

Mountain Views News

Sierra Madre Arcadia Duarte Monrovia Pasadena Altadena South Pasadena San Marino

SATURDAY, NOVEMBER 9, 2024

VOLUME 18 NO. 45



the webb-martin group



What Can Compass Private Exclusives Do For Your Listing?

Pre-Market Your Home by Listing As a Compass Private Exclusive.

Are you considering selling your home? With Compass Private Exclusives, you can test the price and positioning of your listing while still generating buzz with serious buyers.

Private Exclusives allow sellers to pre-market their upcoming home sale and give buyers an opportunity to prepare a competitive offer. These off-market listings are only visible to Compass agents and their serious clients. The best part? They don't accumulate days on market, show price history, or appear on public home search websites.



The Benefits of a Pre-Marketing Strategy

- Targeted Marketing
- Increased Privacy
- Quality Over Quantity
- Personalized Attention
- Reduced Stress
- Exclusivity And Prestige
- Control Over Timing
- Flexible Negotiation

Contact Us To Find Out More About the Benefits of Private Exclusive



Jan Greteman 626.975.4033
lic #01943630

Judy Webb-Martin 626.688.2273
lic #00541631

Katie Orth 626.688.0418
lic #00942500

COMPASS

Compass is a real estate broker licensed by the State of California and abides by Equal Housing Opportunity laws. Lic. #01991628. All material presented herein is intended for informational purposes only and is compiled from sources deemed reliable but has not been verified. Changes in price, condition, sale or withdrawal may be made without notice. No statement is made as to accuracy of any description. All measurements and square footage are approximate. If your property is currently listed for sale this is not a solicitation.

REMEMBRANCE

SHIRLEY ABNEY ANHALT
December 4, 1924 - November 4, 2024



Shirley was the first of two children from the union of Louis and Lillian Miller. She was born in Denver, Colorado on December 4, 1924 and orphaned at two years old. Shirley and her brother Lenny were placed in an orphanage for 5 years until being placed in foster care. She was raised in New York City, graduating high school in 1942.

Shirley graduated University Hospital/ Barrett School of Nursing in Augusta, Georgia on January 27, 1947. This became her lifelong career which spanned 40 plus years as a Hospital and Industrial Nurse. She was recognized for her professionalism by the Southern California Association of Occupational Health Nurses in 1988.

Shirley met Kenneth in 1939 at 15 years old and little did they know that they would be married on November 23, 1947. Their marriage lasted almost 77 years, and they knew each other for 84 years. From this union came 2 children. Shirley leaves her husband Kenneth, son Edward (Cheryl) and daughter Lisa (Adam). Shirley was blessed with 3 grandchildren: Justin Aaron (Suzanne), Heather Carla, Jordan Colby and two great grandchildren Ava Rose and Aaron Jacob.

Shirley and Kenneth moved to Sierra Madre in 1958 where they raised their family and lived the rest of their lives. Shirley served the community through Women's Club for many years.

She was known for both her toughness, her compassion and love of her family. Family events included Bar/Bat Mitzvahs, pool parties, Thanksgiving dinners, graduations, military events and so many others too numerous to mention. She was always supportive and very loving.

She loved her Los Angeles Dodgers and passed away with the re-runs of Dodger games playing on the TV. Perhaps she felt it was okay to finally leave this world after the 2024 World Series when the Dodgers won.

One of the benchmarks of Shirley's life was her generosity to her family and the community. If anyone was in need, whether it was a neighbor, a family member or a service organization Shirley sacrificed all resources to help. She played bridge for years until she couldn't anymore. She loved socializing and loved making friends and she had so many. Shirley and Kenneth traveled the world and enjoyed other cultures and foreign lands.

Both Shirley and Kenneth were active in several Jewish Synagogues over the years and were proud of their religion and the culture. They made so many friends there as well.

Shirley was a wonderful wife, mother, grandmother, great grandmother and was friends to so many. In life she gave to so much until she could no longer give. She will always be loved.

The family wishes to recognize the following caregivers who were loving, compassionate and caring to Shirley in her last years of life: Gary, Cristina, Grady, Tisha, Johanna and Michele.

INSIDE THIS WEEK

LOCAL ELECTION RESULTS	PAGE 2
SIERRA MADRE NEWS	PAGE 3/4
PASADENA NEWS	Page 5
AROUND SAN GABRIEL VALLEY	Page 6
EDUCATION & YOUTH	Page 7
PUZZLES FOR YOU	Page 8
BEST FRIENDS	Page 9
FOOD, DRINK & FUN	Page 10
THE GOOD LIFE	Page 11
OPINION	Page 12
LEGAL NOTICES	Page 13
SPORTS & FITNESS	Page 14
SHOP LOCAL	Page 15

SIERRA MADRE PUBLIC SAFETY MEASURE FAILS - KRIEBS AND PARKHURST WILL EACH SERVE A SECOND TERM ON COUNCIL

According to the LA County Registrar of Voters office at press time, Sierra Madre's Public Safety Measure PS appears to be failing with a count of 2,259 residents in favor of the measure (44.9%) and 2,765 residents opposed to the measure (55.10%) with 100% of the vote counted. The proposed parcel tax was offered to support Police and Fire services.

In a statement from City Manager Jose Reynoso, "Regardless of the outcome, one thing is clear: the City Council and Administration stand firmly in support of our public safety team. Even if the measure does not pass, the City remains committed to exploring all solutions to mitigate our projected budget shortfalls and support our Fire & Police Departments in continuing to provide high-quality services to our residents.

Together we will navigate these times and continue to uphold the high standards of service that define Sierra Madre. I am confident in our collective strength and ability to overcome any challenge."



Incumbents Kelly Kriebs (top) and Robert Parkhurst (center) will serve a second term on the city council as they each ran unopposed. The fate of the City Treasurer's position is as of yet undetermined. Sierra Madre resident Sue Spears submitted her name as a write-in candidate, but those votes have yet to be tallied.



While that proposed parcel tax did not pass, Pasadena Unified School District Measures EE passed while Measure R failed. Measure EE, also a parcel tax is to expand STEAM and other programs is a flat \$90 additional tax per parcel for the next 8 years. Measure R, however, which proposed a new tax of \$59 per \$100,000 assessed value, failed.

Tina Wu Fredericks was re-elected as the District Representative.



Former Sierra Madre Mayor (below) and native son John Harabedian sailed to victory and will represent the 41st Assembly District in Sacramento.

Congresswoman Judy Chu will return to Washington after defeating former Arcadia Mayor April Verlatto for the seat.

In the Los Angeles District Attorney race, Nathan Hochman defeated George Gascon by a 2 to 1 margin.

And nationally, Sierra Madre voters chose Kamala Harris 3,460 votes to President-Elect Donald Trumps 1,697 votes. Sierra Madre has a total of 8,596 registered voters of which only 5,423 cast participated in the election.

S. Hemderson/MVNews

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

Record Low Inventory Continues To Cause A Strong Sellers Market. THIS IS A GREAT TIME TO SELL!



Barbara Rogers
626.484.8135
CalRE# 01169115

Eileen Benson
626.278.0187
CalRE# 01880650



COLDWELL BANKER REALTY



Not intended as a solicitation if your property is already listed by another broker. Affiliated real estate agents are independent contractor sales associates, not employees. ©2023 Coldwell Banker. All Rights Reserved. Coldwell Banker and the Coldwell Banker logos are trademarks of Coldwell Banker Real Estate LLC. The Coldwell Banker® System is comprised of company owned offices which are owned by a subsidiary of Anywhere Advisors LLC and franchised offices which are independently owned and operated. The Coldwell Banker System fully supports the principles of the Fair Housing Act and the Equal Opportunity Act.

CENTURY 21
Village Realty

626.355.1451

c21village.com

Serving the Community since 1980

follow us on Social Media @c21village

LIC# 02119245



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



BIG BEAR CITY \$425,000
3 Beds, 2 Bath, 1,301 sf Home
Tranquil Big Bear home with central heat, fireplace, balcony, fenced yard, and wraparound deck. Perfect mountain retreat!



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

HAPPY VETERANS DAY - THANK YOU FOR YOUR SERVICE

★ ★ ★

VETERANS DAY

11 NOVEMBER 2024




HONORING SIERRA MADREANS WHO SERVED
SIERRA MADRE MEMORIAL PARK
8:00 AM - 12:00 NOON

★ TAKE A WALK THROUGH THE PARK
REMEMBERING OUR VETERANS
WALK - READ - LEARN ★

2025 ROSE PARADE® & ITS EVENTS

ON SALE NOW!

ORDER EARLY FOR THE BEST CHOICE IN SEATS

626.795.4171
WWW.SHARPSEATING.COM



SHARP SEATING COMPANY THE ONLY OFFICIAL SEATING COMPANY OF THE TOURNAMENT OF ROSES

The
Towne Singers
present



Saturday, December 7, 5:00 p.m.

First Church of the Nazarene (PazNaz)
3700 E Sierra Madre Blvd, Pasadena 91107

Ticket \$30, Early-bird online \$25 until November 1
FREE for kids 12 & under, \$20 for students 13 & up
\$25 in blocks of 10

For additional information, contact: (626) 604-6231 or
townesingers87@gmail.com

Tickets available on-line at <http://www.TowneSingers.org>

This performance is supported, in part, by the Los Angeles County Board of Supervisors through the Los Angeles County Department of Arts and Culture



MOFFETT'S THANKSGIVING DINNER

CALL TO RESERVE FOR 27TH OR 28TH (626)447-4670
PRE-ORDER BY NOV. 23RD
(NOTE: ALL ITEMS COME PRE-COOKED AND REQUIRE 2-3 HOURS TO RE-HEAT ALL ITEMS)

 \$210.95 THANKSGIVING FAMILY DINNER FEEDS 6-8 (INCLUDES ALL ITEMS)	 \$69.95 OVEN ROASTED TURKEY FEEDS 4-6 (3.5 TO 4 LBS)	 \$85.99 HONEY BAKED HAM FEEDS 4-6 (3.5 TO 4 LBS)
 \$16.50 MASHED POTATOES FEEDS 6-8 (3 LBS)	 \$14.50 TURKEY GRAVY FEEDS 6-8 (32OZ)	 \$15.50 STUFFING FEEDS 6-8 (16OZ)
 \$17.50 YAMS FEEDS 6-8 (2 LBS)	 \$14.50 VEGGIES FEEDS 6-8 (1-1/2 LBS)	 \$9.95 CRANBERRY SAUCE FEEDS 6-8 (16OZ)
 DOZ. DINNER ROLLS \$8.50 FEEDS 6-8	OR 	 DEMI LOAFS \$ 8.50 FEED 6-8 (2 LOAFS)



HONORS AWARDS NOMINATIONS



NOMINATION CATEGORIES

- 2024 BUSINESS OF THE YEAR
- 2024 CITIZEN OF THE YEAR
- CITY EMPLOYEE OF THE YEAR
- PUBLIC SAFETY AWARD
- COMMUNITY YOUTH SERVICE AWARD
- WISTARIA AWARD
- GEORGE MAURER LIFETIME ACHIEVEMENT AWARD

E-MAIL YOUR NOMINATIONS FOR A PERSON OR ORGANIZATION DESERVING OF AN HONORS AWARD TO:
HONORSDINNER@SIERRAMADRECA.GOV

DESCRIPTION OF AWARD

- 2024 CITIZEN OF THE YEAR: SIERRA MADRE RESIDENT WHOSE CONTRIBUTIONS HAVE BENEFITTED THE CITY DURING 2024
- 2024 BUSINESS OF THE YEAR: AN OUTSTANDING BUSINESS EXISTING IN SIERRA MADRE FOR MORE THAN 5 YEARS THAT HAS BEEN AN ACTIVE SUPPORTER OF THE COMMUNITY.
- PUBLIC SAFETY AWARD: PERSON OR GROUP -FOR PROTECTING AND MAINTAINING SAFETY IN SIERRA MADRE.
- COMMUNITY YOUTH SERVICE AWARD: FOR YOUTH UNDER 18 FOR OUTSTANDING SERVICE TO THE COMMUNITY IN 2024.
- WISTARIA AWARD: RECOGNIZING A COMMUNITY PARTNERSHIP THAT ASSISTS WITH PROVIDING COMMUNITYWIDE PROGRAMS AND SERVICES.
- GEORGE MAURER LIFETIME ACHIEVEMENT AWARD: FOR A PERSON/ENTITY WHOSE LIFETIME OF SERVICE EMBODIES THE SPIRIT OF VOLUNTEERISM.

**Deadline for Nominations is
5:00pm on December 31, 2024**





Sierra Madre's WINTER FESTIVAL

November 30, 2024

FUN ALL DAY FOR THE ENTIRE FAMILY!
SHOPPING LIVE MUSIC TREE LIGHTING



SANTA
AND





REAL SNOW SLEDDING IN MEMORIAL PARK

For more info go to: www.sierramadrechamber.com

SIERRA MADRE

SIERRA MADRE

ARCADIA

PASADENA

ALTADENA

MONROVIA

ROTARY CLUB OF SIERRA MADRE HONORS VETERANS AT ANNUAL PROGRAM



The Rotary Club of Sierra Madre held its annual Veterans Day breakfast and program at Sierra Madre Middle School on November 5. This event is a meaningful tradition that celebrates the service and sacrifices of local veterans and gives students the opportunity to learn firsthand about the dedication of those who have served our country in the military. Over 20 veterans representing every branch of the United States military attended the program and were warmly greeted by students. The veterans and others in attendance were honored with a stirring performance of The Star-Spangled Banner by the Sierra Madre Middle School Band, creating a powerful moment of unity and respect.

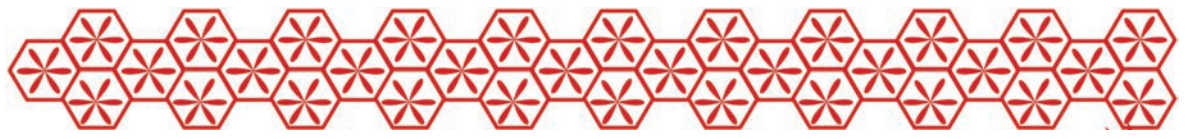
This year's program featured an interview conducted by Steven Ford, a former history teacher at San Marino High School and a respected figure in the community. The interviewee for the event was Glenn Lambdin, a Sierra Madre native whose life of service both in the military and in the local community is a testament to his unwavering commitment and patriotism. Glenn served in the United States Air Force from 1974 to 1980, rising to the rank of Sergeant (E-4) before receiving an honorable discharge. After his time in the military, Glenn continued his public service by serving as a City Council member for Sierra Madre from 1998 to 2002, and held the position of mayor during the year 2001-2002. His lifelong dedication to both his country and his community made him a fitting honoree for this special occasion.



The event was introduced by Rob Stockly, former mayor of Sierra Madre, retired history teacher, and current President of the Sierra Madre Rotary Club. Rob shared with the students the rich history and significance of Veterans Day, encouraging them to take a moment to reflect on the meaning of the holiday. He

urged the eighth graders to read and reflect upon President Abraham Lincoln's Gettysburg Address during their Veterans Day holiday, reminding them of the profound sacrifices made by the men and women who served to protect our freedom.

This annual event serves not only to honor veterans but also to inspire the next generation to appreciate the sacrifices made by those who have served in the military and to carry forward the values of service, dedication, and community.



The Sierra Madre Historical Preservation Society
presents

Building a Goodwill Garden Japanese Americans in Sierra Madre

Monday, November 18, 6pm
Hart Park House, Memorial Park

Presented by Josh Perlman, Sierra Madre resident and high school teacher, and chair of the History Department at Flintridge Preparatory School.

Josh will share insights into the unique landscape traditions of the Japanese, discuss strident anti-immigrant backlash, and cross-cultural curiosity and connections.

He will examine the effects of World War II, Japanese Internment, the Civil Rights Movement, and share how a group of sixth graders rediscovered a small local treasure.



Gift of Ray and Helen Obazzawa, Sierra Madre Historical Archives



CASA DEL REY – SIERRA MADRE

31 N BALDWIN AVE
SIERRA MADRE, CA 91024
(626)355-6060

WWW.CASADELREYRESTASURANT.COM

50 YEARS - EST 1972

Casa del Rey

Mexican Restaurant & Cantina
Sierra Madre, CA

CREATIVE ARTS GROUP

**November Happenings
at Creative Arts Group**

Art Festival Student Sale
Saturday, November 9, 10-4pm
Shop our student sale for one-of-a-kind pieces.

Winter Classes begin January 13...
Registration begins in mid-late November

Closed for Holiday:
November 25-30

creativeartsgroup.org
626-355-8250 108 N. Baldwin Ave., Sierra Madre

VISIT THE

**WISTARIA
THRIFT SHOP**

New & Gently Used Items,
including Vintage & Antique Finds!

Open Monday, Thursday,
Friday & Saturday
Now - Early June, 10am - 3pm

Shop proceeds support
local charities.

(626) 355-7739
@wistaria_thrift_shop
550 W. Sierra Madre Blvd.
sierramadrewomansclub.org

We're celebrating 95 years!

Tanzanite and 18k Gold

NOVEMBER 12 - 30, 2024

SALE

Win Jewelry
Donate to Sierra Madre Search and Rescue or the Living Beauty Cancer Foundation. Bring in your donation receipt for a chance to win jewelry.

STORE HOURS:
Tuesday-Friday 11am-4pm
Saturday 11am-3:00pm

G.H. Wilke & Co.
JEWELERS
Since 1929
38 E. Montecito Avenue, Suite 12
Sierra Madre, CA 91024
ghwilke1929@yahoo.com
(626)284-9444
www.ghwilkejewelry.com

Sierra Madre Self Storage
130 E. Montecito Ave.
Sierra Madre, CA 91024
(626) 355-1837

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

November 12, 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 foothillsmedia.org/sierramadre and broadcast on Government Access Channel 3 (Spectrum)..

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

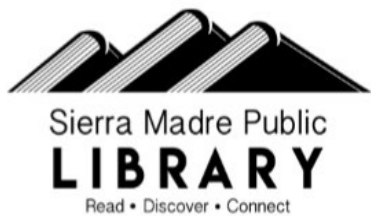
Sierra Madre's EMERGENCY radio station is now accepting scripts for Public Service Announcements (PSAs) about community events. PSAs will be broadcast on the air at no charge. The station operates 24/7 and can be heard at 1630 on the AM dial.

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

Your event must:

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

Just write a Public Service Announcement that describes your event and e-mail it to radio@cityofsierramadre.com.



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

November 11 — November 16

Monday

Library Closed for Holiday— No Services

Tuesday

**Astronomy in the Park— Memorial Park
from 6:00pm—7:30pm**

Wednesday

**Caregiver Workshop: Oral Health— Library
at 10:00am**

Green Teens— Library at 4:00pm

Thursday

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

Saturday

**Outdoor Storytime— Memorial Park at
10:00am**

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

WALKING SIERRA MADRE - The Social Side by Deanne Davis

"It was the best kind of November day; cold and crisp but not quite freezing."

"Thanksgiving: when the people who are the most thankful are the ones who didn't have to cook." Melanie White

"I cook with wine. Sometimes I even add it to the food." W.C. Fields

Today is Election Day. One of the things I am most grateful for is that after today there won't be anymore political ads on television, no more unsolicited phone calls, no more texts urging us to vote for this one, that one, this thing, that thing. I am also grateful for Early Voting. We all voted last week and didn't stand in line at all, but know that our ballot is already counted and our opinion has mattered. After all, if you don't vote, you surrender your right to complain about the outcome of anything!

Gratitude...that Sierra Madre is truly the best Halloween place in the world. All the pictures in the Mountain Views News last week showing what a great time we all had tell the story. The picture this week is one of the fabulous pumpkins created by the Parkers up on Alegria. Photo by George Vance Fox. It's just awesome! So many artistic folks coming together to unleash their talent on the giant Parker pumpkins.

Daylight Shifting Time (as my husband, John, now an inhabitant of heaven always called it) struck us last weekend but it's a gentler version as we gained an hour as opposed to Spring, which is brutal.

Here's something for you to think about: There are 56 days left in 2024. Which means there are 50 days left until Christmas. We don't have to start getting into panic mode just yet, but we can start thinking about it. As we have many young people in our family, I have found that most of them are delighted to be the recipient of an Amazon Gift Card. Then, at their leisure, they can select and order exactly what they want and I don't have to try to guess what they might like.

Just one more word on the election...if you find you'd like to celebrate, or if you want to drown your sorrows, have I got a champagne punch for you!

- 2 bottles reasonably decent champagne
- 1 28 oz. bottle club soda
- 1 28 oz. bottle ginger ale
- 1 bottle white wine
- 1 12 oz. bottle apricot brandy

If you start with all your ingredients already chilled, you won't need too much ice. Put all this in your punch bowl, throw in a few ice cubes, stir, and serve. These sizes of bottles may not exist anymore, but approximate, dear friends and neighbors. Serve in small punch cups. It's delightful and pretty strong. Perfect for celebrating or drowning.

My plan for November is to concentrate on blessings, gratitude, thankfulness and food.

"For each new morning with its light,
For rest and shelter of the night,
For health and food,
For love and friends,
For everything Thy goodness sends."
Ralph Waldo Emerson

"Count your many blessings, see what God has done."

I guess where we are, just a few weeks before Thanksgiving, is counting our blessings, naming them one by one. Blessings are small things. They seldom arrive on a pink unicorn with glitter being tossed about. Blessings are a shared moment you didn't think would happen, like an unexpected hug or a nice phone call with someone you're missing. Even finding a penny in the parking lot at Target is pretty nice.

Things I'm grateful for today:

- Eggnog Ice Cream at the bargain price of \$2.99
- That defrosting my small extra freezer was super easy
- That after a summer of shorts, my jeans still fit
- That we are all healthy

"Joy is the simplest form of gratitude."
"When it comes to life, the critical thing is whether we take things for granted or with gratitude." G. K. Chesterton

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.

SIERRA MADRE POLICE BLOTTER



Oct. 27 - Nov. 2, 2024	Calls for Service 308	Formal Investigations 15
Total Year to Date for 2024	Calls for Service 10,252	Formal Investigations...457

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 29 Theft
At approximately 5:00 PM, officers responded to the 500 block of North Baldwin Ave regarding a theft report. An unknown suspect(s) took property from the victim's front yard without permission, in violation of petty theft. The victim is desirous of prosecution. The case has been forwarded to the Detective's Bureau for further investigation.

Thursday, October 31 Fraud
At approximately 9:30 AM, officers responded to the police station lobby to meet with a citizen regarding a fraud report. The citizen reported unknown suspect(s) used his personal information to obtain several lines of credit without his authorization. Officers took a report.

Friday, November 1 Grand Theft
At approximately 10:30 AM, officers responded to the 500 block of West Grandview Ave regarding a theft report. The citizen reported that unknown suspects attempted to steal lawn equipment from the back of his truck. The suspects fled in an unknown direction in a pickup truck with no license plate. Officers checked the area and took a report. The case is still active pending further leads.

Friday, November 1 Grand Theft
At approximately 10:30 AM, officers responded to the 500 block of West Laurel Ave regarding a theft report. The citizen reported that unknown suspects stole lawn equipment from the residence. The suspects fled in an unknown direction in a pickup truck with no license plate. Officers checked the area and took a report. The case is still active pending further leads.

Saturday, November 2 Drug Violation
At approximately 12:30 AM, while on patrol, officers conducted a traffic stop on East Orange Grove Ave and North Baldwin Ave. The vehicle was stopped for expired registration tabs. A records check revealed the driver had a suspended license. A glass pipe was observed in the vehicle and the driver was cited for being in violation of Possession of Drug Paraphernalia, and the vehicle was towed. This case has been forwarded to the Los Angeles District Attorney's Office for filing considerations.

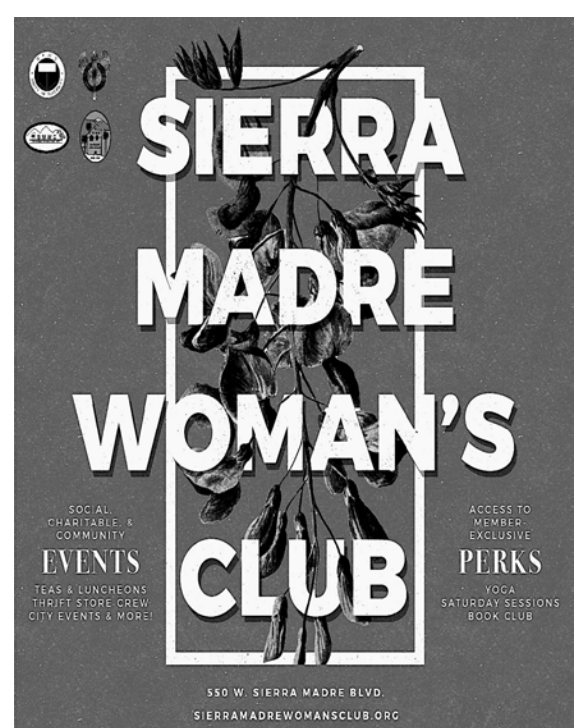
ONE BOOK ONE CITY EVENT - FEBRUARY 2025

Join Us for a Month of Programs and Events!
The Sierra Madre Public Library is honored to announce the 2025 One Book One City selection, What You Are Looking for is in the Library by Michiko Aoyama. One Book One City is a community reading program that invites everyone in Sierra Madre to read and discuss the same book during February 2025 and participate in exciting programs and events.

In Michiko Aoyama's novel, What You Are Looking for is in the Library, different people of Tokyo come to the library at different crossroads in their lives. It is the conversations they have and the books librarian, Sayuri Komachi gives them that has lasting and life-changing effects.

Get inspired and submit a creative non-fiction essay or poem about a big or small way the library has changed or influenced your life in the "What You Are Looking for is in Our Library" publication opportunity. Learn how to felt like a pro with felting classes at all age levels. Listen and learn about the culture of Japan with various programs throughout the month of February.

Throughout the month of February 2025, What You Are Looking for is in the Library will be available for checkout at the Library. Connect all month long through engaging themed programs that are free and fun for the whole family. Call the Library at (626) 355-7186 for more information.



Pasadena Altadena

News From Your Community For Your Community

Veterans Day Closures and Reminders

Pasadena City Hall and many City services and administrative business offices will be closed Monday in observance of Veterans Day, a day to honor those who have served in the U.S. Armed Forces. The public is invited to attend a special Veterans Day ceremony at Pasadena City Hall, 100 N. Garfield Ave., on Monday, November 11, beginning at 10:00 a.m.

Specific Veterans Day closures and exceptions are noted below.

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

The City Service Center (CSC) will be closed on Monday and will return to normal business hours, 8 a.m. to 5 p.m., on Tuesday. CSC is available via the web and by calling (626) 744-7311. Residents with City trash and recycling service will be on their regular pickup schedule for November 11, including any previously scheduled pickups for bulky items.

Both Pasadena Transit and Pasadena Dial-A-Ride services will operate on their normal schedules. All parking meters will be free, and parking time limits will not be enforced; however, violations for overnight parking, red curb parking, "No Parking" zones, and blocking fire hydrants will be enforced. All regular enforcement resumes on Tuesday.

The Permit Center will be closed on Monday; however, many services will be available via Permit Center Online, where you can obtain subtrade permits and submit plans for new construction, tenant improvements, accessory dwelling units, and additions. In-person operations will resume after each holiday on Tuesday.

All Pasadena Public Library sites will be closed on Sunday and Monday. Regular operating hours resume Tuesday.

Pasadena Police and Fire Departments will be staffed for all patrol, jail, fire, paramedic, and other emergency services, but not business or administrative offices. If you see something, say something; report suspicious activity to Pasadena Police at (626) 744-4241. For life-threatening emergencies, dial 9-1-1.

All parks will be open for picnics, fun, and play; however, no site reservations are accepted for the holiday.

For more information visit: CityOfPasadena.net.



John Vorhaus, Grand Marshal of Doo Dah

Light Bringer Project and The Doo Dah Preservation Society officials announced their selection of the 2024 Grand Marshal of the Pasadena Doo Dah Parade, local ultimate frisbee legend John Vorhaus.

John Vorhaus, the runner of Hahamonga and Brookside Parks' "Slacker Wednesday" ultimate frisbee game, renowned comedy writer and teacher, and self-described "serial creative entrepreneur" was in a cab in London finishing up a three-week teaching tour when he received the news of his selection. He "couldn't say yes fast enough" and called his appointment to the position "the apotheosis of my life."

Vorhaus, known broadly in ultimate circles as "JV" is a longtime resident of the San Gabriel Valley and a lifelong devotee of ultimate. "I've been playing twice a week for 45 years," says JV, "but I can quit anytime I want." Though he won a world gold medal with the 1990 USA Masters ultimate frisbee team, he considers founding Slacker

Wednesday to be the pinnacle of his contribution to the sport. Slacker Wednesday has been going strong now for more than two decades, energized by one of its many mottos: It Works Because You Don't.

The Slacker Wednesday elves are hard at work creating adornments and garb befitting a Grand Marshal. Vorhaus alluded to a full "Honor Guard of Slackers" to accompany him as his entourage, a few freestylers to add flare to his grand entrance, and of course a bewildering costume which he hopes will wow spectators on parade day.

John Vorhaus is best known for his comedy-writing classic, *The Comic Toolbox: How to be Funny Even if You're Not*. He has taught and trained writers in 37 countries on five continents at last count, and created TV shows of his own in Nicaragua, Romania and elsewhere. His writing credits include dozens of teleplays and screenplays, plus seven novels and some two dozen works of non-fiction. His latest book is *The Book of Practice: How to do*

Better What You Want to do Well. Vorhaus is a graduate of Carnegie Mellon University and a member of the Writers Guild of America.

Known as the twisted sister of the conventional Rose Parade, the Occasional Pasadena Doo Dah Parade celebrates 45 years of irreverent frolicking in Old Pasadena on Sunday, November 24 at 11 a.m.

For more information visit: pasadenadoodahparade.info.

Thanksgiving at Pasadena Senior Center



Pasadena Senior Center are saying let's give thanks together on Thursday, Nov. 28, at noon at the Center at 85 E. Holly St.

The Scott Pavilion will be decorated with Thanksgiving and autumn décor. Diners will enjoy a delicious, traditional Thanksgiving turkey feast with all the gobbler good trimmings in a fun and festive atmosphere with live music. Vegetarian options will be available.

The cost for the luncheon is only \$15 for members and \$20 for non-members of all ages. To register, visit www.pasadenaseniocenter.org and click on Activities & Events, then Special Events or call 626-795-4331. Tickets will not be available at the door.

As a donor-supported nonprofit, the center operates without any local, state or federal funding and provides more services to older adults in the San Gabriel Valley than any other organization. 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 www.pasadenaseniocenter.org or call 626-795-4331.

Winners of the Día de los Muertos art competition



The Pasadena Tournament of Roses announced the winners of the fifth annual Día de los Muertos art competition, a celebration of art and culture, in partnership with the Consulate General of Mexico in Los Angeles, LA Plaza de Cultura y Artes, Athens Services, Ed and Delia Corey, Rose Hills Memorial Park & Mortuary and Wife of the Party.

More than 1000 students participated, and their artwork highlighted the traditions of Día de los Muertos and artistic talent in numerous art forms, including drawing, face painting, poetry and more. Winners of this year's regional competition were awarded cash prizes and gift cards in three age categories:

4-8, 9-13 and 14-18.

A tradition in Mexico and Central America that goes back more than 3,000 years, Día de los Muertos is an annual holiday that is now celebrated around the world. A celebration of life and death, the holiday spans two-days, during which it is believed that the spirit world and the real world become one, even if only for a moment. When it comes to traditions, festivities and flowers – we get the appeal. As an organization that's all about a rose, the Pasadena Tournament of Roses can appreciate that the marigold holds such a prestigious place in this celebration.

For more information visit: tournamentofroses.com.

City Announces New Public Works Director

Pasadena city officials announced Monday that Greg de Vinck has been selected to be the next Public Works Director, effective Monday, Dec. 2. He will oversee a department with 273 full-time employees and an annual budget of \$93.5 million. de Vinck was selected after conducting a nationwide search that spanned several months and attracted many well-qualified candidates.

De Vinck has 28 years of experience in public works and was most recently the Public Works Director with the City of San Gabriel for six years. At San Gabriel, he oversaw the operations of public works, including Administration, Engineering, Field Operations, Fleet Maintenance, Parks and Facilities, and Wastewater (including stormwater). Under his leadership, the city's Pavement Condition Index improved from 58 to 85, going from the worst to the best streets among all its neighboring cities. He improved operational efficiencies, designed and constructed an addition to the police station using only in-house staff, surveyed and modeled the entire sewer system for efficient capital planning, and expanded the use of GIS software to improve maintenance operations, work-order tracking, and public access to data.

Prior to San Gabriel, he worked in the engineering division for the City of Santa Monica for 22 years, successfully managing dozens of Capital Improvement Projects, including many of the largest and most complex projects the city has undertaken, including several LEED (Leadership in Energy Efficient Design) – certified projects.



De Vinck has a Bachelor of Science degree in civil engineering from Rutgers University with an emphasis on structural design and six years of private engineering experience designing and inspecting bridges in New Jersey and Ottawa, Canada.

"Greg will be a tremendous asset to our City. He has a robust public works background, a proven track record delivering projects both big and small, and is known for his innovative and forward thinking mindset. I am confident he will work well with both the community he serves and his nearly 300-person team, engaging their expertise to bring about creative solutions to the challenges that lie ahead," said City Manager Miguel Márquez.

"I am thrilled to join Pasadena as the next Public Works Director. I love public works and the essential services that support and enhance a community's quality of life. It's highly rewarding to deliver successful Capital Improvement Projects as well as efficient and reliable services to the public. Making lives better through public infrastructure and municipal services is what public works is all about," said de Vinck.

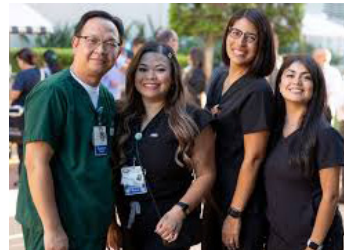
For more information visit: CityOfPasadena.net.

Free Health Screening

Thursdays, Nov. 14 & Dec. 12 | 11 a.m. | La Pintoresca Branch Library located 1355 N Raymond Ave.

Wednesdays, Nov. 20 & Dec. 18 | 10 a.m. | Hastings Branch Library located 3325 E Orange Grove Blvd.

Registered nurses from Huntington Health, an affiliate of Cedar Sinai, provide referrals, health education and free blood pressure and blood glucose screenings for hypertension and diabetes. A two-hour



(minimum) fasting time is required before blood glucose testing. No appointment necessary.

For more information visit: cityofpasadena.net/library or call (626) 744-4066



**SIERRA MADRE
UNITED
METHODIST
CHURCH**

Sunday worship 9:30 a.m.

**COME JOIN US IN
WORSHIP! ALL ARE
WELCOMED!**

**695 W. Sierra Madre Blvd.
Sierra Madre, CA 91024
(626) 355-0629**

smumc.net





Floral Gatherings and Keepsakes

9 Kersting Court, Sierra Madre, CA 91024
626-355-1180 www.leonoramoss.com

**BIG THANKS FOR
ALL
WHO SHOP
SMALL BUSINESS**

(626) 794-3383
Fax (626) 794-3395

**Nuccio's
Nurseries**
INCORPORATED
www.nucciosnurseries.com

Growers of Rare
Camellias and Azaleas
Since 1935

3555 CHANEY TRAIL
ALTADENA, CALIFORNIA 91001

HOURS: 8:00 A.M. - 4:30 P.M.
(Closed Early on Rainy Days)

CLOSED WEDNESDAY & THURSDAY (ALL YEAR)
CLOSED SUNDAYS - JUNE THROUGH DECEMBER

*Need to get out of the house?
Come and see us. We're Still Open!*



Butterfly Effect Day Spa -Where Self Care Begins.

Eminence Skin Care Boutique featuring:
Organic Facials, Oxygen and Microderm Facials, Lash Lifts and Extensions,
Massage Therapy, Brow Lamination, Waxing.

626.355.5507

www.butterflyeffectdayspa.com
Eminence Organic Skin Care Orders

AROUND SAN GABRIEL VALLEY

CITY OF MONROVIA POLICE CHIEF ALAN SANVICTORES ANNOUNCES RETIREMENT; NEW POLICE CHIEF AND CAPTAIN APPOINTED



left: Captain Heath Harvey, middle: Chief Alan Sanvictores, right: Lieutenant John Donchig

Monrovia Police Chief, Alan Sanvictores, has announced that he will retire after 29 years with the Monrovia Police Department. City Manager Dylan Feik named Monrovia Police Captain Heath Harvey as the next Chief of Police and Lieutenant John Donchig as the next Police Captain. Chief Harvey and Captain Donchig will assume their respective roles on December 1.

"We are so thankful for all the years of service Chief Sanvictores has dedicated to the City of Monrovia. Alan's passion, dedication, and leadership to the organization and community have left a lasting impact. In Monrovia, we work hard to develop future leaders for our organization through succession planning for every department. We're excited to see Captain Heath Harvey become the next Chief and John Donchig as the next Police Captain. As much as it saddens me to say goodbye to Alan, I am so excited for both Heath and John to step into their new leadership roles," said City Manager Feik.

Chief Sanvictores began his law enforcement career with the City of Monrovia in 1995 as a Reserve Police Officer. Over the last 29 years, he held numerous positions within the Monrovia Police Department, including Sergeant, Sergeant of Community Policing, Lieutenant, and Captain, before becoming Chief of Police in 2017.

Throughout his career, Chief Sanvictores was instrumental in the safety and security of the Monrovia community. He led a department of 84 staff to provide premier-quality policing to its nearly 40,000 residents. Chief Sanvictores was instrumental in incorporating a Community Activist Policing philosophy across the entire department, leading to improved quality of life and relationships between Monrovia residents and their police department.

"Being able to withstand the massive challenges the Monrovia Police Department has faced over the last five years has been one of my job's most difficult but fulfilling achievements. Having gone through the COVID-19 pandemic, Bobcat Fire and the social shift in the view of law enforcement was difficult. Still, we've been able to withstand, learn, and grow as an organization, and it's a team accomplishment that I was lucky to be part of. Monrovia is unique—from its residents, community, and staff, there is no other place like it. I'm so proud of this team and this organization and being a part of this Monrovia community is what I will miss most. Being blessed with the opportunity to lead this incredible organization of men and women and serving this community has been wholeheartedly one of the greatest honors that God has blessed me with in this lifetime."

Chief Sanvictores's next chapter will focus on spending time with his wife of 29 years, Lisa, and their two daughters, Madeline and Isabel.

Heath Harvey has been a member of the Monrovia Police Department for 27 years, including 20 years in various leadership roles. Starting his career as a Police Officer, he has served as Police Captain for the last seven years and consistently demonstrates his commitment to both the department and the community.

Captain Harvey's leadership style is what he describes as "situational"—an adaptable approach shaped by the unique needs of his team and the challenges they face. He emphasizes the importance of collaboration, empathy, and ethical behavior, prioritizing the needs of both his team members and the community.

Throughout his career, Captain Harvey has led several critical projects and initiatives. Most recently, he played a role in the San Gabriel Valley Council of Governments Crisis Assistance Response & Engagement (SGV CARE) program, which has helped reshape how mental health calls are managed and dispatched by the Monrovia Police Department. This program has enhanced how the department responds to the needs of the community, particularly during times of crisis.

With his years of experience and a deep dedication to service, Captain Harvey continues to focus on building stronger ties between the police department and the community, ensuring safety, support, and positive outcomes for all.

Heath has been married to Debbie for 30 years and has three children: Austin, Lauren, and Connor. He enjoys working outdoors, hiking, and home improvement projects.

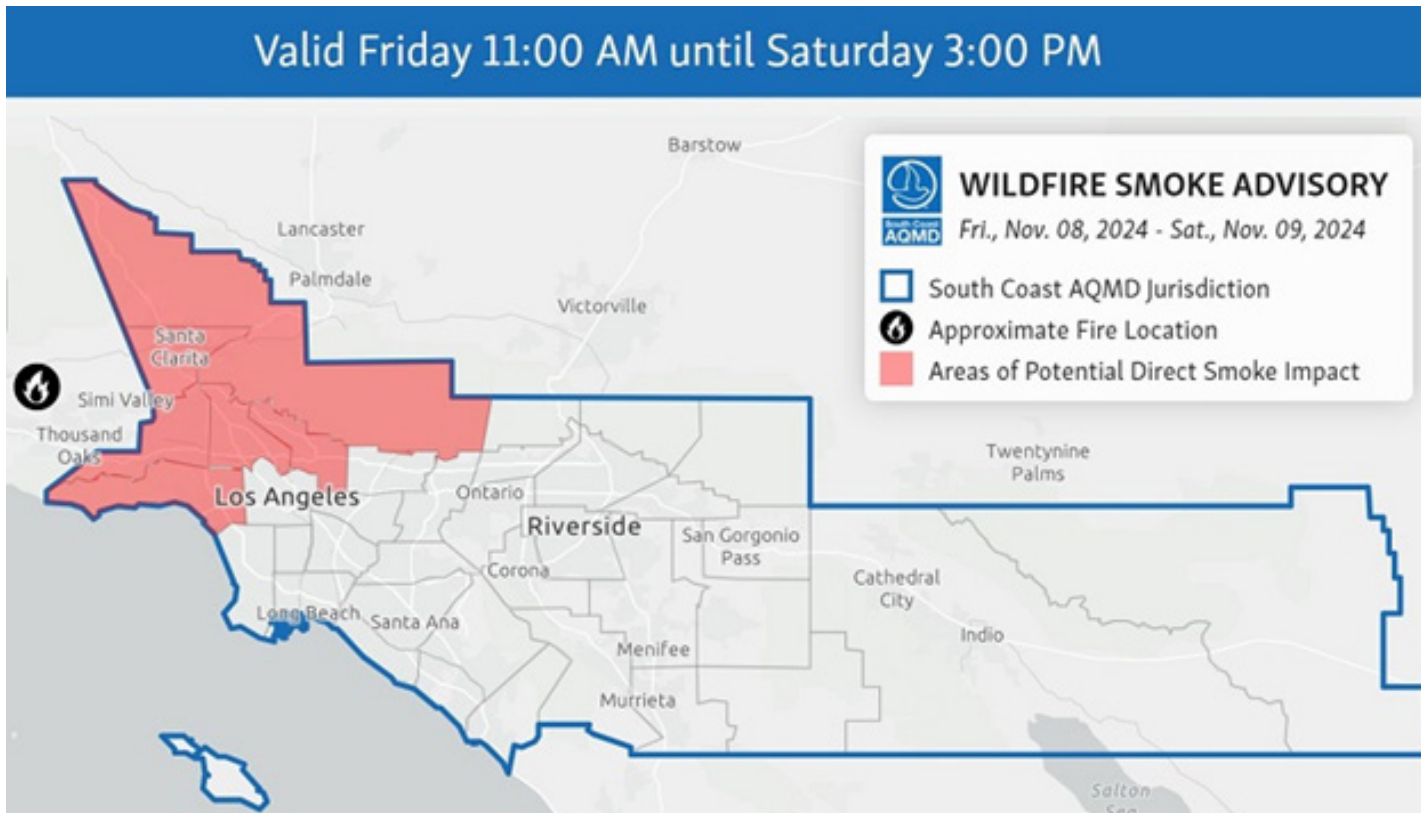
John Donchig joined the Monrovia Police Department in 2006 and has served his entire law enforcement career in Monrovia. He graduated from the University of Southern California with a Bachelor's Degree in History and received his Master's in Criminology at the University of California, Irvine. Lieutenant Donchig currently leads the Foothill Special Enforcement Team (FSET), a regional special weapons team comprised of the Glendora, La Verne, and Monrovia Police Departments. He was instrumental in implementing the body-worn camera program for the department which changed the Department's operations and investigations, but also led to increased safety of both officers and the public. Lieutenant Donchig has also served as a training officer.

John and his wife, Laura, have been married for 10 years and have two children and grandchildren. During his free time, Lieutenant Donchig enjoys practicing martial arts and landscaping. He's also a writer and has written screenplays and TV pilots.

The Monrovia Police Department is responsible for protecting and serving Monrovia's nearly 40,000 residents, businesses, visitors, and daytime business population. Ensuring the safety of Monrovia are 80 full-time police personnel, and a budget approaching \$20 million.

Catch breaking news at: mtnviewsnews.com

SMOKE ADVISORY ISSUED TO MOST PARTS OF LOS ANGELES COUNTY DUE TO MOUNTAIN FIRE VALID FRIDAY 11:00 AM UNTIL SATURDAY 3:00 PM



Current Conditions

- The Mountain Fire is burning in the areas of Camarillo Heights and the Camarillo Estates in Ventura County. As of 2 PM Thursday, the fire has burned 19,643 acres and is 0% contained. For more information about the Mountain Fire, visit the Cal Fire webpage at <https://www.fire.ca.gov/incidents/2024/11/6/mountain-fire>.
- As of 2 PM Thursday, regulatory monitors remain at Good Air Quality Index (AQI) category in the northwestern South Coast Air Basin.

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

Forecasted Smoke and Air Quality Impacts

- Smoke from the Mountain Fires is expected to most heavily impact the areas including the San Gabriel Mountains, San Fernando Valley, Santa Clarita Valley, Northwest coastal Los Angeles County and part of West San Gabriel Valley. These areas may reach the Unhealthy for Sensitive Groups AQI category or higher.
- Smoke impacts in the South Coast Air Basin will depend on fire activity and containment efforts.

Detailed Forecast

South Coast AQMD will issue an update if additional information becomes available. If you are in an area impacted by smoke:

- Limit your exposure by remaining indoors with windows and doors closed or seeking alternate shelter.
- Avoid vigorous physical activity.
- Run your air conditioning and/or an air purifier. If possible, do not use swamp coolers or whole house fans that bring in outside air.
- Avoid burning wood in your fireplace or firepit and minimize sources of indoor air pollution such as candles, incense, pan-frying, and grilling.
- If you must be outside, a properly fit N95 or P100 respirator may provide some protection.

For more information, visit www.aqmd.gov/smokesafety.

South Coast AQMD is the regulatory agency responsible for improving air quality for large areas of Los Angeles, Orange, Riverside and San Bernardino counties, including the Coachella Valley. For news, air quality alerts, event updates and more, please visit us at www.aqmd.gov, download our award-winning app, or follow us on Facebook, X (formerly known as Twitter) and Instagram.

SCHOOL DIRECTORY

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

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

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

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

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

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

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

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

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

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

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

High Point Academy
1720 Kinneloa Canyon Road
Pasadena, Ca. 91107
Head of School: Gary Stern 626-798-8989
website: www.highpointacademy.org

La Salle College Preparatory
3880 E. Sierra Madre Blvd. Pasadena, Ca.
(626) 351-8951 website: www.lasallehs.org
Interim Principal Ernest Siy

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

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

Pasadena High School
2925 E. Sierra Madre Blvd. Pasadena, Ca.
(626) 396-5880 Principal: Dr. Eric Barba
website: http://phs.pusd.us

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

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

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

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

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

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

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

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

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

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

ANNUAL SIERRA MADRE ELEMENTARY



Please drop off food donations (no glass) and gift cards in the front office at SMMS.

November 4th -15th

All donations will benefit families in the SME & SMMS school communities and our sister school Madison Elementary

SME Food Drive is sponsored by the PTA
For more information please email fooddrive@smepta.org

BOSCO TECH OPEN HOUSE

SUNDAY, NOVEMBER 17 2024 • 12PM - 4PM

RSVP Today!



The only fully integrated Catholic, College-prep, Engineering-Science-Technology-focused school in the United States!

Catch breaking news at: mtnviewsnews.com

We went shopping and counted...  ...groceries, coupons and money! 

Newspaper Fun!

www.readingclubfun.com Annimills LLC © 2024 V45 Kids: color stuff in!

Count on Me!

Get it? Tee-Hee!

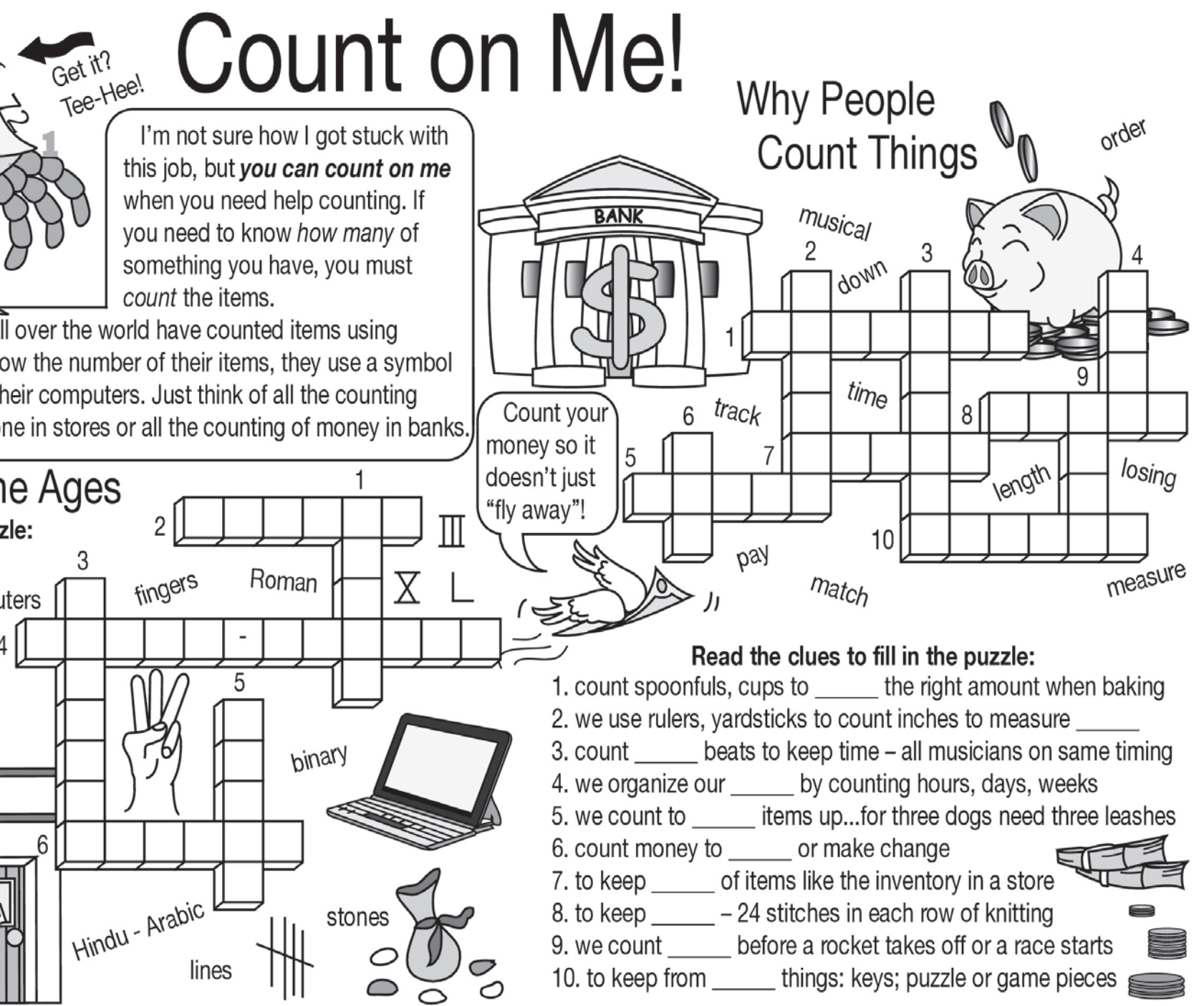
I'm not sure how I got stuck with this job, but **you can count on me** when you need help counting. If you need to know *how many* of something you have, you must *count* the items.

Throughout history, people all over the world have counted items using different systems. Once they know the number of their items, they use a symbol to mark it down or enter it into their computers. Just think of all the counting of merchandise that must be done in stores or all the counting of money in banks.

Counting Across the Ages

Read the clues to fill in the puzzle:

- _____ numerals
- _____ system - used in computers
- _____ and toes
- 1, 2, 3, 4, 5, 6, 7...
- tally marks or _____ in sand
- _____ in leather pouch



Why People Count Things

Read the clues to fill in the puzzle:

- count spoonfuls, cups to _____ the right amount when baking
- we use rulers, yardsticks to count inches to measure _____
- count _____ beats to keep time - all musicians on same timing
- we organize our _____ by counting hours, days, weeks
- we count to _____ items up...for three dogs need three leashes
- count money to _____ or make change
- to keep _____ of items like the inventory in a store
- to keep _____ - 24 stitches in each row of knitting
- we count _____ before a rocket takes off or a race starts
- to keep from _____ things: keys; puzzle or game pieces

PUZZLES FOR YOU

THANKSGIVING

- ACROSS**
 1. As opposed to Ave.
 5. *Male turkey
 8. *The National _____ Show
 11. Suggestive look
 12. Transversus abdominis location
 13. Milan's La _____ opera house
 15. Curved molding
 16. Welcoming sign
 17. Crossword entries
 18. *Skillet-cooked batter
 20. Bristles on grass
 21. Talked like a pigeon
 22. Scepter's partner
 23. A way to steal gas
 26. With two maxima, in statistics
 30. All Nippon Airways
 31. Tip of lion's tail
 34. Body, breath and mind workout
 35. Garments
 37. Singer Benatar
 38. Unethical loaner's practice
 39. Copycat
 40. *Pie nuts
 42. Honey maker
 43. Like Old Glory
 45. Time for an egg hunt
 47. "As if!"
 48. Battle of the _____, a.k.a. Ardennes Offensive
 50. Moldy appetizer
 52. *Green bean _____
 56. *Thanksgiving football regulars
 57. Cream-filled cookie
 58. Chieftain in Arabia
 59. Poem at a funeral
 60. Of two minds
 61. Not ever, poetically
 62. Oui in French
 63. Ensign, for short
 64. Make them meet

- DOWN**
 1. Coalition
 2. Emmet Brickowski's brick
 3. Zig or zag
 4. Make wet
 5. Safari hat
 6. Mountain nymph
 7. "Cobbler, cobbler, _____ my shoe"
 8. Repair a sock
 9. Cutlass or Delta 88, for short
 10. "Now we're cooking with _____"
 12. "La cerveza m s fina"
 13. Bunch of #42 Across
 14. *Football regulars on Thanksgiving
 19. They're made for walking
 22. Tin Man's remedy
 23. "The Forsyte _____," pl.
 24. Not suitable in certain circumstances
 25. Fruit-cutting device
 26. 2nd letter of Greek alphabet
 27. Skeptic's MO
 28. Come to terms
 29. Extra sweatshirt, e.g.
 32. Hightailed it
 33. Cul de _____
 36. *Prepping a turkey
 38. Cell phone bill item
 40. Teacher's favorite student
 41. Infamous Baby Face
 44. Verse
 46. Tranquil
 48. Noble one
 49. Internet patrons
 50. Digestive aid
 51. Fish eggs, pl.
 52. _____ d'Ivoire
 53. Bad luck predictor
 54. What Pinocchio did
 55. Makes mistakes
 56. Bovine hangout

CROSSWORD

1	2	3	4		5	6	7		8	9	10	
11					12				13	14		
15					16				17			
18				19					20			
			21					22				
23	24	25					26			27	28	29
30				31		32	33			34		
35			36			37			38			
39				40				41		42		
43				44				45		46		
			47			48	49					
	50	51				52				53	54	55
56						57				58		
59						60				61		
62						63				64		



CALL CONSUMER CELLULAR **888-804-0913**

© 2023 Consumer Cellular Inc. For promo details please call 888-804-0913

Off First Month of New Service!
USE PROMO CODE: **GZ590**

Consumer Cellular

© StatePoint Media

SUDOKU

Call today and receive a **FREE SHOWER PACKAGE PLUS \$1600 OFF**

1-855-576-5653

SAFE STEP WALK-IN TUB

With purchase of a new Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase. CSLB 1082165 NSCB 0082999 0083445

			9			8		1
				2	8	7	4	
		2						
	3				6	2		5
	2			3				8
5		4	2					3
						9		
	8	3	5	6				
9		6				4		

© StatePoint Media

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

NOV. 2, 2024 Solutions

B	U	G	S		P	A	S		R	S	V	P		
E	P	I	C	S		U	L	T		P	A	L	E	O
T	O	R	A	H		S	E	A		U	T	U	R	N
A	N	D	R	E	W	S		R	O	B	E	R	T	S
		Y	A	H			Y	E	L	L				
H	O	T		F	E	T	A		D	I	S	C	O	S
A	P	E	S		L	A	R	D		C	H	A	S	M
N	I	N	E		P	O	D	I	A		A	N	T	I
K	N	E	A	D		S	M	O	G		G	A	I	T
S	E	T	T	E		A	R	A	B		L	A	H	
					I	R	O	N		T	E	A		
F	R	E	E	M	A	N		F	E	R	R	E	L	L
O	U	T	D	O		I	R	E		R	E	T	I	E
R	E	N	D	S		O	I	L		Y	A	C	K	S
D	D	A	Y				N	O	T		S	H	E	S

9	8	5	1	6	2	3	7	4
4	6	2	8	7	3	9	5	1
7	1	3	9	4	5	6	8	2
8	5	6	2	3	7	4	1	9
3	4	7	6	9	1	8	2	5
1	2	9	5	8	4	7	6	3
6	7	1	3	2	9	5	4	8
5	9	4	7	1	8	2	3	6
2	3	8	4	5	6	1	9	7

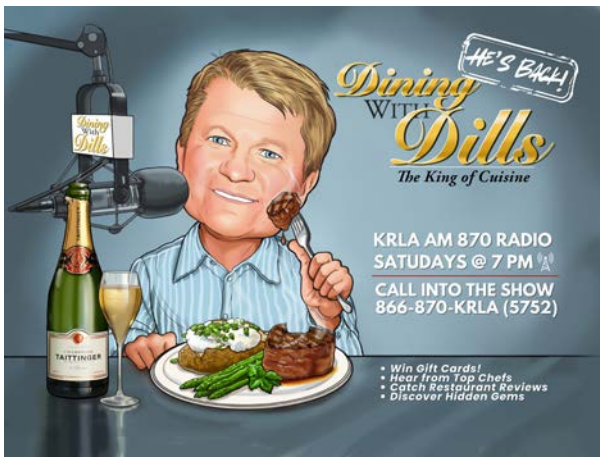
CALIFORNIA BUSINESS COMPLEX & SELF STORAGE MONROVIA

WE'RE YOUR PLACE WHEN YOU'RE OUT OF SPACE!

CALL US 626-303-7917



Catch breaking news at: mtnviewsnews.com



DILLS' WINE PICKS FOR YOUR TURKEY (A BIT EARLY) BY ANDY ROONEY—OOPS, I MEAN, DILLS

I've noticed the Thanksgiving shoppers are already out and about. Smart, really. Get the shopping done now before the chaos hits. Not sure if this is the new way, or if it's just that people can't handle the pressure of the last-minute cranberry sauce scramble. But here we are, and here I am—doing my yearly wine advice thing. And, yes, I know it's a little early, but we all have our holiday traditions, right? This is mine.

Now, Thanksgiving is nearly upon us, and it's my sworn duty to come up with a list of wines that'll pair nicely with a traditional oven-baked turkey. Or, you know, smoked

turkey—or even duck if you're fancy like that. Heck, even a Tofurky would work with these picks. Yes, I went there. But let's be real—what doesn't pair with wine? I mean, seriously. You could serve a rubber chicken and I'd still say, "This wine is a winner."

First, let's address the Chardonnay lovers in the room. Yes, I see you. But let's get one thing clear: I'm sorry—and I mean that from the bottom of my (clearly non-Chardonnay-loving) heart. I've got nothing against Chardonnay, but when you've got all that butter and gravy drenching your turkey, your favorite buttery oaky Chardonnay is about as useful as a lawnmower in the snow. So, don't say I didn't warn you. Still, drink what you like, because it's a holiday and, frankly, I'm not your wine nanny. If Chardonnay makes you happy, go ahead and pour it. Now, for those who are ready for a little more adventure, here's my first pick: a high-acid, low-tannin Pinot Noir. Bright cherry, cranberry, a little bit of spice—this wine knows how to deal with your exuberant mashed potatoes, green beans, and that sweet potato casserole you're probably only eating because it's tradition, not because you actually like it. San Simeon's Petit Sirah—under \$25—is a winner, too. You can't go wrong. Well, you can, but this one will steer you in the right direction.

And if you've been reading my stuff for any length of time, you won't be surprised by my second choice: bubbles. Yes, bubbles. Don't roll your eyes. I'm serious. Two California sparkling wines that I adore, Domaine Carneros Brut (\$30), which, in my humble opinion, comes as close to "real" Champagne as you're going to get without crossing the Atlantic. Picked up a bottle at Vons the other day and let me tell you—if it can make a prime rib sing, it can certainly handle turkey. The other is Roederer Estate. Newsweek called it "the value for the new millennium." And honestly, I don't disagree. For \$22, it's a sparkling gem that never disappoints.

On to something a little unexpected—Rosé. And before you start groaning and thinking of those pastel-colored bottles that look like they belong at a baby shower, let me introduce you to AIX Rosé, hailing from the sun-drenched vineyards of Provence. This one's got a little more soul, a little more elegance. Matt Plunkrock—my personal wine steward and resident expert—swears by it. And you know what? I trust him.

And lastly, don't overlook the classic Cabernet. Yes, it's a Prime Rib's best friend, but who says you can't bring it to the Thanksgiving table? Maddalena's Cab, coming in at a modest \$15, is just the right amount of punch to pair with turkey or even with all that stuffing you'll probably end up eating more of than you care to admit. I have to admit, the Dills household has been doing Prime Rib on Thanksgiving for years. Don't judge. It's delicious.

So there you go. A little something for everyone, even if you've got a bit of a Chardonnay addiction. Here's my final thought: If you've been drinking anything that doesn't come in a box, you're already ahead of the game. Enjoy your holiday, and remember—wine is just grape juice with a little attitude.

Wine Picks:

- San Simeon
- Maddalena Cabernet
- Domaine Carneros Brut
- AIX Rosé
- Roederer Estate

All available at your local Pavilions and Vons.

THE TASTING ROOM

WORLD CLASS. EXCEPTIONAL WINES. SO CLOSE TO HOME.

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

We in Sierra Madre are damn lucky to have a world class wine region only 2.5 hours drive away from us. I'm talking about Santa Barbara Wine Country and more specifically, Sta. Rita Hills. This week's wine is the 2022 Mail Road Chardonnay Sta. Rita Hills.



Sta. Rita Hills just might be my favorite wine AVA – American Viticultural Area. There are lots of reasons for this area being able to produce such profound wines, and the two that stand out are the soils found in this area and the direction of the local mountains.

The soils found here are diatomaceous soils which are extremely rare in wine regions. Many believe that there is nowhere else on this planet where grapes are planted on that type of soil. The direction of the local mountain ranges is different here too. Over a period of millions of years, the mountains separated from the tectonic plates

and turned clockwise. Now the mountains are on a west to east orientation making it one of the only places in the Western Hemisphere with a transverse mountain range. This allows the cool Pacific Ocean air to flow throughout the region which results in better conditions for grapes to mature. You wouldn't think it, but this Southern California wine region is cooler than Northern California's Napa Valley.

This Chardonnay from the Mt Carmel Vineyard is exceptional. Matt Dees is the winemaker, he's one of the best at his craft. Ruben Solorzano is the vineyard manager – known as the Grape Whisperer – which gives you an idea of how well respected he is in the industry.

The 2022 Mail Road Sta. Rita Hills Chardonnay is dry farmed, organically farmed, and own rooted. The wine is fresh and lively. There's a creaminess in the mouthfeel. White floral notes, lemon confit, saline notes, and zest are all present. It's extremely elegant at the finish. Subtle oak, balanced, and superb. I had a person tell me last night that they don't care for Chardonnay, but after tasting this one, they now enjoy Chardonnay.

This wine would go great at your Thanksgiving table. Get some this weekend as there is very little produced. This wine will age for at least a decade, but why wait? I prefer Mail Road wines over Sea Smoke wines any ol' day. Sea Smoke sells for over \$100 a bottle. Spend your money more wisely and get this wine instead – it's world class, exceptional, and oh so delicious.

The 2022 Mail Road Chardonnay Sta. Rita Hills is available at The Bottle Shop. Elsewhere, you will pay \$55. The Bottle Shop has it for less. Due to the great price, I can't post it here, but I will tell you that you are going to get a great deal. Email me at glira@bottleshop1.com and I will tell you the special price, then go into The Bottle Shop and get a bottle or two.

Come see me Sunday, November 10 at 3pm for Great Wines Under \$25, and on Thursday & Friday November 14 & 15 for Italian Wines. Cin Cin! Until next time – Salud! Scan the QRCode to sign up for our newsletter.

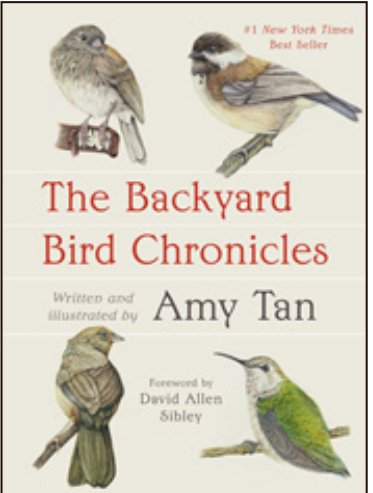


ALL THINGS By Jeff Brown

THE BACKYARD BIRD CHRONICLES By Amy Tan

1 NEW YORK TIMES BESTSELLER • A gorgeous, witty account of birding, nature, and the beauty around us that hides in plain sight, written and illustrated by the best-selling author of The Joy Luck Club • With a foreword by David Allen Sibley "Unexpected and spectacular" —Ann Patchett, bestselling author of These Precious Days

"The drawings and essays in this book do a lot more than just describe the birds. They carry a sense of discovery through observation and drawing, suggest the layers of patterns in the natural world, and emphasize a deep personal connection between the watcher and the watched. The birds that inhabit Amy Tan's backyard seem a lot like the characters in her novels." —David Allen Sibley, from the foreword



Tracking the natural beauty that surrounds us, The Backyard Bird Chronicles maps the passage of time through daily entries, thoughtful questions, and beautiful original sketches. With boundless charm and wit, author Amy Tan charts her foray into birding and the natural wonders of the world.

In 2016, Amy Tan grew overwhelmed by the state of the world: Hatred and misinformation became a daily presence on social media, and the country felt more divisive than ever. In search of peace, Tan turned toward the natural world just beyond her window and, specifically, the birds visiting her yard. But what began as an attempt to find solace turned into something far greater—an opportunity to savor quiet moments during a volatile time, connect to nature in a meaningful way, and imagine the intricate lives of the birds she admired.

MOFFETTS

THANKSGIVING DINNER

CALL TO RESERVE FOR 27TH OR 28TH (626)447-4670

PRE-ORDER BY NOV. 23RD

(NOTE: ALL ITEMS COME PRE-COOKED AND REQUIRE 2-3 HOURS TO RE-HEAT ALL ITEMS)

 <p>\$210.95 THANKSGIVING FAMILY DINNER FEEDS 6-8 (INCLUDES ALL ITEMS)</p>	 <p>\$69.95 OVEN ROASTED TURKEY FEEDS 4-6 (3.5 TO 4 LBS)</p>	 <p>\$85.99 HONEY BAKED HAM FEEDS 4-6 (3.5 TO 4LBS)</p>
 <p>\$16.50 MASHED POTATOES FEEDS 6-8 (3LBS)</p>	 <p>\$14.50 TURKEY GRAVY FEEDS 6-8 (32OZ)</p>	 <p>\$15.50 STUFFING FEEDS 6-8 (16OZ)</p>
 <p>\$17.50 YAMS FEEDS 6-8 (2 LBS)</p>	 <p>\$14.50 VEGGIES FEEDS 6-8 (1-1/2 LBS)</p>	 <p>\$9.95 CRANBERRY SAUCE FEEDS 6-8 (16OZ)</p>
 <p>DOZ. DINNER ROLLS \$8.50 FEEDS 6-8</p>	<p>OR</p> 	 <p>DEMI LOAFS \$ 8.50 FEED 6-8 (2 LOAFS)</p>

We're celebrating 95 years!

Tanzanite and 18k Gold



SALE

NOVEMBER 12 - 30, 2024

Win Jewelry
Donate to **Sierra Madre Search and Rescue** or the **Living Beauty Cancer Foundation**.
Bring in your donation receipt for a chance to win jewelry.

STORE HOURS:
Tuesday–Friday 11am–4pm
Saturday 11am–3:00pm

G.H. Wilke & Co.
JEWELERS
SINCE 1929
38 E. Montecito Avenue, Suite 12
Sierra Madre, CA 91024

ghwilke1929@yahoo.com
(626)284-9444
www.ghwilkejewelry.com

SIERRA MADRE LAUNDRY

NEEDS YOU!

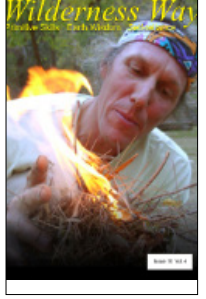
6:30 PM TO 9:30 PM SHIFT AVAILABLE
✦ AND OTHER SHIFTS AS NEEDED ✦

NOW HIRING
😊 FRIENDLY PEOPLE

CALL SHARON FOR MORE DETAILS
(626) 355-6213 x 700



CHRISTOPHER Nyerges



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

HOW TO PREPARE FOR EMERGENCY POWER

In October, Allen Wolff presented Sierra Madre CERT organization's final talk of the year, "Emergency Power."

Wolff began by asking the audience in the Hart Building, where the CERT meetings are always held, "What do you need in order to prepare for power outages?" He then proceeded to share his PowerPoint presentation, explaining each aspect of home power production. His talk was not intended to make anyone an electrician, or to replace such books as the National Electrical Code handbook, or "The Solar Electric Handbook" by Joel Davidson, or even "The Complete Idiot's Guide to Solar Power for your Home."

Wolff emphasized that he was not selling anything, nor was he recommending any of the products he showed. He was simply showing what was available on the market. The outline included a discussion of what is energy, your power needs, phone charging, various power sources, inverters, batteries, and commentary on solar.

The discussion of energy, and Ohm's law, reminded me of high school electricity class, learning such things as voltage times current equals watts, as one example. He shared how to do an energy audit of your actual home usage so you can figure out what you need to power in a blackout. Most of us take electricity for granted, so we're somewhat lost when the power goes out. Wolff pointed out that when there is a power outage, your copper land line phones won't work unless you have an old-style rotary or touchtone phone. Your AC clocks, radios, TVs, and gas stoves with electric lighters won't work either. There would be no Wi-Fi.

Wolff presented the necessary data from the perspective of needs: Low power needs include a cell phone charger and portable radio. Medium Low needs include a laptop, lamps, and some medical appliances. Medium High needs include the refrigerator and fans. High Needs would be your whole house.

For power to charge your phone, Wolff showed the FosPower Emergency Weather Radio, which is powered by batteries, or solar panels, or by cranking. It costs about \$35 from Amazon. There is also the Solar Charger, 38800 mAh Portable Solar Power Bank for all cell phones, at about \$24. For medium low power, Wolff showed the BESTEK 300W Power Inverter, which produces 110V AC from one's car power port or cigarette lighter socket, which is 12V DC. Your car might have a USB port or you can purchase a device that plugs into the power port socket and provides 5 Volt USB for charging phones. In fact, lots of devices can be plugged into the car's cigarette lighter, making your car a power source, as long as the engine is on.

By the way, if you're not an electrician, don't let the new terminology throw you. Like any field, you should learn some of the basic terms. For example, our households run from 110 volts of Alternating Current (110V AC), and your car, and some solar panels systems, produce 12 volts of Direct Current (12V DC). An inverter is the necessary device that converts the electricity produced from the sun, your car, or a windmill, to a form that most appliances need, and most households use.

Wolff discussed how it's possible to power medical devices with batteries, or backup batteries. Wolff introduced the audience to inverters, which you must have if you're going to put together your own power system to supply 110 VAC. There are two types of inverters. The modified sine wave type, which is cheaper and OK for general use. Also, there is the pure sine wave inverter, more expensive and needed for more delicate equipment, such as some medical devices and refrigerators.

Wolff showed several available inverter models, as well as a chart showing the best sort of inverter to have for various devices. Pure sine wave inverters are suitable for all purposes, but modified sine wave inverters are not. You can see this yourself if you go to his site.

Generators were also discussed which can power the house, such as the Champion Dual Fuel, which can use gasoline or propane. A more expensive generator is the DuroMax XP13000HXT, for about \$2000 from Amazon which is a tri-power capable of using gasoline, propane or natural gas. This led to a discussion about extension cords, and how you should get the heaviest grade you can. A chart was shown that compares the current you need to supply with the length of the extension cord and the size of the wire you will need. Or you might consider a permanent house generator, the Generac Guardian 26kW generator for about \$7000 that runs on natural gas. Then he discussed batteries, and how car batteries are not ideal for solar systems because they are not tolerant of deep discharge and recharge cycles. There are many types of batteries that can be purchased, but for storing power which comes from the sun, he recommends marine deep-cycle batteries, golf cart, or AGM batteries. In fact, Wolff had a lot to say about batteries, such as how they should always be charged outside or in well ventilated areas, that batteries only last from 3 to 6 years, and much more. Those are the benefits of attending CERT meetings where you can pick up all these details that are learned by experience.

There are, in other words, lots of individual components to prepare to have home power after a blackout.

To tie all the points together, Wolff showed the relationship between the components of a home solar power system. The panels that you see on the roofs are capable of generating hundreds of volts and are required to be shut down (Rapid Shutdown) when Edison power is lost in order to protect firefighters from electrocution. You may not be able to count on roof solar during an outage. Solar panels are available that produce 18 volts and when used with a charge controller can charge 12-volt batteries. Then, when you use the power from the charged batteries, it flows through the inverter, converting 12V DC to the 110V AC that your household items use.

Wolff gave some examples of what a system might look like, showing products that anyone can buy from Amazon. For example, he showed examples of flexible solar panels.

The presentation included lots of personal anecdotes, and safety tips, and it was far better than reading a book. Allen Wolff's PowerPoint presentation can be viewed at www.kc7o.com/files/power.pdf.

To follow activities of the Sierra Madre CERT organization, go to Sierra Madre Emergency Organizations • Index page
You can simply Google "Sierra Madre CERT" to find more information about this organization.

Katnip News! MEET MINDY



Mindy is a beautiful shorthair, Tabby/Siamese mix, only 3 years old. She's a gem, total sweetness, and loves attention. Mindy is easy-going and easily held. She was a loving mama to her brood of 6 rambunctious kittens, and now she deserves a loving home of her own, where she can enjoy being doted on. Mindy is spayed, vaxxed, healthy, and negative for FELV & FIV.



If you're looking for a purr-fest companion, apply at <https://www.lifelineforpets.org/mindy.html>. Submit the application for a chance to meet Mindy!

Pet of the Week

Kiki is a five-year-old Malamute with a heart as big as her fluffy coat! This lovely girl has a wonderful temperament, making her an easy fit for a variety of homes. She's shown that she gets along well with other dogs and has a gentle, friendly nature that makes her great with both adults and kids. Though she may exchange a few barks with other high-energy dogs, Kiki is relaxed and doesn't mind hanging out with smaller pups close by.



On walks, Kiki is a dream, calmly staying by your side on a leash. She takes treats with a gentle mouth and is always excited to meet new friends, whether human or furry. During grooming sessions, she's the perfect companion, lying relaxed and allowing her handler to brush her thick coat, even giving a little "chat" here and there as if to show her appreciation.

Kiki would be a wonderful addition to a loving home that can provide her with the attention she deserves, plenty of brushing, and lots of love. If you're looking for a sweet, easygoing, and affectionate dog, Kiki could be the perfect match for you!

Kiki and all other pets over five years old have their adoption fees waived throughout November in celebration of Adopt-A-Senior-Pet Month! The normal adoption fee for dogs is \$150. All dog adoptions include spay or neuter, microchip, and age-appropriate vaccines.

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

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

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

CASA DEL REY – SIERRA MADRE

31 N BALDWIN AVE
SIERRA MADRE, CA 91024
(626)355-6060
WWW.CASADELREYRESTAURANT.COM

50 YEARS - EST 1972

Casa del Rey

Mexican Restaurant & Cantina
Sierra Madre, CA

The Bottle Shop

Wine & Spirits

sierra madre - california - since 1983

THE BOTTLE SHOP

58 W. Sierra Madre Blvd, Sierra Madre
626-355-1262

WINE TASTING - Wednesday-Friday 5pm to 10pm

GROOMING FOR DOGS AND CATS

SPA PACKAGES * MOBILE WASH

626-836-0701

187 West Sierra Madre Blvd.
Sierra Madre, Ca. 91024

BY APPOINTMENT ONLY

Tuesday - Saturday
8:00 AM - 6:00 PM

CENTURY 21

Village Realty

Sales - Leasing - Management

626.355.1451
c21village.com
@c21village

38 W Sierra Madre Blvd, Sierra Madre

Serving the Community since 1980

Pets in need

Some pet parents cannot afford the cost of vet care right now. You can help those pets! Visit us:

www.FreeAnimalDoctor.org

Sierra Madre based non-profit

Free Animal Doctor

FREE ASSISTED LIVING PLACEMENT SERVICE

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



From The Desk of Steve Scirba, Safe Path For Senior

PREPARING FOR FLU SEASON: A GUIDE FOR FAMILIES CARING FOR AGING PARENTS

As flu season moves into full swing, families with aging loved ones may be concerned about keeping them safe through the winter months. Seniors are more vulnerable to the flu due to age-related changes in their immune systems, and an infection can lead to serious complications. Here's a guide on how to help your loved ones stay healthy and prepared for the months ahead.

Understanding the Risks

The flu can have severe consequences for seniors, including complications like pneumonia and worsening of existing health conditions such as diabetes and heart disease. With colder months increasing time indoors, extra care during flu season is essential to help reduce these risks and protect your loved ones.

Prioritizing Prevention with Vaccination

If your loved one hasn't been vaccinated yet, there's still time to get the flu shot. The vaccine remains a powerful preventive measure throughout flu season. Families can help coordinate with their loved one's healthcare provider to discuss the best vaccine options, like the high-dose flu vaccine, designed specifically for seniors. Additionally, it may be worthwhile to ask about the pneumococcal vaccine, which helps protect against respiratory infections that can complicate the flu.

Everyday Measures for Ongoing Protection

Simple daily habits can go a long way in minimizing flu exposure:

- **Hand Hygiene:** Encourage regular hand washing, especially before meals or after being in public spaces.
- **Mask Use in Crowds:** Wearing a mask in crowded or enclosed spaces can provide added protection as flu cases rise.
- **Support Immunity with Nutrition:** Help ensure your loved one's diet includes nutrient-rich foods, such as fruits, vegetables, and whole grains, which support immune health.

Home Preparations and Supplies for Flu Season

Preparing the home can ease stress and reduce risks if flu symptoms do appear. Here's a checklist to help you and your loved one stay ready:

- **Stock Essentials:** Keep plenty of tissues, hand sanitizers, and household disinfectants on hand.
- **Medication on Hand:** Have prescription medications, over-the-counter fever reducers, and any doctor-recommended supplements readily available.
- **Accessible Contacts:** Ensure emergency contact numbers and healthcare provider information are easily accessible.

Recognizing Symptoms Early

Early intervention is key if your loved one shows flu symptoms. Be alert for signs like fever, chills, muscle aches, sore throat, or extreme fatigue. If symptoms do appear, encourage them to rest, stay hydrated, and consult their healthcare provider promptly, especially if they have underlying health conditions that increase their risk.

When to Seek Medical Attention

It's crucial to know when symptoms require more urgent care. Watch for signs of difficulty breathing, chest pain, or confusion—these may indicate complications that need immediate medical attention.

Supporting Recovery

If your loved one does catch the flu, providing supportive care can help them recover more comfortably. Encourage rest, maintain hydration, and offer light, nutritious meals. Even after symptoms subside, older adults may take longer to regain strength, so allow time for a gradual return to normal activity.

Staying Connected and Supporting from a Distance

For family members who live far away or have limited availability, staying connected through regular calls or video check-ins can provide emotional support and help monitor their well-being. Look into community resources such as grocery delivery or in-home health visits if needed.

Maintaining Mental and Emotional Well-being

Isolation during flu season can impact seniors' mental health. Help keep your loved one engaged through hobbies, puzzles, or virtual meetups with family and friends. Many community centers and senior organizations offer online events to keep older adults connected and active.

As flu season progresses, staying vigilant about health and preparedness can make a significant difference. By helping your loved one stay proactive, you're not only protecting them from illness but also providing peace of mind for you and your family through the winter months.

HOW TO KNOW IF YOU'RE GETTING OSTEOPOROSIS

Dear Savvy Senior:

Can a person in their early fifties have osteoporosis? When I fell and broke my wrist last winter the doctor that treated me told me I might have osteoporosis. Surprised Susan



Dear Susan:

While osteoporosis is much more common in adults over age 60, it can strike younger people too. In fact, according to the Bone Health & Osteoporosis Foundation half of women and up to 25 percent of men in the U.S. over age 50 will break a bone due to osteoporosis. Here's what you should know.

Osteoporosis, a disease that weakens your bones is also called a "silent" disease because there are no warning signs until a fracture occurs. Around 10 million Americans over age 50 currently have osteoporosis, and an additional 44 million have osteopenia (lower than normal bone density) – 80 percent of whom are women.

Most people, by the time they reach their late 30's, gradually start losing some of their bone mass, but for women, the biggest decline happens in the five to seven years following menopause, when levels of estrogen, which helps to keep bone strong, plummet. Bone loss for men occurs much more gradually. However, by age 75, osteoporosis is as common in men as it is in women.

To help you determine your risk of osteoporosis, the International Osteoporosis Foundation has a quick, online test you can take at RiskCheck.Osteoporosis.Foundation.

Bone Checkup

According to the BHOFF all women over 65 and men over 70 should have a baseline dual energy X-ray absorptiometry (DXA) scan, which is a painless measurement of the calcium in your bones. But those at high risk should start around age 50. Factors that make a good case for early screening include having a family history of osteoporosis, a broken bone after age 50, vitamin D deficiency, a smoking habit, medical conditions such as diabetes or rheumatoid arthritis or previous or current use of medications that can weaken bones, like steroid prednisone and certain antidepressants.

Most bone density tests are covered by health insurance companies including Medicare, and are done in hospital radiology departments, private radiology practices and stand-alone clinics.

Bone-Builders

If your bone scan finds that you have osteopenia but have a low to moderate 10-year fracture risk, lifestyle measures are usually the best course of action. Three important things you can do to boost your bone health include:

Get enough calcium and vitamin D: Calcium helps keep bones strong, and vitamin D helps us absorb calcium. Women older than 50 and men over 70 need at least 1,200 mg of calcium per day ideally from foods like dairy, canned sardines, kale, and fortified orange juice. Adults over 50 need 870 to 1,000 IU of vitamin D each day, but that's hard to get from food. Have your levels checked to see if you need a supplement.

Exercise: Low impact weight-bearing exercises like walking, and strength training with light weights or resistant bands several times a week can actually help build bone strength, as well as improve balance and muscle strength.

Don't smoke: Women who smoke a pack of cigarettes per day as adults have less dense bones at menopause.

Osteoporosis Meds

If, however, your bone density test finds that you have osteoporosis your doctor will probably recommend medications. The first line of treatment is usually bisphosphonates such as alendronate (Binosto and Fosamax), risedronate (Actonel and Atelvia), and ibandronate (Boniva). These oral or injectable drugs slow the breakdown of bone but won't build it back.

For severe osteoporosis your doctor may instead prescribe an anabolic: teriparatide (Forteo), abaloparatide (Tymlos), or romosozumab (Evenity). These are typically given as daily or monthly injections and they increase the amount and strength of bones.

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

SENIOR HAPPENINGS

HAPPY BIRTHDAY! ... NOVEMBER Birthdays*



Flo Mankin, Alberta Curran, Carmela Frontino, Kathy Wood, Lena Zate, Joe Pergola, Janice Kacer, Valerie Howard, Lois Stueck, Jean Wood, Shirley Yergeau, Pat Krok, Irene Nakagawa, Anna Ross, Mary Steinberg, Mary Bowser, Susan Clifton, Mary Higgins, Kim Buchanan, Leigh Thach, Sue Quinn, Jill Girod, Jeanne Martin.*

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

Chair Yoga

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

Monthly BLOOD Pressure SCREENING

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

SENIOR CINEMA

Movies at the Hart Park House will be held every Wednesday at 1pm after our senior lunch program. Free popcorn, sweet snacks, and refreshing beverages will be available for all participants. Registration is not required.



OUT TO PASTOR
A Weekly Religion Column by Rev. James Snyder
DID I REALLY SAY THAT?

I was working on my computer when The Gracious Mistress of the Parsonage walked in and said, "Are you ready to go?" She caught me by surprise. I looked up from my computer and, staring at her, said, "What are you talking about?" "You remember what you said this morning? That we can go to to get our blood drawn for the doctor?"

I looked at her, not knowing what she was talking about, and said, "What doctor are you talking about?"

"Don't tell me you don't remember me telling you about our appointment this afternoon?" I had no recollection at all about an appointment to have my blood drawn. I knew it was somewhere in our schedule, but I really didn't think it was for today. If she told me about it this morning, I do not remember.

Not knowing what else to do, I got up, followed her out to the car, and we went to the place to have our blood drawn. I knew we had it scheduled, but I did not think it was for today. But, I was wrong. I just didn't hear correctly.

That's one of my problems. I don't remember a lot of things. It's not because I'm getting old, but because this has always been one of my problems. It's not that I can't hear. It's just that I sometimes am not listening to what people are saying, especially The Gracious Mistress of the Parsonage.

I need to work on this weakness of mine, but I just don't know how to do it. When I'm doing some work on my computer, I can hear what's going on around me, but I don't understand, and I'm not really listening to it. I'm afraid I say "yes," not knowing what I am "yessing" to. That can get me into a lot of trouble. Believe me it has. Sometimes, while watching TV, the Gracious Mistress of the Parsonage will point something out and say, "Did you see what that person just did?" Then she will laugh. Of course, I didn't, but I did shake my head and say calmly, "Yes, my dear. I did see that. Yes, it is funny."

I need to look up the definition of lying. Some people misunderstand it, and I think I'm on that list.

However, I tried to improve my listening habits and pay attention to what people around me were saying.

The Gracious Mistress of the Parsonage recently approached me while I was working and said, "I'll take that \$50 you promised me to get groceries." I looked at her and said, "I don't know what you're talking about." "You know, I ask you this morning if you could give me \$50 to get groceries this afternoon. You said you would." I pulled out my wallet; all I had was \$50. I handed it to her, and then I thought about it. Is it a coincidence that she asked for \$50, and all I had in my wallet was \$50? Did she really ask me that morning for \$50? If I only paid attention, maybe I could figure some of these things out. I don't remember telling her that I would give her \$50 for groceries, but after all, I am not going to infer to her that she is lying to me.

If only I would keep my mouth shut when I should, maybe I wouldn't get into some of the trouble I get into. And maybe, just maybe, if I had the volume in my ears turned up a little more, I might hear more clearly what's being said around me. If I could do those two things, I could escape some of the problems I get into.

While she was going to get the groceries, I pondered this subject for a while. Then, I had a wonderful thought that maybe I could get even with her. I thought about it, put it together very nicely, and was ready to put it together when she walked in. She came home from shopping and put the bags on the table, so I went to the kitchen, looked at her, and said, "Can I have the Apple Fritter that you promised me now?" I was laughing on the inside and trying to keep it from coming to the outside. There was no way she was going to get out of this one.

Looking at me seriously, she said, "Oh, my dear. I got that Apple Fritter, and it smelled so good that I'm afraid I ate it on the way home." To counteract that, I would number the days of my life. I have not known her to eat an Apple Fritter with this time she got me.

I wish I could prepare for the next trick she'll play on me, but I'm afraid I won't be able to. Thinking about this I was reminded of a special verse of scripture. My spiritual life is based on my hearing the "word of God." "So then faith cometh by hearing, and hearing by the word of God," Romans 10:17. I can read the Bible but not really hear what God is saying to me. If I don't hear what God is saying how can I live a life that is pleasing unto the Lord. Daily I need to so surrender to God's word that I understand what He really wants of me.

Dr. James L. Snyder lives in Ocala, FL with the Gracious Mistress of the Parsonage. Telephone 1-352-216-3025, e-mail jamesnyder51@gmail.com, website www.jamesnyderministries.com

Catch breaking news at: mtnviewsnews.com

MOUNTAIN VIEWS NEWS

PUBLISHER/ EDITOR Susan Henderson

PASADENA CITY EDITOR Dean Lee

SALES

Patricia Colonello 626-355-2737 626-818-2698

WEBMASTER

John Avery

DISTRIBUTION

Peter Lamendola

CONTRIBUTORS

- Michele Kidd, Stuart Tolchin, Harvey Hyde, Audrey Swanson, Meghan Malooley, Mary Lou Caldwell, Kevin McGuire, Chris Leclerc, Dinah Chong Watkins, Howard Hays, Paul Carpenter, Kim Clymer-Kelley, Christopher Nyerges, Peter Dills, Rich Johnson, Lori Ann Harris, Rev. James Snyder, Katie Hopkins, Deanne Davis, Despina Arouzman, Jeff Brown, Marc Garlett, Keely Toten, Dan Golden, Rebecca Wright, Hail Hamilton, Joan Schmidt, LaQuetta Shamblee

Mountain Views News has been adjudicated as a newspaper of General Circulation for the County of Los Angeles in Court Case number GS004724: for the City of Sierra Madre; in Court Case GS005940 and for the City of Monrovia in Court Case No. GS006989 and is published every Saturday at 80 W. Sierra Madre Blvd., No. 327, Sierra Madre, California, 91024. All contents are copyrighted and may not be reproduced without the express written consent of the publisher. All rights reserved. All submissions to this newspaper become the property of the Mountain Views News and may be published in part or whole.

Opinions and views expressed by the writers printed in this paper do not necessarily express the views and opinions of the publisher or staff of the Mountain Views News.

Mountain Views News is wholly owned by Grace Lorraine Publications, and reserves the right to refuse publication of advertisements and other materials submitted for publication.

Letters to the editor and correspondence should be sent to:

Mountain Views News 80 W. Sierra Madre Bl. #327 Sierra Madre, Ca. 91024 Phone: 626-355-2737 Fax: 626-609-3285 email: mtnviewsnews@aol.com



A member of the California Newspaper Publishers Association

Mountain Views News Mission Statement

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

STUART TOLCHIN PUT THE LIGHTS ON



UNDERSTANDING AND PREPARATION

Last week my article had asked "what if" as I asked myself to consider the possibility of Donald Trump winning the election. I worried about this in conjunction with the recognition of my own increasing cognitive disabilities. I am now over 80 and reluctantly accept my increasing physical limitations. It is the increasing mental or cognitive disabilities that I have trouble accepting. I could and should have been better prepared if I had understood and foreseen the need.

A similar lack of understanding relates to my reaction to the Presidential election. I awoke at about 2 A. M. Wednesday morning and immediately checked my phone to get a sense of what was happening with the election. I had presumed that the race would be close, and that results would be days or weeks away. I was still half asleep and couldn't find the phone but found the TV remote and learned that the election was to be a victory for Trump. How could this be when all the predictions seemed to agree that a close election was inevitable? In fact, previously reliable forecasters like Michael Moore predicted a Democratic victory. The main thing that worried me was that Republicans were going to try and disrupt the counting of ballots. On Tuesday night I recall hearing that there were already bomb threats at some polling places and that what was what worried me as I struggled to sleep.

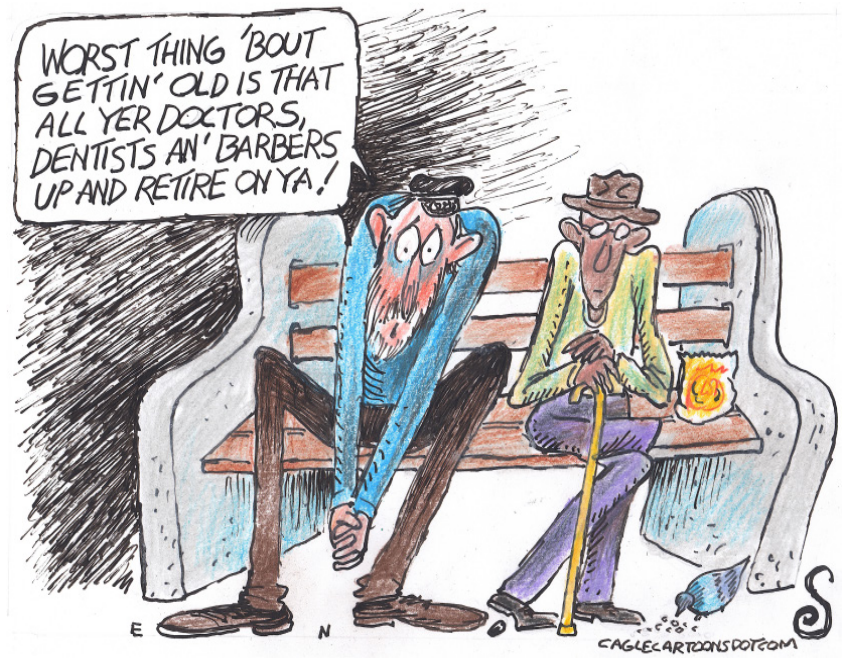
Actually, I was quite optimistic that the Republicans could not legitimately prevail. After all, how could any rational person vote for Donald Trump who seemed to be nothing but power-hungry and needed to avoid punishment. He is a convicted felon who had made no secret of the fact that he intended to ignore the Constitution and to act dictatorially.

I understood that there exists a percentage of Americans who care only about their tax burden and the prices of gasoline and groceries. Perhaps some for religious reasons might favor the Republican candidate despite knowledge of Trump's sexual assaults and willingness to lie. Seriously, how could Trump win? And then I heard on the TV that Trump would be declared the winner. Tears dripping from my eyes I experienced bewilderment. How could people vote for Trump and am I really crying? This cannot be happening. I just don't understand!!

Well now it's Thursday and I still don't understand. I have listened to hours of different pundits expostulating on the reasons for Trump's election but the main thing I take away is how difficult it is for me to understand other people's reaction. Not understanding bothered me more than Trump's actual election. What will be the consequences of this election? Will our Democracy survive? What will happen to my family and what about the Ukraine and the climate crisis and National Security? Will I be allowed to continue writing my articles. Why, for me, is understanding more important than consequences? Why am I having so much trouble focusing as I try to create this article. Is my ageing connected to this difficulty?

As I write, I think I understand why Trump appeals to so many voters who never went to college. College generally brings about an awareness of the inevitability of change as any student is exposed to the resistance to scientific change and social change. Americans become aware that the dominance of White Christian Males in North America was connected to historical factors rather than the result of some Divine creation. Changes in that historical domination are understood to be inevitable as evidenced by the numerous non-White, non-male, non-Christian candidates presented for election. This change for many was unexpected especially for people who learned little of history or science. These people were unprepared and angry, and their anger expressed itself as they voted. I understand now that for many voters for Trump and a vote against the Democrats is really a vote against change.

I correlated this lack of preparedness with my attitude toward ageing. I just never realized that my mental abilities would be so affected. I apologize to you, my friends and imagined readers, for your understanding, and thank you for getting this far. Unlike Joe Biden, I have not stepped aside.



TOM PURCELL DYING MAKES LIFE WORTH LIVING!



Get this: life expectancy has apparently hit its peak. According to msn.com, a recent study published in the journal Nature Aging finds that, barring any major medical breakthroughs, "people will top out at a maximum average age of around 87 — 90 for women, 84 for men."

This news runs counter to numerous more optimistic studies I've written about the past 20 years. Back in 2003, I wrote about futurists who strongly believed that advances in cell and gene manipulation and nanotechnology would allow humans to live up to 180 years — and maybe even into the 500s. Good God, do we really want to live until we're 500? Do we really want "Me Generation" Baby Boomers to have 430 years to vote government benefits for themselves after retiring? Do we really want to encourage our younger generations, notorious slackers, to keep putting off adulthood? (Mother to son in year 2125: You're a century old, when are you going to go out and get a job?) I don't want to be a killjoy, but there are downsides to living long. Sure, I'd love to have my parents around forever. It would be great if Dave Chapelle could keep telling jokes, or someone like Elon Musk could keep advancing rocket science. But the rest of us? I'm 62 already and have no desire to live for 100 years. In my experience so far, life is made up of colds, bills, speeding tickets and people who you do down.

These experiences are connected by a series of mundane tasks we must complete to sustain ourselves — like working in an office with people we loathe.

This daily drudgery is occasionally visited by an exciting and enjoyable moment, but do we really want to live 500 years like that? Besides, how would we pay for it all? Living is expensive. Are we going to work full-time for 40 years, retire, burn through our nest eggs, then sling hamburgers at McDonald's for hundreds of years? Anyway, it's dying that makes life most worth living!

Consider, would you enjoy a movie if you knew it was going to last for 24 hours? No, what makes the movie enjoyable is its ending. The key to human happiness, you see, is not an abundance of a thing, but the shortage of it.

Doesn't pie taste better when we know it's the last slice? Doesn't a football game capture our attention more when it is the last of the season with only a few minutes left — the final game that determines who goes out the winner and who goes out the loser? And isn't a comedian funnier when he exits the stage before we want him to go?

Hey, futurists, we don't want to stick around on Earth too long. If you believe in God, as I do, life is just a testing ground anyhow. This life is just practice. It's like two-a-day football drills. We must first prove ourselves during the agony of summer practice to earn our rights to play in the big game in the autumn.

Do you really want to spend half a millennium running wind sprints in summer practice? I surely don't. Besides, if I only live until 84, I still have to suffer through five more presidential elections. When you consider the misery of that, pushing up daisies in a quiet field suddenly doesn't seem so bad!

RICH JOHNSON NOW THAT'S RICH



POLITICAL REPERCUSSIONS OR REPERCUSSING

Looking back at the distant 2024 presidential elections, I think of those people in the know (journalists) who were obviously not in the know this spin around the political merry go round.

Don't feel too bad. It's not like this is the first time the political polyhistor (look it up) misread the tea leaves. (Hint, drink the tea first.)

First, and oh my gosh, Dr. Lichtman got it wrong!

First, who is Doctor Lichtman? Allan Lichtman. Before receiving the title of "Distinguished Professor" from the American University in Washington D.C., he earned a Ph.D. specializing in modern American history and quantitative methods at Harvard. He's written 13 books and hundreds of academic articles.

Professor Lichtman has correctly picked the winners of presidential elections 9 out of the past 10 presidential elections starting in 1984. His previous boffo before now? He predicted Al Gore to win in 2000. And now he can add predicting Kamala to win as a mistake.

Okay, we're past the elections of 2024. Now, have there been pollsters and journalists who have been flat out wrong in the past? Hold onto your seats:

In the young French Republic's first election in 1848, the people in the know were sure General Louis-Eugene Cavaignac would easily beat his rival, Louis-Napoleon Bonaparte for the presidency. The winner? Bonaparte. He was both the first and last president of the young republic as four years later he declared himself "emperor" (Did he have reddish-gold hair...just kidding)

Alf Landon was the republican candidate in the 1936 presidential election who journalists (not all of them) predicted would beat incumbent FDR (Franklin Delano Roosevelt) in a landslide. Not only did FDR beat ALF, he also won the next two presidential elections.

Churchill wins the war, loses the election. You can imagine how high Winston Churchill's ratings were in the summer of 1945. He just led the Allies to victory in Europe. Beat the Nazi's for heavens sake. Certainly he would be shoo-in to win the upcoming election. How did that happen? Well, even though I personally remember Churchill as an extremely good looking bloke, lol, while he and the conservative party were focused on winning the war, his opponents, the Labour Party, helped rule at home. Don't feel too bad for Winston, he became Prime Minister again in the 1950s.

Back across the pond, the Chicago Daily Tribune found new fame when they published their premature headline in 1948 "Dewey Defeats Truman". The headline was very believable as Truman was sinking precipitously in popularity. Several southern democrats abandoned him and the Democrat party because of Truman's staunch support for civil rights. Interestingly, (and don't spread this around) Truman privately approached Eisenhower offering to be his running mate if Douglas MacArthur won the Republican nomination. Eisenhower declined saying soldiers should "keep out of politics" (well, at least until 1952).

I'll end with a few presidential trivia questions and answers

- 1. Which president made Christmas a national holiday? Ulysses S. Grant (The law included New Year's Day, Independence Day and Thanksgiving Day. Grant, trying to reunite the north and the south after that little skirmish aka the Civil War)
2. Before this very moment who was the first U.S. president to serve non-consecutive terms? Grover Cleveland
3. Who was the first president to write a biography of another president? Herbert Hoover wrote "The ordeal of Woodrow Wilson"
4. Which president was often mocked by the newspapers for his appearance? Abraham Lincoln. Press called him "hatchet-faced", and "lean and gangly" (like me lol)
5. Finally, which president so hated his painted portrait that he eventually burned it? Teddy Roosevelt

Finally, looking pasT last Tuesday, what else is new? And by the way, have a good week.

GIVING THANKS:

NOV. 28

NOV. 6



LEGAL NOTICES

FICTITIOUS BUSINESS NAME STATEMENT File No. 2024-225993 The following person(s) is (are) doing business as: ALLSKIN NATURALS BEAUTY, 13337 SOUTH ST # 24, CERRITOS, CA 90703. Full name of registrant(s) is (are) SONIA A STINSON, 13337 SOUTH ST # 24, CERRITOS, CA 90703. This Business is conducted by: AN INDIVIDUAL. Signed: SONIA A STINSON/OWNER. This statement was filed with the County Clerk of Los Angeles County on 10/31/2024. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Business Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code/Publish: Mountain Views News/JDC Dates Pub: NOV 09, 16, 23, 30, 2024

AI-POWERED FITNESS

Imagine having a personal trainer that knows your fitness needs, adjusts workouts on the fly, and is available whenever you need it—all without breaking the bank. This is the future of fitness, thanks to artificial intelligence (AI). AI is moving beyond the tech world and starting to reshape how we exercise, track health, and reach our goals. Here's a look at how AI might change the way you work out.

1. Personalized Training Plans—No Gym Required

In the past, getting a custom workout plan meant hiring a trainer or spending hours researching. Now, AI can build a workout plan just for you. Using data from your fitness level, goals, and preferences, AI-powered apps like Freeletics and Fitbod create workout routines that adjust as you go. These apps even track your recovery. If yesterday's workout left your muscles sore, they might ease up today, helping you avoid burnout or injury. Instead of a one-size-fits-all routine, AI offers a plan that fits you perfectly.

2. Virtual Trainers That Never Get Tired

Virtual trainers may sound like a stretch, but with AI, they're now a reality. AI trainers like Future and Tempo use camera sensors to watch your form and movements, giving real-time feedback just like a coach would. These trainers even "learn" from your past workouts. If you're struggling with certain exercises, the AI will adjust, suggesting alternatives to build your strength. Virtual trainers also help with accountability. Some AI apps even send reminders if you've missed a workout or offer encouragement when you hit milestones, making it feel like you have a real coach cheering you on. And unlike a human coach, virtual trainers are there whenever you need them and don't mind if you pause for a break!

3. Wearable Tech That Knows Your Needs

Fitness watches are getting smarter, thanks to AI. While early wearables tracked steps and calories, newer devices like WHOOP and Oura Ring use AI to give personalized recommendations. These wearables analyze patterns in your activity and sleep to predict the best times to work out and when to take it easy. By learning your routine, they help you stay on track and can even detect signs of potential injuries, helping you stay healthy over the long term.

4. Immersive Workouts in Virtual Reality

Have you ever wished you could run through a forest or kick box in a high-energy arena without leaving home? VR workouts are turning these dreams into reality. Companies like Supernatural and FitXR are combining VR and AI to make workouts more fun and engaging. You put on a headset, and suddenly, you're hiking a mountain or dancing on a virtual stage. AI adjusts the difficulty based on your performance, making each session feel realistic. For people who get bored with traditional exercise, VR can make working out feel like a game.

5. Mental Fitness Gets a Boost

Physical health isn't the only focus of AI-powered fitness. Mental wellness is just as important, and AI is helping people balance both. Popular apps like Calm and Headspace use AI to tailor meditation and mindfulness sessions to individual needs. Now, AI-guided programs are being integrated with physical workouts. Imagine a routine that ends with a calming meditation or a guided walk that doubles as a stress reliever. These programs help make fitness routines better for both the body and mind.

6. Recovery and Injury Prevention

AI is helping people stay active by focusing on recovery and injury prevention. Physical therapy apps like Kaia Health and MoveWell use AI to provide personalized recovery exercises for specific injuries. Even if you're not hurt, AI can analyze your movements and identify imbalances, like favoring one leg over the other. This can help prevent injury before it starts, keeping you healthier in the long run.

It's exciting to see how AI is becoming a big part of the fitness world. While AI can analyze data and offer recommendations, it's important to remember that it's no replacement for human judgment. Listening to your body is key, even if an app is telling you to push harder or take a rest. AI might be able to personalize a plan, but only you know how you feel.

So, as AI continues to develop, it might just make workouts smarter, more accessible, and more fun. From personalized routines to virtual reality workouts, AI offers a glimpse into what fitness might look like in the future. And offer a new way to stay fit.

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.

HUDDLE UP

With **HARVEY HYDE**



IT'S THAT TIME OF YEAR! FOOTBALL SEASON IS HERE AND HARVEY WILL BE ON HIATUS FOR THIS COLUMN FOR A WHILE. FOLLOW HIM ON SUNDAYS ON AM830

Coach Harvey Hyde's College Football Review & Preview



Sunday's: 10am-11am 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

the Y FOR YOUTH DEVELOPMENT™ FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

Fall Pickleball Y'all!

Pasadena-Sierra Madre YMCA Pickleball Tournament

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

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

Where Your Community News Comes First

Mountain Views News

SIERRA MADRE ARCADIA DUARTE PASADENA SOUTH PASADENA ALTADENA SOUTH PASADENA SAN MARINO



YOUR COMMUNITY NEWS EVERY WEEK SINCE 2007

- Where can I get a copy?
▶ At newstands all over town.
- Can I get home delivery?
▶ YES! Use the QR code to sign up.
- View online?
▶ Go to: mtnviewsnews.com



LET THE GAMES BEGIN!

24-25 LEARNS BASKETBALL LEAGUE

REGISTRATION WILL OPEN NOVEMBER 4, 2024

THE SEASON WILL BEGIN JAN. 13, 2024

Scan the QR codes below to register

MIDDLE SCHOOL 6TH-8TH GRADE

SOUR GRAPES

by Tim Jones

HEY, CONSTANCE. HOW ABOUT GIVING ME A FAMILY DISCOUNT TODAY?

SORRY, THAT'S ONLY FOR CLOSE FAMILY MEMBERS.

I'M YOUR BROTHER, THAT'S NOT CLOSE FAMILY ENOUGH?!

...THAT'LL BE TEN DOLLARS.

WHAT KIND OF BUSINESS ARE THEY RUNNING HERE, ANYWAY?

WE STRIVE FOR A FAMILY-FRIENDLY ATMOSPHERE.

I'VE GOT A COUPON.

"Oh, the places you'll go!"
Creating luxury travel adventures for discerning Clientele

Catherine Addé, MA, CTC
 On Lake Avenue by appointment - catherine.a@travelstore.com
 626-639-2614

Moffett's FAMILY RESTAURANT
 "Home of the famous pot pie"

OPEN: Mon-Sat 8am to 8pm
Sun 8am to 2pm
Breakfast from 8am to 2pm
Lunch & Dinner Served All Day
Early Bird Special Mon - Fri 8am to 11am

1409 S. Baldwin Ave . Arcadia Ca 91007
We Deliver : UBER EATS & DoorDash
For Pick-up Call: 626-447-4670

RESIDENTIAL & COMMERCIAL PLUMBING SPECIALISTS

626.222.7954

CENTURYSEWERSERVICES.COM

We Specialize In:
 All Plumbing Repairs
 Sewer & Drain Cleaning
 Video Sewer Inspection
 Water Heater Replacement
 Backflow Testing Services

LIC. C-36 C-42 #626528

OVER 50 YEARS OF PROFESSIONAL EXPERIENCE

Events Around Town in November!
 Brought to you by: **SUE COOK**

One Time Events	November 28 8:30am
November 2 10am - 12pm <i>Old Pasadena Walking Tour North</i> Discover Pasadena's library ruins and more in this National Historical District.	Rose Bowl Turkey Trot Start your Thanksgiving Day off with this family friendly run, walk, skip, or jump around the Rose Bowl.
November 2 4pm - 5:30pm <i>Bones, Skulls, & Mariagolds Workshop - Arboretum</i> Learn about the symbols of Day of the Dead as you paint skulls, examine bones and more as you enjoy an adult drink and pan dulce.	November 1, 2, 3 10am - 5pm <i>The Huntington Fall Plant Sale</i> Find a wide selection of regionally hardy plants to update your garden.
November 8 6pm - 8pm <i>Meow N Paint at Tall Town Cat Cafe</i> Create your own "Meowstereotype". All art supplies are provided in this cat-themed canvas painting session.	November 2, 3 8am - 3pm <i>Anime Pasadena at Pasadena Convention Center</i> Come dressed as your favorite character and enjoy video premieres, a fashion show, live music, and more.
November 9 10am - 3pm (Adults) & 1pm - 3pm <i>Flower Arranging: Woodland Ferns + Dried Flowers at The Huntington</i> Join Flower Duet for a hands-on workshop and create a stunning bouquet to take home.	November 3 (First Sunday of Every Month) 8am - 3pm <i>Pasadena City College Flea Market</i> Over 400 vendors attend the PCC market, known for selling antiques and collectibles.
November 9 12pm - 1:30pm & 2pm - 3:30pm <i>Autumn Leaf Crowns at the Arboretum</i> Celebrate autumn as you build enchanting leaf crowns and sip cider. (Family session & Adult Only Session)	November 4, 11, 18, 25 1pm - 3pm <i>Music in the Rose Garden at The Huntington</i> enjoy the serene beauty of the rose garden and enchanting music presented by Pasadena Conservatory.
November 11 11am - 12pm <i>Veterans Day Ceremony in Monrovia</i> Celebrate Veterans Day with a ceremony in Library Park honoring those who have and are serving our country.	November 7, 8, 9 7pm <i>Treasure Island at Arcadia Performing Arts Center</i> Award-winning Arcadia Stage presents a modern take on Treasure Island filled with hilarious characters, swordfights, songs, and dancing for the entire family.
November 16 2pm & 8pm <i>Pasadena Philharmonic Performs Rhapsody in Blue and More at Ambassador Auditorium</i> Program includes Gershwin's Rhapsody in Blue, Debussy's La Mer, and pieces by Bates and Ravel.	November 10 (Second Sunday of Month) 5am - 3pm <i>Rose Bowl Flea Market</i> Experience over 2,500 vendors at the "world's most unusual" flea market.
November 16 8pm <i>Home Care by Tonality at Cal Tech's Beckman Auditorium</i> Grammy Award-winning vocal ensemble Tonality presents a concert focused on our climate.	November 12 - December 15 5:30pm - 10pm <i>Le Cage aux Folles at Pasadena Playhouse</i> Experience this groundbreaking, heartfelt and hilarious musical comedy.
November 20 7:30pm <i>Distinguished Speaker Series - Malcolm Gladwell at the Pasadena Civic Auditorium</i> Featuring observer, thinker, podcaster, and author Malcolm Gladwell.	November 17 - January 5 11am & 1pm <i>Favorite Fall Trees Walking Tour at the Arboretum</i> Learn about the Arboretum's many trees that produce fall color on this free-with-admission tour.
November 21 11am <i>Doc Dah Parade</i> The wacky and weird "Twisted Sister of the Rose Parade" starts off at Raymond and Holly.	November 29, 30 11am & 1pm <i>Favorite Fall Trees Walking Tour at the Arboretum</i> Learn about the Arboretum's many trees that produce fall color on this free-with-admission tour.
	November 29 - December 24 <i>Los Angeles Christmas Market at ROW DTLA</i> With the feel of the bustling Christmas markets of Germany, this market includes festive food, activities, holiday music and handcrafts made by local artisans.

626.253.1323
suecookrealtor@gmail.com

COMPASS
 DRE#02015404

Start with an Inspection • We'll Answer Your Call 24/7

GARVEY ROOFING INC.
 A ROOF FOR ALL SEASONS

All Work Guaranteed
 Free Estimates

WWW.GARVEYROOFING.COM

626.358.9208 State Contractors License #692839

Exterior House Painting	New Roof, Re-Roof, Roof Repair	Attic and Wall Insulation	Pre-Painted Seamless Gutters
--------------------------------	---------------------------------------	----------------------------------	-------------------------------------

HARD KNOCK'S
 Handyman

If I Can't Fix it, it Ain't Broke
Over 40 Years of Experience!

TEL: 626.433.5948
 EMAIL: TCSPLUMBELECT@OUTLOOK.COM

TERRY YOHN
 OWNER

SERVICES: SPECIALIZED IN PLUMBING, ELECTRICAL & TILE
OTHER CONSTRUCTION SERVICES

SERVING YOU SINCE 1949

GEM PLUMBING
 Locally Owned & Operated

AIR CONDITIONING & HEATING
SALES, SERVICE & INSTALLATION

We Do It All!

COPPER RE-PIPES
FAUCETS | LEAK DETECTION
KITCHEN AND BATH REMODELS
DRAIN AND SEWER CLEANING | WATER HEATERS | WE TACKLE OLD FIXTURES

ALL MAJOR BRANDS Emergency Service Available **355-3496**

140 E. Montecito | Sierra Madre **State Contractor Lic. #111308**

FREE ESTIMATES

Sierra Madre ANIMAL HOSPITAL

Walter Cailleteau, DVM
 927 N. Michillinda Ave.
 Pasadena, CA 91107
(626) 351-8863

Free Exam!
For New Clients
 Bring this coupon to save!

Sierra Madre ANIMAL HOSPITAL

A Heartfelt Thank You

This Veteran's Day, we honor and express our deepest gratitude to the brave men and women who have served our country with dedication and courage. Your sacrifices and commitment have protected our freedoms and enriched our nation. Today, we pause to remember, thank, and celebrate you for your unwavering service. We are forever indebted to you.

*Sincerely,
Luther & Georgina*



**Luther
Tsinoglou**

626.695.8650
luther@tsinoglou.com
tsinoglou.com
DRE #01135433

**Serving the Sierra
Madre Community
for 30+ Years**

COMPASS



Compass is a real estate broker licensed by the State of California and abides by Equal Housing Opportunity laws. All material presented herein is intended for informational purposes only and is compiled from sources deemed reliable but has not been verified. Changes in price, condition, sale or withdrawal may be made without notice. No statement is made as to accuracy of any description. All measurements and square footage are approximate.

**To Learn More,
Scan QR Code**

