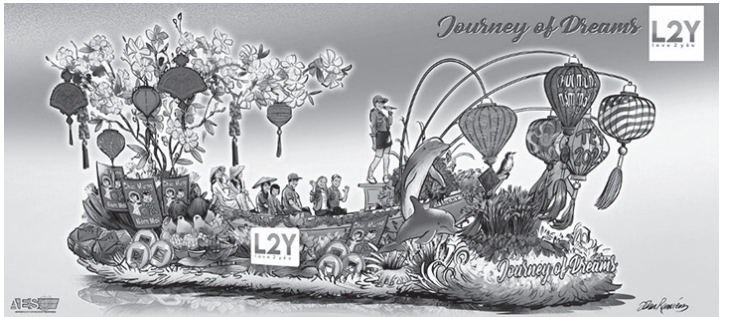
Tournament First Peek at 2025 Rose Parade Floats

As the Pasadena Tournament of Roses gears up for the 136th Rose Parade presented, they shared a first Sneak Peek of the stunning floral floats that are set to wow a global audience on January 1, 2025.

Since its debut in 1890, each Rose Parade float has showcased a unique theme and visual story, bringing imagination to life in stunning florals. This year's theme, "Best Day Ever!," is beautifully reflected in the float entries, from the first time participant, Love 2 Yeu, to the Elks U.S.A., La Cañada Flintridge and Lions International.

As they journey along the 5.5 mile Parade route, these floats will offer vibrant and symbolic storytelling, sure to enchant millions of viewers both streetside and worldwide, all drawn to Pasadena for America's New Year Celebration.

Love 2 Yeu - Artistic Entertainment Services



The first-time Rose Parade participant, Love 2 Yeu, proudly presents their float themed "Journey of Dreams." This float celebrates Tet, the Vietnamese Lunar New Year, honoring Vietnamese families' rich culture and traditions while sharing a message of hope and unity. On the float is a replica of a refugee boat, symbolizing the countless journeys taken by families seeking new opportunities. The boat is aptly named "Lucky" and is adorned with thousands of red, yellow and orange flowers, representing the fiery spirit and dreams of those onboard. Dolphins swim alongside, guiding the way, as a bird perches on a dock, symbolizing new horizons to the land of opportunity.

Elks U.S.A - Phoenix Decorating Company



Their 2025 Rose Parade float, "Cherished Memories," highlights children's impactful experiences at Elks Camps across the U.S., where underserved and medically challenged children build independence and confidence at no cost to their families. The float features children mountain biking above a floral waterfall, canoeing and crossing a 20-foot suspension bridge, all under the watchful eye of a majestic elk in a forest habitat. An American eagle perches above, while a signpost directs campers to various outdoor activities, symbolizing adventure and growth.

La Cañada Flintridge - La Cañada Flintridge Tournament of Roses Association



This out-of-this-world float invites viewers on a journey to Mars, featuring an astronaut who teams up with an alien exploration crew for a thrilling ride in a modified Mars Rover. This year's float, "Rover Rendezvous," refers to past floats, including "The Wright Stuff" (1995) and "Backyard Rocketeer" (2017), continuing the storytelling of fascination with flight. Every character, including the roaming satellite float featuring an adorable alien, showcases the spirit of exploration, assuring all that they are having the "Best Day Ever."

Lions International - Phoenix Decorating Company



Lions International first displayed a float in the 1948 Rose Parade and is proud to showcase their float, "Celebrating A Day of Service," featuring four adorable lions atop the Lions International float having their Best Day Ever! These furry felines are changing the world through service as they are proudly perched on a bed of a floral waterfall surrounded by beautiful blue butterflies.

For more information visit: tournamentofroses.com.

The Masters Series at the Pasadena Senior Center

What's fact and what's fantasy in legal courtroom dramas as depicted on film and TV? Find out by attending "Real to Reel - Truth and Trickery in Courtroom Movies" — the subject of the fall term of the Masters Series at the Pasadena Senior Center. Paul Bergman, UCLA Professor of Law Emeritus, hosts the series.

During the two-session series, set for this Tuesday and Tuesday, October 15 from 2-4 p.m. Bergman will show and analyze entertaining clips from a variety of courtroom films to discuss and analyze various parts of the courtroom and legal aspects, including cross examination, women's rights, the death penalty and juries.

The Tuesday session of "Truth and Trickery in Courtroom Movies" will focus on how some popular (and some not so well known) films depict cross examination feats, fiascos and pranks for the memory and women's rights and wrongs, while the October 15 event will explore the death penalty, juries, and rhetorical strikes and stumbles. Mr. Bergman will also share how some actual, well-known lawyers have served as

models for film characters.

The cost for each session is only \$12 for members of the Pasadena Senior Center and \$15 for nonmembers. Reservations suggested, walk-ins accepted. To register or for more information, visit: pasadenaseniorecenter.org and click on Lectures & Classes, then Masters Series Lifelong Learning or call 626-795-4331.

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 lineman 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.

PWP Interim General Manager David Reyes said, "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 visit: PWPweb.com/PublicPowerWeek.



Senior citizen residents ages 62 years and older can have large and bulky items picked up from their homes for FREE the Week of October 14-18, 2024

Senior citizens are asked to have all items collected and readily available in an OUTDOOR area near trash containers.

RESERVATIONS ARE REQUIRED.
 Please call the South Pasadena Senior Center at (626) 403-7360 Monday through Friday; 8:00 a.m. to 5:00 p.m.
 DEADLINE FOR ALL RESERVATIONS: Thursday, October 10, 2024 by 12:00 p.m.
 SPACE IS LIMITED

PARTICIPANTS WILL NEED TO PROVIDE A DETAILED LIST OF ITEMS THAT WILL BE PICKED UP. ITEMS NOT LISTED WILL NOT BE PICKED UP BY ATHENS.

| | | | | |
|---|--|---|--|--|
| | | | | |
| Accepted Items: | | Prohibited Items: | | |
| <ul style="list-style-type: none"> • Couches • Refrigerators • Rugs and carpets • Water heaters • Washing machines • Wood, pipes or branches that are bundled together • Other large bulky items | | <ul style="list-style-type: none"> • Rubbish items that can be picked up with typical refuse items • E-waste such as TVs, DVD players, cellphones, gaming consoles, computers and monitors • Construction and roofing materials such as concrete, cement bricks, roof shingles, tiles and dry wall • Household hazardous materials such as paint, batteries, fertilizer oil and clearing supplies • Materials from landscaping projects such as dirt, sand, gravel, large tree branches and stumps, bushes and railroad ties • Automobile parts | | |

NOTE: Delinquent Athens customers are not eligible.

All other residents can participate in the drive thru service on Saturday, October 19, 2024 from 8:00 a.m. to 11:00 a.m. at the South Pasadena High School Fremont Street Parking Lot. Please enter lot from Lyndon Street.

Catch breaking news at: mtnviewsnews.com

AROUND SAN GABRIEL VALLEY

BLESSING OF THE ANIMALS

ST. LUKE'S MONROVIA BLESSES PETS OF ALL DENOMINATIONS SUNDAY, OCTOBER 6

Stuffed animal donations sought for children treated for exposure to violence

On Sunday, October 6, St. Luke's Episcopal Church in Monrovia will once again celebrate one of its most beloved traditions: the Blessing of the Animals in honor of the Feast of St. Francis of Assisi. The church invites all pets (and their human companions) to the 10 a.m. service to sit, sing, (chirp, purr or howl), worship, and share in God's blessings.

Attendees are also invited to bring a new stuffed animal to donate to the Martin Luther King Jr. Pediatric Hub, an LA County center that provides medical and mental health care to children exposed to domestic and sexual violence. St. Luke's parishioner Dr. Janet Arnold-Clark is the hub's Director.

About St. Luke's
With roots in Monrovia dating to the 1890s, St. Luke's Episcopal Church is an inclusive community that invites and welcomes all to join them in service and fellowship. The landmark 1924 Romanesque church is located at 122 S. California Ave. at Foothill Blvd. Services are held on Sundays at 8 a.m. and 10 a.m. and Wednesdays at 12:10 p.m. The Reverend Neil Tadken presides as Rector. For more, visit saintlukesmonrovia.org.



Right: Father Neil Tadken of St. Luke's Episcopal Church, Monrovia, bestows his benediction on an array of pets during previous Blessing of the Animals services.



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AQMD AIR QUALITY WILDFIRE INFO

Conditions may change quickly due to fire activity and weather. Download the South Coast AQMD app or visit www.aqmd.gov/AQImap to view current air quality in your neighborhood.

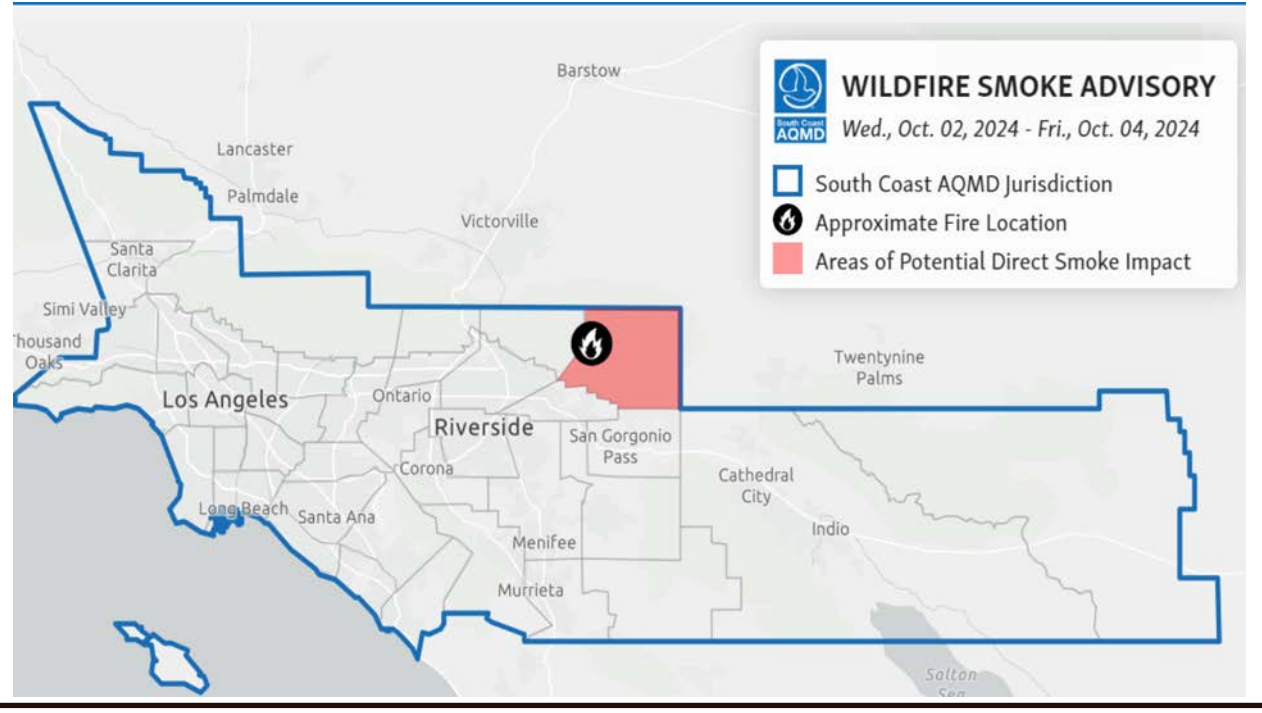
Forecasted Smoke and Air Quality Impacts

- Smoke from the Line Fire is expected to mostly impact parts of the San Bernardino Mountains, where the AQI category may reach Unhealthy for Sensitive Groups or higher, with the highest AQI immediately adjacent to the Bear Creek and Santa Ana River drainages.
- Afternoon and evening AQI levels in parts of San Bernardino County will also be elevated due to ozone (smog) formation over the next few days.
- The Smoke Outlook for the Line Fire from the U.S. Interagency Wildland Fire Air Quality Response Program is available at <https://outlooks.airfire.org/outlook/50df5098>

WILDFIRE SMOKE AND ASH HEALTH SAFETY TIPS
Wildfires can often cause very high air pollution levels that are harmful to your health. Protect your health by taking steps Before, During, and After a wildfire to reduce how much pollution you are breathing. Wildfire smoke can cause unhealthy air quality in areas many miles away from the fire. Smoke conditions change quickly, so check your air quality using the South Coast AQMD app or on our interactive map. Older adults, young children, pregnant women, and people with heart diseases or lung diseases (such as asthma) may be especially sensitive to health risks from wildfire smoke.

- If you smell smoke or see ash due to a wildfire, here are ways to limit your exposure:
- Remain indoors with windows and doors closed or seek alternate shelter.
 - Avoid vigorous physical activity
 - Run your air conditioner if you have one and make sure it has a clean filter. Close the fresh air intake if your air conditioner has the option so that it is recirculating the indoor air to prevent bringing additional smoke inside. A higher efficiency filter (i.e. higher MERV rating) will filter out more smoke particles than a low efficiency one.
 - Create a space in your home with filtered air, by using a portable high-efficiency or HEPA air cleaner while keeping doors and windows closed. This can be a room where you spend a lot of time, such as a bedroom. More information about air filters and air cleaners can be found here: [Fact Sheet on Indoor Air Filtration](#).
 - Avoid using a whole-house fan or a swamp cooler with an outside air intake.
 - Avoid using indoor or outdoor wood-burning appliances, including fireplaces. Avoid combustion sources inside the home such as candles and incense that could further degrade indoor air quality.
 - If you must be outdoors in smoky conditions, keep it brief, and use a disposable respirator (N-95 or P-100). These respirators can offer some protection from smoke particles if they are worn properly and have a tight fit. Do not rely on surgical masks or cloth masks for protection.

Information about using respirators to protect from wildfire smoke or ash can be found here: [Fact Sheet on Respirators \(PDF\)](#)



DURING A WILDFIRE - PROTECT YOURSELF
IF YOU SMELL SMOKE OR SEE ASH DUE TO A WILDFIRE, HERE ARE WAYS TO LIMIT YOUR EXPOSURE:

- Remain indoors with windows and doors closed or seek alternate shelter.
- Avoid using a whole-house fan or a swamp cooler with an outside air intake.
- Avoid vigorous physical activity.
- If you must be outdoors in smoky conditions, keep it brief, and use a disposable respirator (N-95 or P-100).
- Run your A/C if you have one, change your filter often (MERV 13+), or run a portable HEPA purifier.
- Avoid using indoor or outdoor wood-burning appliances, including fireplaces, and combustion sources like candles and incense.

WILDFIRE

Wildfire smoke can cause unhealthy air quality in areas many miles away from the fire. Smoke conditions change quickly, so check your air quality using the South Coast AQMD app or on our interactive map at aqmd.gov. Older adults, young children, pregnant women, and people with heart diseases or lung diseases (such as asthma) may be especially sensitive to health risks from wildfire smoke.

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BOSCO TECH TO HOST FREE COLLEGE FAIR ON OCTOBER 10
More Than 60 Colleges & Universities Will Be Represented

-Don Bosco Technical Institute (Bosco Tech) will host its annual college fair for high school students and their parents on Thursday, October 10, from 6 to 8 p.m.; doors open at 5:30 p.m. The event, which is free of charge and open to all local families, will feature representatives from more than 60 colleges and universities across the U.S., including Notre Dame, Berkeley, Northeastern and UCLA.

“The Tech’s extensive college fair provides students with the opportunity to meet representatives from many top schools, both public and private, in one convenient location,” said Christine Gambill, Bosco Tech’s Director of Counseling. “It’s the perfect setting for young people to explore their options. We’re confident it will be a very valuable event for the community.”

Event registration is available at StriveFair.com. For more information, contact Bosco Tech Director of Counseling Christine Gambill at cgambill@boscotech.edu. Bosco Tech is located at 1151 San Gabriel Boulevard in Rosemead. Doors open at 5:30 p.m. and food trucks will be on site.

As the only Catholic applied science high school of its kind in the U.S., Bosco Tech uniquely combines a rigorous college-preparatory program with STEM-based studies. This innovative approach allows students to exceed university admissions requirements while completing extensive integrated coursework in one of six technology and engineering fields. More information is available at www.boscotech.edu.

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@acsions.com
 Principal: Cindy Harmon
 website: www.acslions.com

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

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/>

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

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

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

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

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

The Gooden School
 192 N. Baldwin Ave. Sierra Madre, Ca. 91024
 (626) 355-2410
 Head of School, Jo-Anne Woolner
 website: www.goodenschool.org

High Point Academy
 1720 Kinneloa Canyon Road
 Pasadena, Ca. 91107
 Head of School: Gary Stern 626-798-8989
 website: www.highpointacademy.org
La Salle College Preparatory
 3880 E. Sierra Madre Blvd. Pasadena, Ca.
 (626) 351-8951 website: www.lasallehs.org
 Interim Principal Ernest Siy

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

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

Pasadena High School
 2925 E. Sierra Madre Blvd. Pasadena, Ca.
 (626) 396-5880 Principal: Mathew Kodama
 website: <http://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

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

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

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

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

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

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

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

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

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



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Questions? Contact: CGambill@boscotech.edu

Dad, Glade and I go hiking in the...     ...woods to explore and discover.

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Exploring the World


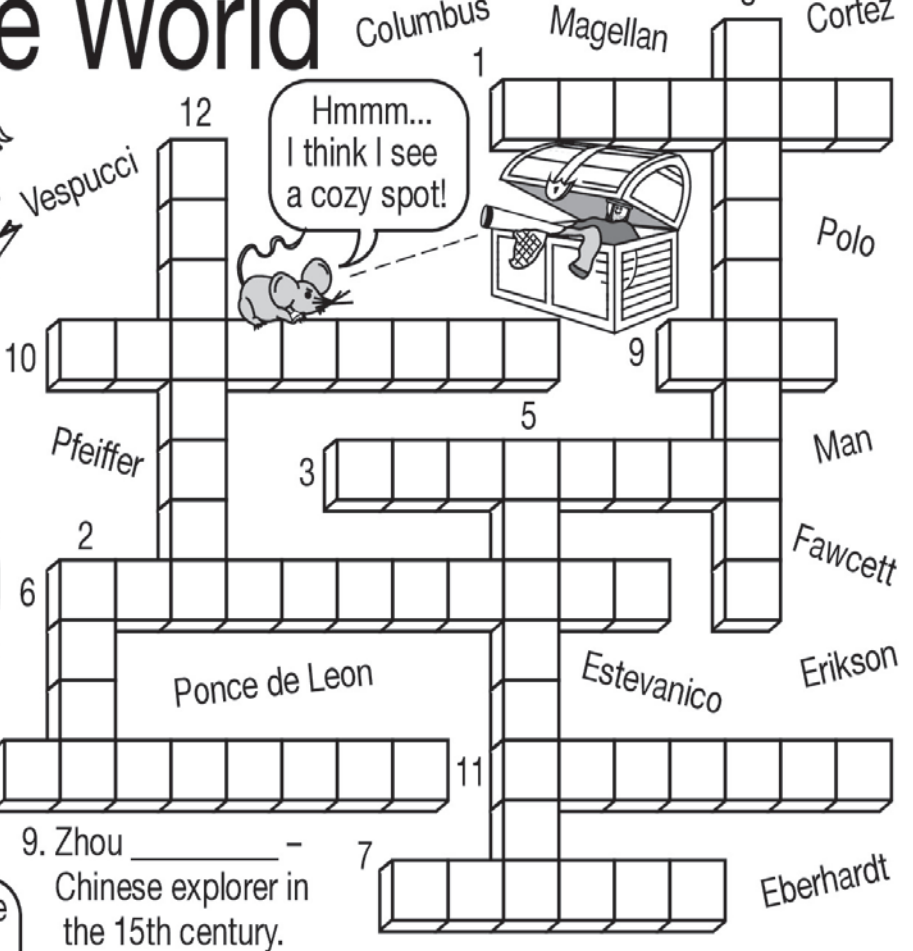
I love to explore in the oceans. Can you read these clues and put the last name of each historical world-traveling explorer in the puzzle?

Where is my map?

Are we there yet?

Hey! The Fountain of Youth does exist.

Hmmm... I think I see a cozy spot!

- Leif _____ – an explorer from Iceland who landed in North America about 500 years before Columbus.
- Marco _____ – Venetian explorer; traveled into China and other parts of Asia. He was the first European to meet Kublai Khan, the emperor of China.
- Amerigo _____ – Italian explorer, thought to have sailed past Brazil. The Americas were named after him.
- Christopher _____ – born in Genoa, (which is now part of Italy), but was sponsored by Spain’s King and Queen, who gave him three famous ships: Niña, Pinta and Santa Maria. He made 4 trips to the “New World.”
- Ida Laura _____ – Austrian explorer; traveled around the world more than once. Her books about her travels were published in seven languages.
- Juan _____ – first European explorer to land in Florida (which he named). Legend says that he wanted to find “The Fountain of Youth.”
- Hernando _____ – Spanish Explorer who led an expedition to South America, which in turn led to the downfall of the Aztec Empire.
- _____ – thought to be the first African-born man to step in North America. He was enslaved by an explorer and he scouted much of the Southwest.
- Zhou _____ – Chinese explorer in the 15th century. Historians found evidence that his fleet of over 100 ships may have reached the Pacific side of North America (also Australia).
- Isabelle _____ – a Swiss-Algerian explorer who travelled in North Africa. She often dressed as a man to be allowed the rights that men received. She was fluent in Arabic.
- Colonel Percy _____ – British explorer who believed he found a lost, ruined city in the jungles of Brazil. He disappeared and it is believed that he was killed by native people there.
- _____ – Portuguese explorer who was the first person to travel around the world. Several species of animals are named after him, including the Magellanic Penguins.

PUZZLES FOR YOU

Mountain View News Saturday, October 5, 2024

FAMOUS WORLD SITES

ACROSS

1. To grab meat off a grill
5. Tire meas.
8. Flock member
11. Hollywood sidewalk mark
12. Architect's drawing
13. Muhammad's teachings
15. *Leaning Tower city
16. Co-eds' military org.
17. a.k.a. Pleasant Island
18. *Angkor Wat country
20. Like some Christmas sweaters
21. Walt's Mickey
22. Blunder
23. Emerge
26. "Midsommar" flower arrangements
30. *Avenue des Champs-Élysées, technically
31. Plural of stria
34. Prescribed food selection
35. On pins and needles
37. Knee-related acronym
38. Fur of the marten
39. Hissy fit
40. Political "shelter"
42. The night before Christmas
43. Eyewash vessel
45. Food tester
47. King Kong, e.g.
48. Milk quantity
50. *_____ Verde National Park
52. *Black Hills' Mount _____ National Memorial
55. Short-trunked ungulate
56. Geometric calculation
57. Barbequed anatomy
59. Not upright
60. Mountain lake
61. *Easter Island statues
62. Short for detective
63. Follow ems
64. "Mr. Roboto" band

DOWN

1. Recipe amt.
2. Related to ear
3. U.S. space agency, acr.
4. Gram, in Great Britain
5. Walks weary
6. Composer of "Gymnopédies" fame Erik _____
7. *Machu Picchu empire
8. Twelfth month of Jewish civil year
9. On one's guard
10. Ostrich-like bird
12. Marcel of "Remembrance of Things Past" fame
13. Harden
14. *_____ Familia, Spain
19. Autocratic
22. Earlier in time, archaic
23. Use blunt end of pencil
24. Sack fabric
25. Change shoelace knot, e.g.
26. *China's Great attraction
27. *Mt. Everest's northern slope location
28. Tool handle
29. Ranch grazer
32. Poison ivy woe
33. *_____ Strait, Alaskan cruise destination
36. *Famous onion-domed cathedral's namesake in Russia
38. Ingratiating behavior
40. Gobbled up
41. Relating to Utah
44. Like exes
46. Violent weather, pl.
48. #13 Across' sacred writings
49. Site frequenters
50. First one on a ship
51. Long narrative poem
52. Loan attribute
53. Heavy metal's Quiet _____
54. E-commerce website
55. Sylvester, to Tweety
58. Broadway musical about wives of Henry VIII

CROSSWORD

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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.

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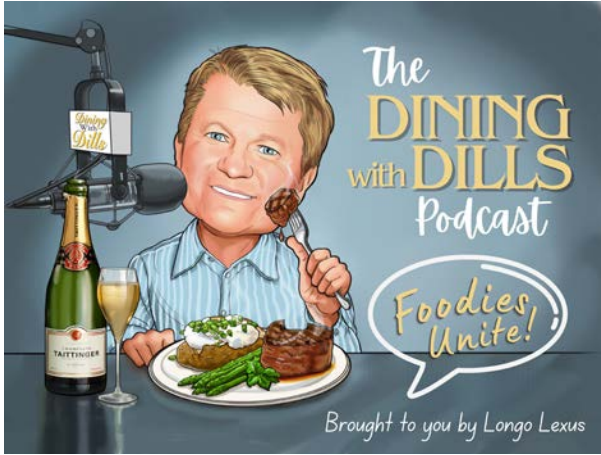
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LOCAL FLAVOR AT ITS FINEST: CASA DEL REY MEXICAN

For those of us lucky enough to call Sierra Madre home, Casa Del Rey Mexican has become a beloved spot for fantastic food and dare I say even better margaritas. While my dad might have poked fun at the term "world famous," there's no denying that Casa Del Rey holds its own locally—and who knows, maybe one day it will earn that world-famous title.

Casa Del Rey is more than just a restaurant—it's a family-run establishment where attention to detail and a dedication to great food take center stage. Jamie, the co-owner and bartender, runs the show with passion, and her parents, Donna and Ed, have trusted her to lead the way. This hands-on approach from the family is felt in every bite.

Speaking of bites, the food here is simply top-notch. The chile verde is nothing short of incredible—tender pork in a sauce so flavorful, it practically sings. It's a dish that I can't recommend enough. If you're a taco lover, their hardshell chicken tacos are also a standout. When my friends Billy and Sara Meyers joined me, we all gave them six thumbs up—crispy, flavorful, and packed with tender, juicy chicken. It's the kind of meal that makes you want to come back again and again.

But it's not just about the main dishes. As any Mexican food aficionado knows, you can judge a restaurant by its chips and salsa. Casa Del Rey passes with flying colors—crispy chips and salsa with just the right amount of heat and flavor to get your meal started off on the right foot.

And let's not forget the margaritas. Jamie, who is also the restaurant's bartender, is a true artist behind the bar. Her margaritas are as much a part of the experience as the food itself, crafted with precision and care. If you appreciate a well-made drink, you'll find yourself coming back for another round.

For those who enjoy dining outdoors, Casa Del Rey's patio is the perfect spot to relax, enjoy the warm weather, and soak in the vibrant atmosphere. Whether you're having a casual family meal or meeting friends for drinks, the ambiance is as inviting as the food is delicious. In a town full of local favorites, Casa Del Rey Mexican stands out as a must-visit for anyone looking for an exceptional meal. It may not be "world famous" yet, but with food like this, that day may come sooner than later.

31 N. Baldwin Sierra Madre (626) 355-6060



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(626)355-6060
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50 YEARS - EST 1972
Casa del Rey
Mexican Restaurant & Cantina
Sierra Madre, CA

THE TASTING ROOM THE PERFECT RED



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

It must take a lot of confidence to call one of the wines you make "The Perfect Red." This winemaker knows what he's doing and can walk the walk. Let me introduce you to The Perfect Red – not your grandpa's big ass Cabernet Sauvignon – but an updated, refreshing, clean, natural Cab that will make you think again about Cabernet Sauvignon.

Broc Cellars is a Berkeley-based winery founded in 2002 by owner and winemaker Chris Brockway. Chris is into low intervention winemaking. Only native fermentations and organically grown grapes are used in the winemaking. His farming methods include using cover crops to improve soil health which helps to increase water retention. All of this increases the biodiversity around the vineyard which is very beneficial to the grapes. Don't even think he mows the crop cover or plows it; he instead uses sheep to help manage the crop cover and to fertilize the soil. Chris uses native yeasts and bacteria that exist on the grapes, and he never adds sulfur during fermentation. Sometimes they add very minimal sulfur during bottling depending on the vintage.



All these practices produce a very tasty natural wine. The 2022 Broc Cellars "The Perfect Red" is fresh with a nice spine of acidity and brightness. The alcohol level is lower than Cabs back in the day when big ass, high octane Cabs were popular. It's juicy with notes of black and red berry. The wine is a blend of 75% Cabernet Sauvignon and 25% Cabernet Franc. You get a little spice/pepper along with very subtle tobacco leaf. It's a lighter body wine that has low tannins, and drinks very easy. I serve this with a bit of a chill.

So, if you're looking for a fresh take on Cabernet Sauvignon, naturally made, tastes delicious, and isn't the old style of high octane, high alcohol, slap you in the face Cabernet Sauvignon that grandpa used to drink, this is the Cab for you! Don't wait too long to get it, Chris only made 753 cases of this Perfect Red!

The 2022 Broc Cellars "The Perfect Red" is available at The Bottle Shop for \$28.99. Say you saw it in the Mountain Views News and get it for \$26.99 through Monday, October 7th.

Join me this Sunday at 3pm for three special sparkling wines. They will cool you off and quench your thirst during this latest heat wave. Remember, it's always 69 degrees in The Tasting Room! Next Thursday and Friday, I will be pouring Cabs and Cab Blends.

Until next time – Salud! Scan the QRCode to sign up for our newsletter.



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 power-ful 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

USE LAUNDRY DETERGENT SHEETS-A BETTER WAY TO GO.

Protect The Planet & Keep Plastic Out Of Our Oceans. Help Keep 700,000,000 Plastic laundry detergent jugs out Of Landfills. Reduce Plastic Use.

Laundry sheets are liquidless detergents designed as eco-friendly alternatives to chemical-laden bottle detergents that pollute our streams, landfills, and, at times, even our clothes. Laundry sheets eliminate the need for all those plastic bottles.

"They generally use cardboard packaging, and because they are concentrated and without water, the package can be small," says Rich Handel, Consumer Reports' laundry expert. "This leaves less of an environmental footprint than the plastic jugs that liquid detergent and plastic containers pods or packs come in."

Laundry detergent sheets offer a convenient and pre-measured solution for hassle-free laundry routines. Uses less water than liquid detergents

They are effective in cleaning clothes, combating stains, and are compatible with various washer types.

Users appreciate the compact design, travel-friendly nature, and overall cleaning power of detergent sheets.

Easy to use: they are straightforward to use. You simply toss them in the washing machine with your clothes. There's no need to measure out laundry detergent or deal with spills.

Less messy: laundry sheets are less messy than traditional laundry detergents. There's no need to worry about spilling laundry detergent or getting it on your clothes.

Last longer: laundry sheets last longer than traditional laundry detergents.

In addition, one laundry sheet is equivalent to one load of laundry, so you don't need to worry about running out of laundry detergent.

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[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]

DEATH SEMINARS

Dolores (who died in 2008) and I were active students of metaphysics, mostly through our association with WTT's Spiritual Studies classes. We spent a lot of time studying Harold Percival's "Thinking and Destiny," and other books such as Fromme's "Art of Loving" and Hayakawa's "Language in Thought and Action."

By the early 1990s, we began to conduct weekly study sessions and classes in our home, mostly readings from "Thinking and Destiny" on Sunday afternoons.

One night, we offered a class called "What Happens After Death." About 10 people showed up for this one, which was a large gathering for our small meeting room.

We began by telling everyone that this was not some sort of religious exercise, nor was anyone required to "agree with" or "believe" anything we were telling them. Rather, we simply asked that they consider the scenario that we'd be sharing as a possibility, and that we would not consider "arguments" or "debates" about it. In other words, something does "happen" to us after our body dies. This "something" can range from "nothing" to reincarnation to "going to hell" and many other possibilities.

Our class was based on Harold Percival's "Thinking and Destiny" book. So a brief explanation about Percival was required. He claimed in the preface to his monumental "Thinking and Destiny" book that he "came to" the information that he shares by means of what he calls "Real Thinking." He further defines "Real Thinking" as a four-part process. The first step is the selection of a topic and turning the Conscious Light on it. (The Nature of Conscious Light is addressed repeatedly in his book). Next comes the fixing and cleansing of the subject, which is done by training the Light upon it. Then, the third step is to reduce the subject to a point, which is done by focusing Light upon it. This is what we would call "concentrating." Lastly, by following this procedure, with the Light focused on the point, the result of this Thinking is a "Knowing" about the subject.

He provides no bibliography, no references, no "proofs" for anything he proffers except that the reader can do his or her own Real Thinking for verification.

Upon body death, according to Percival, we "automatically" go through a series of steps, which he initially describes as a brief overview on pages 240 to 253. He describes a specific order of 12 events, which includes a life-review, a judgement, a heaven-state, etc.

So, the purpose of our "What Happens After Death" class was to emphasize that all of us WILL die, and that "something" WILL then occur or begin, even if that something is "nothingness."

After our brief explanation, we asked each participant to lie on our floor.

"Now you have just died," we announced, and we covered each person with a sheet to further simulate the death experience. We then read through the after-death stages, one by one, slowly, in the darkened room, asked each participant to work hard to fully feel the experience.

Talking through this process took about 45 minutes.

Then, we got through the entire cycle, and explained that these steps could actually take several hundred years of earth time. Then it would be time for being reborn into a suitable and appropriate family, in the place on earth that we've earned for ourselves.

We turned on the lights, and removed the sheets, and let everyone take a few minutes to get their eyes adjusted to the light. Slowly, each person opened their eyes and slowly got up, and sat down in a chair.

We began to share significant experiences that each person had. A few folks were very quiet and would not talk at all, but others were very talkative. Some were even in tears.

We closed the class by telling everyone that they had not died tonight, and that everyone now has a "new opportunity" to still "do the right things" since they were still alive in a body.

We shared some freshly-made coffee-elixir and healthful cookies, and we discussed a few of the upcoming classes and poetry readings that we'd be having in the coming weeks. But no one seemed interested in our announcements. Most everyone was strongly affected by the experience, and they wanted to ask more questions, which we tried to answer. As usual, we didn't feel like the most perfect examples in the world, but we knew that "the future" is all the result of each and every choice that we make, second by second, and the consequences of those choices. To make the wisest possible choices every second of one's entire life required a unique sort of sobriety and focus which itself required a unique lifestyle regimen to maintain - and, of course, those details were the subjects of our on-going classes.

[This is based upon a section of Nyerges' "Til Death Do Us Part?" available on Kindle, or from www.ChristopherNyerges.com].

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Katnip News!



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 • Apply at maineconanne@yahoo.com

Lifeline for Pets presents Alice, only 4 months old. She was found under a car when just seven weeks old, all by her lonesome! A good Samaritan rescued her and got her totally vetted. Alice is super, super sweet, and is looking for a loving home to be her purr-fect wonderland.

See more pictures of Alice and how to adopt at <https://www.lifelineforpets.org/baby-alice.html>. Update: Scotty from last week is still available. He's at <https://www.lifelineforpets.org/scotty.html>

Pet of the Week

River is a calm and gentle 3-year-old Husky who's looking for a loving hom. River's demeanor is easygoing and relaxed, making him a great fit for a family looking for a sweet, low-maintenance companion.

He's well-behaved on the leash and enjoys leisurely walks where he can explore the world around him at his own pace. River is consistently gentle and polite. He knows basic cues like sit and down and responds well to treats, taking them gently from hands. While he's not overly interested in toys, he enjoys enrichment activities and gentle pets, especially scratches to his chest. River is a social boy who enjoys meeting new people, including children, and is very tolerant of handling. He rarely barks, preferring to calmly observe the world around him. River's calm nature and affectionate personality make him a wonderful companion for someone seeking a gentle, loving dog. River and all other pets at Pasadena Humane will have their adoption fees waived on Saturday, October 12! 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.



HOT TEMPERATURES CAN MAKE CONCRETE AND ASPHALT TOO HOT FOR YOUR DOG'S PAWS.

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.

When it's above 90 degrees outside, bring dogs and cats indoors.

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Discover the perfect assisted living community with Safe Path for Seniors. Our compassionate advisors specialize in assisting individuals with unique needs. Benefit from our extensive network and affordable options. Plus, we offer personalized tours to help you explore each community firsthand. Call (626) 999-6913 or visit www.safepathforseniors.com for free assistance.



A BRIDGE TO COMMUNITY PASADENA VILLAGE

IS IT TIME FOR YOU TO GET THE LATEST FLU OR COVID-19 VACCINE? PASADENA VILLAGE ENCOURAGES ADULTS 50+ TO STAY HEALTHY

If it has been a while since your last COVID-19 vaccination (or since you contracted the virus), it might be time for you to get the latest vaccination. And, fall is the time to get your annual flu shot, too. The Centers for Disease Control and Prevention (CDC) is recommending updated vaccines for both COVID and the flu ahead of the fall and winter virus season. "Make a plan now for you and your family to get both updated flu and COVID vaccines this fall, ahead of the respiratory virus season," CDC Director Dr. Mandy Cohen said in their June statement.

The local nonprofit Pasadena Village is partnering with Webster's Community Pharmacy on a vaccination clinic on Saturday, October 12, 9:00 to Noon and will give you a free \$10 gift card in gratitude for everyone who is vaccinated during the clinic. Webster's Community Pharmacy recently moved to a new location at 2333 Lake Avenue, Altadena, CA 91001. Pasadena Village, a nonprofit organization that connects aging-in-place older adults with each other and the resources in the community, will be distributing \$10 gift cards to local establishments.

"I personally think that vaccines are crucial for older adults due to their weakened immune systems and higher risk of complications from preventable diseases. I also believe regular vaccinations help older adults maintain their health and independence as they age," states Gwyneth Voong, Rph PharmD, Webster's Community Pharmacy. "Pasadena Village is proud to partner with Webster's which has been serving the local community for over 90 years," states Pasadena Village Executive Director Katie Brandon. "It takes the entire community - partnerships like this between organizations and health providers, plus each individual's decision to keep up with their vaccinations - to keep our community healthy."

For questions about vaccinations, call Webster's at 626-797-1163. Or learn more about Pasadena Village and register for the free clinic by visiting www.pasadenavillage.org or calling 626-765-6037.

HOW SSI BENEFITS CAN HELP STRUGGLING SENIORS AND THE DISABLED

Dear Savvy Senior:

What can you tell me about the SSI program and what are the eligibility requirements for seniors? I'm trying to help my elderly aunt who is very low-income. Searching Niece



Dear Searching:

The SSI program that you're enquiring about, which stands for Supplemental Security Income, is a program administered by the Social Security Administration (SSA) that provides monthly cash benefits to people that are disabled or over 65 based on financial need.

Currently, around 7.5 million people are receiving SSI benefits, but many more are now eligible as the SSA recently expanded access benefits by tweaking some of the rules. Here's what you should know.

Eligibility Requirements

To qualify for SSI your aunt must be either age 65 or older, blind or disabled, and must be a U.S. citizen or lawful resident. She must also have limited income and assets.

Her income as an individual must generally be under \$1,971 per monthly, or \$2,915 for couples. Countable income includes wages or any other kind of money your aunt earned from working, plus money she gets from other sources like unemployment, Social Security retirement, or gifts from friends, but also, free shelter.

And her assets must also be less than \$2,000 or \$3,000 for couples. This includes cash, bank accounts, other personal property, and anything else that could potentially be converted to cash. Her home, household goods and one vehicle, along with life insurance policies and burial funds valued under \$1,500, do not count towards countable assets.

In 2024, the maximum SSI payment is \$943 a month for an individual or \$1,415 a month for a couple. But, if eligible, the amount your aunt would receive may be lower based on her income, living situation and some other factors.

To help you determine if your aunt is eligible for SSI, help her take the Social Security Administration's benefits screening test at SSAbest.benefits.gov. This online questionnaire takes approximately 5 minutes to complete and screens for a variety of benefits, not just SSI.

You should also know that most states – except Arizona, Arkansas, Mississippi, North Dakota, Tennessee and West Virginia – supplement the federal SSI payment with payments of their own. In some of the states that pay a supplement, your aunt may qualify for the state payment even if she doesn't meet the federal SSI eligibility criteria.

How to Apply

If you think that your aunt is eligible for SSI, she (or you) can begin the application process and complete a large part of it online at SSA.gov/apply/ssi. If she's disabled, she can apply for both SSI and Social Security Disability at SSA.gov/disability. Or, if she can't apply online, call 800-772-1213 and set up an appointment with her local Social Security office.

To help make the application process go quickly and smoothly, your aunt will need her Social Security number; birth certificate or other proof of age; information about the home where she lives, such as her mortgage, or lease and the landlord's name; payroll slips, bank books, insurance policies, burial fund records and other information about her income and the things she owns; her proof of U.S. citizenship or eligible noncitizen status; and if she is applying for SSI because she is disabled or blind, the names, addresses and telephone numbers of doctors, hospitals and clinics that have information related to her condition.

For more information visit SSA.gov/ssi or see Social Security's online SSI publication at SSA.gov/pubs/EN-05-11000.pdf.

Other Assistance Programs

Depending on your aunt's income, there are other financial assistance programs that may be able to help her like Medicare Savings Programs, prescription drug assistance, food stamps and energy assistance. To locate these programs, and learn how to apply for them, go to BenefitsCheckUp.org.

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.

Catch breaking news at:
mtnviewsnews.com

SENIOR HAPPENINGS

HAPPY BIRTHDAY! ... OCTOBER Birthdays*



Janda Ferris, Darlene Traxler, Margit Johnson, Sole Krieg, Mary Jane Baker, Dixie Coutant, Jill Frank, Cathleen Cremins, Adie Marshall, Darlene Crook, Susan Gallagher, Maggie Ellis, Gloria Giersbach, Ellen O'Leary, Jenny Piagenti, Anita Thompson, Linda Boehm and Angela Stella *

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

Chair Yoga

10am - 10:45 am
Monday's and Wednesday's
at the
Hart Park Senior Center

Monthly Blood Pressure Screening

IS NOW TAKING PLACE AT THE
HART PARK SENIOR CENTER
THE SECOND TUESDAY OF EVERY
MONTH
AT 12:30PM

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.

10/2/2024, 10/9/2024, 10/16/2024, 10/23/24, 10/30/24



OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

WHERE DO ALL MY NASAL FLUIDS COME FROM?

I am finally, in what I think is the last phase of my recent health confusion. My nose is dripping, and I think I use at least one box of tissues daily. I did not know I had so much of this in my body, and I am not exactly sure where it came from.

When I was young, I remember having a bad case of this kind of thing, and I asked my mother, "Mom, where does all my snot come from?"

I had never seen my mother as angry as she was then. She looked at me and growled, "Son, I never want to hear you say that word again. We do not use the word 'snot' in our house. We use the phrase, 'nasal fluids'. If you ever say the word 'snot', you will be in more trouble than you have ever been in your life. Do you understand me?"

Well, to be honest, I didn't quite understand what she was talking about, but you always listen to your mother, right?

Several weeks later, I was having the same situation, and I said, "Mom, where does all my sn... whoops, I mean my nasal fluids come from?"

She was quite generous, forgave me, and was happy I remembered what she said. I will never know where she came up with the phrase "nasal fluids."

I haven't thought of that for a long time, but it came back to my memory just this week. I'm unsure how the word snot compares with the phrase nasal fluids. I sort of think my mother came up with that phrase because I don't know anybody else who has ever used it.

But as I was thinking about this, I had yet to find out where my nasal fluids came from. This past week, my nose was running like Niagara Falls. With all that nasal fluid coming out of me, I must try to figure out where it comes from. If it comes from me, why isn't there a limit?

If nasal fluids were gold, I would be very wealthy by now. Unfortunately, they are not gold, and I am not wealthy.

This phenomenon makes it very difficult to go out in public. I'm sneezing, and my nose is running all the time. To go out, I have to take a half-dozen boxes of tissues. Even then, I have to be quick on the draw.

Everybody has this kind of problem, but I don't care; it's what I'm facing that matters to me. I have to take care of my own nose, and that's a fact with my hands up.

When I think I've mastered my nose and nasal fluids, I take a deep breath, and before I'm done, that fluid is running out of my nostril faster than ever before. What does it take to satisfy my nose?

It's too bad my mother isn't around. She's in a nursing home and suffers from dementia, so I couldn't ask her anyway. She would not remember. But if I can get back to my mother when I was a teenager, maybe I could find out from her what this nasal fluid is all about.

I have reached the point where I don't feel the fluid flowing out of my nostril. Because of that, I don't know if it's running down my face and dripping off my chin. What an embarrassing situation that is.

As always, The Gracious Mistress of the Parsonage has somewhat of a solution for my dilemma.

One morning, she looked at me and said, "Why don't you wear a mask? Nobody will see anything about that because everybody is familiar with masks these days."

This is the most brilliant thing she's ever told me. I never thought of wearing a mask, which would prevent people from seeing what's going on behind the mask.

Nobody would notice me because many people still wear masks, and I would fit right in.

One day, I tried it, and it seemed to work, except when I got home and took off the mask, it was filled to overflowing with my nasal fluid. How all of that stayed in my mast without overflowing is something I'll never know. But at least nobody could see I was wrestling with this kind of problem.

Recently, I have been taking about a half-dozen masks when I go anywhere. I try to change my mask every hour, at least. That way, my nasal fluids do not overflow my mask, and nobody sees my problem.

Being able to cover up a problem, especially my problem is a challenge.

I must confess that I'm not very good at covering up any of my problems. No matter how much I try, the Gracious Mistress of the Parsonage can always see through my endeavors.

My biggest challenge is dealing with the world. There is one verse that gives me comfort and encouragement. "For whatsoever is born of God overcometh the world: and this is the victory that overcometh the world, even our faith. Who is he that overcometh the world, but he that believeth that Jesus is the Son of God?" (1 John 5:4-5).

My faith in Jesus Christ is what enables me to overcome the world around me. When I try to do this by my own cleverness, guess what? I always fail. My great challenge is to trust God when any problem comes my way.

Dr. James L. Snyder lives in Ocala, FL with the Gracious Mistress of the Parsonage.

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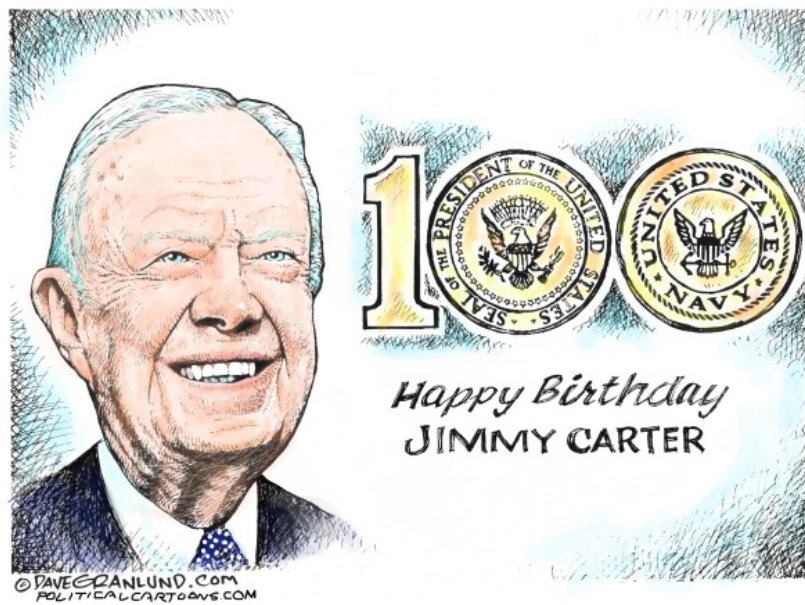
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Mountain Views News Mission Statement

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.

HAPPY BIRTHDAY MR. PRESIDENT



President Jimmy Carter celebrates his milestone 100th birthday on Oct. 1, he sets a new record for the longest-lived president in United States history. It's a title he's held since March of 2019, and a record he's broken with each birthday since.

STUART TOLCHIN



PUT THE LIGHTS ON WAS THERE A DEBATE?

Last night I waited for the Vice-Presidential debate and next I watched many summaries of what the networks told us we saw and now I present to you, my impressions. First question, who won? Answer, there was no winner but we the public are the Big Losers. I do not know how closely you have been following the pre-election posturing but allow me to identify the parties. Both men (yes they are both men, good old White Christian men with families; and both are substantially younger than the current President and the ex-President.) They both are from the Midwest and identify as middle class. Both seemed eager to point out that they did not disagree about everything and in fact had many similarities. Very scary. The differences in America are huge and should have been reflected in the Debate. There were differences of course in their manner of presentation. Governor Walz, identified himself as a High School teacher and High School Football Coach and longtime member of the military. He explained that he is a long-time NRA member who always carried a shotgun in his car. Not much of a rebel. Other than at the last minute of the debate he went out of his way to not ruffle any feathers and identified himself as someone who worked with representatives on both sides of the aisle during his 12 years in Congress prior to his four-year term as Governor. He is now the Democratic candidate for the Vice-Presidency.

Senator J.D. Vance, the Republican nominee, also tells us he is from the middle-class and had a deprived childhood as the result of his mother's drug addiction. Nevertheless, he managed to earn a full Scholarship to Yale Law School leading to important connections, a job in venture capital and marriage to a brilliant classmate. He appealed to these venture capitalists and although having no political experience was selected to receive the huge donations leading to election to the Senate in 2022 at the age of 38. He differs from his opponent in that he does not stay in any one position for very long which may reflect his huge ambition. I wondered why he desired to be Vice-President a position of little responsibility. His major traits seem to be slickness and willingness to change political positions. He is a salesman only interested in selling himself. I think that is his obsession.

All right, here is my take-away which I formulated this morning. In one of my first articles for this paper written in 2008 prior to the Presidential election of Barack Obama, I predicted that during my lifetime, Americans would witness the demise of the Republican Party. Well folks, it's already happened. Republicans are no longer a party but are simply a Trump cult. The most instructive moment of the debate was when Walz directly questioned Vance as to his belief about the 2020 election and Vance would not answer saying that he only wanted to talk about the future. Of course, his immediate future requires him to not contradict Trump's Big Lie regarding the 2020 election. Now I will try and explain this willingness.

Vance foresees a time after Trump's election when Trump will be forced to leave office for reasons that are already obvious. Presto, Vance is now President surrounded by incompetent Trump cronies now even more bewildered without their leader. Vance will be free to recreate an America to his own liking and the liking of his benefactors. No more burdensome Democracy, and Separation of Powers. Who needs elections?

What will happen to the rest of us, especially those of us who did not go to Yale or possess billions? Really, I hope we never have to find out, but I am very worried. The Debates made little mention of what we, the public, must do to protect our future. In previous articles I have described books like Nexus and What If We Get It Right. These books emphasized that what is necessary is self-examination and the formation of neighborhood communities that together work to save the planet from the man-made destructive environment. We must unite in our efforts and fill the vacuum created by incompetent and uncaring leadership. We do not need J.D. VANCE. There is no Debate!!

HOWARD Hays As I See It



"If one of us goes to jail, we will be the first person to go to jail in the Mississippi welfare scandal" - Mississippi Today reporter Anna Wolfe

Digging into Project 2025 - the report by Trump's people financed by Trump's backers laying out a Trump agenda that Trump says he knows nothing about - three things stood out to me this week:

First, an infatuation with block grants. Department of Education? Abolish it - just send block grants. Healthcare support? Block grants. Anti-poverty programs or anything else? Block grants - leave it to the states.

On the press, the report doesn't repeat Trump's "enemy of the people" depiction, but calls for defunding PBS and NPR. It rejects press entitlement, encouraging the president to be more selective in granting access. Trump's Justice Department secretly seized emails and phone records of journalists reporting on the Russia investigation. New Attorney General Merrick Garland ordered a stop to that practice. Project 2025 calls for Garland's order to be reversed.

As for an independent judiciary, Project 2025 calls for a "vast expansion of the number of appointees in every office and component" of the Justice Department; more who are "politically accountable" - meaning beholden to the president. There's elimination of civil service protection, so not following directions of a political appointee - be it illegal, unethical, or unconstitutional - could get you fired on the spot. Project 2025 also suggests the president has as much right to tell the judiciary what's constitutional as they have to tell him.

This all came to mind while following a story out of Mississippi.

Anna Wolfe grew up in Tacoma, Washington, got her BA in Communications from Mississippi State, relocated to Jackson and joined the non-profit Mississippi Today. Six years after graduation, she and colleague Michelle Liu shared a prize for Investigative Reporting

RICH JOHNSON NOW THAT'S RICH POLITICS AND PRESIDENTS



The unabridged title: "Politics and Presidents: A Historical Hopefully Hysterical Peek"

Happy Birthday to Jimmy Carter. He turned 100 on October 1st. The first president to make it to 100. Bravo.

Now, watching highlights of the recent Vice-Presidential debate took me back to the Richard Nixon, John Kennedy presidential debate of 1960. This may surprise or even shock you but going into the debate Nixon was favored to win the election.

Nixon, ill the day of the debate, arrived and promptly refused stage makeup. Kennedy, on the other hand (or face) wore stage makeup. The result? Kennedy looked and sounded young and energetic, while Nixon looked pale, old, sickly and tired. Had Nixon not agreed to a televised debate most historians believe he would have won the 1960 election.

Nixon, after he lost the Governor's race in 1962, announced we wouldn't have "Nixon" to kick around anymore. He was wrong. We had to wait only 6 years when he beat Hubert Humphrey and became President in 1968. It was then 6 years later in 1974 when we got around to kicking "Tricky Dick" out of office.

Some political scientists hypothesize the presidential candidate with the most hair has a leg up on winning. Let's see, John Kennedy won, certainly having more on top than Richard Nixon. In 1968, Nixon lucked out when relatively hairless Hubert Humphrey became the Democrat nominee. Nixon won by a hair lol. You might have thought the Demos would learn their lesson and you'd be wrong. In 1972 they pitted hair challenged George McGovern against Nixon (who won by about 80,000 hairs). In 1976, the Dems found the hair helmet candidate they could get behind: Jimmy Carter easily beat the hair challenged incumbent Gerald Ford.

1980 was a close race with both Jimmy Carter and Ronald Reagan blessed with "hair helmets". Reagan won. You had Ronnie's star status versus Jimmy's less than stellar performance as President. Might have been the lines at the gas stations in 1979 that finally did Jimmy in.

Getting up to 1984, Reagan ran against a reasonably hairy Walter Mondale. Mondale lost in a landslide because he criticized Reagan's fiscal deficit. Mondale said he would cut the deficit by raising everybody's taxes. Reagan, the better politician, announced he had no plans to raise or lower taxes. Surprise...Reagan ended up raising taxes. But he, somehow, made you feel good about voting for him.

"Read my lips, no new taxes." In 1988, Vice President George H.W. Bush ran for president using that campaign slogan. He beat Michael Dukakis. Dukakis doomed his fate the moment he climbed into a M-1A1 battle tank. He might have saved himself, but when his head popped up into view wearing a Snoopy-like helmet his chance at victory was doomed. To cement his loss, he ignored advice and ran his own campaign. His defeat was listed as the result of missed opportunities, poor judgment and undeniable arrogance.

I'll leave our in depth election memories there. In 1992 we got a teeter totter presidential cycle: 8 years of Bill Clinton, then 8 years of George W. Bush, and finally 8 years of Barack Obama.

Select quotes to make you smile (hopefully):

"Things have never been more like the way they are today in history." Dwight Eisenhower
"I would have made a good pope." Richard Nixon

"No." (President Carter's daughter Amy when asked by a reporter if she had any message for the children of America)

"Vote early and vote often." Al Capone

"Too bad the only people who know how to run the country are busy driving cabs and cutting hair" George Burns

"I've left orders to be awakened at any time in case of national emergency, even if I'm in a cabinet meeting." Ronald Reagan

"When they asked George Washington for his ID, he just took out a quarter." Steven Wright

And finally my favorite political quote; first in French: "Je suis Marxiste - tendance Groucho"

Translated in English: "I am a Marxist - of the Groucho tendency".



Only about 5% of the funds ended up with needy families. In 2018, as tens of millions of dollars were being funneled through Mississippi's DHS office, 11,700 families with children applied for \$170 monthly in TANF benefits. 98.5% of the requests were denied.

As Anna Wolfe related to NBC, "Two days after the Pulitzer announcement we got the first threat of legal action". Her investigation had led to the office of Gov. Phil Bryant, and the governor sued Anna Wolfe and colleagues for defamation.

To establish "actual malice", the governor demanded all of Wolfe's notes, records, internal emails - and everything on confidential sources. A county judge ordered she turn it over for him to review, or risk being jailed for contempt. That order is now on appeal to the state's Supreme Court - with four of its nine judges appointed by former Gov. Bryant.

The point is probably not to send Anna Wolfe to jail, but to financially ruin Mississippi Today - hoping it, like so many local papers and local reporters, simply goes away. There's also a clear message to anyone considering reporting on something they shouldn't - and to any "confidential source" who might cooperate.

This story features unaccountable block grants, intimidation of the press and an executive confident the judiciary is there to serve his own personal interests, rather than the public's - all things promoted in Project 2025. To fight this and see that similar situations don't spread nation-wide, Anna Wolfe is willing to go to jail. But all we have to do is vote.

Last month, the National Press Club awarded Mississippi Today its highest award for press freedom.



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](https://www.facebook.com/michelesfitness) Visit her Facebook page at: [michelesfitness](https://www.facebook.com/michelesfitness).

WHAT'S YOUR PHYSICAL FITNESS AGE?

Do people often think you look younger than your years? Or older? How you look and move is directly related to your fitness age. Physical fitness age is a measure of how fit and healthy your body is compared to others, regardless of your actual age. It's all about how well your body functions in terms of strength, endurance, flexibility, and overall health. Even if you're 40 years old, you could have the fitness of someone much younger—or much older—depending on how well your body is performing. So how can you figure out your fitness age? Simple. Here are 5 key tests.

1. Cardiovascular Health

One of the best ways to figure out your fitness age is by looking at your cardiovascular health. Your Resting Heart Rate (RHR) is a simple measure of how fit your heart is. To check it, count your pulse when you're completely at rest, usually when you wake up in the morning. A lower heart rate generally means better fitness. Here's what the numbers mean:
 Excellent: Less than 60 beats per minute (bpm)
 Average: Between 60-80 bpm

Below Average: More than 80 bpm

2. Body Composition

Next, let's talk about your body's makeup, or Body Composition. Body Mass Index (BMI) is one way to measure if you're at a healthy weight for your height. Here's how you figure it out:
 BMI Formula: $BMI = \text{weight}(kg) \div \text{height}(m^2)$

But BMI doesn't tell the whole story. A better way to look at your body composition is through your body fat percentage, which can be measured using tools like calipers, bioelectrical impedance, or DEXA scans. If you're a man, 10-20% body fat is good, if a woman, 20-30% is considered a healthy range.

3. Strength and Endurance Tests

Now, let's test your strength and endurance. Two easy ways to do this are by seeing how many push-ups and squats you can do. Here are the norms based on age:

Push-ups, how many can you do total:
 Push-Up Test Norms for Men:
 20-29 years: 22-28 push-ups
 30-39 years: 17-21 push-ups
 40-49 years: 13-16 push-ups
 50-59 years: 10-12 push-ups
 60+ years: 5-11 push-ups

Push-Up Test Norms for Women:
 20-29 years: 15-20 push-ups
 30-39 years: 13-19 push-ups
 40-49 years: 11-14 push-ups
 50-59 years: 7-10 push-ups
 60+ years: 5-8 push-ups

Squats, see how many you can do in one minute:
 Squat Test Norms for Men:
 20-29 years: 30-34 squats
 30-39 years: 27-31 squats
 40-49 years: 24-28 squats
 50-59 years: 21-25 squats
 60+ years: 19-22 squats

Squat Test Norms for Women:
 20-29 years: 25-30 squats
 30-39 years: 23-28 squats
 40-49 years: 21-25 squats
 50-59 years: 18-22 squats
 60+ years: 16-20 squats

If you're hitting numbers above the average for your age, your fitness age might be lower than your actual age. That's a good thing!

4. Flexibility Test

Flexibility is another important part of fitness. To measure this, you can do the sit-and-reach test. Sit on the floor with your legs straight in front of you and reach toward your toes. The farther you can reach, the more flexible you are. Here's what to aim for:
 Excellent: Can reach beyond your toes
 Average: Can touch your toes
 Below Average: Can't reach your toes

5. Functional Fitness Tests

Functional fitness is all about how well you can do everyday activities. A good test for this is the sit-to-stand test, where you see how many times you can stand up from a chair in 30 seconds. Here's what's typical:
 People under 50: 15-20 stands
 People over 50: 12-17 stands

Once you've done these tests, you can get a good sense of your fitness age. If your numbers match or beat the averages for younger age groups, you're likely younger in fitness age than your actual age. On the other hand, if you struggle with the tests, your fitness age might be older.

By working on improving areas like cardiovascular health, strength, flexibility, and endurance, you can lower your fitness age. Over time, small changes in your daily activity can make a big difference in how old or young your body feels. Lowering your physical fitness age can increase your energy level, reduce the risk of many diseases, boost your mental health and help you enjoy a longer life!

FUTURE SITE OF THE SIERRA VISTA PARK PICKLEBALL COURTS PROJECT FULLY FOUNDED BY GRANTS FROM RPOSD

The City of Sierra Madre is excited to be making progress on the Sierra Vista Park Tennis to Pickleball Court Conversion. The residents asked for more diverse recreational opportunities, and with future funding from the Los Angeles County Regional Park and Open Space District, Sierra Madre is working towards providing those opportunities. Be on the lookout for more information coming soon!

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| 8/25 - Angels Baseball | 10/13 - 10am to 12:00noon | 12/15 - 10am to 12:00noon |
| 9/1 - 10am to 12:00noon | 10/20 - 10am to 11am | 12/22 - 10am to 12:00noon |
| 9/8 - 10am to 11am | 10/27 - 10am to 11am | 12/29 - Raiders Football |
| 9/15 - Raiders Football | 11/3 - Raiders Football | 1/5/25 - 10am to 11am |
| 9/22 - Angels Baseball | 11/10 - 10am to 12:00noon | 1/12/25 - 10am to 11am |
| 9/29 - 10am to 11am | 11/17 - Raiders Football | 1/19/25 - 10am to 11am |
| | 11/24 - 10am to 12:00noon | 1/26/25 - 10am to 11am |

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Events Around Town in October!

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| <p>One Time Events</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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!</p> <p>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!</p> <p>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.</p> <p>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.</p> <p>October 13 5:00 pm – 8:00 pm Taste of Old Town Monrovia 2024 Experience delicious dishes from local restaurants and vendors, live music.</p> <p>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.</p> | <p>October 25 4:00 pm – 6:30 pm Downtown Arcadia Halloween Haunting Enjoy Trunk-or-Treating and play games from the City of Arcadia.</p> <p>October 26 2:00 pm – 8:00 pm Pasadena Symphony @ the Ambassador Concert includes works by Mahler, Korngold, and Boyer, and violinist Akiko Suwanai.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>Ongoing Events</p> <p>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.</p> <p>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</p> <p>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.</p> <p>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.</p> |
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LOS ANGELES COUNTY BEGINS MAILING SAMPLE BALLOT BOOKS FOR THE 2024 GENERAL ELECTION

Los Angeles County Registrar-Recorder/County Clerk (RR/CC) Dean C. Logan announced the mailing of Sample Ballot Books to all registered voters for the November 5, 2024 General Election has started.

Sample Ballot Books are valuable resources that provide critical election information, instructions on voting options and deadlines, and local candidate statements and ballot measure information. The Sample Ballot Book also includes information and impartial analyses for countywide and local ballot measures.

The RR/CC will continue to mail Sample Ballot Books through October 26, 2024, and will begin distributing Vote by Mail ballots on October 3, 2024.

Due to distinct printing and production processes and legal timelines, some voter may receive their Vote by Mail ballots prior to receiving the Sample Ballot. Online access to voting materials will be available Sunday, October 6, 2024, to all voters at LAVOTE.GOV/ISB.

The RR/CC is proud to offer election materials translated into 18 different languages. Voters can request these materials in their preferred language by returning the Language Request Form found at the back of the Sample Ballot Book or by contacting our office at (800) 815-2666, option 3.

ARCADIA'S MEASURE A



What is the Measure AS Facilities Bond? The Arcadia Community Coordinating Council presents Arcadia Unified School District Superintendent, Dr. David Vannasdall who will present everything you need to know to Vote on Measure AS, the Arcadia Unified School District's School Safety and Repair Measure coming to the Nov. 5th Ballot

On July 23, the Board of Trustees voted to place Measure AS – The Arcadia Unified School District School Safety and Repair Measure on the November 5 ballot for voter consideration. If adopted by voters, Measure AS will allow AUSD to address the educational priorities the Arcadia community has identified, such as continuing to provide clean water, safe classrooms and school sites, preparing students for college and careers, and requiring all funds be spent on Arcadia schools.

Many of Arcadia's schools were built nearly 60 years ago and have urgent repair needs. Measure AS will address the most urgent health and safety repairs needed in our neighborhood schools. The last couple of years have seen a record number of school shootings in the U.S. We need to keep our schools, students, and staff safe. In addition, we have other significant safety concerns, such as repairing aging roofs, plumbing, restrooms, and deteriorating gas and sewer lines; removing asbestos and lead paint; updating outdated electrical systems and security and fire systems; and making earthquake safety repairs and improvements.

Dr. David Vannasdall has been Superintendent of the Arcadia Unified School District since July of 2014. He has proudly served the Arcadia community for more than a decade. Dr. Vannasdall first came to Arcadia in 2005 when he was named the Principal of Arcadia High School. Succeeding his seven years at the helm of the Apaches, he was promoted to Deputy Superintendent, Education Programs and Services in 2012. Before joining AUSD, Dr. Vannasdall was a principal in Ohio, and also served as an Assistant Principal, School Counselor, and Teacher.

Dr. Vannasdall is one of the foremost innovative Superintendents in the country, and has helped transform the Arcadia Unified School District into one of the most forward-thinking and successful school districts in the United States. The graduation rate for Arcadia High School is typically 99% or higher, with students matriculating to the most prestigious universities each year, including Harvard, Princeton, Stanford, MIT, and USC to name a few. In 2016, Arcadia High graduates were accepted into every Ivy League School in the country.

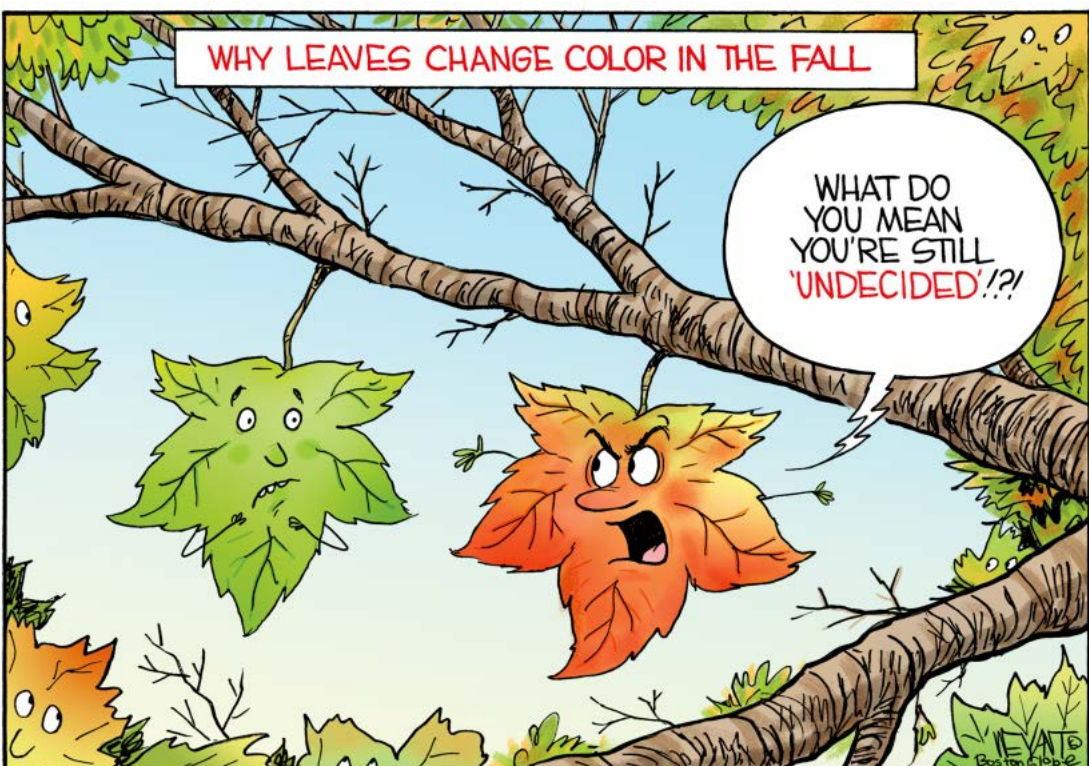
Dr. Vannasdall was critical in helping pass a \$216 million facilities improvement bond, and a \$15 million parcel tax for AUSD. He led a successful 1:1 technology device rollout program for the district's nearly 10,000 students who attend its eleven schools. Dr. Vannasdall also helped launch AUSD's annual Arcadia Innovation Summit, which has become one of the leading professional development conferences for educators in California.

After earning his Bachelor of Arts in Secondary Social Studies from the University of Kentucky, Dr. Vannasdall later earned two Master of Arts Degrees, one in School Counseling from Xavier University, and one in Education Administration from the University of Cincinnati. He earned his Educational Doctorate Degree in Educational Leadership from Azusa Pacific University in 2016.

A proud father of five, Christian, Chandler, Chloe, twins Max and Rosie, and the family dog Nittany, Dr. Vannasdall is married to Jessica who shares his passion for education as a Technology Coach and Teacher.

For reservations contact Linda Clelland, President, ACCC. arcadiacommunitycouncil@gmail.com

Meeting Location & Information:
Monday, October 7, 2024
Villa Catrina, 251 N. Santa Anita Blvd., Arcadia
11:30 am – 1:15 pm
RSVP by Friday, October 4, 2024



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