

Mountain Views News

Sierra Madre Arcadia Duarte Monrovia Pasadena Altadena South Pasadena San Marino

SATURDAY, NOVEMBER 16, 2024

VOLUME 18 NO. 46



the webb-martin group

SIERRA MADRE COMMUNITY DOING WHAT IT DOES BEST: WORKING TOGETHER!



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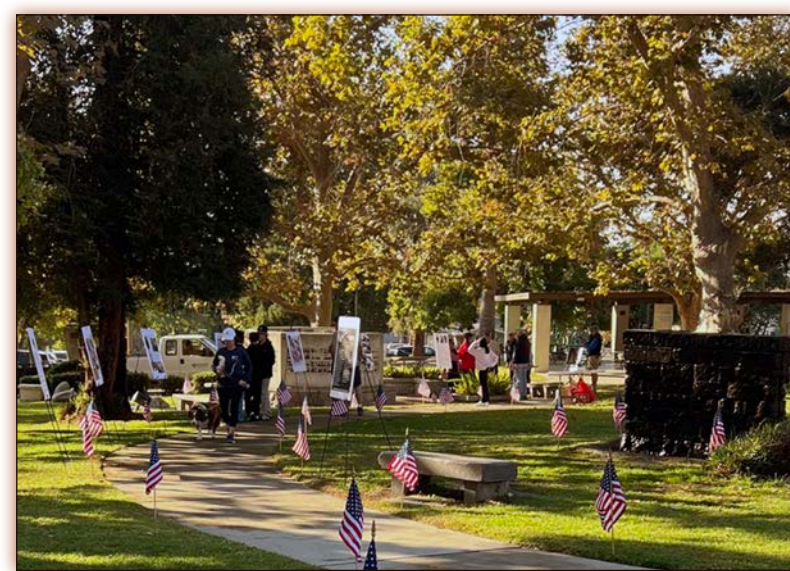
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In honor of the men and women of Sierra Madre, past and present, who served in our armed forces, on Veterans Day, the Sierra Madre Kiwanis Club with the help of the Sierra Madre Rotary Club organized its 5th Annual Walk and Learn in Memorial Park.

The exhibit featured profiles of many well known Sierra Madrenans who also served the community over the years, including the Veteran for whom the Sierra Madre Post Office was renamed for, World War I Veteran Louis Van Iersel. Students from Sierra Madre Middle School's Service Club served as docents.

The story boards included information on Veterans Bud Switzer, Gordon Caldwell, Johan (Jack) Frits ten Napel, Ken Anhalt, and Marine Esther Garcia (partial listing).



It also included a list of veterans who are currently living in Sierra Madre and provided an excellent opportunity to also visit the Memorial Wall and the Weeping Wall.

You can hear the story of two of our WWII veterans in their own voices on the Library of Congress website. Ken Anhalt who at 101 is Sierra Madre's oldest living veteran can be heard by going to: <https://www.loc.gov/item/ajc2001001.68237/>. You can also hear Gordon Caldwell who passed away in 2017 by going to: <https://www.loc.gov/item/ajc2001001.80273/>

Story and Photos by S. Henderson/MVNews

Sierra Madre Woman's Club
Founded February 23, 1907 - "Living the Volunteer Life" in Friendship
Member of General Federation of Women's Clubs - cfwc.org & gfwc.org

Come Early to Our Community
48th Interfaith Prayer Breakfast
Wednesday, November 20
8:00 - 9:00 a.m. sharp!
at "The Lodge"

RSVP Required: 355-6225 by 5 pm Sun, 11/17

Join us for Member-Only Yoga w/ Paul Hagan Tuesdays, 10 am
SierraMadreWomansClub.org
SierraMadreWomansClub 626-355-4379
Shop Award-Winning Wistaria Thrift Shop 626-355-7739

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<p>FOR LEASE</p> <p>PASADENA \$4,000 / Mo Spacious 3-story rental with 2 en suite bedrooms, Viking kitchen, fireplace, balcony, mountain views, and ADT security system.</p>	<p>FOR SALE</p> <p>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!</p>	<p>FOR SALE</p> <p>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.</p>
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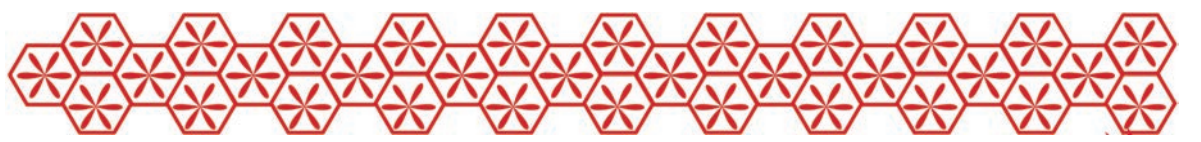
Lunch Specials: Monday to Thursday, 10:30 AM - 3:00 PM; Excluding Holidays



BOOK NOW

Scan This Code QR To See The Menu **626-510-6286**

975 N Michillinda Ave, Pasadena, CA 91107

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 Obazawa, Sierra Madre Historical Archives



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 \$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)
 \$8.50 FEEDS 6-8	OR	 DEMI LOAFS \$ 8.50 FEED 6-8 (2 LOAFS)

Moffett's
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SMALL BUSINESS SATURDAY
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SCAN ME

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November 30, 2024

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6-Day Forecast Sierra Madre, Ca.

Sun	Sunny	Hi	60s	Lows	50s
Mon:	Sunny	Hi	60s	Lows	50s
Tues:	Sunny	Hi	60s	Lows	50s
Wed:	Sunny	Hi	60s	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 26, 2024 5:30pm

THIS MEETING WILL BE HELD IN THE COUNCIL CHAMBERS!

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

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

The meetings will be streamed live on Foot-hills Media website at foothillsmidia.org/sierramadre and broadcast on Government Access Channel 3 (Spectrum)..

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

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

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

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

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



Sierra Madre Public
LIBRARY
Read • Discover • Connect

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

November 18 — November 23

Monday

Baby Rhyme Time — Library at 9:00am

Preschool Storytime — Library at 10:00am

Writer's Workshop — Naomi Hirahara at Emmi's Restaurant from 6:00pm - 8:00pm

Wednesday

Tails & Tales — Library from 3:30pm — 4:30pm

Pajama Storytime — Online at 7:00pm. Call to register

Thursday

Third Thursday Book Club — Online at 11:00am. Call to register

Saturday

Hike with Bob — Mount Wilson at 7:00am.

Call to register

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

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

WALKING SIERRA MADRE - The Social Side

by Deanne Davis

"America without her soldiers would be like God without His angels."
Claudia Pemberton

"Never was so much owed by so many to so few." Winston Churchill

Monday was Veteran's Day and it occurred to me that I didn't see anyone selling red paper poppies. That may very well have been going on but I just missed it.

The poppy is a symbol of remembrance and hope for a peaceful future and is worn to honor the service and sacrifice of veterans, their families, and the Armed Forces. On Memorial Day and Veterans Day, millions of red crepe paper poppies are distributed across the country in exchange for donations that go directly to assist disabled and hospitalized veterans in our communities

The poppy tradition began after World War I when the nations involved in that war didn't have especially good systems for dealing with disabled veterans or people who had lost loved ones. The idea was inspired by "In Flanders Field," by Lt. Col. John McCrae, a Canadian doctor who served in 1915 at the second battle of Ypres in Belgium. The picture today is of Tyne Cot Cemetery in Ypres, Belgium.

After a close friend was killed during the fight, McCrae wrote his famous poem while sitting on the back of an ambulance and watching the poppies blooming and blowing between the graves of those killed in the battle. His poem began:

In Flanders fields the poppies blow
Between the crosses, row on row
That mark our place; and in the sky
The larks, still bravely singing, fly,
Scarce heard amid the guns below.

We are the Dead. Short days ago,
We lived, felt dawn, saw sunset glow,
Loved and were loved and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high
If you break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

Veterans day (originally known as Armistice Day) is observed annually on November 11th, honoring military veterans. Major hostilities of World War I were formally ended at the 11th hour of the 11th day of the 11th month of 1918 when the Armistice with Germany went into effect. At the urging of major U.S. veteran organizations, Armistice Day was renamed Veterans Day in 1954.

We are also in the middle of Native American Heritage Month. My friend, Perry Moore, who teaches fifth grade, introduced these wonderful words by Chief Crowfoot to his students. Chief Crowfoot was head chief of the Blackfoot people. He was an advocate of peace and accommodation with the white people, and tried to discourage tribal warfare.

"Hold on to what is good, even if it is a handful of earth.
Hold on to what you believe, even if it's a tree that stands by itself.
Hold on to what you must do, even if it's a long way from here.
Hold on to your life, even if it's easier to let go.
Hold on to my hand, even if someday I'll be gone away from you."

Veterans Day is a day that urges us to remember the terrible cost of war. These song lyrics by Jill Jackson and Sy Miller are a good ending to this week's Walking Sierra Madre

"Let there be peace on earth
And let it begin with me

Let this be my solemn vow
To take each moment and live
Each moment in peace eternally
Let there be peace on earth
And let it begin with me"

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

Nov. 3-9, 2024	Calls for Service	238
	Formal Investigations	8
Total Year to Date for 2024	Calls for Service	10,490
	Formal Investigations...	465

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.

Sunday, November 3 Grand Theft
At approximately 12:00PM, officers responded to the police station lobby to meet with a citizen regarding a theft report. A resident was scammed out of money. Officers took a report. No suspect information was given. The report was taken for documentation purposes.

Monday, November 4 Weapons Violation
At approximately 9:30 AM, while on patrol of North Baldwin Ave, officers made a consensual contact with a subject. While talking with the subject, a records check was ran and it was found he had a felony warrant for his arrest. The subject was on probation and was in possession of a weapon. Officers booked the weapon as evidence and transported the subject to Pasadena Jail. This case has been forwarded the Los Angeles District Attorney's Office for filing considerations.

Monday, November 4 Drug Violation
At approximately 4:00 PM, while on patrol of West Sierra Madre Blvd and Park Ave officers made a consensual contact with a subject. While in casual conversation, the subject told the officers he had a warrant for his arrest. A records check confirmed the subject had two outstanding warrants for his arrest. A search conducted the subject was also in possession of controlled substances. The subject was placed under arrest and transported to Pasadena Jail. This case has been forwarded the Los Angeles District Attorney's Office for filing considerations.

Tuesday, November 5 Attempted Grand Theft
At approximately 2:30 PM, officers responded to the 200 block of West Montecito Ave in regards to a possible grand theft. An unknown suspect attempted to take an electric blower from a gardening truck and fled in an unknown direction. Officers canvassed the area for cameras and witnesses and took a report. This case has been forwarded to the Detective's Bureau for further investigation.

Friday, November 8 Drug Violation
At approximately 2:30 PM, officers responded to the 600 block of West Sierra Madre Blvd in regards to an abandoned 9-1-1 call. Officers arrived on scene and upon investigation it was revealed that a domestic violence had occurred. The aggressor was arrested and transported to Pasadena Jail. This case has been forwarded the Los Angeles District Attorney's Office for filing considerations.

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:
HONORS@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**

Creative Arts Group

Member Appreciation Day

Wednesday, December 4

Shop for one-of-a-kind handmade holiday gifts.
We have ceramics, jewelry, glass, paintings and much more!

Winter Session begins January 13
Registration begins in mid-late November

We will be closed for the Thanksgiving holiday November 25-30.

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

Pasadena Altadena

News From Your Community For Your Community

Mayor Gordo set for Holiday Tree Lighting



Join Pasadena Mayor Victor Gordo for the Mayor's Annual Holiday Tree Lighting Ceremony on Friday, Dec. 6 at Pasadena City Hall. Bring family and friends to this free celebration featuring local singers and dancers, crafts for kids provided by Armory Center for the Arts, light refreshments by Starbucks, and a special appearance by jolly Santa Claus. Have your camera handy to capture some festive holiday moments at several photo stops available throughout the event courtesy of Pasadena Management Association and Oh! Snaptastic! Photo Booth by Girl Squad Media.

Mayor Gordo will light the City's official tree at 6 p.m., so come early for parking and a prime viewing spot at City Hall. Free parking will be available at the Central Library Parking Lot on a first-come, first-served basis.

If you have the means, please help the Pasadena Fire Department give local underserved children and teens a holiday to remember. Pasadena firefighters will be at the tree lighting ceremony collecting donations of new, unwrapped toys, sports equipment and gift cards for the annual Spark of Love Toy Drive.

Live entertainment throughout the night will feature performances by Afterschool Adventures Cheer & Dance, Norma Coombs Choir, Rosebud Academy Choir, W.O.W! On the Move, Outspoken Dance Company and Elements Dance Space.

The tree lighting will take place from 5 p.m. to 7 p.m. Pasadena City Hall is located 100 N. Garfield Ave.

Pasadena One City, One Story Selections

Next year marks the 23rd anniversary of the One City, One Story community-reading program. This annual program was created to bring the community together in a common conversation. A 19-member selection committee made up of community volunteers has worked for many months to come up with these finalists, all thought-provoking nominees. The library will be announcing the 2025 One City, One Story selections online on Thursday, December 19 at 4:00 p.m.



Pasadena Library Measure PL set to Pass

Pasadena city officials announced Tuesday that the vote count for Measure PL was showing Pasadena voters supporting the Measure at 72.23% leading the way to successful passage.

"Pasadena's Central Library is a landmark and a lifeline for our community, offering educational, cultural, and historical value," said Pasadena Mayor Victor Gordo. "With Measure PL, we're investing in its future and ensuring it remains a safe and welcoming place for generations to come. The voters' overwhelming support for this measure is a powerful reflection of the community's commitment to preserving and strengthening our libraries, which play an essential role in fostering learning, connection, and opportunity for all."

Measure PL will provide funding to make the necessary earthquake retrofit and repairs to reopen the historic Central Library. The planned improvements will both preserve the historic elements and modernize the building to serve the community for the next century and beyond.

"Our residents have shown their commitment to preserving and strengthening a cornerstone

of our city," said Pasadena City Manager Miguel Márquez. "Measure PL allows us to safeguard the Central Library, honoring its historic roots while equipping it to serve Pasadena's youth and all generations, providing a gateway to future opportunities and lifelong learning."

By securing funding for the project the timeline for reopening Central Library will stay on track. Bidding, construction documents, and contract award are anticipated to be completed by the summer of 2025. Construction is projected to commence following contract award and have a duration of 30 - 36 months. We anticipate reopening Central Library to the community in 2028.

"We are grateful to our residents who appreciate the value, history, and opportunity that Central Library represents," said Tim McDonald, Pasadena Library Director. "Central Library is not just a building; it's a hub of learning that provides free access to resources for all members of the community. We are committed to reopening this vital institution and protecting it for the next 100 years and beyond," said McDonald.

City of Pasadena Highlights Allowable Rent Increases

The City of Pasadena's Rent Stabilization Department announced Tuesday that they are committed to keeping both tenants and landlords informed about recent changes in allowable rent increases and registration requirements. The department has released essential tips and guidelines on the rent increase limit, eligibility requirements, and the Annual General Adjustment (AGA) under the new Pasadena Fair and Equitable Charter Amendment.

Key Points for Tenants and Landlords

- Allowable Rent Increase: The maximum allowable rent increase is capped at 3.0% for existing tenancies, effective from October 1, 2024, to September 30, 2025. This adjustment, known as the Annual General Adjustment (AGA), can only be applied once every 12 months. Rent increases exceeding this limit are not permitted for eligible rental units.

- Eligibility: Not all rental units fall under this 3.0% cap. The following units are excluded: Units constructed after 1995; Single-family homes temporarily rented for no more than 12 months in any 36-month period; Low-income housing tax credit units owned by non-profits; Units owned by government entities, where exempted by regulations and Units with shared spaces like bathrooms or kitchens in primary residences.

- Registration Requirement: To implement a rent increase, landlords must register their



rental units with the City of Pasadena and pay the Rental Housing Fee. Failure to do so means landlords are ineligible to impose any rent increase on their units.

- Notice Requirements: Landlords must provide tenants with a 30-day written notice before any rent increase. This notice should include a General Notice about the Charter Article XVIII to ensure transparency.

- No Banking Policy: The department emphasizes a no-banking policy, which means landlords cannot save or accumulate unused rent increases to apply in future years. If a rent increase is not taken by September 30, 2025, it cannot be imposed later.

Detailed guidelines, FAQs, and additional information are available at: dcba.lacounty.gov.

For additional questions or assistance with rent stabilization policies, please contact the Rent Stabilization Department at (626) 744-7999 or email RentStabilization@CityOfPasadena.net.

To learn more about the Central Library Earthquake Retrofit and Building Repairs project visit CityOfPasadena.net/Library/Central-Library-Earthquake-Retrofit/.

One-Day Watering Schedule Now in Effect

Interim General Manager of Water and Power, David Reyes, announced Thursday that Pasadena's one-day outdoor watering schedule is now in effect through March 31, in accordance with the City's existing Level 2 Water Supply Shortage Plan. Outdoor watering is limited to one day a week. Even-numbered addresses may water on Mondays, while odd-numbered addresses may water on Tuesdays. All watering must be done before 9:00 a.m. or after 6:00 p.m., with exceptions for hand-watering, tree maintenance, and other water conserving methods, such as low flow drip-type irrigation systems.

For more information, visit PWPweb.com/WateringSchedule.

Colorado Street Bridge Barrier Update

Pasadena Heritage staff gave an update Thursday on the design of a permanent vertical barrier to replace the temporary chain link on the historic Colorado Street Bridge.

Pasadena Heritage staff and former staff members are part of a stakeholders group that consults periodically with the Public Works Department and the architectural team led by Apex Architects. At the most recent meeting in late October, a variety of options were narrowed to two concepts - one using pickets similar to the existing fence from 1994 but taller, and one using a metal mesh fabric. Both options would serve as an effective deterrent, be very difficult to surmount, and both would comply with the Secretary of the Interior's Standards, assuring compatibility with the historic bridge.

"Our understanding is that these two concepts will return to city commissions and the city council for review in the coming months," Pasadena Heritage staff said.

Sample panels of both options will be constructed so the public can see what the actual materials look like they said.

Tournament of Roses Adds Third Day to Float Viewing



The Pasadena Tournament of Roses officials announced Tuesday that they are adding an additional day of Floatfest, post parade float viewing, three full days of up-close magic as fans immerse themselves in the artistry of the Rose Parade's one-of-a-kind floral masterpieces.

Floatfest will run from Jan. 1 through Jan. 3, giving visitors even more time to experience the beauty, creativity and intricate details up close and celebrate the hard work and dedication of float builders and volunteers.

The event includes live entertainment, food trucks, video wall, and a beer and wine garden with a full-service bar. Floatfest is Located Sierra Madre and Washington Boulevards, Pasadena. Tickets for Floatfest are available

online at sharpseating.com.

Admission: \$25 (Free for children 5 and under.) Tickets sold online only. No cash or credit sales onsite. Early booking is encouraged. Jan. 1, 2025: 1:30 p.m. - 5 p.m. (ticket sales end at 3:30 p.m., last entry at 4 p.m.)

Jan. 2, 2025: 7 - 9 a.m. (reserved for seniors and people with mobility disabilities) Jan. 2, 2025: 9 a.m. - 5 p.m. (ticket sales end at 3:30 p.m., last entry at 4 p.m.)

Jan. 3, 2025: 9 a.m. - 4 p.m. (ticket sales end at 2:30 p.m., last entry at 3 p.m.)

Shuttles from two Pasadena locations are included with the purchase of Floatfest tickets; street parking near the event is extremely limited.

For more information visit: tournamentofroses.com.

Pasadena Seeks Member for Rental Housing Board

City officials announced that applications are being sought from qualified residents for an Alternate Tenant Member position on the Pasadena Rental Housing Board ("PRHB"). Applications close on Monday, Dec. 16, and can be submitted at the Office of the City Clerk, 100 N. Garfield Avenue, Room S228, or online at Pasadena's Commission Vacancies webpage. This vacancy is due to a recent resignation, and the appointed member will serve until May 24, 2027. Applicants must reside in Pasadena and have no recent ownership or management ties to rental

properties in Los Angeles County.

The PRHB's role includes setting rent adjustments, managing a rental registry, and enforcing housing regulations under Pasadena's Charter Article XVIII. Alternate members attend meetings and participate in discussions but can only vote when a regular member is unavailable. To apply, candidates need 25 signatures from residents in their Council District and must submit a declaration of financial interests. The position offers paid attendance up to 20 hours weekly at 2.5 times Pasadena's minimum wage.

Free Oil Filter Exchange Event

Bring your used oil filter and get a new oil filter to O'Reilly Auto Parts 1860 E Colorado Blvd for free Saturday November 23 from 9:00 a.m. to 1:00 p.m. Exchange up to two used filters per household, with a maximum cost of \$15 each, not including sales tax. Free oil recycling kits will also be provided to attendees. While supplies last. Residents are encouraged to bring their used oil to the event as well. Oil filter exchange events help protect the environment by promoting proper recycling of used oil and oil filters and are made possible by a grant from the California Department of Resources Recycling and



Recovery (CalRecycle). If you would like your used oil picked up directly from your home, please schedule an appointment by contacting the Pasadena City Service Center at (626) 744-7311. Visit CityofPasadena.net/UsedOil to view a list of certified oil and oil filter collection centers located in Pasadena.



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LISA SMITH HONORED

Ms. Lisa Smith received a Community Service Award from the Duarte Kiwanis Club at a recent Installation Dinner. Ms. Smith is the faculty advisor for the DHS Key Club. Ms. Smith is always and immediately available to the club members, as a group or individually, to help and encourage them with their many endeavors. She very proactive and persistent in aiding the club officers with cutting through the red tape and school required paperwork. The Key Club members shared examples of her support including:

- provides guidance with problem solving
- Warm kind hearted
- She inspires us
- Provides a safe space for the Key Club members to go to her with issues



Pictured (from left) outgoing President, Frank Figueroa, Lisa Smith, Kiwanis Youth Advisor, Kaye Biggs, Div. 35 Lt. Governor, Richard Andrews. If you are interested in joining the Duarte Kiwanis or presenting at a future meeting, please contact Tina Carey at tinac51@aol.com.

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BETHANY CHRISTIAN SCHOOL HONORS VETERANS WITH VETERANS DAY CHAPEL



Bethany Christian School honored area veterans with a Veterans Day Chapel on Thursday, November 7, 2024. Over a dozen area veterans were honored at Bethany Christian School's annual Veterans Day Chapel.

The program was opened with the presentation of the colors by the Sierra Madre VFW followed by the national anthem performed by the Bethany Christian School Choir. Head of School Jon Hawes gave a history of Veterans Day and the 8th grade class performed the poem "In Flanders Fields" by John McCrae.

Veterans stood and were applauded for their area of service as the Bethany Choir sang the "Tribute to the US Armed Forces" which includes the songs of all major branches of the military. Commemorative poppies were handed out to all and veterans were also given special commemorative coins. Frank Schifani board member for Bethany Christian School read Scripture and prayed.

The event concluded with "God Bless America" sung by the choir. Students, faculty, and staff then personally thanked each veteran in a special receiving line followed by a reception for the veterans. For more information about Bethany Christian School, please visit www.bcsliions.org.

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://psh.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
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(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
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Count on Me!

Get it? Tee-Heel!

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

Sweet Treats

Why People Count Things

Count your money so it doesn't just "fly away"!

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

MANIAS AND PHOBIAS

ACROSS

1. Figaro's solo, e.g.
5. Not sin, as in math
8. Designer Laroche
11. Pi-meson
12. Cut, like a log
13. *Telephobia, or fear of this device
15. "He's Just Not That ___ You", movie
16. 2D measurement
17. Gives a helping hand
18. *Ludomania, obsession with ___
20. Therefore
21. Poetic feet
22. Accident
23. * ___ mania, obsession with wealth and power
26. Type of throw, in baseball
30. Miner's load
31. Member of Round Table
34. Quartet minus one
35. Spacious
37. Last word of "America the Beautiful"
38. Young chicken
39. Cocoyam
40. Largest Asian antelope
42. Haute couture gala location, with The
43. Slimy phlebotomists
45. * ___ phobia, fear of public speaking
47. Took the bait
48. Tempter
50. Dumbstruck
52. *Gamophobia, fear of ___
55. September stone
56. Cantina cooker
57. Apple leftover
59. Lakes, in Scotland
60. ___ gin
61. "On a ___," or carefree
62. * ___ mania, obsession with oneself
63. Cough syrup amt.
64. Additional

DOWN

1. * ___ phobia, fear of bees
2. Bananaphone preceder
3. Itty bit
4. Language disfunction
5. Indigenous person of Lesser Antilles
6. Track and field star, 1936 Olympics
7. Tear in pantyhose
8. Struck with a mallet
9. Back arrow key
10. Indeed
12. Against the stream swimmer
13. Say "pretty please"
14. * ___ phobia, fear of snakes and crocodiles
19. Uncooperative, like a mule
22. "Battleship" success
23. Kind of mushroom
24. Grind down
25. Glittery stone
26. Carpet style
27. Lily genus, pl.
28. Angers
29. "All for one and one for all," to Musketeers
32. Egyptian goddess of fertility
33. Hair raiser
36. * ___ effect, or compulsive handwashing
38. Pileus, pl.
40. Entomologist's catcher, sometimes
41. Agora, plural
44. Tannery supply, pl.
46. Delphi talker
48. Room partitions
49. Lowest deck on a ship
50. Full of excitement
51. Home to Baylor University
52. Lion's share
53. Hockey score
54. Commits a faux pas
55. A in IPA
58. Increase

CROSSWORD

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

NOV. 9, 2024 Solutions

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RESTAURANT REVIEW: PANDA INN – A FRESH LOOK AT A PASADENA CLASSIC

For over 50 years, Panda Inn has stood as a beloved Pasadena landmark, known for its classic Chinese-American fare and cozy, old-school charm. But this past year, the restaurant closed for a much-needed remodel, and now it's back—and it looks fantastic. Gone is the dimly lit, outdated decor; in its place is a fresh, modern space that still retains that signature warmth and welcoming vibe. But make no mistake: Panda Inn may look different, but it's far from abandoning its roots.

In fact, as the birthplace of Panda Express, this is the original Panda Inn—the very place where the chain began—so while the new interior may feel more polished, the essence of what made Panda Inn a favorite for decades is still very much alive.

A Fresh Look, but Familiar Feel

Walking in, I was immediately impressed by how the space had been transformed. The remodeled interior features sleek, contemporary touches like lighter wood, soft lighting, and open seating that feels airy yet cozy. There's a definite upscale feel to the restaurant now, but don't let the fancy decor fool you—it's still the same Panda Inn where you can feel right at home.

I admit, I was a little concerned that with the updated look, the prices might have taken a sharp turn northward, but I was pleasantly surprised. While portions might be slightly smaller than what I remember, the value is still very much present. After all, the flavors and heart of the place remain intact.

Old Favorites Done Right

I was excited to dig into some of my long-time favorites, and I was not disappointed. The Orange Chicken remains the signature dish for a reason—crispy chicken coated in that iconic sweet, tangy orange sauce. It's still as delicious as I remember, delivering that perfect balance of savory and sweet, with the crunch that makes it so satisfying.

Then there's the Chicken and Cashew, another personal favorite. The tender chicken pieces are stir-fried with perfectly roasted cashews, green onions, and a savory sauce that makes it comforting but never heavy. It's the kind of dish you can't stop eating, and I was happy to see that it's still on the menu.

As for appetizers, I couldn't pass up the Crab Wontons. These crispy, golden bites filled with a rich, creamy crab filling are as good as ever—an absolute must-try for anyone who hasn't had them before.

And let's not forget the drinks: if you've ever been to Panda Inn, you know the Mai Tais are legendary. These cocktails pack a punch, and the ones I had during my visit were no exception—smooth, strong, and perfectly balanced. They're one of those things that, once tasted, are hard to forget.

Service That Feels Like Family

What really stood out to me during my visit was the service. While the decor may be new, the familiar faces are still there. It was a real treat to see longtime servers and managers—like Mila, Luther Caton, and Henry—back at their posts, greeting guests like old friends. And the new General Manager, Kenny, did a fantastic job making everyone feel welcome. The level of service felt just as warm and attentive as it ever was, and I was impressed with how seamlessly everything ran.

A Few Final Thoughts

For those who've frequented Panda Inn over the years, the recent changes might be a little surprising at first. The updated look is definitely more modern, and it could easily fit in with some of the newer, trendier spots around town. But for those who come for the food, the familiarity remains. The Orange Chicken, the Chicken and Cashew, the Mai Tais—all the things that made Panda Inn great—are still there, just with a little more polish. If you are a Sushi fan low and behold a Sushi bar !!

Though the prices may be a touch higher due to the new ambiance, I found the experience to be well worth it. The portions may be smaller, but I'm still hard-pressed to finish everything that comes to the table. All in all, my visit was a fantastic reminder of why Panda Inn has remained such a beloved part of Pasadena's dining scene for so many years.

Final Verdict: Two Thumbs Up

Whether you're a longtime fan or a first-time visitor, you'll find plenty to love about the new Panda Inn. The combination of the restaurant's nostalgic charm, updated atmosphere, and reliably delicious food make it a winning spot for any occasion. It's fancy, sure, but still very much the Panda Inn we know and love.

ALL THINGS By Jeff Brown

PINNEY HOUSE-225 N.LIMA SIERRA MADRE'S TREASURE SINCE 1887



In August of 1887, Dr. Elbert Pinney, a retired civil war surgeon, farmer, rancher, merchant and developer arrived in the new town of Sierra Madre.

He bought 35 acres of land at the base of the San Gabriel Mountains and moved his family at the age of 70 and he lived to around 90. His tract sloped gently from the base of Mt. Wilson with views towards Los Angeles fifteen miles away.

He was an admirer of Luther Burbank's horticultural work, and most likely was drawn to California to work with him. Pinney planted vineyards and citrus on his considerable property. Pinney hired renowned architects Samuel and Joseph Cather Newsom to design his new hotel.

The Newsom brothers created this 10,000 sq. ft. dramatic Queen Anne style (railroad) hotel with its signature oriel tower (to see when the train arrived) and sweeping front veranda. The Hotel Sierra Madre opened with its 24 plus day rooms. Throughout its 125+ year life, the Hotel that Pinney built has been one of the treasures of Sierra Madre.

Over the years, the house has accommodated a variety of uses: as a sanatorium; as a boarding house "Hotel Sierra Madre" (the conservatory was added in 1910 to accommodate ballroom dancing lessons) and as apartments. A popular filming venue in the 40s and 50s, Barbara Stanwyck's *The Great Man's Lady* and Bob Hope's *Seven Little Foyes* was filmed here. The Hotel Sierra Madre was in 1889 as the *The Valley Vista Newspaper* described "A quiet and comfortable home for sojourners and tourists. Reached by carriages from station on the Santa Fe railroad one mile distant. There is from this house a fine view of the beautiful San Gabriel Valley, extending from one end of the valley to the other and from the mountains to the sea, presenting a picture grand, inspiring and never tiring, revealing to the observer new beauties each day.

The comfort of their Guests is the First Care of the Managers of this House. Fare and Accommodations as Good as can be had anywhere. Board with Room \$8 to \$12 per week*." *1887 Prices

THE TASTING ROOM

STRESS FREE AND THOUGHTFUL WINES FOR THANKSGIVING

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

Are you stressing over which wines to serve this Thanksgiving? Stress no more. This week and next week I will be giving you my recommendations for wines to pour at your Thanksgiving meal. I'll provide you with a range of wines to fit any budget, from higher priced wines to great value wines.



Many of you put your heart and soul into preparing your Thanksgiving meal – I know I do. You should put the same effort into your wine selection. I am going to brine, spatchcock (be careful when you Google that word!), and smoke my turkey this year to go along with my Chorizo & Corn Bread stuffing. With all that effort, why would I go to the grocery store and buy a mass-produced bottle of mediocre wine? I'm not going to do that, and neither should you. I'm here to help make it easy for you to enjoy a great bottle of wine that will be perfectly paired with your meal. It will also excite your family and friends with new discoveries. These are just my recommendations. They're not etched in stone, nor should they be the final word on which wines you should pair with your Thanksgiving meal. If you like a certain wine, drink it with your meal. Drink what you like no matter what "experts" might say or think. I have a friend who is very highly regarded in the wine world who swears by white zinfandel with sushi. When it comes to drinking wine you enjoy, YOU are the expert.

Having said that, here's my recommendations for your Thanksgiving wines... Regular price shown along with Mountain Views News Price (MVN.) Say you saw it in the Mountain Views News and get the discounted price.

Well-made Chardonnay is Thanksgiving worthy! Here are two chardonnays that are excellent choices for your table.

Henri Costal "Vaillons" 1er Cru Chablis 2022 – From Premier Cru 30+ year old organically farmed vines. Orchard fruit, river stone, white floral notes. Bracing acidity. Crisp finish. Reg \$46.99 MVN \$44.99

Bishop's Peak Chardonnay, San Luis Obispo Coast 2023 – Eric Johnson is crafting fantastic wines at Talley Vineyards. This is their great value wine label. Certified Sustainable and vegan. Meyer Lemon, pear, honeydew, and floral notes. Subtle oak. Juicy finish. Reg \$16.99 MVN \$15.99

Pinot Noir is a slam dunk for Thanksgiving.

Alfaro Family Pinot Noir, Trout Gulch Vineyard Santa Cruz Mountains 2021 – One of my faves in the shop! Organically farmed. Red fruit, citrus, floral, and white pepper notes. Very subtle oak. Clean and elegant. YUMMY! Elsewhere \$40 to \$50. MVN \$33.99
Other interesting and delish wines!

Leah Jorgensen "Tour Rain" Vin Rouge, Oregon 2021 – Leah is a heckuva winemaker. She crafted this brilliant Cabernet Franc/Gamay blend from Certified Sustainable vineyards. Cab Franc is lighter than Cabernet Sauvignon and has the acidity to cut through any fatty elements in your meal. Gamay is very food friendly. Bing cherry, cigar box, cranberry, floral notes, and peppercorn notes. Mouthwatering juiciness on the finish with subtle tannins. Jay and Jeff love this wine – it's a Twin Pick! Reg \$24.99 MVN \$23.99

Villa di Corlo "Rolfshark" Lambrusco Grasparossa Di Castelvetro – A red sparkling wine that is outta this world! Antonia Munari is fabulous. She is owner, winemaker, and a bad ass! All organic. The winery is solar powered and carbon neutral. I can finish this bottle all by myself. Dry. Sparkling. Red fruit. Violet. Damn this is good. Reg \$19.99 MVN \$18.99. I will be pouring it this Sunday at 3pm. Come taste it!

More Thanksgiving picks next week.

Thursday & Friday November 21 & 22 Gorgeous Gams! Gamay For Thanksgiving. I will be pouring various wines including the best Beaujolais Nouveau I have ever had. It arrives in a few days.

Until next time – Salud!

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CHRISTOPHER Nyerges



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

ADVICE TO WRITERS

I seem to write all the time I always have, even as a child when I doodled and wrote obscure poetry. I had a certain awe and respect for the written word.

One of my mentors always encouraged me to write and to share my experiences extensively. I followed that advice, though often felt that my mentor was just giving me a pep talk, making me think that my work was better than it was. I mean, I had already been writing newspaper columns for a few years, and one book, and many magazine articles. I figured if publishers and editors were willing to pay me to say something to their readers, well, at least I was not a complete loser.

Still, I always sought to find the "secret formula" of the most successful writers. By successful, I meant authors whose books sold millions of copies, whether I liked what they had to say or not. Yes, writing is an art, but it is also a business.

I studied the techniques of Ray Bradbury, Kurt Vonnegut, Walter Mosley, and many others, looking for the success technique. I was beginning to think that some writers were very imaginative, and I didn't think I had a great imagination. But I did have another important faculty - I was persistent.

Some friends who I regarded as great poetic writers with great imagination, would write me letters that I kept for inspiration. When I asked them why they don't write professionally, they simply shrugged and said it was too much work, or that they didn't want to be poor.

So I just persisted, writing for myself because I enjoyed the process and the result.

Then I recall Garrison Keilor saying that his great inspiration for his Lake Wobegon series was his town when he grew up. All the fictional characters of Lake Wobegon were based upon some real incident or person from his past. Wow! And yet, most beginning writers will say they don't have anything interesting to write about, that their personal lives are very boring and ordinary. They are so close to their own stories that they don't think the world would be interested. So I just continued, writing for my self, writing about those themes that I wanted to document for my own memory, or that I felt were important, without regard to any polls or inquiries as to what was selling the most.

Of my 27 published books, only 3 are fiction. I wrote one book about my childhood, non-fiction, calling it Watermelon Dreams. That book is all real stories about my childhood, though some readers have thought that I made up some of the stories. Because those are my stories, I really have no idea if anyone else likes them or finds them valuable. I write for myself first.

My mentor also always told all his students to record their miracles in life, their failures and how they overcame life's obstacles, their experiments, their dreams, their worthwhile adventures, and anything that would be worth remembering. I have attempted to do this as much as time permits, but, yet, writing is work, and I spend more time writing those pieces that I know I can sell -yes, I have to pay my bills too! I don't just do it for "fun."

And the recommendation to record everything had multiple benefits to me. It's impossible for me to record "everything," but I do record a lot. On a personal level, it helps to record a life experience that I might forget in 10 or so years down the road. We forget, but the written word is there to remember.

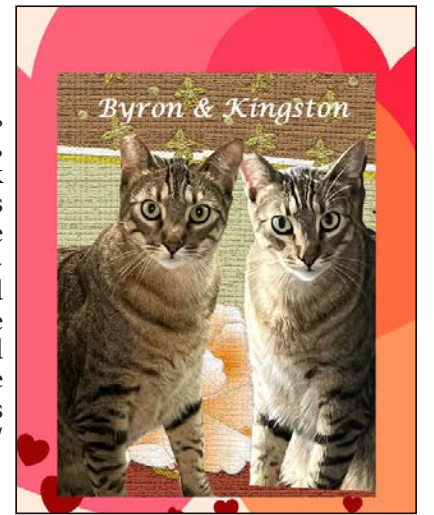
Additionally, once we do research, those notes are good for lectures, podcasts, articles, even books. I have told some of my friends that their life stories are so interesting that they should write them up and get on the Oprah show to discuss it! (Yes, I know Oprah no longer has a show, but she still sponsors various programs. She's still the Queen of the business, as far as I can tell). From a writing perspective, everything is note-worthy and interesting. Some stories are so incredible that even a poor writer would do well by recording them. But the art and craft of a good writer is to take the most ordinary everyday event or incident, and make it interesting through the telling. Most of us are so blinded by our own everyday experiences that we can hardly see anything through the eyes of another person. And in that sense, the writer is not just recording words. The writer records the thought process and records history. That is the art that writers should strive for.

Katnip News!



KINGSTON & BYRON

Meet Kingston & Byron, two handsome brothers, shy but sweet. They look almost alike, but seems like Kingston has the more striking features, while Byron has softer features and a bit wider nose. Although quite shy they have made lots of progress. They are both very well mannered and quiet so they would need a quiet home. They are neutered, vaccinated, and healthy. See more pictures and adoption info at <https://www.lifelineforpets.org/kingston--byron.html>.



Pet of the Week

Chewie is a sweet and gentle soul with a laid-back personality. She's a lovely companion, always happy to relax by your side or follow you around the house with her soft, smiling eyes. Chewie enjoys her rope toys and chew toys, taking treats with the utmost gentleness, and she's friendly and relaxed with visitors, even in busy environments. She's also comfortable around other dogs and seems to enjoy the company of her furry friends.



Chewie is well-behaved on walks, though she'll benefit from a bit more training. She's done well in meeting new dogs while on leash, although she prefers calm greetings and probably does best in a home without cats. Loud noises aren't her favorite, so a quieter home would suit her well. She takes daily medication to support her mobility, and while she can't jump up on furniture by herself, she's perfectly content with a cozy spot on the floor (or with some doggy stairs for a gentle boost!). Chewie will thrive with a family that understands her need for companionship, gentle play, and a steady routine. If you're looking for a calm and loving friend who'll be your shadow and a relaxed presence in your home, Chewie is your girl! Chewie 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.



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From The Desk of Steve Sciorba, Safe Path For Senior

HOW SENIORS CAN CONTROL STRESS AND FIND BALANCE

As we age, managing stress becomes crucial for maintaining overall health and well-being. Stress can impact blood pressure, sleep, immunity, and even cognitive function. For seniors, addressing stress involves a mix of mental, physical, and emotional strategies tailored to the challenges and changes that come with aging.

Physical Activity for Body and Mind

Regular physical activity is one of the most effective stress relievers. Activities such as walking, yoga, or swimming release endorphins, which naturally elevate mood and help reduce anxiety. Many senior centers and community organizations offer gentle exercise classes tailored to older adults, making it easy to find options that feel comfortable and enjoyable.

Mindfulness and Relaxation Practices

Practices like meditation, deep breathing, and mindfulness are valuable tools for managing stress. Simple mindfulness exercises, such as focusing on your breath for a few minutes daily, can help calm the mind and improve emotional well-being. Engaging in activities like tai chi or guided relaxation can also create a greater sense of peace.

Social Connections and Community Support

Isolation and loneliness can contribute to stress, especially for seniors who may experience fewer social interactions. Staying connected with friends, family, or community groups can be incredibly grounding. Volunteering, attending classes, or joining hobby clubs provides social support and a sense of purpose, both of which are beneficial for stress management.

Healthy Lifestyle Choices

Eating nutritious foods, staying hydrated, and getting adequate sleep are foundational to stress control. Avoiding stimulants like caffeine and alcohol, especially close to bedtime, can also enhance sleep quality and reduce anxiety.

By integrating these stress management techniques, seniors can navigate daily challenges more smoothly, improve their mental health, and enjoy greater emotional resilience. Managing stress is a lifelong process, and for seniors, finding balance and support can make all the difference.

BLOOD PRESSURE AND FITNESS

High blood pressure, or hypertension, is nothing new. It's estimated that half of all Americans have it. It can lead to serious issues like heart disease, stroke, and kidney problems. During the holiday season we're all more likely to experience some type of stress that can hike our normal blood pressure rate. But regular exercise is one of the best ways to lower and manage blood pressure. Here's how different types of exercise work to lower blood pressure and improve heart health.

1. Aerobic Exercise

Aerobic exercise, like walking, jogging, cycling, and swimming, gets your heart pumping and boosts blood circulation. Over time, these activities strengthen your heart, making it more efficient at pumping blood. When the heart doesn't need to work as hard, the pressure in your arteries decreases, which helps reduce blood pressure.

Even a brisk 30-minute walk five days a week can make a big difference, lowering your systolic blood pressure by several points. And if you're short on time, breaking up your activity into shorter sessions throughout the day is still effective. Every step does count.

2. Strength Training

Strength training, or resistance training, involves exercises that work your muscles against weight, like lifting dumbbells or doing body-weight exercises such as squats and push-ups. This type of exercise isn't just for building muscle—it also helps with blood pressure.

When you increase your muscle strength, your body handles blood sugar more effectively, which can improve blood pressure control. And, building muscle helps reduce excess body fat, which can relieve some of the strain on the heart. Aim for strength training two or three times a week, focusing on exercises that target major muscle groups like arms, legs, back, and core.

3. Flexibility Exercises

Flexibility exercises, such as stretching, yoga, and Pilates, may seem gentle, but they play a valuable role in managing blood pressure by reducing stress. Stress is a known cause of blood pressure spikes, so finding ways to calm the mind and body is essential.

Stretching improves blood flow and can help ease tight muscles, while yoga and similar practices combine stretching with deep breathing and relaxation. This calming effect helps to prevent stress-related increases in blood pressure and can make you feel more relaxed overall. Even five to ten minutes of stretching or yoga each day can have benefits.

The effects of exercise on blood pressure don't come from a single workout but build over time. Consistency is what makes the real difference. The American Heart Association recommends 150 minutes of moderate aerobic exercise or 75 minutes of vigorous aerobic exercise per week. This can be split up

into shorter sessions if needed, like two 15-minute walks each day.

Small daily changes add up. Choosing to walk instead of drive, taking the stairs, or adding a short stretching session before bed can help maintain your routine. Consistent activity is key, and a regular habit of movement will support your heart health over the long term.

If you're new to exercise or haven't been active for a while, start slowly and build up gradually. Doing too much too soon can lead to injury and make it harder to stick with a routine. Setting small, realistic goals—like a short daily walk or five minutes of stretching—can help you develop consistency.

Exercise has a "dose-response" effect, meaning the more consistently you engage in it, the greater the benefits you'll see. Regular physical activity strengthens your heart and blood vessels, reduces cholesterol, and lowers body weight—all of which help keep blood pressure in a healthy range. The effects of exercise on blood pressure can last up to 24 hours after a workout, so daily or nearly daily activity is ideal.

Beyond blood pressure control, exercise improves mood, increases energy levels, and helps with sleep, all of which contribute to better health. With regular exercise, you're making a long-term investment in your heart health and reducing the risk of heart disease, stroke, and other blood pressure-related issues.

Exercise is one of the best tools for keeping blood pressure in check and supporting heart health. By blending aerobic activity, strength training, flexibility exercises, and short high-intensity sessions, you can build a balanced fitness routine with lasting benefits. During the holidays, if you find yourself at a tense dinner table or feeling the urge to jump into a family argument, remember to put yourself first. Take a break by stretching, going for a walk, or hitting the gym. Your blood pressure—and your peace of mind—will thank you.



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

HOW TO CHOOSE A MEMORY CARE UNIT FOR A LOVED ONE WITH DEMENTIA

Dear Savvy Senior:

My dad has dementia and has gotten to the point that he can't live at home any longer. I need to find a good memory care residential facility for him but don't know where to turn. Any suggestions?
Only Daughter

Dear Only:

Choosing a good memory care residential unit for a loved one with dementia is a very important decision that requires careful evaluation and some homework.

Most memory care units, sometimes called special care units, are housed within assisted living or nursing home facilities. At their best, they offer staff extensively trained in caring for people with dementia, individualized care that minimizes the use of dangerous psychotropic drugs, a home-like environment and activities that improve resident's quality of life. But at their worst, they can offer little more than a locked door. Here are some steps that can help you find a good facility and avoid a bad one.

Make a list: To identify some good memory care residential units in your area ask your dad's doctor for a referral or use an online search tool like Caring.com. Make sure the facilities on your list are close to family members and friends who can visit often, because residents with frequent visitors usually get better care.

Research your options: Once you've made a list, call your local long-term care ombudsman (see LTCOmbudsman.org for contact information). This is a government official who investigates assisted living and nursing home complaints and can tell you which facilities have had problems in the past.

If you're looking at a memory care unit within a nursing home facility, use Medicare's nursing home compare tool (Medicare.gov/care-compare), which provides a 5-star rating system.

Call the facilities: Once you've identified a few good facilities, call them to find out if they have any vacancies, if they provide the types of services your father needs, what they charge and if they accept Medicaid.

Tour your top choices: During your tour, notice the cleanliness and smell of the facility. Is it homey and inviting? Does



the staff seem responsive and kind to its residents? Also be sure to taste the food, and talk to the current resident's family members, if available.

Also, ask about staff screening and training procedures, their turnover rate, and their staff-to-resident ratio. Make sure they provide quality activities to keep your dad engaged and find out how they respond to residents who may wander or become aggressive.

Because transitions can be unsettling for dementia sufferers, make sure that your dad will be able to remain at the facility for the foreseeable future. And find out what, if any, health conditions might require him to leave the facility or move to a higher and more expansive level of care.

It's also a good idea to make multiple visits to the facility including an unscheduled visit in the evening or weekend when the staff is more likely to be stretched thin.

To help you choose a good facility, the Alzheimer's Association offers a list of questions to ask at CommunityResourceFinder.org/Alz/Tips – click on "Tips for choosing a residential care facility" under Housing Options.

Paying for care: The national average costs for memory care within an assisted living facility is over \$6,000 per month, and over \$8,500/month for nursing home care, but costs can vary widely depending on location and services.

Since Medicare does not cover long-term care, most residents pay for care from either personal savings, a long-term care insurance policy or through Medicaid (if available) once their savings are depleted. Or, if your dad is a veteran, he may be able to get funds through the VA's Aid and Attendance benefit. To learn more, ask the facility director or contact the regional VA benefit office at 800-827-1000.

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

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11/6/2024
11/13/2024
11/20/2024
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SENIOR CINEMA



OUT TO PASTOR
A Weekly Religion Column by Rev. James Snyder
I DIDN'T KNOW I LOVED IT THAT MUCH!

One important thing I have learned is that you don't appreciate something until it's missing. I've learned that by many things that I just took for granted. Last week, for example, I had some problems with my truck, so I had to take it in for service. It took longer than expected, but that's how life is.

I had a doctor's appointment across town that day, and I wasn't expecting my truck to be unavailable. I knew I would have to make different arrangements.

I had two choices. First, I could cancel my doctor's appointment, but you know how that can be trying to reschedule the next appointment. Second, I could ask The Gracious Mistress of the Parsonage if I could drive her sissy van across town to my doctor's appointment.

I cannot tell you how hard I wrestled with that. I did not want to cancel my appointment, and I did not want to drive that sissy van. Sometimes, life offers you situations just like this. No matter your choice, it will not be the right one.

Finally, I put my pride in my back pocket and asked The Gracious Mistress of the Parsonage if I could use her sissy van to go to my doctor's appointment.

It's been a long time since I've seen her smile like that. She said, "Of course, my dear. You can take my car and go to your doctor's appointment." Then she giggled. I hate it when she giggles. Standing at the door with the keys in her hands, as I was going out, she handed them to me and said, "Drive safely." Then, another one of her giggles.

I took the keys and thanked her for allowing me to use her sissy van. I looked at her with an artificial smile and said, "Thank you my dear. I promise I'll drive safely." Of course, I don't know what that means.

The first chore I had with the sissy van was opening the door and getting inside. There was no way I was going to get inside that sissy van the way it was set. I had to push the seat back as far as it would go. Then I got in the seat behind the steering wheel, squishing my body as I got in. No matter how far back I pushed the seat, my knees were still under my chin.

Next was the steering wheel. It took me 10 minutes to figure out how to adjust that steering wheel, and I still couldn't get it to where it was comfortable for me to steer. I was beginning to remember the last time I was in the sissy van, and those weren't such pleasant memories. The next thing was the mirrors; the mirror inside the sissy van and the two mirrors outside on each side of the vehicle. It took me a while to figure out how to do that because it's been a long time since I adjusted any mirrors in my vehicle.

I did have somewhat of a scare with the indoor mirror. As I adjusted it, a very scary face popped into view. I almost screamed, but then realized it was my face.

Finally, I got everything pretty close to normal and was ready to leave. I put the key in, turned it, and the sissy van started up right away. I sighed a deep sigh of relief.

I slowly put it in reverse and backed out of the driveway. Standing in the doorway of our house as I was leaving was The Gracious Mistress of the Parsonage, laughing and waving at me as if she was crazy.

Finally, I was on my way to my doctor's appointment. As I was driving, I was so nervous I was wondering if maybe I should make an appointment to see a psychiatrist. I was crazy at this moment.

I finally could settle down and enjoy the ride.

When I arrived at the doctor's office, I pulled in and parked the sissy van. I thought everything was in order, but then I tried to get out of the sissy van.

The door opened relatively quickly, but that's as far as it went. I twisted and turned, but I could not get out of my seat. My legs were jammed under the steering wheel, and I couldn't twist. If only Chubby Checker could be here to help me twist. It took me rather a few minutes, and I eventually was able to extract my body from the sissy van slowly. I got out, stood up, and looked back to ensure all of me was extracted. Driving back after my doctor's appointment, I happened to think of how much I loved my truck. Everything about it fits me perfectly, and driving it is my greatest pleasure. I didn't know how much I loved my truck, and I was forced to drive The Gracious Mistress of the Parsonage's sissy van. When I return, I will spend a little time telling my truck how much I appreciate it.

I often think about what the Apostle Paul said, "We are bound to thank God always for you, brethren, as it is meet, because that your faith groweth exceedingly, and the charity of every one of you all toward each other aboundeth" (2 Thessalonians 1:33). I am committed to thanking God for everyone in my life while I can still do it.

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

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Mountain Views News Mission Statement

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

STUART TOLCHIN PUT THE LIGHTS ON



TESTS and OPPORTUNITIES

Like many baby boomers I have not really had the opportunity to test myself. During my long lifetime I have been fortunate enough to avoid most difficult periods. There have been conflicts, but no actual wars of violence have been fought on these shores. I avoided military service and survived unscathed through the Covid Pandemic. There have been economic downturns, but I was lucky enough to be an attorney and there was never a shortage of people with legal problems. I have had flat tires and dead batteries, but I always had my Automobile Club card with me and had my phone to call for help. In fact, right now the major crisis I experience is when I awaken in the morning and cannot find my phone.

Of course, I am simplifying things, but the fact remains that in most ways life has not really tested me. Today I am challenged and tested. I think my family will be able to take care of themselves after I am gone. It is not the practical fears that are testing me. Instead, it is the present realization that I have been so out of step that I did not know what other people are feeling.

Seriously, I cannot and don't want to imagine how anyone could vote for Donald Trump. I can understand how so many Americans have been sickened by the whole political process and have chosen not to vote. I too have been turned off by the constant requests for donations for all sorts of candidates and frankly detest knowing that it is the availability of money which is thought to be the thing that will decide elections. Still, I think not voting is unforgivable, but a substantial percentage of eligible voters have always chosen not to vote.

I am absolutely not a consumer. What is genuinely important to me is maintaining my relationships with friends and family and being able to get out of the house and eat at restaurants. Yes, I know going out to eat has become expensive, but I can handle that. What I don't like is that I seem to be alienating many friends and family members and cannot find anyone very willing to talk with me.

It's true that a number of old friends have died and my contemporaries that are still around are frequently hospitalized relating to broken pacemakers and broken bones; but the real problem is that I keep offending the friends I still have. I enjoy talking about politics and the place of religion in society and maybe it's best that I keep my opinions to myself but there must be more to talk about than the Dodgers.

Maybe it is true that religions, whether based on truth or faith or myth or whatever have in the past held families together; but that does not seem true now. I would further like to talk about it and the concept of Grace which I really don't understand, but no one wants to have the conversation. I have one friend who lives thousands of miles away, (whose name together with my loyal friend in France and my granddaughter begins with a J) and we talk on the phone in the mornings. Occasionally other friends contact me by text or email. This generates more angst when the whereabouts of the phone are unknown.

Hooray for my wife and my dog but my customary way of coping with feelings of negativity is through reading; but for the last few months I have been unable to read a whole book. I blame my eyesight and have now had many eye examinations and bought new glasses, but the problem remains. Of course, my hearing is bad, and hearing "aids" are misnamed. (The people I enjoy speaking to most now are generally strangers but since I don't get out of the house much there are not that many strangers around).

Last week though I finished an entire book recommended by wife entitled *Where the Crawdads Are*. I enjoyed the book which reminded me to remember to have fun. Well, I am trying but it just ain't that easy. Well, thanks for sticking with me to the end of this piece and know that you readers, imaginary or not, together with my comfortable mattress are also among the most important

HOWARD Hays As I See It



"HAVE YOUR OWN MEDIA" – HUNGARIAN PRIME MINISTER VIKTOR ORBAN AT CPAC, 2022

The Democratic president chose not to seek re-election and the vice president took over. Despite significant accomplishments, other problems led to the president's withdrawal. A last-minute slogan of "To make the needed change" failed to adequately differentiate the vice president from the administration and the Republican challenger prevailed.

That 1968 election was the first I seriously followed. It had similarities with the one we've just endured, but also significant differences – which make the outcome of this one particularly hard to fathom.

Both elections followed transformative achievements. The administration of Lyndon Johnson and Hubert Humphrey brought the Civil Rights Act, Voting Rights Act, Medicare and Medicaid, Head Start, etc.

Under Joe Biden and Kamala Harris the Inflation Reduction Act led to massive private investment in clean energy, the CHIPS and Science Act brings microchip production home from China, a \$15B investment in public safety is made through the American Rescue Plan, 40,000 infrastructure projects are in the pipeline with 700,000 new construction jobs already created, etc.

Another similarity is that despite those achievements, other problems caused the electorate to seek new leadership. During Johnson's last year in office, we were suffering an average 320 casualties a week in Vietnam. But a major difference is that while the Vietnam War was an ongoing reality, accusations against President Biden and Vice President Harris – primarily concerning the economy, immigration and crime - were made up.

Post-Covid inflation declined faster under Biden-Harris than in any other G7 country. The Wall Street Journal says the next president will inherit "a remarkable economy", one that's "putting its peers to shame". The Economist describes it as "the envy of the world". Both violent and property crime rates continued falling last year. No, the Biden Administration has not let "millions of people from jails, from prisons, from insane asylums, from mental institutions, drug dealers pour in" across our borders. Immigrants are neither eating our pets nor taking over apartment buildings in Aurora, Colorado. And no, our kids are not undergoing gender-altering surgeries at school.

Another difference is that in 1968, Republican candidate Richard Nixon came with an actual record of service; in the U.S. Navy, in Congress, the U.S. Senate and as vice president under Eisenhower. He was not a serial sexual predator, a multi-count convicted felon nor one who ran businesses through bankruptcies and stiffing contractors (nor had he been already twice-impeached). But Humphrey still did better against Nixon (losing by less than one percent of the popular vote) than Harris is doing against Trump (currently behind some 2.4%).

The loss is especially confounding when looking at states like Missouri; voting decisively to protect reproductive rights, raise the minimum wage and ensure sick leave for workers – while at the same time supporting candidates opposed to all of that. Rep. Alexandria Ocasio-Cortez (D-NY) took to Instagram trying to figure how some in her district could vote both for her re-election and for Donald Trump.

Partisans and pundits offer two different explanations for the outcome: either Harris didn't move far enough to the left, or not enough to the right. But there's another reason having to do with how voters get their information - and as Orban of Hungary suggests, the importance of controlling it.

Michael Tomasky in The New Republic reminds that customarily, a story would come from a candidate and then the media would pick it up and run with it. But now it's the opposite. That story of pet-eating immigrants came from a Facebook post, circulated on Elon Musk's X, picked up by Trump's running mate J.D. Vance and then the candidate ran with it. The one about Biden-Harris diverting FEMA hurricane relief funds to undocumented immigrants came from a (debunked) bit on Fox News.

Few would likely be familiar with Harris' offering economic proposals on help for first-time homebuyers and small business start-ups, crackdowns on price-gouging food monopolies and expanding Medicare to cover home care for seniors. But most everyone's heard of Biden (who wasn't running) referring (doubtfully) to Trump supporters as "garbage" - and of Harris not offering any economic proposals.



RICH JOHNSON NOW THAT'S RICH



FABLES & FANCIES

No, this is not a column describing my love life. It's much more exciting than that. Fables & Fancies is a brand new BOOK STORE here in downtown Sierra Madre. (You remember books: A couple hundred pieces of paper glued together with words and pictures on the pieces of paper. Mine usually come with crayons.)

Anyway, this new bookstore is right next door to Corfu Restaurant. Fables and Fancies are open from 11:00 to 5:00. Well, they are actually kinda half open. Responding to enthusiastic pleas from future customers (some who write columns in a local newspaper), store owners Ana and Tim opened the front half of their store. They are finishing up the back. (Maybe they can have two grand openings.) I'm actually glad they didn't wait. Their phone number is (626) 665-8856.

Stop and think about the exciting new life you can have sitting outside eating lunch at Corfu with a great new book to read. I'm getting tired sitting there eating a wonderful Corfu tuna melt watching Sierra Madre's finest write illegal U-turn tickets. So, I am excited.

Just to prove to you that I know how to read, I'm going to write about something I know a lot about...misuse and distortion of a word or phrase: "Spoonerisms and Malapropisms!" An old British scholar (no, not John Cleese) but Archibald Spooner is credited with inventing the "Spoonerism". (What an amazing coincidence!)

Archie, a distinguished Oxford Professor uttered what came to be known as a "spoonerism" once accidentally and that's all it took. So, what's a spoonerism?

A spoonerism is what's called an "occurrence of speech": corresponding consonants (not continents), and vowels, are switched. The spoonerism may be rip-roaringly hilarious, funny, clever, or just stupid. I'm guessing you want some examples:

I'll start with Dr. Spooner's sole spoonerism: "Kinkering kongs". He meant to say "Conquering kings", but it didn't come out right. Here are more. "Bad salad" when you meant to say, "sad ballad". "Birty dirds" while looking at some "dirty birds". "Bunch luffet" instead of "lunch buffet", "caking bookies" fumbling "baking cookies".

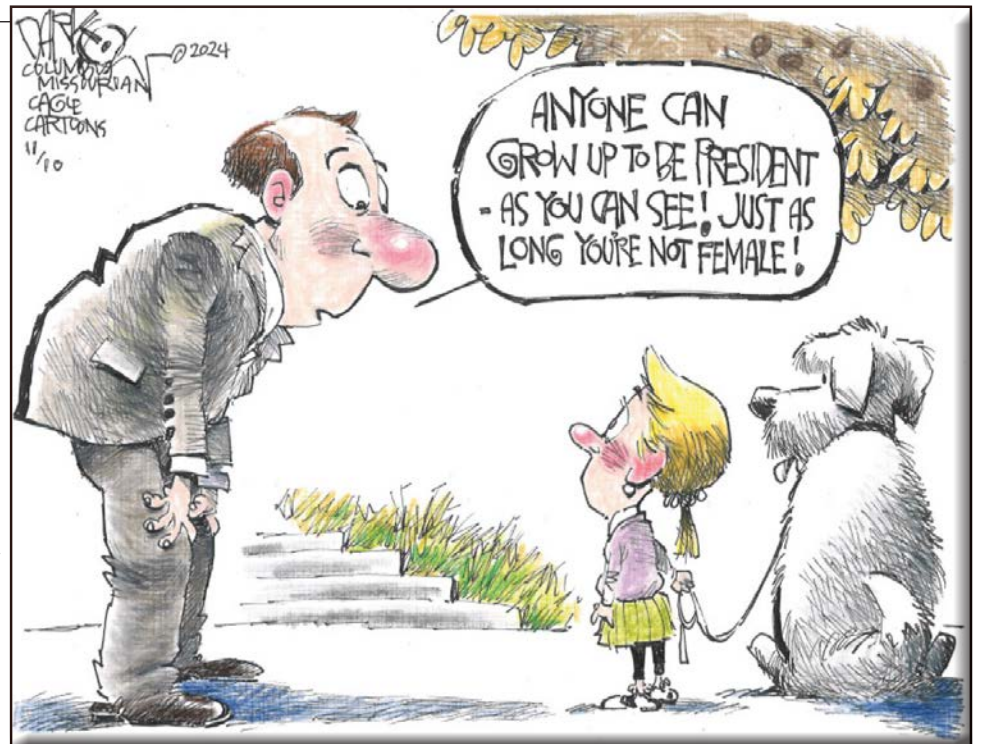
Here's a fun one: "Chork pops" instead of "pork chops". I got to get my "praiser linter" repaired...I mean "laser printer". Looks like a "doggy fay", err, "foggy day", could I have a slice of "poobarb rye" oh, so sorry, "rhubarb pie".

There are 3-word spoonerisms: "Chewing the doors" translates to "doing the chores", it's raining "cogs and dats" "dogs and cats", look, a "glock of flees" err a "flock of geese", What's that smell? You better "shake a tower", maybe, "take a shower".

While we are at it let's take a look at malapropisms. What is a malapropism? A incorrect use of a word with a similar sound to another word. (Sounds like my columns) Here goes:

"Having one wife is called monotomy." (monogamy)
"I remember because I have a photogenic memory." (photographic)
Famous people's malapropisms
"The police are not here to create disorder, they're here to preserve disorder." Mayor Richard Daley of Chicago
"Alcoholics Unanimous" instead of "Alcoholics Anonymous" Mayor Daly again.
"It will take time to restore chaos and order." George W. Bush
"I might just fade into Bolivian." (oblivion) Mike Tyson

Speaking of books, a couple of people have asked if I have a collection of my better columns available in print. Wowsers, what a thought. If you have any opinions or suggestions regarding a book of my columns (at least the 5 good ones) please email me at rich@versatape.com. I would really appreciate your input.



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A survey from NBC (last April when Biden was still running) showed that among Biden supporters, the largest percentage (70%) got their news from newspapers. For Trump supporters it was "YouTube/Google" (55%). For voters 18-29 year old, 46% got their news from social media, while a 2020 Pew Research study found those relying on social media for their news were "less knowledgeable, less engaged".

In 1968, voters tuned into nightly newscasts from Huntley and Brinkley, Frank Reynolds or Walter Cronkite. They read daily newspapers. Time and Newsweek were owned by companies committed to journalism. But as noted by Steven Waldman in Politico, "We've lost one-third of our local newspapers; the number of reporters has dropped 60% in two decades", leaving a "vacuum" – which has been filled by partisan news sources and social media". Billionaire owners of the Los Angeles Times and Washington Post declined to make presidential endorsements, lest they be regarded as among Trump's "enemies within". Viktor Orban would approve.

And there might be another explanation for this election outcome, offered by George Carlin – "Think of how stupid the average person is, and realize half of them are stupider than that." No comment.

Editor's Note: Who's that standing next to his pride and joy at the recent Sierra Madre Car Show? Photo courtesy Dirk Bolle

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Events Around Town in November!
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One Time Events

- November 2 10am - 12pm**
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**
Bones, Skulls, & Marigolds Workshop - Arboretum
 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 8 6pm - 8pm**
Meow N Paint at Tail Town Cat Café
 Create your own "Meowsterpiece". All art supplies are provided in this cat-themed canvas painting session.
- November 9 10am - 3pm (Adults) & 1pm - 3pm**
Flower Arranging: Woodland Ferns + Dried Flowers at The Huntington
 Join Flower Duet for a hands-on workshop and create a stunning bouquet to take home.
- November 9 12pm - 1:30pm & 2pm - 3:30pm**
Autumn Leaf Crowns at the Arboretum
 Celebrate autumn as you build enchanting leaf crowns and sip cider. (Family session & Adult Only Session)
- November 11 11am - 12pm**
Veterans Day Ceremony in Monrovia
 Celebrate Veterans Day with a ceremony in Library Park honoring those who have and are serving our country.
- November 16 2pm & 8pm**
Pasadena Philharmonic Performs Rhapsody in Blue and More at Ambassador Auditorium
 Program includes Gershwin's Rhapsody in Blue, Debussy's La Mer, and pieces by Bates and Ravel.
- November 16 8pm**
Home Care by Tonality at Cal Tech's Beckman Auditorium
 Grammy Award-winning vocal ensemble Tonality presents a concert focused on our climate.
- November 20 7:30pm**
Distinguished Speaker Series - Malcolm Gladwell at the Pasadena Civic Auditorium
 Featuring observer, thinker, podcaster, and author Malcolm Gladwell.
- November 21 11am**
Do Do Parade
 The wacky and weird "Twisted Sister of the Rose Parade" starts off at Raymond and Holly.

November 28 8:30am
Rose Bowl Turkey Trot
 Start your Thanksgiving Day off with this family friendly run, walk, skip, or jump around the Rose Bowl.

November 1, 2, 3 10am - 5pm
The Huntington Fall Plant Sale
 Find a wide selection of regionally hardy plants to update your garden.

November 2, 3
Anime Pasadena at Pasadena Convention Center
 Come dressed as your favorite character and enjoy video premieres, a fashion show, live music, and more.

November 3 (First Sunday of Every Month) 8am - 3pm
Pasadena City College Flea Market
 Over 400 vendors attend the PCC market, known for selling antiques and collectibles.

November 4, 11, 18, 25 1pm - 3pm
Music in the Rose Garden at The Huntington
 enjoy the serene beauty of the rose garden and enchanting music presented by Pasadena Conservatory.

November 7, 8, 9 7pm
Treasure Island at Arcadia Performing Arts Center
 Award-winning Arcadia Stage presents a modern take on Treasure Island filled with hilarious characters, swordfights, songs, and dancing for the entire family.

November 10 (Second Sunday of Month) 5am - 3pm
Rose Bowl Flea Market
 Experience over 2,500 vendors at the "world's most unusual" flea market.

November 12 - December 15
La Cage aux Folles at Pasadena Playhouse
 Experience this groundbreaking, heartfelt and hilarious musical comedy.

November 17 - January 5 5:30pm - 10pm
Enchanted Forest of Light at Descanso Gardens
 Enjoy a walk through a shimmering nocturnal wonderland featuring returning favorites and fresh delights.

November 29, 30 11am & 1pm
Favorite Fall Trees Walking Tour at the Arboretum
 Learn about the Arboretum's many trees that produce fall color on this free-with-admission tour.

November 29 - December 24
Los Angeles Christmas Market at ROW DTLA
 With the feel of the bustling Christmas markets of Germany, this market includes festive food, activities, holiday music and handicrafts made by local artisans.

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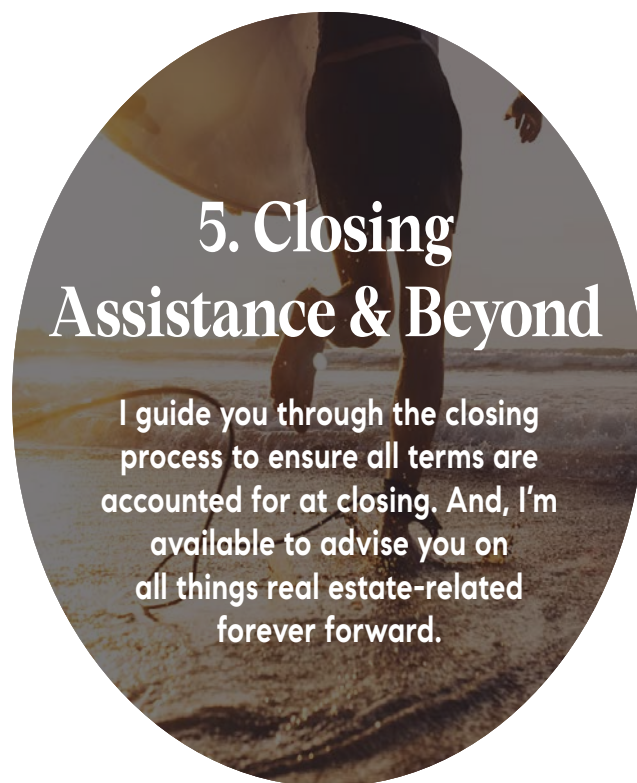
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