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SIERRA MADRE ROTARY AWARDS 2024-2025 COMMUNITY GRANTS



Sierra Madre, CA –The Rotary Club of Sierra Madre is thrilled to announce the recipients of its first community grants for the 2024-2025 fiscal year. In line with our motto, “Service Before Self,” we are delighted to support projects that further education and enhance civic engagement within our community.

The awarded grants for this cycle are:

1. Bear Lovers of Sierra Madre: Funding will support a community awareness campaign aimed at educating residents on how to safely cohabitate with local bears, fostering a harmonious relationship between wildlife and the community.
2. Sierra Madre Middle School Library: A grant has been allocated to enhance the school library’s collection, focusing on purchasing books and implementing an incentive program encouraging students to engage in reading by choice and to develop a lifelong love of literature.
3. Sierra Madre Middle School Arts Program: The arts teacher at SMMS will receive funding to implement a new printmaking program, providing students with hands-on experience in artistic expression and creativity.

This year marks the revival of our community mini-grant program made possible by funds raised through the generous support of local businesses and residents who sponsored the 2024 Rotary Community Book. We are accepting applications for grants of up to \$1,000 throughout the year, with awards scheduled quarterly. The application and criteria are available on our website: <https://www.sierramadrerotaryclub.com>

“We are incredibly happy to provide these grants making a meaningful difference in our community,” said Lynne Young, Rotary Grant Committee Chairman. “Supporting education and civic projects is at the heart of what Rotary stands for, and we are grateful to everyone who contributed to the Community Book. Together, we are empowering our residents and enriching our community.” The Sierra Madre Rotary Club invites all residents to stay engaged as we continue to seek opportunities to positively impact our community.

The Sierra Madre Rotary Club is a local chapter of Rotary International, dedicated to community service, promoting peace, and supporting education. Our members work collaboratively to make a positive impact in Sierra Madre and beyond, living by our core values: service, fellowship, diversity, integrity, and leadership. For more information about the Sierra Madre Rotary Club and our community service, please visit <https://www.sierramadrerotaryclub.com> or contact us at sierramadrerotaryclub@gmail.com.

SIERRA MADRE TREASURE LISA SPIGAI PASSES AWAY



Last Friday Sierra Madre lost one of its brightest stars, Lisa Spigai. Well known for her love of Sierra Madre and dedication to the community, she will be forever remembered for the literally thousands of lives she touched as a K-1 teacher. At a Memorial held in her honor at Wistaria Grill, many of her students over the 25+ years she taught at Sierra Madre Elementary shared their memories of how she helped shaped their lives.

In town her enthusiasm for all things Sierra Madre was contagious. She was a key member of the team that brought an All American City Award to Sierra Madre in 2007. And, who can forget the years that she served as the Mistress of Ceremonies at the annual Halloween Costume Parade to the delight of the young and old!

Born in Bronx, New York, Lisa was a true East Coast Girl graduating from High School in Virginia, attending Syracuse University and graduating from Catholic University. After moving west, she earned a Masters in Education from Cal State Poly.

In 1993 Lisa moved to Sierra Madre where she touched the lives of so many through her work as a teacher, a civic leader and a friend.

Lisa is survived by her son Alexander James Spigai Perez, parents Daniel John Spigai and Jacqueline Elizabeth Parisi Spigai (91 and 88 respectively), Sisters Victoria and Daniela Spigai, brother David Spigai and a host of nieces and nephews.

Lisa was considered the ‘gold standard’ for teachers and as Fred Thomas stated in a post to her memory, “We want you to know that embers of your radiance are permanently embedded in every child you taught, every adult you ever met...”

The City of Sierra Madre will honor her memory at Tuesday’s council meeting. In lieu of flowers, contributions to the Sierra Madre Community Foundation are welcome. Lisa Spigai gone but never forgotten! S. Henderson/MVNews

A MESSAGE FROM SIERRA MADRE CITY CLERK LAURA AGUILAR

Vote-by-mail ballots are out. You may drop off your completed ballot at the secure drop-box located at City Hall
232 W. Sierra Madre Blvd

Or postage-free in any USPS mailbox
Or at a vote center.

Sierra Madre will have one vote center for this election:

Sierra Madre Christ Church Fellowship Room
212 N Lima St, Sierra Madre 91024
Hours:
Saturday 11/02 through Monday 11/04: 10AM - 7PM
Tuesday (Election Day) 11/05: 7AM - 8PM

Contact the City Clerk’s Office with questions at

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We Are Bringing Out The Big Dogs To Help Make Your 2024/25 Real Estate Dreams Come True. Fall Is The Perfect Reminder Of How Great Change Can Be. Is It Time To Sell Your Home And Make The Move You’ve Always Dreamed Of? CALL US! We Want To Help You Achieve Your 2024/25 Real Estate Goals

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

Barbara Rogers
626.484.8135
CalRE# 01169115

Eileen Benson
626.278.0187
CalRE# 01880650

COLDWELL BANKER REALTY

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FOR LEASE
PASADENA \$4,000 / Mo
Spacious 3-story rental with 2 en suite bedrooms, Viking kitchen, fireplace, balcony, mountain views, and ADT security system.



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

A WORD ABOUT MEASURE PS

Dear Editor and Readers,

I am the Retired Fire Chief for Sierra Madre and a resident since 1973. My wife of 51 years and I bought our house to raise our 3 children in a safe and community oriented city. My cousins owned the house next door and my Grandmother Ann Lowe lived behind them. This town still has the same charm through the many changes we have experienced such as new neighbors, increased home values, and especially through the updates to public safety!

I was a Volunteer Firefighter for 38 years and the last Chief who did an Executive Staff position at no cost to the City of Sierra Madre. I'm also the Chief that saw the need for Advanced Life Support Paramedics in 2007 because modern emergency medicine had made amazing measures at saving lives and our residents deserved these services!

We were the only volunteer department in LA County and we all knew this wouldn't last forever. Safety is my number one concern and has always been the priority of the City. So when the department moved towards a fully paid department, I'm really glad I'm retired and didn't have to figure out how to pay for this!

I fully support the Measure PS and am voting YES! It's really not even a question for my family and I! Taxation is always a difficult pill to swallow, but Measure PS keeps all funds locally here in town and can only be used for the stated purpose of Public Safety Personnel.

I'm thankful that my old friend and fellow volunteer firefighter Jim Walsworth took this upon himself to help our town. His wife Martha worked for our family business and was on the Firefighters' Wives Auxiliary with my wife Scarlett. The Sierra Madre Police Association President Kyle Bailey I watched grow up since his Dad Wayne Bailey was the Police Chief while I was Fire Chief. My daughter volunteered as a Fire Captain and now volunteers again as our City Council Member. All of these hardworking people support this Measure because they are invested in keeping us all safe and making sure we keep the local charm we all want to protect!

I encourage everyone in town to VOTE YES ON PS! I knew this day would come when we would have to be taxed to pay for a new fire department and this needs to pass to keep our police and fire department local and to protect our small town community charm!

Councilwoman and Retired Firefighter Kris Lowe

OP-ED: WHY SIERRA MADRE NEEDS MEASURE PS – A VOTE FOR COMMUNITY, SAFETY, AND SUSTAINABILITY

As Sierra Madre residents, we share a common love for our town's unique charm and close-knit community. It's this very essence that makes Sierra Madre stand out from neighboring cities. However, we cannot take this idyllic way of life for granted. To ensure that our town continues to thrive, support, and protect its residents, it's time we face an undeniable reality: our public safety services are at risk due to underfunding.

Measure PS will specifically allocate funding to bolster our police, fire, and emergency services. Over the past few years, Sierra Madre's budget has been increasingly strained, leaving our vital public safety departments struggling to meet growing needs. Currently, the funding gaps are threatening essential services like emergency response times, adequate staffing of police and fire personnel, and the ability to maintain equipment critical to both departments. In an era where natural disasters and public health emergencies are unpredictable, we simply cannot afford to cut corners when it comes to safety.

Measure PS ensures these services receive the financial support they need to continue operating effectively. It's a small price to pay to ensure we have Sierra Madre police officers on patrol, Sierra Madre firefighters ready to respond, and the assurance that in times of crisis, help will always be available.

The alternative? Contract out to the County and lose local control and be subject to the County's policies and practices with no guarantee that police patrols will be maintained when there are currently shortages in the Sheriff's Department. Imagine longer response times when you call 911, a reduced police presence in our neighborhoods, and a reduced number of firefighters and paramedics. These are not hypothetical concerns — they are the reality we'll face if Measure PS doesn't pass.

Measure PS is an investment in the long-term well-being of Sierra Madre. A safe community is not only a secure place to live but also a desirable place to raise families, start businesses, and welcome visitors. Strong public safety infrastructure maintains property values, encourages local economic growth, and fosters a sense of stability.

Furthermore, Measure PS includes provisions to ensure accountability. The funds will be earmarked exclusively for public safety services, meaning we can be confident that our tax dollars are going directly toward maintaining and enhancing our police and fire departments.

In Sierra Madre, we pride ourselves on taking care of one another. Measure PS is about coming together to support the systems that keep us safe. By voting YES, we show that we are committed to preserving the quality of life we cherish. It's a vote for safety, sustainability, and a thriving Sierra Madre. Let's ensure that our town remains the haven we know and love, where residents can always count on their public safety services to be there when it matters most.

Let's vote YES on Measure PS — for today, for tomorrow, and for generations to come.
Rachelle Arizmendi, Former Mayor

ABOUT THE MEASURE

The Public Safety for Sierra Madre Measure is a citizen-led initiative to raise the necessary funds to keep Sierra Madre safe. Without additional funding, our police and fire departments could be at risk of closing and being outsourced to county agencies.

The measure raises over \$2 million over the next 7 years by issuing a parcel tax on lots throughout the city. These funds would be subject to strict auditing that protects your tax dollars and ensures that funds stay in Sierra Madre to keep our city safe

A WORD FROM THE OTHER SIDE.....NO ON PS

MEASURE PS: DISHONESTY AND DECEPTION ON THE BALLOT

Dear Editor:

I'm a firm believer that there is no greater exercise in democracy than taking an issue to a vote of the people. It's important to keep in mind, though, that our founding fathers warned the residents of the new America against the threat of the "tyranny of the masses", and it should also be noted that in their wisdom, our founding fathers recognized that a true democracy can be defined as, "...two wolves and a sheep voting on what's for dinner". Regardless, I still believe in "We The People's" right to determine our destiny.

Where I start to have problems with votes-of-the-people is when one side or the other is dishonest and deceptive. Measure PS uses the same tired but effective dishonest and hyperbolic fear-tactic that is often used to increase taxes for schools or public safety. Think back to the dishonest rhetoric used to pass the UUT. I can remember back a few years ago when the mayor at the time stood in the foyer of city hall and claimed to a crowd of residents that we were in a "financial crisis" and would not be able to fully fund our police and fire departments without passing the UUT. Of course that UUT money was conveniently placed in the General Fund and has been used in part to fund items with a lower priority and other non-essential expenses.

Regarding Measure PS, I've read and studied the text of the proposed ballot measure and have reviewed the hyperbolic propaganda in support of the measure that was mainly financed by self-serving unions. I have found the rhetoric of both to be equally dishonest and deceitful. Even back when the signatures were being gathered to place the initiative on the ballot, I observed that the same dishonest rhetoric was being used to gather signatures.

Having served as an elected City Councilmember some years back, and having gone through the budgeting process, I can say that municipal financing, budgeting, and accounting is complex. It is grossly different than the financing of private business. However, in my opinion, elected officials need to spend taxpayer's money with the same sensitivity that they spend their own hard-earned dollars. In saying so, I believe every single expense should be priority based. Higher priority expenses must always be budgeted and financed first before other feel-good expenses. Seriously, imagine heads-of-households telling their children, "well kids, we can only afford part of this month's rent but the good news is that we'll be going to Disneyland this Saturday." Not only would that be reckless and irresponsible but it would be a terrible life-lesson teaching children that it is OK to live beyond their means. And just imagine a government that lives within its means!

In my opinion, a responsible City Council will always prioritize and fund police, fire, water, and public works first, in their entirety, and without exception before a single cent is spent elsewhere; before community services, library, commissioner recognition dinners, or any other expense. It's often referred to as "Priority Based Budgeting" and is basically what every responsible family must do to maintain a healthy and sound household.

So the question becomes, "Does the City receive sufficient revenues to fund those four prioritized items?" The answer is yes but proponents of Measure PS are falsely telling you "No". But don't take my word for it, just read the text of the Measure.Section 3.38.020. (B) Necessity of Parcel Tax reads. Reads, "Without supplemental funding, revenues in the general fund are insufficient to sustain the current level for police, fire, and paramedic services..." The statement is false. The reality is that there are sufficient general funds unless the Council recklessly and irresponsibly spends those funds elsewhere on items with lower priorities and non-essential expenses like recognition dinners, library, community service events, etc.

Or, for example, in the Measure, Section 3.38.080. (A) Use of Proceeds., it reads, "The purpose of the special fund is to supplement, NOT REPLACE, existing and future funding from the general fund used to pay for police, fire, and paramedic services..." Again this is false. Every dollar that is placed in a special or restricted fund that was previously a dollar that came from the general fund is a replaced dollar that the general fund can spend elsewhere. It's a tactic that cities have used to free general fund money for other discretionary expenses. A good example was the restricted State CRA funds of the past. On a side note, although the Measure states the purpose is not to "replace" the general fund, there is no mandate for this, only that the tax revenues must be used for restricted specific uses. Even on the proponent's website they admit that general funds would be a replacement and freed to support other less and non-essential services as evidenced with their claim, "Voting YES on Measure PS...assuring there are general funds for other City services."

We can also look at the hyperbole in the union's propaganda that claims, "our safety is at stake", and claims that the Measure "prevents dangerous reductions in police and fire services". It prevents nothing other than the possible reduction in NON-ESSENTIAL services or irresponsible deficit spending. Also, don't be too deceived by the proponent's claim that this is a "citizens led initiative." This is mostly the work of and by the "Paid for by Safety For Our City, Sponsored by Public Safety Unions" as evidenced by all of the flyers and propaganda.

Government, by its very nature tends to increase and in doing so it creates a lust and hunger for additional taxes. Therefore, the bottom line is that the City needs to live within their means without fleecing the taxpayers for more money. The City needs to adopt and utilize a priority based approach to budgeting and fund the police, fire, water, and public works first in their entirety. Because, frankly, if I hear a home intruder in my home at 2 AM, I want to be able to call the police, not the librarian!

It's time to just say "NO" to increased taxes and hold our elected officials accountable to fiscal responsibilities.

Glenn Lambdin, Former Mayor

TAXING SIERRA MADREANS AT LEAST \$480 A YEAR TO FUND PS IS WRONG

There is no doubt that my family and our community supports the hardworking first responders that serve Sierra Madre. However, in this time of high inflation, high cost of living, runaway utility bills and insurance premiums going through the roof, the idea of getting taxed an additional \$480 a year makes me and many of my fellow citizens wince. As we know, the last 4 years have made living at least 20% more expensive, so taxing hard working people and families at minimum \$480 a year will put a large hole in their budgets. If the city prioritizes this resolution, it should find other ways to fund it rather than asking the citizens to hand over even more cash. Why not sell the former Bank of America building? The city is likely never going to have enough cash to be able to renovate and retrofit it.

Sierra Madre is a safe and vibrant community, and while many advertisements online are trying to frighten us into parting with more of our hard earned cash, we should hold the city accountable to do their part in being fiscally responsible. Join me and many other compassionate and community oriented citizens in voting NO on PS.

Robert Gutierrez, Sierra Madre

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

SIERRA MADRE POLICE BLOTTER

October 6 - October 12, 2024			
Calls for Service	305	Formal Investigations	8
Total Year to Date for 2024			
Calls for Service	9,244	Formal Investigations	411

The following represents a summary report of some of the major incidents handled by the Sierra Madre Police Department during this period. This list is not intended to be considered exclusive or all-inclusive.

Tuesday, October 8 Disturbance

At approximately 1:30 PM, officers responded to the 100 block of West Sierra Madre Blvd regarding a disturbance. A citizen became irate after the ATM would not release his debit card. Officers checked the location for damage and took a report.

Saturday, October 12 Vandalism

At approximately 8:45 AM, officers responded to the 100 block of North Lima Street for a vandalism report. The citizen discovered the rear window to her vehicle was shattered. The citizen stated nothing else was damaged or stolen. There were no cameras or witnesses in the area. Officers took a report for documentation purposes.

Saturday, October 12 Vehicle Violation

At approximately 11:00 PM, while on patrol, officers conducted a traffic stop on North Michilinda Ave and West Sierra Madre Blvd for a vehicle with an expired registration of over 2 years. The driver stated he did not have a driver's license. A records checked revealed the driver only had an identification card. The driver was cited for an expired registration and driving without a license.

More on Measure PS on Page 16

SIERRA MADRE

SIERRA MADRE

ARCADIA

PASADENA

ALTADENA

MONROVIA

Weather Wise



6-Day Forecast Sierra Madre, Ca.

Sun	Sunny	Hi	70s	Lows	50s
Mon	Sunny	Hi	70s	Lows	50s
Tues	Sunny	Hi	70s	Lows	50s
Wed	Sunny	Hi	70s	Lows	50s
Thur	Sunny	Hi	70s	Lows	50s
Fri	Sunny	Hi	70s	Lows	50s

Forecasts courtesy of the National Weather Service

SIERRA MADRE CITY MEETINGS

SIERRA MADRE CITY COUNCIL MEETING

October 22, 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@Cityof-SierraMadre.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 foothillsmidia.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 21 — October 26

Monday

Baby Rhyme Time — Library at 9:00am

Preschool Storytime — Library at 10:00am

Wednesday

Green Teens — Hart Park House at 4:00pm

Nature Walk — Bailey Canyon at 5:00pm.

Registration required.

Thursday

Sensory Play — Library at 9:00 am.

Registration required.

Saturday

Noteworthy Puppets — Memorial Park at 10:00am

Digital Services — Library from 12:00pm — 2:00pm

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

WALKING SIERRA MADRE - The Social Side

by Deanne Davis

"There are three things I've learned never to discuss with people: Religion, politics and The Great Pumpkin."
Linus - "It's The Great Pumpkin, Charlie Brown"

"By the pricking of my thumbs, something wicked this way comes."
William Shakespeare, Macbeth

"I've seen enough horror movies to know that any weirdo wearing a mask is never friendly."
Elizabeth, "Friday the 13th Part VI, Jason Lives." (1986)

The picture this week is a sad tale that can only be told during Scarecrow Season in Sierra Madre. This elegantly dressed cowboy was visiting our town recently to take in the sights and, specifically to sign up for Legendary Bingo. His hopes were dashed, however, when he discovered that Legendary Bingo was sold out. "Sold Out!!" he sobbed, wiping a tear from his eye. But, being a manly cowboy, he pulled himself together, straightened his shoulders and decided to see what else there was to see. His first stop was at Casa Del Rey for a margarita and some chips and guacamole. Passers-by smiled at him and he felt that Sierra Madre was, indeed, a friendly town. Leaving Casa Del Rey refreshed and refueled, he ambled down the boulevard. Admired the pumpkins at Only Place in Town and looking in the window at The Bottle Shop, he discovered that there would be wine tasting later. "Ah," he thought, and, "ummm...possibly The Perfect Red."

Unfortunately, night was falling, as it always does, and the cowboy ran into trouble. We don't know if the Jivaro tribe members, who specialize in head shrinking, were visiting relatives in town or if they were really out of sorts for no particular reason at all, but the next thing he knew, our cowboy's head was the size of a coconut and his hat no longer fit him at all. No wonder he's perched on that bale of hay with a permanent look of dismay on his formerly handsome face.

However, there is a happy ending to this sad tale: He was hired as an extra in "Beetlejuice 2" and even got to meet Michael Keaton.

"October: When the earth repays with golden sheaves, the labors of the plough, and ripening fruits and forest leaves all brighten on the bough. What pensive beauty Autumn shows, before she hears the sound of winter rushing in, to close the emblematic round." Wordsworth

OCTOBER

O...Oh please, oh please, let it cool off. Let us feel chilled, shiver, reach for a sweater.

C...Cider. Hot apple cider, with a cinnamon stick in it. In a hot steamy mug. Fragrant, delicious.

T...Time to watch for scarecrows, think of goblins, imagine witches flying across the moon.

O...Out! Go out and find pumpkins to carve and create awesomely awful faces.

B...Be outrageous and try Pumpkin Wine or Pumpkin ale with a cinnamon sugar rim.

... Explore over town and see how many scarecrows you can find. Even better, stuff your own and make it scary cute or alien being. R...Read a scary story: "Something Wicked This Way Comes," by Ray Bradbury or take your pick from the thousands available on Amazon.



all or an

The scarecrow competition is heating up all over town. In case you didn't know, here is the definition of scarecrows: A scarecrow is an object made to resemble a human figure, set up to scare birds away from a field where crops are growing. Also, a scarecrow is "an object of baseless fear." We could certainly apply the term "scarecrow" meaning 'an object of baseless fear' to an awful lot of what is going on in our world currently, but I digress!

A scarecrow's meant to scare you, to make you go away, This scarecrow with his shrunken head, would make anybody fly away.

He's fashionably attired; hat and boots anyone would admire. But that tiny head and that look of dread...the dude is just plain scary!

Those bulging eyes and mouth sewn tight would give the stoutest soul a nightmare.

But when the moon is full tonight, And the crowds have all gone home, He'll walk and stalk and hunt through town, And bring those head-shrinking Jivaro warriors down! When the moon is full he might just be A living, breathing, terrifying thing!

"I would rather sit on a pumpkin, and have it all to myself, than be crowded on a velvet cushion." Henry David Thoreau

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 so much more than mere squash.

SCARECROW FESTIVAL!

SCARECROWS HAVE BEEN POPPING UP ALL OVER TOWN!

Vote for your favorites on Facebook beginning October 1 through October 21, or pick up a paper ballot at CAG. Winners Announced October 26!



2024 ART FESTIVAL

NOVEMBER 2-3 10am-5pm

STUDENT SALE: NOVEMBER 9th 10:00-4:00pm

CREATIVE ARTS GROUP
108 N. Baldwin, Sierra Madre 626-355-8350 creativeartsgroup.org



EMERGENCY POWER

During an extended power outage what do you need to keep your life powered?

Can you keep your cell phone, medical equipment, and refrigerator operating? Join us as we will be discussing batteries, generators, solar power, and more!

The public is always welcome to join us!

Sierra Madre CERT General Meeting
Thursday, October 24th, 7:00 PM
Hart Park House - Memorial Park
222 W. Sierra Madre Blvd.
Sierra Madre, CA

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
sierramadrecagov
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

Pasadena Police Serves Gang Warrant



Pasadena police arrested five suspects last week wanted in connection to gang activity that included armed robbery, weapons violations and vandalism.

According to police, on October 10 at 4:00 a.m. the Pasadena Police Department's Street Crime Unit served a multi-location search warrant, simultaneously, in the San Gabriel Valley. The operation was the result of a comprehensive criminal investigation involving a Pasadena criminal street gang whose illicit activity had been increasing over the past several months.

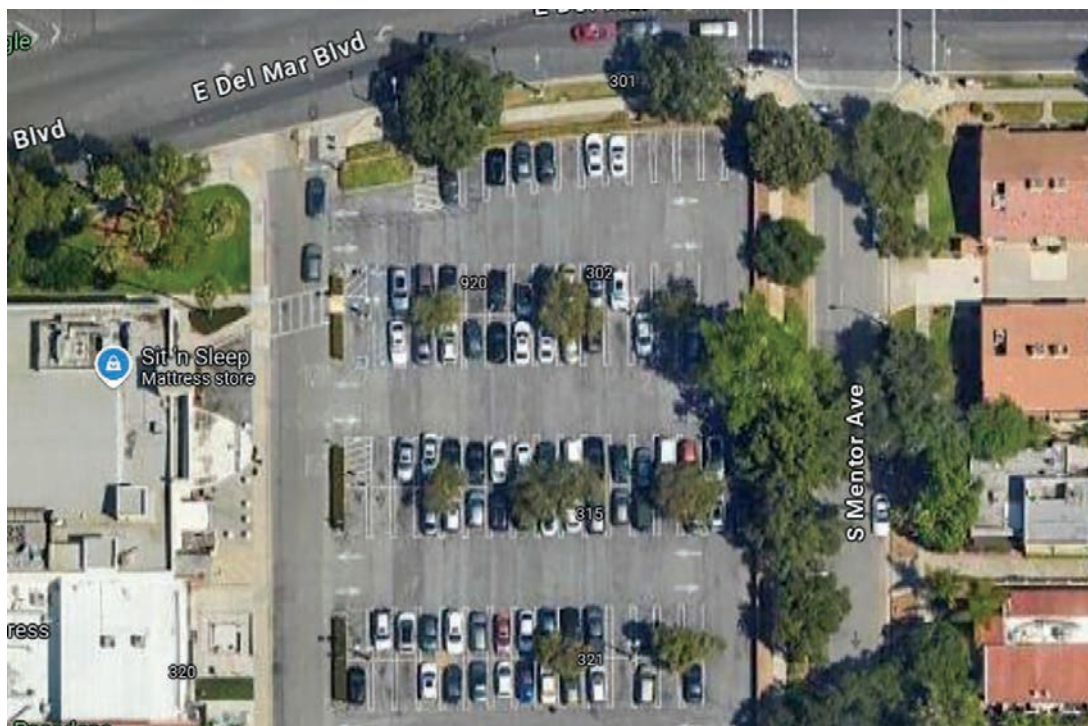
Due to the simultaneous execution of the warrant and violent history of the criminal street gang, the Pasadena Police Department utilized a multitude of specialized teams; both from within and from neighboring jurisdictions. The teams included: Pasadena PD Street Crime Unit, Pasadena PD SWAT, Pasadena PD Special Investigations Section, Pasadena PD Violent & Majors Crimes Sections, Glendale PD SWAT & Special Enforcement Detail, Burbank PD SWAT & Gang Unit, Covina PD SWAT and Gang Unit, West Covina PD SWAT, U.S. Marshal's Pacific Southwest Region Fugitive Taskforce, and L.A.S.D. Major Crimes.

The operation yielded the recovery of a short-barreled semi-automatic rifle with a highcapacity-drum magazine, a revolver, and three semi-automatic handguns with highcapacity magazines. See below photograph for further details.

Two male juveniles and three male adults were arrested and booked at the Pasadena Police Department's Jail. They were booked for various felony crimes, to include armed robbery, felony vandalism, and weapons violations.

The Pasadena Police Department's Street Crime Unit was created in May 2023 to interrupt street level criminal activity, with an emphasis on criminal street gangs, street level narcotics, and crime that impairs the community's quality of life. They have recovered 86 firearms since their inception.

Anyone with information about this case is encouraged to call the Pasadena Police at (626)-744-4241 or report information anonymously by contacting "Crime Stoppers" at (800) 222TIPS (8477).



Council to Nix Shoppers Lane Free Parking

By Dean Lee

The Pasadena city council is set Monday night to discuss adopting a new rate structure for meters on South Lake Avenue and the Shoppers Lane parking lots that includes eliminating free parking and doubling the maximum daily rate. Parking fees would also be extended to 24 hours a day, seven days a week.

According to Pasadena Parking Manager Jon Hamblen, the 90 minute free parking would be replaced with a validation program for businesses adjacent to the Shoppers Lane parking lots.

Hamblen said the validation program would be free to merchants but how it would work with current prepaid meters was not explained.

Other changes could include, raising or lowering the per hour parking rate not to exceed \$5. The current rate is \$2 per hour. The daily maximum rate would also go up from \$6 to \$12.

The council will also discuss setting a new escalated rate for parking meters on South Lake Ave. The escalated rate would be up to two times the base meter rate for any parking beyond the parking period.

"In a two-hour-plus zone,

the escalating rate model would have a base cost for the initial two hours, and if the driver chooses to stay for an additional hour, there would be an increased cost per hour," Hamblen said.

The new rate structure will be in line with the recently adopted fees for the new Playhouse Parking Meter District. If approved, the new rate structure would begin on July 1.

The city council meets at 6 p.m. in the Council Chamber, Pasadena City Hall 100 North Garfield Avenue, Room S249.

PPHD Recognizes Lead Poisoning Prevention Week

Pasadena Public Health Department (PPHD) recognizes National Lead Poisoning Prevention Week, Sunday, Oct. 20 to Saturday, Oct. 26, to raise local awareness and help protect children from lead exposure. Lead poisoning in children is largely avoidable by focusing on prevention, community education, and testing.

Children younger than 6 years old are more likely to be exposed to lead poisoning because they have a higher chance of placing objects such as toys and dirt in their mouth. Lead exposure can cause damage to the brain and nervous system, slowed growth and development, learning and behavior problems, and hearing and speech problems. Children who experience these health issues may have lower IQs, decreased ability to pay attention, and underperform in school.

Any amount of lead exposure in a child is unsafe. A blood test is the best way to find out if your child has lead poisoning, since there are no initial visible signs or symptoms.

"Lead poisoning can be detrimental to young children's health and development," said Acting Health Officer, Dr. Parveen Kaur. "Parents and caregivers should ensure that their child's environment is free of lead, as well as talk to their child's health care provider about blood lead testing."

The risk of lead exposure is higher for children in neighborhoods with older housing or homes located near current or prior industrial sites. Families living in these neighborhoods experience a higher burden of lead exposure than other members of the community.

Tips to prevent lead poisoning: Talk to your child's health care provider about getting a blood lead test. All children who are at

risk for lead exposure should be tested for lead poisoning. Eliminate any lead hazards where children live, learn, and play. See the list below for common exposures.

If you use or work with lead, ensure to store contaminated work clothes and shoes at the worksite in closed containers or plastic bags with warning labels. Wash work clothing at the worksite or through a commercial laundry service.

If your business uses or works with lead, ensure that you are taking the appropriate measures to protect staff and their families to prevent lead from going home.

Parents and caregivers of young children are encouraged to visit the Centers for Disease Control and Prevention's (CDC) Testing for Lead Poisoning in Children website.

In California, children can be exposed to lead by: Living or spending time in a house/building built before 1978. Migrating from countries where lead exposure may be more common.

Ingesting lead-contaminated dust, paint chips from deteriorating lead-based paint, and lead-contaminated soil.

Ingesting lead dust brought home on parents' or caregiver's work clothes. Ingesting lead on certain imported ceramic pottery, painted objects, traditional home remedies, traditional cosmetics, and imported spices, candies, and other food products.

Doing or being near activities that involve lead products such as soldering, making stained glass, and handling bullets or fishing sinkers.

For more information on preventing childhood lead poisoning, visit the CDC's Preventing Childhood Lead Poisoning at: cdc.gov/.

Pasadena Parks to Hold Adaptive Sports Festival



City of Pasadena Parks, Recreation and Community Services (PRCS) Department officials announced that in collaboration with the Triumph Foundation, they are set to host the 6th Annual Pasadena Adaptive Sports Festival on Saturday, Nov. 2, from 9 a.m. - 4 p.m. at Brookside Park.

The Pasadena Adaptive Sports Festival offers a dynamic and inclusive day of sports and fitness activities designed to cater to individuals of all abilities. Attendees can engage in a wide range of activities, including handcycling, wheelchair rugby, pickleball, aquatics, tennis, boccia, adaptive archery, disc golf, boxing, power soccer, fencing, and more. New to this year's event is flag football, added in response to its growing popularity. The festival will also feature a resource fair and an art workshop.

"With flag football set to debut in the 2028 Olympics, we are thrilled to bring this exciting sport to the Pasadena Adaptive Sports Festival," said Koko Panossian, PRCS Department Director. "It's an incredible opportunity for our community to experience this growing sport, and we are always looking for new ways to engage everyone in fun, inclusive activities that promote health and wellness."

This free event serves as a unique opportunity to introduce

adaptive sports to a broader audience, provide learning opportunities, and showcase the remarkable abilities of individuals with disabilities. The goal is to foster a more inclusive society while offering participants and spectators a chance to have fun and enjoy friendly competition.

"Events like the Pasadena Adaptive Sports Festival bring families and friends together in the spirit of equality and empowerment," said Cy Estabrook, a member of the Pasadena Disability and Accessibility Commission. "Brookside Park is the perfect venue to celebrate these athletes and their remarkable achievements."

Estabrook, a local Pasadena math teacher, sustained a spinal cord injury in 2016 that left him paralyzed.

Sports equipment will be provided for guests to use, and there will be experienced coaches and instructors to guide participants through each activity. Lunch will be provided to all registered participants.

Triumph Foundation is seeking participants, volunteers, sponsors, and community partners to help support this exciting event. To register, participate, or volunteer, visit Triumph-Foundation.org/ASF or contact Info@Triumph-Foundation.org.

Neighborhood Coyote Assessments to Begin

Beginning next month, neighborhood coyote assessments will be conducted in four neighborhoods across Pasadena to gain a better understanding of coyote behavior, including local coyote population and attractants.

As part of the assessments, Pasadena Public Health Department (PPHD) has secured the services of Humane Wildlife Control Incorporated (Inc.) to conduct a field study in up to four neighborhoods where coyote complaint data demonstrates heightened community concerns. Humane Wildlife Control Inc. plans to study coyote behavior through in-person canvassing and use of cameras to gather information about coyote activity.

Prior to the start of each assessment, PPHD will notify residents about assessment

activities. In addition, signs informing residents about the purpose of cameras and their locations will be placed in neighborhoods where assessments are being conducted. Cameras may be mounted to light poles, trees, or street signs for a maximum of four days.

Cameras will capture public rights of way such as streets, walkways, parks, or other public areas. Footage may show front lawns, but direct camera views of homes will be avoided. Cameras will not capture any areas where a resident would have an expectation of privacy and audio recording functions will be disabled.

The city will only retain recordings that feature coyotes. The result of each assessment will be a written report with recommended actions.

All Voting Options in Pasadena

Pasadena City Clerk, Mark Jomsky, announced the following information on voting opportunities in the city for the upcoming November 5 General Election. Voters in Pasadena have several options when it comes to voting:

- Vote by Mail - The County of Los Angeles will be mailing Vote by Mail ballots to all registered voters in the County. Return postage is already paid, so voters need only to complete their ballot and sign their voter identification envelope before placing in the mail. Vote by Mail ballots must be postmarked on or before November 5 (Election Day) to be counted. No stamp required!

- Use a Ballot Drop Box - Vote by Mail ballots can also be returned at any drop box location in Los Angeles County. There are eight drop box locations in Pasadena.

- Vote in Person - Voters can still cast their ballot in person at any vote center location in Los Angeles County. There are 11 vote center locations that will open in the Pasadena area, with 2 locations opening on Saturday, Oct. 26 and the remaining locations opening on Saturday, Nov. 2. In addition, the County has agreed to open a one-day vote center at Robinson Park Recreation Center in the Multipurpose Room on Saturday, Nov. 2.

For more information regarding hours of operation, a complete list of LA County vote centers and ballot drop boxes, tracking ballots, registering to vote, and other voting related questions, visit: lavote.gov or call the Los Angeles County Registrar-Recorder/County Clerk at (800) 815-2666.

Residents may also contact the Pasadena City Clerk's Office at (626) 744-4124.

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San Marino Upcoming Events & Programming

Technology and Equipment Funded by Measure SM

Your support of the Public Safety Parcel Tax has allowed us to keep the San Marino community safe for residents and businesses. Funds from Measure SM have been used to purchase technology and equipment for San Marino's police and fire departments. This includes items like emergency radios and self-contained breathing apparatuses for first responders. The continued funding of these tools will be decided by voters in November. The measure provides an opportunity to determine future investments in public safety resources. For more information, visit SanMarinoCA.gov/MeasureSM.

Draft Housing Element Available for Public Review

The City's Community Development Department is announcing the availability of the updated Fourth Draft of the 6th cycle Housing Element (2021-2029) for public review. The seven (7) day review period began on Tuesday, October 15, 2024, and will conclude on Tuesday, October 22, 2024, at 8 AM. The draft is available for review at: www.SanMarinoCA.gov/HousingElement.

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). Wristbands will also be sold at the gate the day of the event for \$15 for residents and non-residents. Pick up pre-sale wristbands at the San Marino Community Center by October 25 at 11 AM. For more info, call (626) 403-2200.

Afternoon at the Movies

Saturday, October 19 at 1 PM, Barth Community Room

Prepare for a cinematic journey! Join Film Historian Theo Siegel to watch "North by Northwest", explore the creation of the film, and hear fascinating history and behind-the-scenes stories. This program is for adults and is sponsored by the Friends of the Library. Registration is not required.

Maker Mondays

Monday, October 21 at 3:30 PM, Barth Community Room

Is your child age 4-11 a budding engineer or LEGO fanatic? Then join us for this monthly STEM program where we will build unique and open-ended creations with a surprise material each time. Will it be LEGOs or KEVA planks? Straw builders or a marble run? Only one way to find out! This program is sponsored by the Friends of the Library. Registration is not required.

Coffee, Tea, and Chat

Friday, October 25 from 10 AM - 12 PM, Thornton Conference Room

Connect with your neighbors to learn more about the community and its traditions. This program is presented in Mandarin by the United Charity Foundation for ages 18+. Registration is not required.

San Marino Historical Society

Monday, October 28 at 7 - 8 PM, Community Center, MPR 1

In its Speakers Series, the San Marino Historical Society presents quarterly history talks focusing on topics specially selected for our town. Joe Walker will present "Sinister San Marino Locations That Even General Patton Would Avoid." Walker is a Crime Analyst with the Los Angeles County Sheriff's Department and a "True Crime Historian" who focuses on obscure and lesser known crimes. His presentation will include interesting, scary, and even somewhat humorous places and stories about San Marino and its rarely discussed history. Registration is not required.

Parks & Public Works Recent Happenings

Over the past week, Parks and Public Works maintenance staff worked on the following tasks: removing fallen tree branches, palm fronds, and other debris from the public right-of-way; replacing streetlight bulbs and street signs; performing minor trimming of tree limbs and vegetation; repairing pavement and concrete; and completing minor repairs at City facilities. Residents who wish to report non-emergency issues in the public right-of-way or City streets may do so via the San Marino Service Request Center: SanMarinoCA.gov/Report.

Meetings

Public Safety Commission

Monday, October 21 at 6:00 PM; City Hall Council Chambers and Zoom (Public Access)

Planning Commission Meeting

Wednesday, October 23 at 6:00 PM; City Hall Council Chambers and Zoom (Public Access)

The draft 2021-2029 6th Cycle Housing Element will be presented to the Planning Commission on Wednesday, October 23rd at 6:00 PM at the City Hall Council Chambers.

City Council Meeting

Friday, October 25 at 8:30 AM; City Hall Council Chambers and Zoom (Public Access)

Halloween Safety Tips

During the spooky season, Pasadena Police, Fire, and Public Health Departments have prepared essential safety tips to ensure a safe and enjoyable experience for all community members.

For Trick-or-Treaters:

Wear bright, reflective costumes - Ensure costumes are bright or have reflective materials to make you more visible to drivers, especially at night. Consider using glow sticks or flashlights.

Cross streets safely - Always cross the street at corners, using traffic signals and crosswalks. Look both ways and make eye contact with drivers before crossing.

Stick to well-lit areas - Only visit houses that are well-lit and avoid dark, isolated areas. Stay on sidewalks whenever possible.

Go in groups - Travel with a group of friends, family, or a trusted adult. There's safety in numbers, especially after dark.

Inspect Candy Before Eating - Have a parent or guardian inspect all treats for tampering or allergens before you eat them. Discard anything that looks suspicious or is not properly sealed.

For Those Giving Out Candy:

Light up your home - Keep your porch and driveway well-lit to ensure trick-or-treaters can safely approach your home. Turn off any decorative lights when you're done giving out candy.

Clear pathways - Make sure walkways, steps, and yards are clear of tripping hazards like garden hoses, toys, or decorations to avoid accidents.

Hand out pre-packaged treats - Stick to individually wrapped candy to ensure safety and hygiene. Avoid homemade treats unless you personally know the families you're giving them to.

Respect non-trick-or-treating houses - If a house is dark and not decorated, it's likely they aren't participating in Halloween. Encourage trick-or-treaters to respect these homes and not approach.

The Pasadena Fire Department advises residents on fire safety during Halloween festivities:

Do not use frayed, damaged, spliced electrical cords.

Electrical cords shall not be plugged into one another, this is known as daisy chaining.

Be aware if using smoke producing machinery indoors, fire alarm systems will activate.

Never use pyrotechnics as a decorations or props. Your safety is our concern.

Keep track of your loved ones, have a way to distinguish them within a crowd.

Make sure that all smoke alarms in your home are working.

Avoid Using Real Flames - Opt for battery-operated candles or glow sticks for any jack-o'-lanterns or decorations. This prevents the risk of fire, especially with children in costumes.

To keep the community healthy this Halloween, the Pasadena Health Department recommends:

Everyone aged 6 months and over can get the updated COVID-19 and influenza (flu) vaccines. Getting vaccinated remains the single best way to protect yourself and your family against COVID-19 and the flu. Make a plan to help protect yourself and your family before Halloween gatherings. For more information on updated vaccines, visit the PPHD website.

It is recommended to wear a face mask that fits well and covers the nose, mouth, and chin. A costume mask is not a substitute for a protective mask.

Wash or sanitize your hands often.

Consider non-toxic makeup and do not use decorative contact lenses without an eye exam and a prescription.

For more information visit: CityOfPasadena.net.

Domestic Violence Awareness at City Hall

Join the City of Pasadena Parks, Recreation and Community Services (PRCS) Department and the Commission on the Status of Women for Light a Candle to Honor & Celebrate Survivors of Domestic Violence on Thursday, Oct. 24 from 6-7 p.m. on the front steps of Pasadena City Hall, 100 N. Garfield Ave.

The public is invited to this free event to honor and celebrate survivors, and to raise awareness to end domestic violence. Refreshments will be provided by Der Wolf, courtesy of Commissioner Crystal Aceves. Attendees are encouraged to wear purple.

"Leaving an abusive relationship is the most dangerous time for people experiencing domestic violence," said Vanessa Rodriguez, Chairwoman, Commission on the Status of Women. "With one in three California adults experiencing some form of intimate partner violence during their lifetime, the Commission on the Status of Women is dedicated to supporting survivors and providing access to city resources needed to overcome abuse."

The Commission on the Status of Women is collaborating with three community organizations that provide direct services to survivors of domestic violence to present the Light a Candle event. Organizations include YWCA Glendale & Pasadena, Shepherd's Door and Peace Over Violence.

According to crime statistics published by the California Department of Justice through the Open Justice initiative, domestic violence-related calls for assistance have been steadily rising in the City of Pasadena over the past ten years, with a particularly sharp increase in weapon-involved reports from 2022-2023, the most recent year of available data.

"These trends are alarming, and it is important that the City of Pasadena does more to both raise awareness and support survivors," said Maura Harrington Roggero, Vice-Chair of the Commission on the Status of Women.

For more information, please contact Leticia Lopez, at LeLopez@CityOfPasadena.net. To attend, please RSVP at bit.ly/3MLgZEc

Study Proposes Possibilities of Life on Mars Below Ice

While actual evidence for life on Mars has never been found, a new NASA study proposes microbes could find a potential home beneath frozen water on the planet's surface.

Through computer modeling, the study's authors have shown that the amount of sunlight that can shine through water ice would be enough for photosynthesis to occur in shallow pools of meltwater below the surface of that ice. Similar pools of water that form within ice on Earth have been found to teem with life, including algae, fungi, and microscopic cyanobacteria, all of which derive energy from photosynthesis.

"If we're trying to find life anywhere in the universe today, Martian ice exposures are probably one of the most accessible places we should be looking," said the paper's lead author, Aditya Khuller of NASA's Jet Propulsion Laboratory in Southern California.

Mars has two kinds of ice: frozen water and frozen carbon dioxide. For their paper, published in Nature Communications Earth & Environment, Khuller and colleagues looked at water ice, large amounts of which formed from snow mixed with dust that fell on the surface during a series of Martian ice ages in the past million years. That ancient snow has since solidified into ice, still peppered with specks of dust.

Although dust particles may obscure light in deeper layers of the ice, they are key to explaining how subsurface pools of water could form within ice when exposed to the Sun: Dark dust absorbs more sunlight than the surrounding ice, potentially causing the ice to warm up and melt up to a few feet below the surface.

Mars scientists are divided about whether ice can actually melt when exposed to the Martian surface. That's due to the planet's thin, dry atmosphere, where water ice is believed to sublimate — turn directly into gas — the way dry ice does on Earth. But the atmospheric effects that make melting difficult on the Martian surface wouldn't apply below the surface of a dusty snowpack or glacier.

Thriving Microcosms

On Earth, dust within ice can create what are called cryoconite holes — small cavities that form in ice when particles of windblown dust (called cryoconite) land there, absorb sunlight, and melt farther into the ice each

summer. Eventually, as these dust particles travel farther from the Sun's rays, they stop sinking, but they still generate enough warmth to create a pocket of meltwater around them. The pockets can nourish a thriving ecosystem for simple lifeforms.

"This is a common phenomenon on Earth," said co-author Phil Christensen of Arizona State University in Tempe, referring to ice melting from within. "Dense snow and ice can melt from the inside out, letting in sunlight that warms it like a greenhouse, rather than melting from the top down."

Christensen has studied ice on Mars for decades. He leads operations for a heat-sensitive camera called THEMIS (Thermal Emission Imaging System) aboard NASA's 2001 Mars Odyssey orbiter. In past research, Christensen and Gary Clow of the University of Colorado Boulder used modeling to demonstrate how liquid water could form within dusty snowpack on the Red Planet. That work, in turn, provided a foundation for the new paper focused on whether photosynthesis could be possible on Mars.

In 2021, Christensen and Khuller co-authored a paper on the discovery of dusty water ice exposed within gullies on Mars, proposing that many Martian gullies form by erosion caused by the ice melting to form liquid water.

This new paper suggests that dusty ice lets in enough light for photosynthesis to occur as deep as 9 feet (3 meters) below the surface. In this scenario, the upper layers of ice prevent the shallow subsurface pools of water from evaporating while also providing protection from harmful radiation. That's important, because unlike Earth, Mars lacks a protective magnetic field to shield it from both the Sun and radioactive cosmic ray particles zipping around space.

The study authors say the water ice that would be most likely to form subsurface pools would exist in Mars' tropics, between 30 degrees and 60 degrees latitude, in both the northern and southern hemispheres.

Khuller next hopes to recreate some of Mars' dusty ice in a lab to study it up close. Meanwhile, he and other scientists are beginning to map out the most likely spots on Mars to look for shallow meltwater — locations that could be scientific targets for possible human and robotic missions in the future.

Learn the History Of Fosselman's Ice Cream

Hometown favorite Fosselman's Ice Cream will be visiting the Pasadena Senior Center October 29 with a special sweet presentation about this local favorite ice cream purveyor. The event will begin at 2:30 p.m.

The 105-year old family-owned and operated business — called 'the Alhambra emperors of ice cream' by the Los Angeles Times — has brought joy to generations of kids and their parents. In this special presentation at the Pasadena Senior Center, Jill Fosselman will share the history of the family business, which is now run by her husband John, along with his brother Chris. And to put the proverbial cherry on the sundae, the event will conclude with complimentary scoops of Fosselman's finest for all attendees.

John and Chris Fosselman's grandfather, Christian Anthony Fosselman in 1919 in Iowa, originally started Fosselman's Ice Cream. For more than 100 years, Fosselman's has delighted taste buds with a simple but powerful philosophy — they hand-make the most delicious ice cream by using only the

finest ingredients. Quality, consistency, and customer service are the guiding values. No preservatives are used in the development of their products.

Reservations are required, and the cost for this event is \$5 for members of the Pasadena Senior Center and \$8 for nonmembers. To register or for more information go to pasadenaseniorevent.org/activities-events/special-events or call 626-795-4331.

The Center's mission is to improve the lives of older adults through caring service with opportunities for social interaction, fitness programs and needs services, education, volunteerism and community activism.

As a donor-supported nonprofit, the center operates without any local, state or federal funding and provides more services to older adults than any other organization in the San Gabriel Valley. Hours of operation are Monday through Friday from 8:30 a.m. to 4:30 p.m. and Saturday from 8 a.m. to noon. To learn more visit: pasadenaseniorevent.org or call 626-794-4331.

Catch breaking news at: mtnviewsnews.com

AROUND SAN GABRIEL VALLEY

ACTOR EDWARD JAMES OLMOS SHARES INSPIRING MESSAGE DURING MAYFIELD JUNIOR SCHOOL'S HISPANIC HERITAGE MONTH CELEBRATION



Mayfield's Third Grade class listens to Olmos read a story about a mythical character. About Mayfield Junior School

(PASADENA, CA) – Tony, Emmy, and Academy Award-nominated actor, producer, and humanitarian Edward James Olmos visited Mayfield Junior School as part of a Hispanic Heritage Month celebration. In addition to his decorated career, Olmos is passionate about helping young people and supporting education initiatives, particularly in cinema.

The star of classic movies and television shows attended Mayfield's Morning Prayer and shared wisdom from his 60-year career with the nearly 700-person audience. He emphasized and attributed his success to finding what he loved to do early on in his life—acting, dancing, singing, and storytelling—and working on it seven days a week.

Mayfield faculty member Laura Garcia played a significant role in coordinating Olmos' visit to Mayfield.

"Mr. Olmos' visit to our campus was a remarkable, heartfelt, and generous gift to our Mayfield community," said Garcia. "Many lasting memories were made that morning and I am sure more than a few of our students have been inspired by his message of perseverance and dedication to working toward their goals and dreams."

When asked how he prepares for school visits, Olmos shared, "I make sure that I am in tune with what I am doing in my life so I can speak my truths...whether it is with grammar school kids or junior high kids or college students or to speak at the U.N." He went on to say, "The way that I spoke today is the same way I spoke at the United Nations and to presidents. It's very simple: you speak from the heart."



A Mayfield student poses with the award-winning actor.

In a more intimate setting, Olmos met with Mayfield's multi-ethnic student leadership group, Inclusive by Design (I.D.), sharing insight into his work and passions. Olmos founded the Latino Film Institute and the Youth Cinema Project, which are causes near and dear to his heart. He then conducted a question-and-answer session with the students.

"Mr. Olmos' presence and message truly registered with our students," said Tawanna Benbow, I.D. advisor. "From his narrative of breaking through racial identity barriers as a Mexican-American actor to his advice of being patient and remaining disciplined in practice with the things you love doing."

Olmos' message clearly impacted the students. Following the meeting, I.D. chose to donate funds raised from its on-campus cultural share bar to Olmos' Youth Cinema project. The gesture noticeably touched Olmos.

"This is really fun and exciting," said Olmos. "You can see the light bulbs going on, and any teacher will tell you that the most satisfying and rewarding thing in the world is to see someone grasp the content of what you're saying."

Olmos, the voice of Chicharrón in Pixar's "Coco," concluded his visit by reading a book about a mythical character to Mayfield's Third-Grade class.

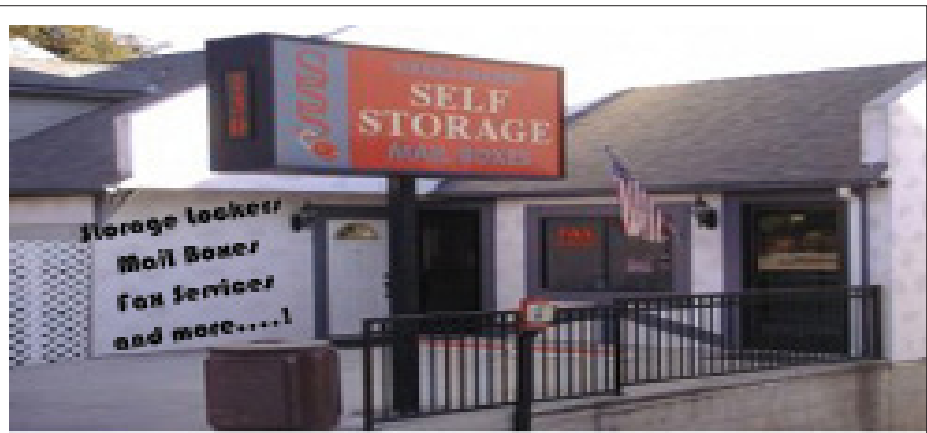
"I will always treasure his reading of the story "El Cucuy" to our Third Graders and his genuine interest in responding to their questions," said Garcia.

Founded in 1931 by the Society of the Holy Child Jesus and located adjacent to historic Old Pasadena, Mayfield Junior School is a leading Catholic Independent coeducational school serving Kindergarten to Eighth-Grade students. Mayfield is distinguished by the Holy Child educational philosophy of developing the Whole Child prepares students for high school and beyond. Learn more at www.mayfieldjs.org.

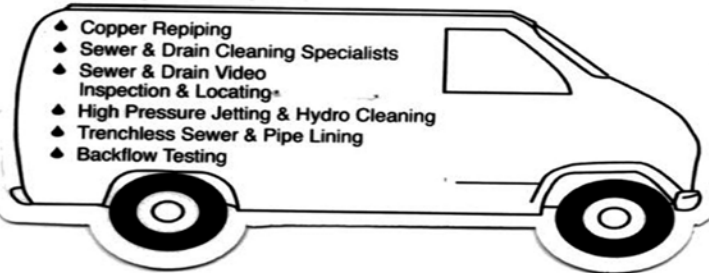


Mayfield's Inclusive by Design (I.D.) multi-ethnic student leadership group participates in a Q&A with Olmos.

as an intellectual, spiritual, creative, and athletic person. Mayfield's educational program best



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Email: inquiry@acsliions.com
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website: www.acsliions.com

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bforsee@ausd.net

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(626) 471-2800 Principal Darvin Jackson
Email: schools@monrovia.k12.ca.us

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Kids: color stuff in!

Happy, Creepy Halloween!

Hey! 'Which' and 'witch' - aren't they homophones?

Which of my ideas will you use to brew a safer Halloween? Match the first part of each idea to the second part to make good sense.

- | | |
|--------------------------------------|--|
| 1. trick-or-treat | A. to see and be seen |
| 2. have an adult or a friend | B. brightly colored clothes |
| 3. carry a flashlight | C. walk with you |
| 4. have Mom or Dad check | D. only at homes of people you know |
| 5. wear | E. will allow you to see things better |
| 6. wearing make-up instead of a mask | F. all treats before you eat any |

The words below are called "homophones" because they sound the same, but are spelled differently and have different meanings. Can you match each word in the first column to its homophone?

- | |
|---------------------------------------|
| A. clause (extra point in a contract) |
| B. towed (pulled by rope) |
| C. rack (stores items) |
| D. creek (a stream) |
| E. sole (the only one) |
| F. grown (gotten bigger) |
| G. chili (spicy food) |
| H. mown (cut grass) |
| I. knight (hero in armor) |
| J. whale (largest mammal) |

Halloween Homophones

Fill in the blanks to spell 5 words that begin with the letter "h."

1. hau _ted
2. hou _e
3. Hallo _een
4. how _ing
5. hair-rai _ing

1. creak (squeaking sound)
2. moan (low, mournful cry)
3. groan (short, strong sound from pain)
4. wrack (damage)
5. night (late part of day)
6. chilly (frosty temperature)
7. toad (hopping animal)
8. wail (loud cry)
9. claws (sharp fingernails)
10. soul (your spirit)

My brother...the not so stealthy ninja guy. Okay, he looks cool.

Skeleton Jokes

1. How can you make a skeleton laugh?
2. How does a skeleton know it's going to rain?
3. Why is a skeleton always hungry?

Skeleton Joke Answers:

1. Tickle his funny bone.
2. He can feel it in his bones.
3. She always feels empty.



PUZZLES FOR YOU

FILL-IN-THE-BLANKS

ACROSS

1. Eight performers
6. Air traffic control controlling org.
9. 100-meter race
13. *Fauna, Merryweather and _____, fairy godmothers
14. Adam's body part in Bible
15. Stone fruit
16. Type of bulrush, pl.
17. *"Dawn of a new _____"
18. Pertaining to ear
19. *"_____ list"
21. *"Your wish is my _____"
23. Actor Danson
24. Pottery oven
25. *Migos: "Look at My _____"
28. Cold cuts counter
30. Inner skin layer, pl.
35. Riyadh native
37. One thousandth of a liter, pl.
39. *"Till _____ do us part"
40. Inconclusive
41. Where there's trouble?
43. On a cruise, e.g.
44. Man-made stone pile
46. Purse for a formal affair
47. Animal house
48. When a 3rd party holds assets
50. Prefers
52. Desk well content
53. Withdraw gradually
55. Black and white sea bird
57. *"_____ up the wrong tree"
61. *"A date which will live in _____"
64. Certain monochromatic cookie, pl.
65. Weary traveler's destination
67. Robin Hood's companion Tuck
69. September stone
70. Tolstoy of "War and Peace" fame
71. Salon file
72. Hurly burly

73. Immeasurable period
74. Raja's wife

DOWN

1. Oftentimes, poetic abbreviation
2. *"Welcome to the _____"
3. Cough syrup balsam
4. Not slouching
5. Assigned a chore
6. Worry
7. *"I'm walkin' on _____"
8. Old-time calculators
9. Ringo Starr's instrument
10. Ambience
11. Bridge, e.g.
12. Kept together
15. *F. Scott Fitzgerald's "The Beautiful and the _____"
20. Possible allergic reaction
22. *"What's _____ is new again"
24. One thousand tons
25. *"_____ like no one is watching"
26. La Scala solos
27. Fundamental
29. *"_____ is like a box of chocolates"
31. Madrid's Club de FÁ*tbol
32. Kenyan warrior
33. Dined at home
34. *"Jump the _____," what Fonzie did
36. 100 cents in Ethiopia
38. *"No _____ for you!"
42. Previously an Oiler
45. In no manner, archaic
49. Skin cyst
51. Bear pain
54. Quick and light on one's feet
56. Deserved consequence
57. *"You're gonna need a bigger _____"
58. Jason's vessel
59. Use a book
60. Japanese zither
61. Involved (2 words)
62. Demeanor
63. Ready and eager
66. New, prefix
68. *J.D. Salinger's "Catcher in the _____"

CROSSWORD

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69						70				71				
72						73				74				



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FIRST IMPRESSION: MONSIEUR CREPE CAFÉ

If you can't afford to fly to Paris, Monsieur Crepe Café in Sierra Madre is your delightful escape. This chic spot invites you to indulge in a taste of France without the airfare.

I decided to grab a crepe to go—sometimes life gets in the way of a proper sit-down meal! My dad, a well-known restaurant critic on Channel 7, always said to embrace the experience. He had a knack for finding local gems in any cuisine, often saying, "If you can't afford to fly there, check out this local restaurant." I'll carry on that tradition as long as there are restaurants to discover.

Let's start with the French Onion Soup. It's a classic done right: rich, savory, and topped with gooey cheese—perfect for a cool day. For my crepe, I chose the Pistou (pesto) with grilled chicken and sun-dried tomatoes. This combination was a delightful medley of flavors, with fresh basil beautifully complementing the savory chicken.

The menu is extensive, featuring everything from quiches to sandwiches. I'd recommend bringing a group of friends next time; the more, the merrier! I'm already eyeing the grilled chicken and goat cheese sandwich oops I believe it's a baguette for my next visit, and there's even a kids' menu, making it a great spot for families.

After sharing my first impression with a friend who frequents Monsieur Crepe, she urged me to relax next time—"chill" she suggested enjoying a latte and a croissant while soaking in the ambiance. It sounds like the perfect way to savor the experience.

Overall, if you're looking to enjoy a touch of France without leaving town, Monsieur Crepe Café is a must-visit. Whether you're dining in or grabbing something to go, this charming eatery is sure to satisfy your cravings. And I wholeheartedly agree with their tagline: "Cali French Food, handcrafted with love."

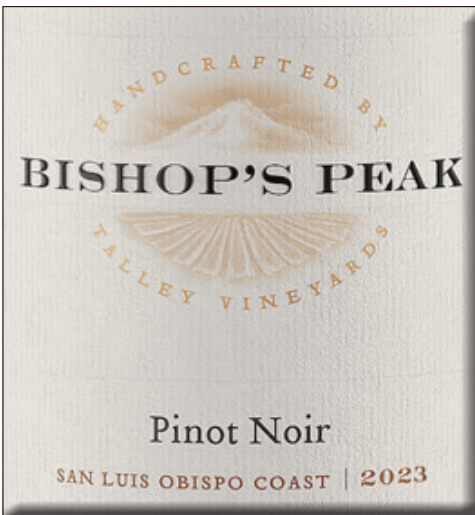
Location: 54 W. Sierra Madre Blvd, Sierra Madre

THE TASTING ROOM

SUGAR IN WINE. DO THE MATH.

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

I recently featured German Rieslings and people were quite surprised at how dry they can be. People were also surprised to find out that some German Rieslings have less sugar content than some red wines. Last week the San Francisco Chronicle had an article on the amount of sugar present in a popular Pinot Noir. That wine, Meiom Pinot Noir, contains quite a bit of residual sugar. The latest 2023 vintage contains 21 grams of sugar per liter per the Liquor Control Board of Ontario. The other wine mentioned in the article - Dial Tone Pinot Noir 2023 - contains 0.4 grams per liter. Doing the math, you'd have to drink approximately 52 bottles of the Dial Tone Pinot Noir to equal the amount of sugar in one bottle of the 2023 Meiom Pinot Noir. I've tasted Meimo Pinot Noir and it has always tasted sweet and artificial to me, but I didn't realize how much sugar was in it until I read the article.



Comparing the German Rieslings I featured last week, the 2021 Wagner Stempel Estate Riesling had 4.3 grams of sugar per liter - which tasted almost bone dry. Simple math tells you that you would have to drink almost 5 bottles of the Riesling to equal the amount of sugar in one bottle of the Meiom Pinot Noir.

If you are concerned about the amount of sugar in your wine, do some research and find out how much sugar is in your wine. The information is usually on the website of the winery. Just look for the tech sheets or wine tech information on the winery's

website. The vast majority of wines we have at The Bottle Shop are dry with minimal amounts of sugar.

Although we don't carry Dial Tone Pinot Noir, I do have an alternative - the 2023 Bishop's Peak SLO Coast Pinot Noir. It is a delicious and dry Pinot Noir from the Talley Vineyards people up in Arroyo Grande. I don't have the numbers for the 2023 vintage, but the sugar levels in past vintages were 0.26 grams per liter in 2022, and 0.07 grams per liter in 2021. The 2023 vintage is probably along those lines.

It's a gorgeous Pinot Noir. Red fruit, spice, mint, and citrus notes come forth. It's juicy and fresh at the finish. It is absolutely one of the best values around year after year. It tastes like a Pinot Noir should. It doesn't have the coy sweetness or the artificial flavor that I find in Meiom Pinot Noir.

The 2023 Bishop's Peak SLO Coast Pinot Noir is available at The Bottle Shop for \$18.99. Say you saw it in the Mountain Views News and get it for \$17.99 through Monday, October 21st.

Join me on Saturday at 5pm for White Blends and Red Blends. Next week Wes Hagen is in The Tasting Room!

Until next time - Salud!

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ALL THINGS By Jeff Brown

DAD, I WANT TO HEAR YOUR STORY: A FATHER'S GUIDED JOURNAL TO SHARE HIS LIFE & HIS LOVE (HEAR YOUR STORY BOOKS)

by Jeffrey Mason

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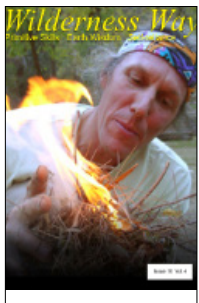
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[Nyergeres is the author of several books including "Self-Sufficient Home" and "How to Survive Anywhere." He also leads wilderness classes every weekend. He can be reached at School of Self-Reliance, Box 41834, Eagle Rock, CA 90041, or www.SchoolofSelf-Reliance.com]

ABOUT ISHI – IN HONOR OF INDIGENOUS PEOPLES DAY

Last Monday was once called Columbus Day, now called Indigenous Peoples Day. To commemorate that day, I gave a talk at the non-profit WTI about the man known as Ishi, and how Ishi represented the civilization that had been destroyed.

On August 29, 1911, an obviously starving man was found trying to find bits of meat out-side a meat-processing facility in Oroville, California. He was dressed in rags of old cotton fragments. He was arrested by the local sheriff without incident, and taken to the local jail, and it was clear that he understood neither English nor Spanish.

It was quickly determined that he was an indigenous man who spoke a language that was not common, and anthropologists and other translators were called.

In the first week of September in 1911, crowds of local people came by the jail to see the man that the media were then calling a "wild Indian."

It turns out that this "wild Indian" was the last of his group of the Northern California Yana territory. Through a translator that spoke a similar language, they learned that this man had wandered about 60 miles from his home camp, and that all of his family and clan were dead. He was the last of the Yahi (the southern-most of the Yana group), and because a name was demanded, the translator decreed that he will be called "Ishi," meaning "man" in the Yahi language.

In his first few days in his jail cell, Ishi ate or drank nothing that was given him even though he was obviously emaciated. It was learned later that Ishi believed he would be put to death by his white captors, since that is what had happened to everyone else in his little circle of family and associates. Thomas Waterman and Alfred Kroeber, two professors with the University of California, Berkeley, Museum of Anthropology, intervened and took Ishi under their wings, and brought him to their facility, then in San Francisco, where the story slowly unfolded. Ishi lived there for the next five years until he died in March of 1916.

The story of Ishi is a fascinating one. He has been compared to the famous 5000 year old "Ice man" found in the Swiss Alps, whose body and artifacts told us so much about that bronze age period of Europe. But Ishi was a living person, not an artifact from the past. He has also been described as a living Rosetta Stone, a way to translate the literal practices and facts from one nearly extinct culture to another.

Much has been written about this "last wild man" who came out of the California wilderness in 1911. To some, he was an embarrassment, a harsh reminder that the indigenous peoples of the state were still here, after the harsh treatment by the Spanish missionaries. The native population also survived the short reign when California was part of Mexico, and they (barely) survived the Gold Rush era of 1848 to 1855, when thousands of mostly Irish miners came into the state with the hopes of getting rich.

The gold rush put great pressure on the indigenous populations, since the mining activity damaged water supplies, killed fish, and new infectious diseases such as smallpox and measles were introduced. If that wasn't enough, the new settlers of the area put a bounty on the natives.

The northern-most Yana group actually was entirely wiped out, and the Yahi group (of which Ishi was a part) dropped precipitously.

The work of Waterman and Kroeber did much to reveal and reconstruct the Yahi culture, and the life of Ishi in particular. Ishi was able to describe family units, and the ceremonies that he knew, though much of his peoples' traditions had already been lost when he was growing up. He also identified material items and showed the techniques by which they were made, such as how to make fire with the hand drill, how to make arrows, bows, and shelters. He also provided valuable information on his own language to the linguist Edward Sapir.

On the level of physical anthropology, Ishi showed to the world how people made their tools, homes, and lived off the land. He became a hero of flintknappers – those who take up the art of making stone arrow points – because he was one of the very last native stone tool makers in North America, and his techniques are now widely copied.

But Ishi lacked the acquired immunity to the diseases common among European Americans, and was frequently ill. He died of tuberculosis on March 25, 1916. It is said his last words were "You stay. I go."

Possibly the best presentation of the story of Ishi was documented in Theodora Kroeber's 1961 book, "Ishi in Two Worlds." Theodora was the wife of Alfred Kroeber, who worked most closely with Ishi, so she had access to some of the best insights into the recent history of Ishi, and his clan. For example, most of the northern Yana people were considered extinct by the Gold Rush, and Ishi's southern clan, the Yahi, had greatly reduced numbers. After the Three Knolls Massacre, the Yahi population was even further reduced. Ishi would have been a very young child in 1865.

In late 1908, a group of surveyors reported coming across what they later believed to be Ishi's camp. It was occupied by two men, a middle-aged woman, and an elderly woman. These were respectively Ishi, his uncle, his younger sister, and his mother. Ishi, his uncle, and younger sister managed to flee, but the mother was sick and unable to flee and hid herself in blankets. The camp was ransacked, and the mother died shortly after Ishi returned. He never saw his sister and uncle again.

Ishi then spent the next three years in the wilderness alone. There were fires in that area, and at about 50 years of age, Ishi had wandered about 60 miles from his home camp. By August 29, 1911, Ishi was starving, and was captured while hunting for meat scraps, thus beginning the revealment of the last indigenous person who'd been living the old ways.

Remember, the Spanish invaders destroyed the great civilizations of the Aztecs and Maya, in their quest for gold. California goldminers did essentially the same thing. Neither seemed to recognize that the real gold, the spiritual gold, that was there in the form of the living culture. That living gold is always more valuable than the physical gold. I am re-minded of the saying, "I sought my soul, but my soul I could not see. I sought my God, but my God eluded me. I sought my brother, and I found all three."

CLASSES AND BOOKS

BY CHRISTOPHER NYERGERES

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Katnip News!



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Angelica is such a special lady cat! She's a very gentle girl that loves the companionship of her people. One of her favorite things is to take a nap on top of you or sit next to your computer when you're doing work. This loyal girl will captivate you with her big green eyes and her sweet meow! Angelica is such a good girl, she even does great at the vet!

She cries for a family of her own and is so ready to show you how much love she has to give. Submit the application link above to hopefully be able to come and meet her!

Pet of the Week

Sinta is an 8-year-old Australian Cattle Dog mix with a gentle soul and a heart full of love for her people. With her calm and friendly temperament, Sinta is the kind of dog who easily settles into any environment, whether it's lounging on the floor (she's not one for furniture!) or enjoying some quiet time by your side. She's fantastic in the car, great with people of all ages, and behaves politely around food—no begging at the table with this well-mannered girl!



While Sinta is as sweet as can be, she does have some anxious energy when left alone, often pacing when her humans are out. That said, she's completely non-destructive and can be trusted to be left at home. When you return, expect a warm (and slightly bouncy) welcome—she's still working on curbing her excitement and learning not to jump, but she's getting there!

Walks with Sinta are a breeze—until a squirrel crosses her path! She's a champ on the leash otherwise, though she could use a little more training to make those strolls even smoother. If you work from home or are around often, Sinta would make an ideal, low-maintenance companion. She's chill, sweet, and just looking for a forever home where she can relax, feel loved, and maybe chase the occasional squirrel.

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.

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From The Desk of Steve Sciarba, Safe Path For Senior

SENIORS EMBRACE EXERCISE FOR HEALTH AND LONGEVITY

As the global population ages, the importance of exercise for seniors has never been more evident. Re-search consistently shows that regular physical activity not only improves physical health but also enhances mental well-being, making it essential for older adults.

Local community centers have seen a surge in senior fitness programs, offering tailored classes such as yoga, tai chi, and water aerobics. These programs are designed to accommodate various fitness levels, promoting both strength and flexibility. "Exercise is crucial for maintaining mobility and independence," says Sarah Jenkins, a fitness instructor specializing in senior wellness. "It helps combat common issues like arthritis and balance problems."

The benefits of exercise extend beyond the physical. Studies indicate that engaging in regular activity can significantly reduce the risk of depression and anxiety in seniors. Many participants report improved mood and social connections through group classes. "I used to feel isolated after my husband passed away, but now I look forward to my weekly classes and the friends I've made," shares Mary Thompson, a 72-year-old participant.

Healthcare professionals emphasize that even moderate exercise, such as walking or gardening, can lead to substantial health improvements. The Centers for Disease Control and Prevention (CDC) recommends at least 150 minutes of moderate-intensity aerobic activity per week for seniors, alongside muscle-strengthening activities on two or more days.

Communities are encouraged to support senior fitness initiatives, recognizing the profound impact of exercise on quality of life. Local governments are increasingly investing in accessible parks and recreational facilities to promote active lifestyles among older residents.

As more seniors prioritize their health through exercise, they are not only enhancing their longevity but also inspiring younger generations to adopt healthier habits. The message is clear: staying active is key to aging gracefully.

BEST CPAP ALTERNATIVES FOR SLEEP APNEA

Dear Savvy Senior:
I've been diagnosed with sleep apnea and have been trying to use a CPAP device for the past six months but can't tolerate it. Are there any alternative treatment options you can tell me about? Sleepy Sam



Dear Sam:

I'm sorry to hear your CPAP mask is keeping you awake at night, but I'm happy to hear that you're addressing your obstructive sleep apnea (OSA) problem. Left untreated, OSA is linked to daytime sleepiness and an increased risk of anxiety, diabetes, hypertension and stroke.

For those whose aren't familiar, OSA causes your breathing to pause during sleep because something blocks your airway, like your tongue or relaxed throat muscles. Losing weight, quitting smoking, and limiting alcohol can all help ease obstructive sleep apnea symptoms such as snoring.

The primary treatment for people with moderate or severe OSA is a continuous positive airway pressure (CPAP) machine, which keeps your airway open by pumping air through a mask you wear over your mouth and/or nose when you sleep.

But many people, like yourself, have difficulty tolerating CPAP and don't stick with it. But CPAP machines have become smaller and quieter, with more comfortable options available. And for some people with mild to moderate OSA, less invasive alternatives to CPAP may be worth considering. Here are several to ask your doctor about.

Dental device: This is designed to move the jaw so that the tongue shifts toward the front of the mouth to help keep the airway open. It's one of the primary alternatives to CPAP and can also be used with CPAP to help make severe obstructive sleep apnea milder.

A dentist who specializes in sleep medicine (find one at dentalsleep.org) will be able to customize its fit to help your breathing without causing harm to your bite or teeth. These custom-made oral appliances can cost between \$2,000 and \$4,000 but may be covered by insurance.

There are much cheaper options available online to treat snoring, but experts say these may not help with OSA, and could move teeth out of place or cause jaw issues if they're not properly fitted.

Position therapy: For some, sleeping on the back can make obstructive sleep apnea dramatically worse. In these cases, switching to side sleeping – perhaps using pillows or a tennis ball attached to a shirt back – can sometimes help.

Tongue trainer: In 2021, the Food and Drug Administration approved a tongue-stimulating device for mild sleep apnea called eXciteOSA (exciteosa.com), which people wear for 20 minutes a day for six weeks and then 20 minutes a couple of times a week indefinitely. It costs \$1,650 and is not covered by insurance.

Surgery: Those who can't tolerate CPAP could have upper airway surgery to reduce the size of their soft palate or other tissue in their throat. But such options don't always work, have serious potential complications, and cannot be reversed. So, in general, they should not be first-line treatments.

A newer option is a surgically implanted device called Inspire (inspiresleep.com). Approved in 2014, it stimulates a nerve that moves your tongue to keep your airway open. Inspire can be removed if it is not tolerated, but it should also be tried only if someone is unable to use CPAP, and it is not an option for everyone.

Drug therapy: A new study, recently published in the New England Journal of Medicine, found that tirzepatide – the main ingredient found in type 2 diabetes medication Mounjaro and weight loss treatment Zepbound – helps reduce symptom severity by almost two-thirds in adults with obesity and obstructive sleep apnea. Ask your doctor about this option.

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.



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OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

YOU BREAK IT - YOU FIX IT!



Every once in a while, I hear or see something that reminds me of my father. He's been gone for over 15 years, but his memory is still fresh in my mind. His most famous saying, that I remember, was, "It's better to ask for forgiveness than for permission." He lived that to the very end of his life. Another saying of his was, "You break it, you fix it." He was quite serious about this one, especially when it came to his children. If we ever broke anything, which was quite often, he made us fix it, at least to the best of our ability.

I've been married to The Gracious Mistress of the Parsonage for over 53 years, and that is one of her savings. "If you break it, you have to fix it."

At first, I assumed she was joking about this. But the first time I broke something, I discovered that she wasn't joking about it at all. I had to fix what I had broken, and I don't quite remember what it was now.

The Gracious Mistress of the Parsonage can fix anything and everything. If something is broken, it kicks her in high gear, and she has to find a way to fix it. Usually, she finds a way to fix what-ever is broken.

I remember several years ago, the front bumper of my truck was loose. I think one of the bolts had broken, and I didn't quite know what to do. I casually mentioned to her that the front bumper of my truck was broken.

That's all I had to do, and she was out there within 30 minutes, fixing it. I was stunned because I didn't think it was fixable. But she took a big paperclip and put it on the place where the bolt had been broken. It was fixed. It's been fixed for over five years now.

I sit on the other side of the table. The Gracious Mistress of the Parsonage can fix everything and anything, while I can break anything and everything.

There is nothing that I cannot break and have broken down through the years. That's why The Gracious Mistress of the Parsonage and Yours Truly have a wonderful marriage. We are partners in the strictest sense of the word. I don't do what she can do, and she surely doesn't do what I can do.

I can break anything, and she can fix anything, which has made our relationship very amenable from the beginning.

If I had not been so busy in ministry, we could have made a good business out of flipping houses. I know how to handle a checkbook, and she knows how to handle home repairs. We could've made a fortune over the years.

Usually, the wife breaks things, and the husband fixes them. I'm unsure how our relationship developed, but we are the opposite. I'm not upset at what she can do, and she's not upset about what I can do. Well, most of the time.

She knows all the builder stores in the area. I'm not even sure of the names of these stores, but she knows them and even knows the people who work there. These are only second to the thrift stores in the area.

Last week we were doing something across town, and she mentioned that she needed to stop at one of those building stores to get something for a project she was working on. Of course, I agreed.

As we walked in, I realized that this was my first time in such a store. But as we were walking around, I noticed that she knew everybody, and everybody knew her. She knew exactly where everything in that store was.

A customer happened to stop her and asked if she knew where a certain gadget was. The Gracious Mistress of the Parsonage told her exactly where to go and recommended a certain brand of that gadget. I had no idea what she was talking about.

I'm not very smart about gadgets and fix-it-up tools, but I am pretty smart about finances. Once, we went into the bank to do a little business, which I needed there. The Gracious Mistress of the Parsonage went with me, and as we talked, she had no idea what we were talking about. Finance is not her strong point. I know more about finances than I do about fixing up anything.

It boils down to this: I can break anything, she can fix anything, and I can pay the bill. What more do you need for life to be happy?

After 53 years of marriage, we have come to an understanding of our position. When anything is broken, I'm not allowed to touch it. That is the responsibility of the Gracious Mistress of the Parsonage. We accept our situation and respect each other's strengths and weaknesses. The motto in our house is simply this: "I break it, she fixes it."

I thought about a Bible verse, James 1:5-6, "If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him. But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed."

I do not base my life on my wisdom, rather on God's wisdom that He gives abundantly to all who believe in Him.

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STUART TOLCHIN PUT THE LIGHTS ON INTENTION VERSUS OBSTACLES



After being reprimanded for something a year or so ago I recall my three-year old granddaughter proclaiming, "I want to be a good person." The question for her seemed to be how much she was willing to relinquish of her own other wants to conform to the needs of our civilized society. Perhaps "civilized society" is a bit of an overstatement. Each morning, I, together with my wife, view the Christiane Amanpour report on PBS which is a reminder that this society is not particularly "civilized."

It so happens that this scheduled viewing conforms to my intent to be a good person living a satisfying life. After retiring from lawyering, I realized that without some sort of set routine I would spend most of the day unsatisfyingly wondering what it is I am supposed to be doing. Although, I cannot completely ignore the diminution of my mental capacity, watching Christiane and staying current with the news, is part of my personal attempt at being a good person.

I am clear about this intent I know much more is required but I am confronted by many obstacles. I considered this as I watched one of the Israeli hostages being interviewed on the show. The interviewee briefly referred to the tortures and humiliations she had recently endured; but understandably, she made it clear that she wished to speak about what she needed to do in the future. She wanted to do something "meaningful" with her life. She was willing to speak about her experiences only in the context of assisting in bringing about the release of other hostages and solving the current crises. The question for her as she experienced her recently regained freedom was what could be done to assist other people in removing the obstacles to a sane and satisfying solution.

All right, in my way I face the same problem. I already have a great deal

of free time as my wife takes care of most things, but I still face obstacles. The major obstacle is that I don't know how to do anything. Somehow, I have reached the age of 80 and lack the skills that everyone else seems to have. Making the bed each morning is a constant stumbling block. I make a point of putting out the food for our dog but often he refuses to eat it because either I have given him too much, or I put it out too early and the ants get at the food. I have been told "there is a way" of putting the food in a bowl contained in a larger bowl containing water so that the dog can reach the food but the ants can't, I admit that I haven't quite been able to do it yet but the ant season has hopefully already passed and I will keep learning ready for next year, if there is a next year.

Laughingly, I have reached my point. In any situation, rather than accepting being blocked by obstacles, one has a choice. Thankfully, my granddaughter has accepted the fact that even if she wants to do something right now there are times she has to wait. She is not a fan of waiting, few of us are. Some of us have never learned to work very hard and instead accept the obstacles that block our intent. I admit I have never worked very hard, but I believe it's never too late to learn. How does one cope with old age? It's tough and there are obstacles and for me and many of the obstacles were not foreseen. Like my granddaughter I want to be a good person and do more than complain and be a burden to others. I know there is more to life than watching TV and Sports and complaining about feeling isolated not feeling safe to drive. Instead as a part of being a good person I will try and edit this article in the hope that some reader might be more able to appreciate what I have tried to share and will work to acquire the skills to get past their own obstacles.

Well, I tried, and it doesn't seem to get easier! No matter what, I will keep trying until all the obstacles are gone; or I am!

RICH JOHNSON NOW THAT'S RICH HIGH BEAMS AND OTHER ROAD SIGNS



Wow, believe it or not, I am going serious on you this week. I'll try to end on a upbeat and humorous twist. Anybody other than me notice it seems like half of the cars on the road have their headlights on all the time? That's not the problem. The problem is a significant number of people on the road are driving with their high beams on. And, as you'll see, it's really dangerous.

According to the law firm of Dulaney, Lauer and Thomas HIGH BEAMS are designed to be aimed squarely at eye-level for oncoming cars, so use is only intended for use when there is no oncoming traffic.

What You Risk When You Misuse Your High Beams

Every driver has had (or will have) to drive after the sun goes down. Unfortunately, during those times, you will have a 50 percent greater chance of getting into an accident, according to the National Highway and Traffic Safety Administration. To further these frightening odds, data taken from the Department of Transportation estimates that 85 percent of drivers misuse their high beams at some point. The result: dangerous situations that magnify the risks for blinding accidents in poor nighttime visibility collisions.

What's more, if you run your high beams, when cars approach you, the more intense light can temporarily blind the drivers which may cause them to swerve into traffic...and that traffic just might be your vehicle.

What's more high beams are so powerful they can cause you to misjudge the distance in front of your vehicle. If you are using high beams all the time, your chances of misjudging the distance in front of you and risk plowing right into the car in front of you is much greater. It can also cause intersection and turning collisions. You can also blind, distract, annoy, infuriate the car driving in front of you. And make mistakes trying to get away from you.

Finally, according to the legal eagles, if you use your high beams 24/7 and get in an accident, anyone injured can argue you were negligent and you have a good chance of ending up being held responsible for the accident.

Okay, sermon over. I better revert back to the role of court jester and end on a more positive note. How about a handful of actual, rather unusual road signs:

- "Beware of Invisible Cows" (Really hard to see cows in darkness and fog)
- "Warning: Air Force Bombing Range for Next 12 Miles" I don't know about you but I would seriously think about taking an alternate route. My driving is risky enough on my own.
- "Turn Right to Go Left" If you know the works of Soren Kierkegaard or Jean-Paul Sartre you'll understand the existential reality embedded in this road sign. If these men are unfamiliar to you, then it's really just a sign where you have to multitask to go left.
- "Speed Limit 20 K.P.H. Warthogs and Children Have Right of Way" Hopefully they're not crossing at the same time.
- "Welcome to Accident" Believe it or not Accident is a town in Maryland. Not an invitation to join in the road rage.
- "Beware: Wild Animals/Children" Self-evident caution. (A sign with a picture of a guy in a wheelchair careening downhill into the open jaw of an alligator.) Apparently explanations are not necessary.

In conclusion, another shameless plug for my rock and roll birthday dinner concert at Nano Café. In case you missed last week's shameless plug, my birthday is being celebrated with a costume (optional) event at Nano's, October 26 from 6:30 to 9:15. (My actual birthday is, self evident to most, it's Halloween.) Come for fun, dining and dancing. And if you're of a certain minimum age drinking permitted. Phone number for reservations is (626) 325-3334.

HOWARD Hays As I See It



"They will look at you - down [there] a beautiful woman - they'll look at you and they will kill you" - Donald Trump, addressing an audience member at the Economic Club of Chicago when asked about the impact of mass deportations on the economy.

The big news of the week was Trump's comments to Maria Bartiromo on Fox about the "enemy from within"; "We have some very bad people we have some sick people, radical left luna-tics". But he assured they "should be very easily handled by, if necessary, by National Guard, or if really necessary by the military, because they can't let that happen."

Trump's willingness to use the military against Americans comes in tandem with previews of Bob Woodward's new book, wherein Trump's former Chairman of the Joint Chiefs of Staff Gen. Mark Milley describes Trump as "fascist to the core" and "the most dangerous person ever". Last month, Trump threatened to prosecute and jail "unscrupulous" election workers "at levels, unfortunately, never seen before in our Country."

As expected, the MAGA team assures there's nothing to worry about. On CNN, Virginia Gov. Glenn Youngkin insisted Trump was simply suggesting using the military in dealing with undocumented immigrants - even after host Jake Tapper had played Trump's exact quote, in which he identifies one of those "radical left lunatics" as Congressman Adam Schiff.

Others have excused Trump's statements as merely "negotiating positions", or "Trump being Trump". But interviewed on CNN, Olivia Troye, advisor to former V.P. Mike Pence, recalled how "I walked those grounds outside the White House the day that Donald Trump suggested we shoot protesters and Americans. . . I had friends there in that square with their families. They were peacefully protesting."

Also on that interview was Kevin Carroll, former counselor to retired Marine Gen. John Kelly when he served as Trump's homeland security secretary; "He wanted to use the military to shoot migrants, including women and children, crossing the Rio Grande. . . He wanted to invoke the Insurrection Act to use federal troops against protesters during the George Floyd demonstrations. . ." As Carroll summed it up, "Trump was just itching to misuse the military."

The fear now is that, under hiring guidelines outlined in Project 2025, Trump would no longer have staff members who'd tell him "No". Asked for an assessment of Trump's threats, his for-mer Defense Secretary Mark Esper told CNN, "Yes, I think we should take those words seriously-ly."

But according to polls, the major concern among voters remains the economy. V.P. Harris has made her priorities clear; help for first-time

homebuyers, affordable childcare, the wealthiest in-dividuals and corporations paying their fair share of taxes, assistance for small business start-ups, etc.

Trump has had opportunities to put forward his own plans for the economy. At a Fox town hall focused on women's issues, he was asked specifically about the price of bacon. Trump's re-sponse was that Ukraine wouldn't have been invaded under his watch. (He also referred to himself as the "Father of IVF.")

Then there was the Economic Club of Chicago, where Trump was interviewed by Bloomberg Ed-itor-In-Chief John Micklethwait. He was asked about his proposed tariffs and the fact they'd "push up the cost for all of these people to buy foreign goods. . . That is just simple mathemat-ics." Trump replied that he's "always good at mathematics."

When asked for comment on a Wall Street Journal analysis that his proposals would push deficits up by \$7 trillion over a decade (twice the amount of Harris'), Trump observed "They've been wrong about everything". And as for the interviewer himself, "You've been wrong all your life on this stuff". Asked about breaking up Google, Trump responded by talking about voting rolls in Virginia.

Pressed for an example of cutting waste in government, Trump mentioned remodeling Air Force One. And as for assembling German-made cars in the U.S., "We could have a child do it." Asked about help for small businesses, Trump talked about Apple (with a \$3.6 trillion market cap). And then as to the impact of forcibly deporting 11 million immigrants - well, there's that opening quote above.

As summed up by reporters Nikki McCann Ramirez and Ryan Bort in Rolling Stone, "it quickly became clear that the former president has no conception of the mechanics of or the potential ramifications of the economic platform he's running on". But he doesn't have to. He's got billionaires Elon Musk, Peter Thiel and those behind Project 2025 to handle it for him.

But the one thing he's always been clear about and personally obsessed with, as related by Gen. Kelly to journalists Peter Baker and Susan Glasser, is wanting "his" generals to be "totally loyal" like "The German generals in World War II" as the then-president put it. And he wanted that military pa-rade "in his honor", but without those "wounded guys" because "It doesn't look good for me."

According to Gen. Kelly, Trump remains "A person that has no idea what America stands for and has no idea what America is all about. . . A person that has nothing but contempt for our democratic institutions, our Constitution, and the rule of law."

Over 100 lawsuits have already been filed by the Republican National Committee in preparation for challenging election results regardless of how they come in. We can't allow this election to be even be close.



DICK POLMAN HARRIS POKED THE BAIER IN THE DEN OF DISINFORMATION



In all likelihood, 99 percent of the Fox News faithful who saw Kamala Harris Wednesday night came away convinced anew she's awful. But her decision to visit the notorious propaganda outlet had very little downside. If she managed to sway a percent or two, that could help her in a close election.

What she did demonstrate - for the small share of Fox viewers with open minds - is she is the precise opposite of how Trump routinely depicts her. He says she's dumb, cognitively impaired, and incapable of stringing sentences together. Perhaps it shocked some viewers to discover none of those slurs are true. Perhaps some viewers will give her points for sitting in the lion's den and showing she's tough and articulate. Perhaps some female viewers noticed she refused to abide Bret Baier's constant interruptions, the first of which came 20 seconds into the interview.

But the most galvanizing moment came late in the half hour, when Harris denounced Trump for railing the other day about unleashing the U.S. military against "the enemy within". Baier was ready for that - or so he thought. He teed up a video clip that sought to whitewash Trump's comments; earlier Wednesday, Trump had insisted, "I'm not threatening anybody." That was the clip.

Well. What else could we expect from a fake news network that was compelled to shell out \$787 million in a court settlement after it was outed for amplifying Trump's relentless lies about the 2020 election?

It was no surprise that the clip Baier aired was deftly edited to omit all of Trump's rants about the so-called enemies within - the "sick" and the "evil" and the "dangerous" and the "Marxists" and the "communists," and "the Pelosis" (one of which was attacked by a hammer-wielding MAGAt). Harris promptly exposed that classic Fox trickery by slapping Baier silly:

"Bret, I'm sorry, and with all due respect, that clip was not what he has been saying about 'the enemy within' that he has repeated when he's speaking about the American people. That's not what you just showed. Here's the bottom line, he has repeated that many times. You and I both know that he's talked about turning the

American military on the American people. He has talked about going after people who are engaged in peaceful protest. He has talked about locking people up because they disagree with him.

"This is a democracy. And in a democracy, the president of the United States, in the United States of America, should be willing to handle criticism without saying he'd lock people up for doing it. And this is what is at stake, which is why you have someone like the former chairman of the Joint Chiefs of Staff saying what Mark Milley has said, about Donald Trump being a threat to the United States of America."

Baier was facing the camera, so it was impossible to see the tire tracks on his back.

Another great moment was when Baier pointed out that roughly half the voters seem likely to support Trump, he asked Harris whether she thought they were "stupid." That was an obvious Baier trap, inviting her to utter a basket-of-deplorables remark a la Hillary. But she was too smart to take that bait: "I would never say that about the American people!"

Are at least a small percentage of Fox viewers willing to abide a strong woman who refuses to kowtow? We'll see about that. But her forthright fervor likely did her no harm - and it'll arguably play better, in the social media clips, than Trump's response Wednesday night, during a Florida event, to a question about whether he still thinks climate change is a hoax. He proceeded to talk about his Doral golf course:

"I get awards, environmental awards for the way I built it for the water, the way I use the water, the sand, the mixing of the sand and the water, I mean many different, but I've had many awards over the years for environmental, the way I've built because you know about building that's what you do...The water is coming up an eighth of an inch over 300 years, the ocean is gonna rise and you know nobody knows if it's true or not but they're worried about the ocean rising an eighth of an inch or a quarter of an inch in 300 years."

Harris was willing to do Fox News, so perhaps Trump would be willing to explain his climate change comment in a sitdown with MSNBC.

He'll do it right after he releases his medical records.

Speed Up Recovery With Compression Therapy

After a tough workout, recovery is just as important as the exercise itself. Athletes and fitness enthusiasts are always looking for ways to speed up recovery, reduce soreness, and prepare for their next session. One recovery method that has gained significant popularity is compression therapy. This technique involves using devices such as compression boots, sleeves, and wraps to help muscles heal faster. But what exactly is compression therapy, and how does it support recovery after exercise?

Compression therapy has long been used in the medical field to treat circulation problems and prevent blood clots. When applied after exercise, the concept remains the same. These devices exert controlled pressure on the muscles, promoting improved blood circulation and reducing inflammation. The pressure helps blood move more efficiently through the muscles, delivering fresh oxygen and nutrients that aid in the healing process. It helps flush out waste products like lactic acid, which is responsible for the soreness often felt after an intense workout. Many athletes and fitness enthusiasts report that using compression devices regularly not only helps them feel better but also speeds up their recovery.

One of the most commonly used types is pneumatic compression boots. These boots cover the legs and use air pressure to mimic the muscle's natural movements. By inflating and deflating in specific patterns, the boots apply pressure to the legs, helping boost blood flow and reduce swelling. Pneumatic compression boots are particularly popular among runners, cyclists, and athletes who do a lot of leg work. Devices like NormaTec and Rapid Reboot are some of the leading brands, although very pricey.

Then there are sleeves and wraps. These can be worn on various parts of the body, including the arms, legs, or torso. Unlike pneumatic boots, sleeves and wraps provide a consistent level of pressure and can be worn both during and after exercise. Their portability and ease of use make them a popular choice for those looking for a light recovery option throughout the day, even when on the move.

For those who train for long durations, such as marathon runners or football players, compression recovery pants and full-body suits are becoming more popular. These cover larger areas of the body and offer varying levels of compression. Full-body recovery suits are especially helpful when targeting multiple muscle groups at once, providing comprehensive recovery after long, exhausting sessions.

Finally, there are portable compression devices designed for smaller areas of the body, such as the arms or calves. These are ideal for anyone needing quick relief in specific muscles, offering targeted compression therapy in a compact form.

The primary advantage of compression therapy is the ability to speed up recovery time. When blood circulation improves and lactic acid is flushed out, the muscles can heal faster after strenuous activity. This allows athletes to train more frequently and push themselves harder without the lingering soreness that typically follows a tough workout.

Additionally, compression therapy may help prevent injuries. Overworking muscles, tendons, and ligaments without proper recovery increases the risk of strains and injuries. When muscles heal quickly and efficiently, the body is better prepared for the next workout, reducing the chances of injury. This is especially important for those who train at high intensities over consecutive days.

There is also evidence that using compression therapy regularly can enhance athletic performance. Faster recovery means athletes can push harder during their next workout without feeling as fatigued. Over time, this can lead to improved performance as the body is able to sustain higher levels of training with less downtime between sessions.

To maximize the benefits of compression therapy, it's essential to use the devices correctly. The optimal time for compression therapy is immediately after exercise when the muscles are tired and blood circulation is needed to clear out waste and bring in nutrients for repair. Most compression sessions last between 15 minutes and an hour.

Some compression devices allow users to adjust the pressure levels. Finding the right balance is key—the pressure should be firm enough to promote blood flow but not so tight that it becomes uncomfortable. Overly tight compression can cause discomfort and might even hinder circulation rather than help it.

Adding compression therapy to a recovery routine, which might also include proper stretching, hydration, and balanced nutrition, can further improve results. However, anyone with medical conditions or injuries should consult a healthcare professional before using compression therapy to ensure it's safe for their specific situation.

Compression therapy is more than just a trend—it's becoming an important tool for recovery in the fitness and sports world. If you think you may benefit, check it out!

FITNESS FOR LIFE



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

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or 10am to 12:00noon



8/18 - 10am to 12:00noon	10/6 - 10am to 11am	12/1 - 10am to 11am
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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AGE 10-13 11:30 AM- 1:00 PM
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To have another session, we need 32 players to cover the cost of the gym. Please register and send your payment by October 20. Donations would be greatly appreciated.

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Pickleball is an inclusive sport, embracing individuals of all ages, skill levels, and abilities. Join us at the Pasadena-Sierra Madre YMCA for a fun filled tournament you won't want to miss.

All events are fixed partners.

November 17th

10am Women's Doubles
12pm Men's Doubles
2pm Mixed Doubles

Fees:
Single Event
Members: \$30/person
Non-members: \$35/person
Two Events
Members: \$40/person
Non-members: \$50/person

Location: Sierra Vista Park Tennis Courts
Event Partner: City of Sierra Madre
For more information: Email - Sheenainman@ymcala.org P 626 355 5261 www.ymcala.org/pas

SOUR GRAPES

by Tim Jones

STEWART, CONSTANCE! YOU'RE GONNA BE LATE FOR YOUR HALLOWEEN COSTUME PARTY!

CONSTANCE WON'T GO, AESOP.

I'M NOT WEARING THIS STUPID COSTUME!

WHY NOT? IT CAN'T BE THAT BAD.

C'MON, CONSTANCE. NOBODY'S GONNA MAKE FUN OF YOU. IT'S JUST A PARTY.

ALL RIGHT, BUT ONE WORD FROM ANYBODY AND I'LL STUFF THEM RIGHT IN THE ENVELOPE!



VOTER INFORMATION FROM THE CALIFORNIA SECRETARY OF STATE

<https://voterguide.sos.ca.gov/>

November 5, 2024, General Election

- The last day to register to vote for the November 5, 2024, General Election is October 21, 2024.
- All California active registered voters will receive a vote-by-mail ballot for the November 5, 2024, General Election.
- Your county elections office will begin mailing ballots by October 7, 2024.
- Ballot drop-off locations open on October 8, 2024.
- Vote-by-mail ballots can be returned by mail, at a drop-off location, or your county elections office.
- Vote centers open for early in-person voting in all Voter's Choice Act counties beginning on October 26, 2024.
- Vote-by-mail ballots must be postmarked on or before Election Day and received by November 12, 2024.

MOUNTAIN VIEWS NEWS ENDORSEMENTS – Informed decisions are so important. Although this endorsement list reflects the views of the Editorial Advisors of the Mountain Views News Elections every eligible voter is encouraged to do your own research, draw your own conclusions and vote for the person who you feel best represents your point of view. Democracy doesn't work if we don't participate, but don't rely solely on the ads and flyers. Do your homework and learn who these candidates are.
H. Susan Henderson, Publisher/Editor

YOUR SIERRA MADRE BALLOT

(Mountain Views News Recommendations)

SIERRA MADRE CITY COUNCIL - TWO SEATS

KELLY KRIEBS **Unopposed**
ROBERT PARKHUST **Unopposed**

MEASURE PS YES PUBLIC SAFETY

PUSD DISTRICT 5 REPRESENTATIVE
LISA KROESE

PUSD MEASURE EE \$90 PARCEL TAX YES
PUSD MEASURE R BOND MEASURE NO

PRESIDENT OF THE UNITED STATES:

KAMALA HARRIS

UNITED STATES SENATOR - FULL TERM

ADAM SCHIFF

UNITED STATES SENATOR - UNEXPIRED TERM

ADAM SCHIFF

UNITED STATES HOUSE OF REPRESENTATIVES

DISTRICT 28
DISTRICT 31

JUDY CHU
GIL CISNEROS

CALIFORNIA STATE SENATE

DISTRICT 25

SASHA RENEE PEREZ

CALIFORNIA STATE ASSEMBLY

DISTRICT 41

JOHN HARABEDIAN

DISTRICT 48
DISTRICT 49

BLANCO RUBIO
MIKE FONG

LOS ANGELES COUNTY SUPERVISOR

5TH DISTRICT

CHRIS HOLDEN

LOS ANGELES COUNTY DISTRICT ATTORNEY

GEORGE GASCON

JUDGES: The Editor of this publication feels that politicizing our Judicial by subjecting them to election by the public is unconscionable since even the most astute political followers have very little information on the qualifications of the Judge. TV Ads and Commercials are limited to those who can afford it, and by the way, to run a campaign, it costs more than a Judges annual salary. Our society might be better served if we developed a process whereby Judges are selected by their peers or legal organizations who are well aware of the 'candidates' background and abilities.

That being said, MVNews is endorsing the following candidates for Judge:

Office No. 39	George Turner
Office No. 48	Erica Wong
Office No. 97	La Shae Henderson (No Relation)
Office No. 135	Steven Yee Mac
Office No. 137	Tracey M, Blount

STATE MEASURES:

2	YES	- BOND FOR SCHOOLS
3	YES	- RIGHT TO MARRY
4	YES	- DRINKING WATER/FIRE REVENTION
5	YES	- AFFORDABLE HOUSE
6	YES	- INCARCERATE LABOR
32	NO	- MINIMUM WAGE
33	YES	- RENT CONTROL
34	NO	- PRESCRIPTION DRUGS
35	YES	- MEDICAL FUNDING
36	YES	- INCREASED SENTENCING

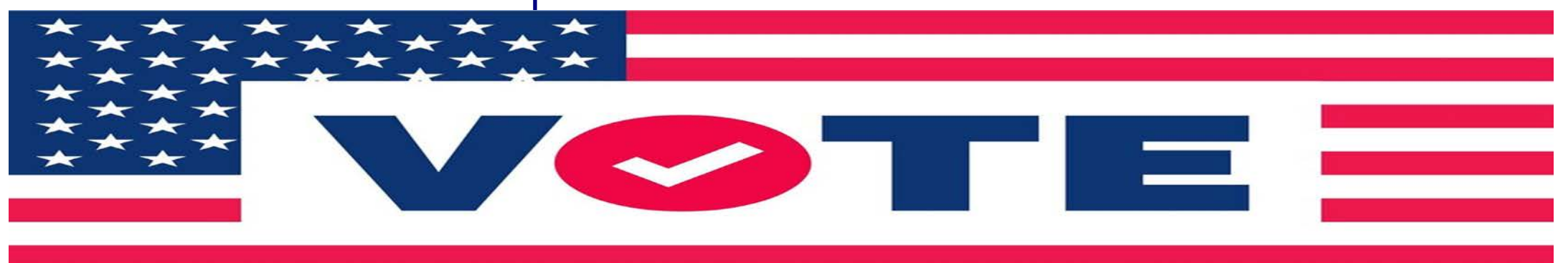
COUNTY MEASURES:

MEASURE A YES

A "yes" vote supports repealing the Measure H tax and replacing it with a sales tax of 0.5% with revenue going to affordable housing, mental health and addiction treatment, and services to children, families, veterans, domestic violence survivors, seniors, and disabled people experiencing homelessness.

MEASURE G NO

Shall the measure amending the Los Angeles County Charter to create an elected County Executive; create an independent Ethics Commission to increase restrictions on lobbying and investigate misconduct; establish a nonpartisan Legislative Analyst to review proposed County policies; increase the Board of Supervisors from five to nine elected members; require County departments to present annual budgets in public meetings; using existing funding sources with no additional taxes to implement, as detailed in the charter amendment ordinance, be adopted?





(Editor's Note: At recent community forums regarding Measures R and EE which are on the November 5, 2024, the question was asked numerous times, 'Whatever happened to the money from Measure O. Dr. Blanco replies below:')

A LEGACY OF PROGRESS AND A FUTURE OF OPPORTUNITY: HOW MEASURE O IS SHAPING PASADENA UNIFIED

By: Superintendent Dr. Elizabeth Blanco

(Pasadena, CA) — At Pasadena Unified School District (PUSD), we boast a longstanding tradition of excellence, putting student success at the heart of everything we do. Across the three communities we serve, our top priority remains the same: ensuring that every student has the tools and environment they need to learn today and lead tomorrow. Central to this mission is providing modern, state-of-the-art facilities that foster innovation, creativity, and growth, creating spaces where students can truly thrive.

As we look back on the progress made across PUSD, the impact of Measure O is clear in the transformation of our schools and, most importantly, the lasting benefits for our students. In 2020, our community took a significant step forward by overwhelmingly approving Measure O, a \$516.3 million bond aimed at modernizing and improving our schools. This bond, driven by the needs of our students and a commitment to fostering high-quality learning environments, continues to make a tangible difference across our campuses.

Thanks to Measure O funds, we have completed several key projects that have already enhanced the educational experiences of students throughout our District. Most notably, schools have seen extensive facility upgrades that make our campuses safer and more conducive to learning. These improvements include upgraded technology for all students, the restoration and improvement of athletic fields, installation of modern HVAC systems, the renovation of restrooms, accessibility upgrades, and more.

While we celebrate the completion of these projects, our work through Measure O is far from finished. More transformative projects are on the horizon that will continue to elevate the educational experience for our students.

For example, at Madison Elementary School, renovations starting in June 2025 will include redesigned entrances for accessibility, new landscaping and fencing, a new playground restroom facility and exterior courtyard, updated classrooms, auditorium, offices, kitchen, and cafeteria, critical roofing replacements, and a playground shade structure. State-of-the-art facilities such as these will allow PUSD to create spaces that inspire learning, collaboration, and personal growth. We look forward to the many more scheduled campus modernization projects such as this that Measure O will allow us to create.

Our Citizens' Oversight Committee has been instrumental in ensuring Measure O's success, serving as a key voice in setting priorities for bond funds. This eight-person committee reviews every expenditure of Measure O funds to guarantee they are used responsibly and efficiently. This vital work would not be possible without their input, watchful eye, and heart for community service.

As we move forward, the ongoing work supported by Measure O will continue to solidify the legacy of progress we have already achieved. Together, we are building opportunities, fostering success, and preparing students for a future full of rich possibilities.

As we continue to enhance our schools and prepare students for the world outside of high school, I encourage all members of our community to stay engaged and invested in the success of our students. Whether through attending school events, participating in District discussions, or volunteering your time to enrich student experiences, your involvement makes a lasting impact. Together, we can ensure that every student has the opportunity to thrive in a world that's ever-changing, knowing their success is our success.

Visit www.pusd.us/MeasureO to learn more about Measure O.

About the Pasadena Unified School District The Pasadena Unified School District (PUSD) serves approximately 13,800 preK-12th-grade students in a 76-square-mile area, including Altadena, Pasadena, Sierra Madre, and unincorporated parts of Los Angeles County. With a commitment to academic excellence and cultural responsiveness, PUSD prepares students for success in an ever-evolving world. For more information about the Pasadena Unified School District, visit www.pusd.us

A PUSD Mom with Congressional experience, dedicated to fiscal responsibility, safe schools, and the best student outcomes for PUSD.

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for re-election Nov. 5

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- Reducing class sizes to allow more individualized instruction and attention



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MEASURE PS IS NOT THE SOLUTION

The time has come for the voters in Sierra Madre to start thinking with their head and not their heart. This town really isn't Mayberry and never will be. Yes, it is a delightful community with much to love. But, we are being asked to OK a new tax that really won't do much to keep things going in the long term.

Measure PS would not be necessary in the first place if the city had a sufficient revenue base to sustain itself as a "self-service" city. The belief that a parcel tax will fix things is unrealistic.

Sure, it is nice to be able to point to shiny police vehicles and fire engines and say "those belong to us!" But they come at high cost and that cost will only continue to grow. The City has had many opportunities over the years to spread the overhead of the services it provides, but has stubbornly refused. There simply is no way going forward that there ever will be enough money to go it alone. There are very few cities any more that are fully "self-service". All of them are much larger than Sierra Madre, with far more robust revenue sources. And all of them are in just as much financial difficulty as this town.

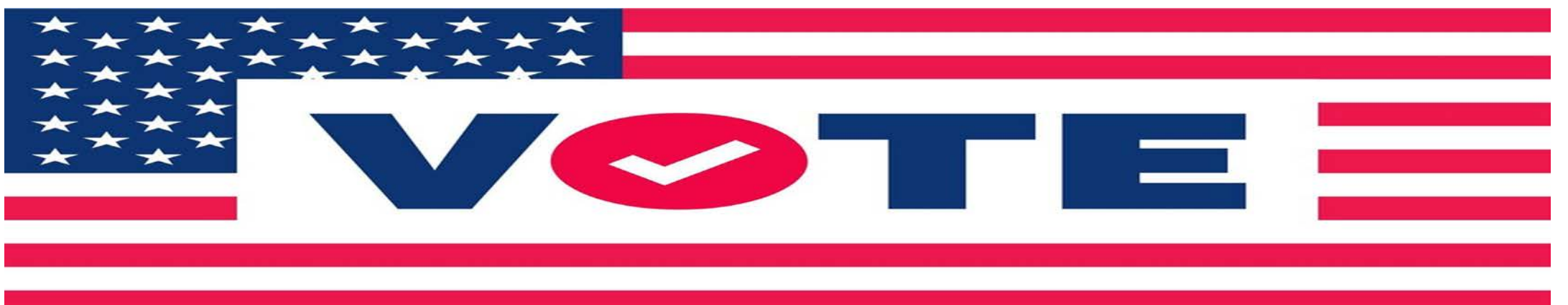
Measure PS creates a parcel tax many times larger than anywhere else in California, and that is to support among the smallest police and fire departments in the State. This parcel tax will supposedly expire in seven years. Does that mean that a sudden removal of, by then, about \$2.5 million per year will not be an issue? That is ludicrous. This tax will never go away, and for anyone to say otherwise is either foolish or dishonest. There will be another measure to extend this tax. Just remember that we were coaxed into approving a permanent 10% utility tax—when it was set to being sunset—when it was set to being sunset—that would solve the city's financial difficulties, until it didn't. Then we gave the OK to a sales tax hike because that would solve the city's financial difficulties, until it didn't. And here we are again being asked to pay even more with a brand new tax.

And looking at the way Measure PS is worded, it will index to the CPI, but never be less than a 1% increase. What that means is that this tax will go up every year even if the CPI goes into minus territory—which it did most recently in 2008-2009.

The bottom line is that Sierra Madre can't afford itself any more. Throwing more money at this situation won't fix it. It is time for the City's leaders and residents to come to grips with the reality that the halcyon days of yore have been left behind.

It's time for Sierra Madre voters to think with their head and not their heart. Vote NO on Measure PS.

Don Handley, Sierra Madre



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One Time Events

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

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

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2.
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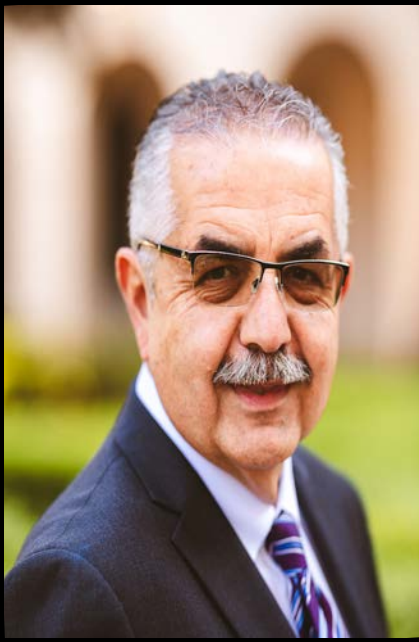
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