

Mountain Views News

Sierra Madre Arcadia Duarte Monrovia Pasadena Altadena South Pasadena San Marino

SATURDAY, SEPTEMBER 23, 2023

VOLUME 17 NO. 38



the webb-martin group

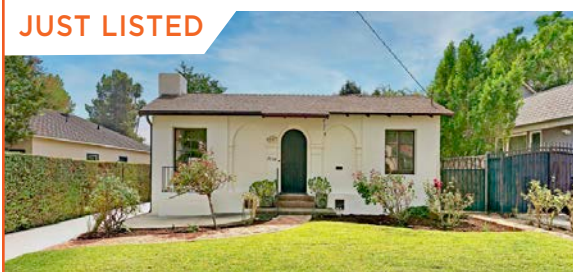
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source: CoreLogic, Freddie Mac, Bankrate

From The Desk of City Manager Jose Reynoso

CITY OFFICIALS MEET WITH CALIFORNIA DIRECTOR OF FISH & WILDLIFE

On Wednesday morning, Mayor Edward Garcia, Mayor Pro-Tem Kelli Kriebs, and I met with the California Department of Fish and Wildlife Director, Chuck Bonham, in Sacramento. The meeting was focused on our residents' safety, finding solutions to the increase in bear home intrusions in Sierra Madre, and the state's efforts to manage bear populations.

In that meeting, we discussed Sierra Madre's safety concerns and our current efforts to reduce the potential for conflict, including adopting a wildlife management plan, passing a local ordinance prohibiting the feeding of wildlife, hosting numerous wildlife workshops with Fish and Wildlife to educate our residents on removing bear attractants, responding to and reporting all bear-related calls to Fish and Wildlife, our police departments role in protecting our residents and



Above, the Mayor and Mayor Pro Tem meet with CA Dept. of Fish and Wildlife Director Bonham.

Photo by J. Reynoso

Left, residents attended a presentation from local CDFW officials last Saturday. Photo by MVNews



the bear-resistant waste bins that will be distributed to every residential account in Sierra Madre beginning in late October.

As a result of the meeting, we learned some of the techniques that have been implemented in Lake Tahoe through the Tahoe Specific Plan and learned that some of those strategies have also been activated in Sierra Madre. Among them is the Trap, Tag, and Haze program. This week, Fish and Wildlife successfully trapped a bear in Sierra Madre, tagged it, and will work to dishabituate the bear, then released it outside Sierra Madre.

The Director insured us that Fish and Wildlife is committed to helping resolve the human-bear conflict and will have an increased presence in Sierra Madre.

We will continue to build this collaborative effort to manage the human-wildlife conflicts around bears in the City. The effort will require a partnership between the City, Fish & Wildlife, and our residents. Our City will continue to respond appropriately to all wildlife calls, implement policies and create programs that reduce the potential for human-wildlife conflict, and partner with Fish and Wildlife to assist them in their efforts to reduce habituated bears in Sierra Madre. Our residents also must play a role in reducing wildlife conflict. Residents will need to eliminate bear attractants, properly dispose of organic waste in the new bear-resistant trash bins, and secure their homes by keeping doors and windows closed.

We encourage our residents to attend the Council Meeting on October 10th to learn more about our efforts and the roles and responsibilities of each agency and our residents.

POSSIBLE WATER RATE INCREASE ON TUESDAY'S COUNCIL AGENDA

Whether or not to initiate the Prop 218 Process regarding a proposed rate increase in order to continue to operate, maintain, and reinvest in the water and wastewater system that provides the community with safe and reliable drinking water, fire protection, and wastewater operations for the collection and conveyance of discharge to LACSD will be decided at Tuesday's meeting.

Under Proposition 218, the amount of the charge imposed upon any parcel of land must not exceed the proportional cost of service attributable to the parcel. The costs of water (and sewer) rates and charges should

be recovered from customers in proportion to the cost to serve them.

Notices will be mailed and stakeholders are given the opportunity to protest the proposed increase. Depending on the outcome, the new rates may be adopted by the City Council and go into effect on January 1, 2024, for Fiscal Year (FY) 2023/24.

At the upcoming meeting the council will decide on whether or not to move forward with the 218 process. The meeting will be held on Tuesday, September 26, 2023 in Council Chambers. To learn more go to: <https://www.cityofsierramadre.com>.

INSIDE THIS WEEK

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HISPANIC HERITAGE MONTH

September 15 - October 15

Learning about and appreciating the diversity of those around us is an important step toward growing as individuals. That is why we take the time to celebrate the contributions of all cultures that work together to make this country great.

As we have done with Black History Month, and Asian Pacific Islander month, we are sharing the history of Hispanic Heritage Month, and recognizing and thanking those in our community for their contributions in making Sierra Madre a great place to live.
S. Henderson, Publisher/Editor - Mountain Views News

The Origin: Hispanic Heritage Month is an annual celebration of the history and culture of the U.S. Latino and Hispanic communities. The event commemorates how those communities have influenced and contributed to American society at large.

The term Hispanic or Latino (or the more recent term Latinx) refers to a person's culture or origin—regardless of race. On the 2020 Census form, people were counted as Hispanic or Latino or Spanish if they could identify as having Mexican, Mexican American, Chicano, Puerto Rican, Cuban, or "another Hispanic, Latino, or Spanish origin."

The timing of Hispanic Heritage Month coincides with the Independence Day celebrations of several Latin American nations. September 15 was chosen as the kickoff because it coincides with the Independence Day celebrations of five 'Central American neighbors,'—Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. Those five nations declared their independence from Spain on September 15, 1821.

In the original proclamation, it also acknowledged Mexico, which declared its independence from Spain on September 16, 1810. Chile also celebrates its independence during that week (September 18, 1810 from Spain) and Belize, which declared its independence from Great Britain on September 21, 1981, was subsequently added to the list of nations specifically celebrated during what is now Hispanic Heritage Month.

Hispanic Heritage Month actually began as a commemorative week when it was first introduced in June of 1968 by California Congressman George E. Brown. The push to recognize the contributions of the Hispanic community had gained momentum throughout the 1960s when the civil rights movement was at its peak and there was a growing awareness of the United States' multicultural identities.

Brown, who represented East Los Angeles and a large portion of the San Gabriel Valley—both heavily populated by members of the Hispanic and Latinx communities—wanted to recognize the role played by those communities throughout American history.

On September 17, 1968, Congress passed Public Law 90-48, officially authorizing and requesting the president to issue annual proclamations declaring September 15 and 16 to mark the beginning of National Hispanic Heritage Week and called upon the "people of the United States, especially the educational community, to observe such week with appropriate ceremonies and activities." President Lyndon B. Johnson issued the first Hispanic Heritage Week presidential proclamation the same day.

In Sierra Madre, we want to take a moment to recognize and thank the many members of the city's administration that are of Hispanic descent and who contribute so much, over and above their job description.

We celebrate and appreciate the contributions of (partial listing), Our Mayor Edward Garcia, City Manager Jose Reynoso, SMPD Police Chief Gustavo Barrientos, Deputy City Manager Laura Aguilar, Assistant City Manager Miguel Hernandez, Finance Director Hillary Guirola-Leon, Deputy Public Works Director Arnulfo Yanez, Director of Planning Vincent Gonzales, and Community Services Director, Rebecca Silva-Barron.



Left, Sierra Madre Mayor Garcia

Below in the SM Emergency Operations center, Laura Aguilar - forefront, Miguel Hernandez left sitting next to SMFD Chief Bartlett, City Manager Reynoso, and SMPD Chief Barrientos.

On the right is CM Reynoso with an Icon of the Hispanic Community, Dolores Huerta. Dolores Huerta, 91, is a labor movement leader and civil rights activist who worked with César Chávez to co-found the National Farm Workers Association. Huerta was the first Latina inducted into the National Women's Hall of Fame and is still working as an activist and civil rights leader today.



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And on the left, entertaining the "Queen of the Prom" at the Kensington, Chief Barrientos.



Let's embrace and celebrate the rich Hispanic Culture which has and still does bring so much to our community, as evidenced by these civic leaders.

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WEEKLY ACTIVITY REPORT
September 10th – September 16th, 2023

Calls for Service	Formal Investigations
215	11
6,207	422

Total Year to Date for 2023

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.

Monday, September 11th Possession of Narcotics & Warrant Arrest
At approximately 8 PM, officers responded to the 00 block of N. Baldwin Ave. regarding a welfare check of a subject slumped over inside a vehicle. Upon arrival, officers determined that the subject inside of the vehicle was okay, but was in possession of narcotics and paraphernalia. The subject had an outstanding warrant for their arrest. The subject was taken to Pasadena Jail for booking.

Wednesday, September 13th Burglary
At approximately 4 PM, officers responded to the 00 block of S. Lima St. for reports of a burglary that had occurred. The reporting party came home and discovered an open window and removed window screen from their bedroom. After clearing the residence, officers determined that a burglary had occurred. The Detectives Bureau is following up on this incident.

Saturday, September 16th Arrest for Robbery and Petty Theft
At approximately 8 PM, officers responded to the 100 block of N. Lima St. for reports of a disturbance in progress. Upon arrival, officers discovered that an argument occurred between the victim and an ex-boyfriend. Through an investigation, the suspect was

LETTER TO THE EDITOR

In his article in last week's MVN, former Sierra Madre Mayor Glenn Lambdin expressed his alarm over increased bear sightings and intrusions into homes here in town. He also made clear his frustration about apparent indifference to the situation shown by officials at both county and state levels. The inference here is that we'll have to rely on ourselves at the local level and our own local officials to make the right decisions. Earlier this year, Mr. Lambdin and our City Council were enthusiastic proponents of eradicating 17 acres of undeveloped wildlife habitat in Bailey Canyon, allowing a Santa Monica developer to ignore local restrictions and build 42 McMansions (in what our state calls a "Very High Fire Hazard Severity Zone").

And now they're blaming county and state officials for failure to take appropriate action – seemingly oblivious to how their cheerleading for further development at our hillsides might bring yet more wild-life down into our community. Groundbreaking on the project is still some time off in the future, while the situation Mr. Lambdin complains about is happening now. But if problems of wildlife encroaching on our habitat are exacerbated by Mr. Lambdin's and our City Council's support for continued encroachment on theirs, then further indifference shown by county and state officials to their complaints would be understandable.

Howard Hays, Sierra Madre

WALKING SIERRA MADRE - The Social Side

by Deanne Davis

It occurred to me that I have been remiss in passing along all the special event days September has to offer... like National Cream-Filled Donut Day, National Play-Doh Day, National Rice-Krispies Treats Day and so many more joyful moments we all could have been celebrating. Here are a few you might enjoy...

- 9/19 – International Talk Like a Pirate Day and International Butter-scotch Pudding Day
- 9/20 – International Pepperoni Pizza Day and National String Cheese Day
- 9/22 – Hobbit Day, Dear Diary Day, Elephant Appreciation Day, National Ice Cream Cone Day and National White Chocolate Day
- 9/23 – Autumnal Equinox Day!!

At a precise moment each September, usually on the 22nd or 23rd, the sun is directly above the equator, marking the autumnal equinox. This year, on September 23rd, the center of the sun will be directly over the equator at 2:50 a.m. EDT, according to EarthSky.com. In the Northern Hemisphere, the sun will get lower in the sky and days will become shorter until the winter solstice on Dec. 21.

You probably yawned through that part but here's the good news: The long hot summer is finally coming to an end. We are so ready for cooler temperatures, some rain and pumpkin spice everything! OK, just one more to finish off the month...

- 9/30 – National Love People Day, National Chewing Gum Day, National Hot Mulled Cider Day and National Ghost Hunting Day

Speaking of Ghosts and Haunting, we went to see "A Haunting in Venice," Kenneth Branagh's third Agatha Christie mystery movie. We thoroughly enjoyed "Murder on the Orient Express," (2017) and "Death on the Nile," (2022) In each of these films, Mr. Branagh portrays Hercule Poirot, Agatha Christie's Belgian detective. Poirot is one of Ms. Christie's most famous and long-lasting characters, appearing in 33 novels, two plays and 51 short stories published between 1920 and 1975. PBS is currently repeating a number of the Poirot dramas starring David Suchet.

"A Haunting in Venice" was nice and creepy with several really great murders. Go see it. Trust me!

Seeing as how I seem to be talking about movies, here's another celebration moment we missed: Batman Day! Yes, there is a Batman Day and it was Saturday, September 16th. Sorry, I've failed you again. Batman has been played by all sorts of people, Adam West on TV 1966-68. I vividly remember watching Adam West as Batman and his buddy, Robin, climbing up walls on ropes when it was so incredibly obvious they were flat on the ground. So campy but there wasn't a lot to watch in 1966. Anyway, Christian Bale, Keanu Reeves, Robert Pattinson, and George Clooney all played the Caped Crusader but my favorite was Michael Keaton in 1989 battling Jack Nicholson as The Joker. When Michael Keaton said, "I'm Batman!" I can only say it was swoon-worthy!



Getting right into that Fall feeling, we had pumpkin coffee cake this morning and it was delicious. You need to have some, too. Like everything I cook, this is easy, doesn't require anything exotic and doesn't take forever to make.

PUMPKIN COFFEE CAKE

Coffee Cake Ingredients:
Preheat oven to 350 degrees. Spray a 9 x 9 pan with cooking spray.
2 cups all-purpose flour
¾ cup granulated sugar
2 tsp. baking powder
½ tsp. salt
1 TB Pumpkin Pie Spice
1 cup pumpkin puree (not pumpkin pie filling)
¼ cup vegetable oil
½ cup nonfat milk

Streusel Topping
¼ cup butter, melted
¼ cup all-purpose flour
Cup brown sugar
1 TB cinnamon
Pinch of salt

Mix flour, sugar, baking powder, salt and pumpkin pie spice in a large bowl. Whisk to combine.

Mix pumpkin, vegetable oil, vanilla till blended. Add to dry ingredients. Pour into prepared pan. Set aside. Mix Streusel Topping ingredients in a small bowl and pour on top of coffee cake mixture. Bake 30-35 minutes.

Let it cool for a few minutes then cut yourself a slice of pumpkin deliciousness.

The picture this week is, of course, pumpkins! Halloween is coming. Have you started on your scarecrow yet for the annual Scarecrow Contest?

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

Including "Just Desserts" A Fall Fantasy of Pumpkins Gone Wrong!

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DOWNTOWN SIERRA MADRE HALLOWEEN ART SHOW

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Attention Sierra Madre!

All Sierra Madre households are invited to create and participate in a Halloween Art Show that will be displayed on downtown merchants' windows from October 20 through November 4, 2023.

All ages from a single address are welcome to draw or paint any Halloween theme on paper 'canvas' delivered free to your front door.

Any medium you choose is acceptable—crayons, markers, pencils, paint, ink are just a few ideas. Be creative!

LET'S DECORATE THOSE WINDOWS!

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DEADLINE TO RETURN COMPLETED ARTWORK IS OCTOBER 13.

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Weather Wise

6-Day Forecast Sierra Madre, Ca.

Sun	Sunny	Hi	80s	Lows	60s
Mon	Sunny	Hi	80s	Lows	60s
Tues	Sunny	Hi	80s	Lows	60s
Wed	Rain	Hi	70s	Lows	60s
Thur	Sunny	Hi	70s	Lows	60s
Fri	Sunny	Hi	70s	Lows	60s

Forecasts courtesy of the National Weather Service

SIERRA MADRE CITY MEETINGS SIERRA MADRE CITY COUNCIL MEETING

September 26, 2023 5:30pm

THIS MEETING WILL BE HELD IN THE COUNCIL CHAMBERS!

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

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

The meetings will be streamed live on Foothills Media website at foothillsmedia.org/sierramadre and broadcast on Government Access Channel 3 (Spectrum)..

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

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

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

Your event must:

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

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

Sierra Madre Woman's Club Blue & Gold Tea

September 27th, 1pm

Kick off the new club year with us!
New, prospective, and current members
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September 25—September 30

Monday

Love Bug & Me Music — In-person at
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Pixelated Art — In-person at 3:30pm

Saturday

3D Printing Basics — In-person at 12:00pm

"Lost" Library Card Hunt ends!

Happening soon:

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DECEMBER — Library re-opens at our
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Four Arrested in Theft Ring



Pasadena police arrested four suspects caught in the act of stealing high value items earlier this month at Macy's in what investigators believe to be an organized retail theft ring.

According to police, on September 8, members of the Pasadena Police Department Detective Section conducted an operation aimed at combating organized retail theft and vehicle burglaries. The primary focus of the program included businesses within the South Lake Shopping District.

As the program neared its conclusion, detectives directed their attention towards Macy's, located at 401 S. Lake Avenue. Inside the store, Detectives closely monitored four individuals who were methodically choosing high value clothing items. The individuals then proceeded to conceal the items while hiding behind their associates. Ultimately, the individuals left the store without making any attempt to pay for the stolen merchandise.

Detectives made an initial effort to apprehend the suspects, but they managed to evade capture on foot. Following a short chase, law enforcement successfully apprehended three of the suspects. However, a fourth suspect attempted to escape by using a vehicle and drove directly toward an officer who was in a black-and-white police unit. The suspect narrowly avoided colliding with the officer's vehicle. To stop the suspect's attempt to flee, one of the officers employed an intervention technique. Despite the suspect's efforts to accelerate away, another officer successfully disabled the suspect's vehicle, leading to the apprehension of the fourth suspect.

No officers or suspects sustained any injuries during this incident.

On September 11, the Los Angeles County District Attorney's Office filed a felony complaint against each suspect involved. Each was charged with one count of Grand Theft. Detectives are actively investigating the suspects' involvement in other thefts within the vicinity. Detectives have been able to connect the suspects with thefts that have occurred across Los Angeles and Orange counties, as well as Clark County.

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

Pasadena Man Charged with Son's Murder

Pasadena police released more information recently, including the names of a Pasadena father, and his son, who investigators said he shot during a fight earlier this month.

According to investigators on September 9, at around 1:15 p.m., officers from the Pasadena Police responded to a shooting at an apartment complex located in the 1100 block of Summit Avenue. Upon arrival, officers discovered 35-year-old Hakim Wright, a Pasadena resident, who had been shot inside an apartment. Hakim Wright had sustained a fatal shooting injury and was pronounced deceased at the scene.

Police said the suspect was identified as 65-year-old Marvin Wright of Pasadena. Marvin Wright was located outside of the apartment complex and was detained without incident. Detectives from the Pasadena Police Department's Robbery/Homicide Unit responded to the crime scene to commence immediate follow-up



investigation. Detectives executed a search warrant and recovered a total of three firearms they said.

On September 12, the Los Angeles County District Attorney's Office filed a felony complaint against Marvin Wright for the murder of his son. Marvin Wright was charged with one count of murder and one count of a felon in possession of a firearm. Marvin Wright's bail was set at \$3,000,000.

He is due to appear in Pasadena Superior Court on Nov. 2.

Anyone with information

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

Día De Los Muertos Art Competition



The Pasadena Tournament of Roses announced Friday the fourth annual Día de los Muertos art competition, a celebration of art, in partnership with the Consulate General of Mexico in Los Angeles, LA Plaza de Cultura y Artes, Pasadena Police Foundation and Rose Hills Memorial Park & Mortuary.

Winners of this year's regional competition will be awarded scholarships 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.

To enter, students must be between the ages of 4 and 18. Masterpieces can take any shape or form, as long as it celebrates, reflects and honors the traditions of Día de los Muertos. We encourage students to consider the following art categories:

- Paintings & Drawings - Create an art piece featuring marigolds, monarch butterflies or other representations of the holiday.
- Calavera - Make and decorate a sugar skull.
- Orendas - Build or construct an altar.
- Catrina - Paint a face with traditional Día de los Muertos makeup.
- Digital Art/Graphic Design - Use technology and graphic design to bring your art to life.
- Other visual arts - Get creative in some other form, including sculptures or making a traditional Día de Muertos costume.

To view examples of submissions from the 2022 Día de los Muertos art competition or for submission details visit: tournamentofroses.com/2024-dia-de-los-muertos.

Rose Bowl Game Tickets are Now Available Online

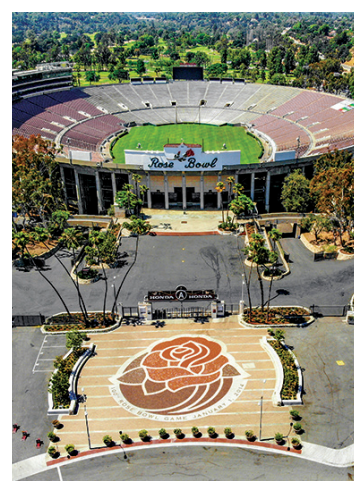
The Pasadena Tournament of Roses announced that tickets for the College Football Playoff Semifinal at the Rose Bowl Game presented by Prudential went on sale Friday.

Tickets are available online via Ticketmaster, giving fans the opportunity to secure tickets for The Granddaddy of Them All. The Playoff Semifinal at the Rose Bowl Game presented by Prudential will take place Monday, January 1, 2024, at 1 p.m. PT at the Rose Bowl Stadium.

This year's Rose Bowl Game presented by Prudential will serve as a CFP Semifinal and will host two of the top teams in the country. The game will feature the No. 1 CFP-ranked team vs. the No. 4 CFP-ranked team or the No. 2 CFP-ranked team vs. the No. 3 CFP-ranked team. The official team selection will be announced on ESPN on Sunday, December 3.

A maximum of four tickets per person are available during the Rose Bowl Game ticket pre-sale. Individual ticket prices start at \$225 plus Ticketmaster handling fees.

In addition to the Ticketmaster pre-sale, official ticket and hospitality packages are now available through On Location,



the Hospitality and Corporate Travel Package Provider for the Rose Bowl Game presented by Prudential. All package offerings through On Location include official Rose Bowl Game tickets and can be catered to include reserved Rose Parade tickets, pre-game hospitality at the Official Rose Bowl Touchdown Village, meet and greets with NCAA Legends, and more. For full details on package options and to secure your experience today, visit: onlocationexp.com. For more information about the Playoff Semifinal at the Rose Bowl Game presented by Prudential visit www.rosebowlgame.com.

Pasadena Playhouse Family Play Day and Street Party

Following in the tradition of their highly successful Playhouse Block Parties in 2018 and 2019, Pasadena Playhouse announce their first ever Playhouse Family Play Day on Saturday, October 21. Playhouse Family Play Day is a street party full of free entertainment and fun events tailored to people of all ages in the community and will include arts and crafts stations, face painters, balloon animal artists, food trucks, and more up and down El Molino! Pasadena Playhouse will also be featuring children's musicians, dance, and circus acts for a day that is sure to entertain the young (and young at heart). Featured activities and performers at Playhouse Family Play Day will include headliner Rachel Bloom (Trolls, Crazy Ex-Girlfriend, Reboot) with performances by Books and Cookies, Pasadena Conservatory's Young Musicians, Dallys Newton Circus Performer, DrumatiX Dance and Creative Percussion, and more. Additional community partners include The Family Room and Bümo. For a full list of programming and schedule, visit pasadenaplayhouse.org.

Danny Feldman, Producing Artistic Director of Pasadena Playhouse says, "After one of our biggest seasons ever, we're delighted to begin a new journey with a major expansion of our programs for youth and families. Our first ever Family Play Day will kick it all off in our signature Playhouse style."

The Playhouse Family Play Day is the kickoff event for the Playhouse's largest expansion to date: a commitment to providing access to productions, classes and workshops specifically created for youth and family audiences. The Playhouse was founded on community-



based work, education and professional training, and world-class productions for everyone. This return to youth and family programming will include fully produced, professional productions for families, classes, camps, and more. The specifics of the 2023-2024 youth and family programming activities will be announced at the Playhouse Family Play Day on October 21 at 1 p.m.

Pasadena Playhouse, the official State Theater of California and recipient of the 2023 Regional Theatre Tony Award, is one of the most prolific theaters in the country. The Playhouse has staged thousands of original productions since its founding in 1917 including premieres of works by Tennessee Williams, Eugene O'Neill, Suzan Lori Parks and hundreds more. For decades, its pioneering School for Theater Arts was a training ground for actors and theatermakers who went on to make significant contributions to the entertainment industry. Under the leadership of Producing Artistic Director Danny Feldman since 2016, Pasadena Playhouse's productions and community programs are centered on its founding idea of being a living force in its community, making theater for everyone. For more information on these events and all productions at Pasadena Playhouse visit pasadenaplayhouse.org.

Tournament Celebrates Extra Yard for Teachers

Recognizes John Muir High School Librarian Micol Issa in Big Day for Teachers Celebration, Issa will receive a \$1,000 DonorsChoose gift card

The Pasadena Tournament of Roses, along with the College Football Playoff (CFP) Foundation, celebrated the Big Day for Teachers on Tuesday, September 19, by honoring John Muir High School librarian and aquatics director Micol Issa with a \$1,000 DonorsChoose gift card to use toward student resources. The Big Day for Teachers is a part of the CFP Foundation's Extra Yard for Teachers Week, which celebrates educators across the country.

Issa serves as the librarian, aquatics director and boys' and girls' water polo head coach at John Muir High School in Pasadena, Calif. Muir won its first-ever Boys' CIF Water Polo Championship in its first year back as a varsity sport, earning Issa CIF Division 6 Coach of the Year.

A graduate of Oberlin College, Issa has lived in Ohio, France, and began her teaching career in 2010 in Haiti. She is fluent in three languages and is trained in Capoeira, an Afro-Brazilian martial art and dance. Issa began teaching in the Pasadena Unified School District in 2016 and joined the staff at John Muir in the fall of 2020.

The Pasadena Tournament

of Roses President Alex Aghajanian presented Issa with the DonorsChoose gift card in a surprise visit to John Muir High School.

"We couldn't be more thrilled to celebrate Ms. Issa as a part of CFP Extra Yard for Teachers Week and the Big Day for Teachers," said Aghajanian. "It's great to see an educator so passionate about literacy and athletics. We are proud to support amazing teachers like Ms. Issa through our work with the CFP Foundation."

The CFP Foundation's Extra Yard for Teachers Week is a nine-day nationwide celebration from September 15-23 that honors and recognizes great teachers. Throughout the week, the college football community, including universities, conferences, bowl games and ESPN, goes out of its way to let teachers know they are valued and respected.

The College Football Playoff (CFP) Foundation is the 501(c)(3) non-profit organization serving as the community engagement arm of the College Football Playoff and works in partnership with institutions of higher education, sports organizations, corporations and non-profits to support educators and improve student outcomes. The purpose of the CFP Foundation lies in supporting PK-12 education by elevating the teaching profession. To learn more, visit cfp-foundation.org and follow Extra Yard for Teachers (@CFPEXTRA) on social media.

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San Marino Upcoming Events & Programming

Annual Tree Maintenance with Mariposa Landscaping

Beginning September 25, Mariposa Landscaping will be removing 19 dead trees in the public right-of-way that were approved for removal by the City Council earlier this month. This work is part of the City's Multi-Year Tree Maintenance and Planting contract. The City seeks to balance public safety with preservation of the City's urban forest, and only removes trees when the tree is no longer viable and there is no other option except removal. In the coming weeks, Mariposa will also begin their annual grid pruning of City-owned street trees, and will start work in the portion of the City from Lacy Park north to City limits and east to Sierra Madre Boulevard. This annual tree trimming will ensure resident safety and preserve the City's aesthetic beauty.

Family Storytime

Tuesday, September 26 at 10:30 AM, Children's Area

Storytime features activities for children ages 5 and under that will promote early literacy and lifelong learning through songs, movement, fingerplays, and books. Storytime is also an opportunity for caregivers to learn ways they can incorporate learning activities into everyday routines. Storytime occurs weekly on Tuesday through October 3. Registration is not required. Please watch our social media for cancellations.

Community Center Grand Opening Dedication

You are invited to celebrate the grand opening of the newly renovated Community Center! It will take place next Thursday, September 28 at 5:15 PM. There will be tours and light refreshments; everyone is welcome. Visit: CityofSanMarino.org/CommunityCenter for parking information and more details.

Coffee, Tea, and Chat

Friday, September 29 from 9:30 – 11:30 AM, Thornton Conference Room

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

Huntington Nurses Flu Clinic

Wednesday, October 4 from 10 AM – 12 PM, Barth Community Room

Flu season is just around the corner! Protect yourselves and loved ones with a flu shot. Flu shots are completely free; no insurance necessary. Registration is not required.

Nature Series: Living with Native Oak Trees

Friday, October 6 at 10 AM, Barth Community Room

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

Fire Department Recent Happenings

San Marino fire personnel continue to prepare the station for annual Chief's inspections. Annual inspections are conducted by the respective shift's assigned Division Chief and include a review of all personnel, facilities, equipment, and apparatus. Each shift is assigned an area of responsibility for cleaning, maintenance, and repair in addition to each firefighter's personal equipment, licensure, and training records. Inspections are a routine part of the fire service and help to ensure the San Marino Fire Department standards are maintained; they ensure 100% readiness; they help reset expectations; and the work performed by the Firefighters helps to build esprit de corps.

Chief Rueda led the City's executive staff in a pre-drill training exercise in preparation for the Great ShakeOut earthquake drill in October. The exercise presented executive staff with an overview of the City's emergency protocols in the event of a damaging earthquake. It also covered specific earthquake threats to our region due to proximity to the Raymond Fault, the Sierra Madre Fault, and the San Andreas Fault. In 2021, the City of San Marino developed an Earthquake Operations Annex to the City's Emergency Operations Plan. The Earthquake Operations Annex provides specific guidance and protocols for City staff in the event of an earthquake affecting the City.

During the week of September 18, the San Marino Fire and Police Departments were visited by Carver Elementary School's five kindergarten classes. Firefighters provided the classes with an overview of a firefighter's job, gave the students a tour of the apparatus and equipment, and provided a lesson on fire safety.

Meetings

Library Board of Trustees

Monday, September 25 at 8:00 AM; Barth Room and Zoom (Public Access)

Planning Commission Meeting

Wednesday, September 27 at 6:00 PM; City Hall Council Chambers and Zoom (Public Access)

City Council Meeting

Friday, September 29 at 8:30 AM; Barth Room and Zoom (Public Access)

South Pasadena All Things Trees: a Special Free Event



South Pasadena Beautiful, the City of South Pasadena, and the South Pasadena Public Library invite the community to a special event to celebrate South Pasadena's urban forest. With over 80 trees on the one-square block of the Library Park, the South Pasadena Public Library Community Room is a fitting location to laud South Pasadena's estimated 21,000 trees. The free event will take place Tuesday, October 3, at 7:00 p.m. (doors open at 6:30 p.m.) at the Library Community Room, 1115 El Centro Street. The program features a presentation by arborist and South Pasadena resident, Richard McLeod: "Let's Show the Trees Some Love." Join us to talk "All Things Trees"!

Richard McLeod is an Arborist Representative working with Bartlett Tree Experts, leaders in scientific tree and shrub care since 1907. Bartlett helps both residential and commercial customers maintain beautiful, healthy trees and teaches people how to care for trees. Richard will be speaking about some of the commonly overlooked aspects when caring for trees and the benefits of soil nutrient analysis for providing the best growing conditions for tree and shrub growth.

Also on hand, Arpy Kasparian, the City of South Pasadena's Environmental Services & Sustainability Manager and Catrina Peguero, Public Works Operations Manager, will present the City perspective on our urban forest. They

will be available to answer questions about city regulations regarding tree planting and trimming, share tree rebate and resource information, and talk about the city's long-standing Tree City U.S.A. recognition.

Finally, Alexis Mendoza, Adult Services Librarian, will introduce the Library's Interactive Tree Map and provide an overview of "Sowing South Pasadena," a new Library program coming this spring. Sowing South Pasadena, funded by a grant from the Institute of Museum and Library Services through the California State Library, will include the launch of a Seed Library, a series of speaker events, and more.

South Pasadena Beautiful is a 501(c)(3) nonprofit dedicated to planting a sustainable future in our community through such projects as the low-water landscape project at the South Pasadena Post Office and its springtime Garden Tour and Sustainability Fair at the Nature Park (officially The South Pasadena Arroyo Seco Woodland and Wildlife Park). This October event is SPB's annual meeting. Additionally, over 70 gardening books will be available for a small donation to SPB. For more information about South Pasadena Beautiful, visit: southpasbeautiful.org.

The South Pasadena Public Library is located at 1100 Oxley Street in South Pasadena. Visit the Library website at: southpasadenaca.gov/library for information about services and programs.

#Agewell Day is Sept. 30

The Pasadena Senior Center will be hopping with activities Saturday, Sept. 30, from 9 a.m. to 2 p.m. during the free, fun and informative #AgeWell Day

for members and nonmembers.

There will be something for everyone 50 and older at this annual event, including latest updates on medical marijuana and CBD oil, arts and culture activities, blood pressure and glucose screenings, wellness information and resources, how to make the most of smartphones, movement activities such as yoga, chair Pilates and low-impact line dancing, fitness center orientation, brain games to improve cognitive health, prevention of scams against older adults including fraud and identity theft, writing workshop, live entertainment, refreshments and much more.

Dr. Laura Mosqueda, professor of family medicine and geriatrics at USC's Keck School of Medicine, will present a keynote address titled "How to Age Well."

Studies by the National Institutes of Health have shown that taking it easy in retirement can be quite risky. Often, inactivity of the brain and body is more to blame than age when older adults lose the ability to perform normal activities of daily living. This can lead to diminishing independence, more doctor visits, more hospitalizations and more dependence on prescription medications.

"For older adults, this is the time of life when new doors open and new experiences beckon. Staying active as you age can work wonders for your physical and mental health and lead to a longer, more fulfilling life with greater independence," said Akila Gibbs, executive director at the Pasadena Senior Center. "If you're not as active as you'd like to be, it's never too late to begin, and if you're already active and want to add some additional variety, now is the time."

To register for #AgeWell Day or for more information, visit www.pasadenaseniorentr.org and click on Activities & Events, then Special Events or call (626) 795-4331. Membership with the Pasadena Senior Center and residence in Pasadena are not required to attend.

Governor Signs Bill for State Investments in Live Theatre

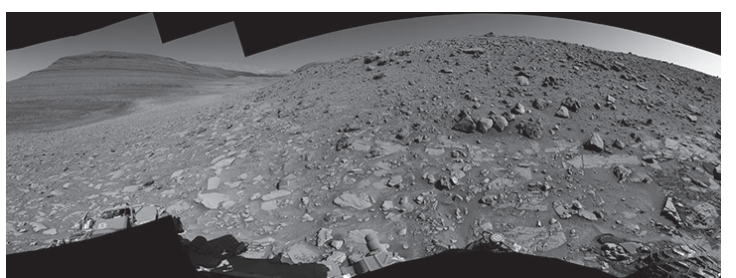
Senator Anthony Portantino announced Thursday that Governor Newsom has signed legislation that helps support small nonprofit performing arts venues, commonly known as community theaters. Budget bill SB 104 included \$11.5 to fund a program set up last year in SB 1116, a bill authored by Senator Portantino that established the Equitable Payroll Fund (EPF) to support live theatre. This effort comes at a time when many small community theatres are struggling in the aftermath of the pandemic and far too many are closing.



"I am proud that California is providing needed support to small nonprofit arts organizations," stated Senator Portantino. "Our vibrant arts community drives much of our creative economy. Despite strong community support, our neighborhood theaters have suffered from under-investment and pandemic shutdown impacts. Investment in the arts helps all generations and all neighborhoods in Californians. It's critical that we find ways to sustain and enhance our creative work force. This funding will prevent the closure of many small arts nonprofits, stem job losses, and create more sustainability. A talented and terrific group of artists, actors, directors and writers worked tirelessly to advocate for this funding over the past three years. Today, we celebrate and appreciate those efforts to keep the lights on and the curtains

up." Prior to the pandemic, California ranked 28th in state arts funding on a per capita basis. This chronic long-term underfunding of the industry amounted to a double-hit when the pandemic shut down much of the live arts. Johns Hopkins University reports that, as of October 2021, the percentage of job losses at nonprofit arts organizations remains more than three times worse than the average of all nonprofits. Authored by Senator Portantino and signed into law by Governor Newsom last year, SB 1116 established the Equitable Payroll Fund (EPF), a grant program designed to support live performances – and workers – by providing substantial reimbursements of payroll expenses. The program will support jobs for anyone hired as an employee by a SNPAO, including both production and non-production employees and administrative staff. For more information visit: <https://sd25.senate.ca.gov>.

Curiosity Reaches Mars Ridge Where Water Left Debris Pileup



Three billion years ago, amid one of the last wet periods on Mars, powerful debris flows carried mud and boulders down the side of a hulking mountain. The debris spread into a fan that was later eroded by wind into a towering ridge, preserving an intriguing record of the Red Planet's watery past.

Now, after three attempts, NASA's Curiosity Mars rover has reached the ridge, capturing the formation in a 360-degree panoramic mosaic. Previous forays were stymied by knife-edged "gator-back" rocks and too-steep slopes. Following one of the most difficult climbs the mission has ever faced, Curiosity arrived Aug. 14 at an area where it could study the long-sought ridge with its 7-foot (2-meter) robotic arm.

After three years, we finally found a spot where Mars allowed Curiosity to safely access the steep ridge," said Ashwin Vasavada, Curiosity's project scientist at NASA's Jet Propulsion Laboratory in Southern California. "It's a thrill to be able to reach out and touch rocks that were transported from places high up on Mount Sharp that we'll never be able to visit with Curiosity."

The rover has been ascending the lower part of 3-mile-tall (5-kilometer-tall) Mount Sharp since 2014, discovering evidence of ancient lakes and streams along the way. Different layers of the mountain represent different eras of Martian history. As Curiosity ascends, scientists learn more about how the landscape changed over time. Gediz Vallis Ridge was among the last features on the mountain to form, making it one of the youngest geological time capsules Curiosity will see.

The rover spent 11 days at Rare Peek busily snapping photos and studying the composition of dark rocks that clearly originated elsewhere on the mountain. The debris flows that helped form Gediz Vallis Ridge carried these rocks – and

others lower on the ridgeline, some as large as cars – down from layers high on Mount Sharp. These rocks provide a rare insight into material from the upper mountain that Curiosity can examine.

The rover's arrival at the ridge has also provided scientists the first up-close views of the eroded remnants of a geologic feature known as a debris flow fan, where debris flowing down the slope spreads out into a fan shape. Debris flow fans are common on both Mars and Earth, but scientists are still learning how they form.

"I can't imagine what it would have been like to witness these events," said geologist William Dietrich, a mission team member at the University of California, Berkeley, who has helped lead Curiosity's study of the ridge. "Huge rocks were ripped out of the mountain high above, rushed downhill, and spread out into a fan below. The results of this campaign will push us to better explain such events not just on Mars, but even on Earth, where they are a natural hazard."

On Aug. 19, the rover's Mastcam captured 136 images of a scene at Gediz Vallis Ridge that, when pieced together into a mosaic, provide a 360-degree view of the surrounding area. Visible in that panorama is the path Curiosity took up the mountainside, including through "Marker Band Valley," where evidence of an ancient lake was discovered.

While scientists are still poring over the imagery and data from Gediz Vallis Ridge, Curiosity has already turned to its next challenge: finding a path to the channel above the ridge so that scientists can learn more about how and where water once flowed down Mount Sharp.

Curiosity was built by JPL, which is managed by Caltech in Pasadena, California. JPL leads the mission on behalf of NASA's Science Mission Directorate in Washington.

For more about Curiosity, visit: mars.nasa.gov/msl.

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For more information, please contact the Community Services Department at:
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Upon request made no later than four (4) business days before the event, the City will provide a reasonable accommodation for a qualified person with a disability to have equal access to the event. Please contact ADA Coordinator and Human Resources Manager at (626) 403-7312 or fill out the City's request form available at www.southpasadenaca.gov and email the form to Human Resources at HR@southpasadenaca.gov

This material was not prepared by the South Pasadena Unified School District (SPUSD). Any programs and/or events described herein are not necessarily endorsed and will not be supervised by SPUSD.

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ARCADIA POLICE BLOTTER

For the period of Sunday, September 10th through Saturday, September 16th, the Police Department responded to 1,043 calls for service, of which 90 required formal investigations. The following is a summary report of some of the incidents handled by the Department during this period.

Monday, September 11:

1. At 6:27 p.m., an officer responded to a residence in the 400 block of East Wistaria Ave-nue regarding a burglary investigation. The officer determined unidentified suspect(s) smashed a rear glass door, cut the wiring to the alarm and camera system, and fled with an unknown amount of property. The crime happened sometime between September 1st and 11th.

Tuesday, September 12:

2. At 4:59 a.m., an officer responded to Smart Inside, a business located at 11901 Goldring Road, regarding the activation of an audible alarm. Surveillance footage captured a lone male suspect shatter the front glass door and the victim determined he fled with stolen hair dryers and electric scooters.

3. At 7:37 p.m., an officer responded to the 11700 block of Clark Street regarding a physical altercation between two subjects. A review of the surveillance footage revealed an argument resulted in a battery when the suspect pushed the victim. The investigation is on-going and the suspect, a 49-year-old male from Covina, is outstanding.

Wednesday, September 13:

4. At 6:37 a.m., officers responded to The Derby, located at 233 East Huntington Drive, regarding a robbery investigation. Surveillance cameras captured two male suspects pried open a side door and once inside, they encountered an employee and threatened him to not move while they ran-

sacked the office. The suspects are described as two Black males. They fled in a black SUV. The loss is unknown.

5. At 8:58 p.m., an officer responded to a residence in the 1500 block of Greenfield Avenue regarding an attempted residential burglary. An investigation revealed the suspect(s) smashed a sliding glass door but were scared off by the resident. They did not enter the home and fled emptyhanded.

Thursday, September 14:

6. At 11:13 p.m., an officer initiated a traffic stop on a vehicle in the area of Mayflower Av-enue and East Live Oak Avenue for making an illegal U-turn. The officer tried to get the vehicle to pull over but the driver, identified as a Hispanic male, failed to stop and sped away. An area check was conducted, and the vehicle was located in the 3300 block of Lynd Avenue but the driver had fled. Surveillance cameras captured the incident and provided suspect descriptions of a Hispanic male and a Hispanic female. The suspects were located a short time later in the 4400 block of East Live Oak Avenue. Upon con-tacting the suspects, the officer detected a strong odor of alcohol emitting from the male driver's breath. A records check revealed the male was in violation of a protective order, driving with a suspended license, and had prior DUI arrests. The 23-year-old male from Covina was arrested and was transported to the Arcadia City Jail for booking.

Saturday, September 16:

7. At 7:45 p.m., an officer responded to The Shops at Santa Anita, located at 400 South Baldwin Avenue, regarding a stolen vehicle investigation. Sometime between 9:00 a.m. and 7:40 p.m. on September 16th, someone stole the victim's Kia Soul from the parking lot. The vehicle was later located by Los Angeles County Sheriff Department, Century Station.

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 - o 1848 Evergreen St. Duarte, CA 91010
- Arcadia Fire Department (10am-4pm)
 - o 710 S. Santa Anita Ave. Arcadia, CA 91006
- Arcadia Chamber (Mon to Thurs 8am-4pm)
 - o 388 W Huntington Dr. Arcadia, CA 91007
- Sierra Madre City Hall (Mon to Thurs 8am-5pm)
 - o 232 W. Sierra Madre Blvd. Sierra Madre, CA 91024

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PET FRIENDLY RESTAURANTS UPDATED

First of all, the term “pet friendly” might be considered an oxymoron. The rule of the thumb is that the restaurants have some sort of outdoor (al fresco) patio dining. Each city has its own regulations on laws about bringing Fido to restaurants. Here are a few guidelines that I have come up with.

To keep obliging restaurants happy with their decisions to include pets, here are some etiquette rules you and your pet should follow when dining out:

- Keep your animal leashed at all times.
- No barking
- No begging
- No jumping
- No eating off the table
- No sitting on chairs, tables or benches
- Do not enter the inside of the restaurant.
- Current vaccination tags should be on pet's collar
- Bring your own food dish and water bowl. Health codes prohibit pets from eating and drinking from restaurant dishes and glasses.
- Get your pet to sit under or as close to the table base as possible to reduce the chances of your waiter tripping over your pet

Now that we got that out of the way here is a list of local favorites, did I miss a spot? Please email me!!

The wonderful Raymond Restaurant 1886 is a great place for happy hour and, depending on the weather, a great place for your pooch. I have it on good authority that all three Lucky Baldwin's allow pets and that the Old Pasadena location even has some treats on the menu (beer?). Sierra Madre's Casa Del Rey is very dog friendly and has water bowls for Lil Milo and you can enjoy the tacos, right across the street is the Wisteria, yes just visited there last night!!! One of my favorite Italian restaurants is Mi Piacce - space is limited but they will welcome your puppy with open arms. Looking for some Tex with your Mex? El Portal on Colorado Blvd. has a great patio and is perfect for a meeting of you and your pooch. Porta Via Italian Foods on California tells me that they are dog friendly. Well, the Dog Haus better be dog friendly, right? Check out both locations, but I would suggest the one on Green St. The new True Foods is a great place for a Sunday Mimosa on their patio, and Bella will feel like a champ. If you like Susan Henderson and golfing is your thing take your pug to Brookside Golf Course! Well, I know I missed a few but that's a great list to start with.

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Community Leaders Martin Holford and Reliance Steel & Aluminum Co. to be Honored

PASADENA, CA – Start your engines! On Saturday, October 14, 2023, supporters of Ronald McDonald House Pasadena will unite for the 19th annual SHINE Gala Grand Prix: Fueling Families Together. On this spectacular evening under the stars at a private golf club in Pasadena, community leaders and advocates will gather for dinner and drinks, silent auction bidding and dancing—all to raise critical funds that enable families in need to access the best medical care possible for their child.

This year's corporate honoree is Reliance Steel & Aluminum Co., who partners with Ronald McDonald House locally and globally to provide support to families through community engagement. The community honoree will be Martin Holford, who has been a dedicated Ronald McDonald House Pasadena advocate and leader for over fifteen years.

“With your support, Ronald McDonald House Pasadena provides everything a family needs while their child is receiving medical treatment,” says Executive Director Mara Leong-Maguinez. “From a safe place to rest, to food, fun, and friendly faces, we're here to reduce stress and anxiety for families, allowing them to focus on what matters most: helping their child heal.”

Funds raised through the SHINE Gala will support the Ronald McDonald House Pasadena mission of providing comfort, care, and support to families with critically ill children, keeping them close to one another, their doctors, and needed medical care. The gala committee is chaired by Kim Oblak of LA Financial Credit Union and sponsors for the event include 88 International, Bank of America, the Holford Family, Reliance Steel & Aluminum Co., Rusnak Auto Group, LA Financial Credit Union, Riboli Family Wine Estates, and Sharp Seating Company.

Space is limited at the exclusive venue, so step on the gas! To reserve your space and support kids and families, tickets and sponsorship opportunities are available at www.rmhcsc.org/shinegala.

About Pasadena Ronald McDonald House
Ronald McDonald House Pasadena is a home-away-from-home for families with critically-ill children, keeping them close to one another, their doctors and needed medical care. The House is built on the simple idea that nothing else should matter when a family is focused on the health of their child—not where they can afford to stay, where they will get their next meal, or where they will lay their head at night to rest. Ronald McDonald House Pasadena occupies three historic homes in Pasadena, just steps away from Huntington Health and Shriners Children's, and offers 17 guest bedrooms. Families staying at the House have access to a fully stocked pantry, meals prepared by volunteer groups, a large yard with outdoor seating, and therapeutic family support services. Ronald McDonald House Pasadena is a program of the Ronald McDonald House Charities of Southern California. For more information, please visit our website at www.rmhcsc.org/Pasadena.

ALL THINGS By Jeff Brown

Bob Marley was once asked if the perfect woman existed. And he replied: Who cares about perfection?

Even the moon is not perfect, it is full of craters... And the sea? it's too salty and dark in the depths.

The sky? Always so infinite, that is, the most beautiful things are not perfect, they are special.

Stop wanting to be "perfect", try to be free, happy and live doing what you love, not wanting to please others.

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It's time for bed. Um, may I leave the light on?

Sure, you can! I'll turn it off after you fall asleep.

Everyone is a little afraid of something...spiders, the dark, the unknown! It's okay to be afraid sometimes. In fact, it's smart to be a *little* afraid when facing a dangerous situation or a problem that you need help solving. A burning smell, a lost pet, strange sounds in the dark: all would cause anyone's heart to beat a little faster.

Once in a while someone might *learn* to be afraid of something. If you had a bad reaction to a bee sting, it would make sense and be smart to be afraid of going near a flowering bush full of bees.

Some people are so afraid of something that they cannot live normal lives. This much fear is a major problem. Strong fears are called "phobias." Have you ever heard of "*claustrophobia*?" It is the fear of being in tight or closed places.

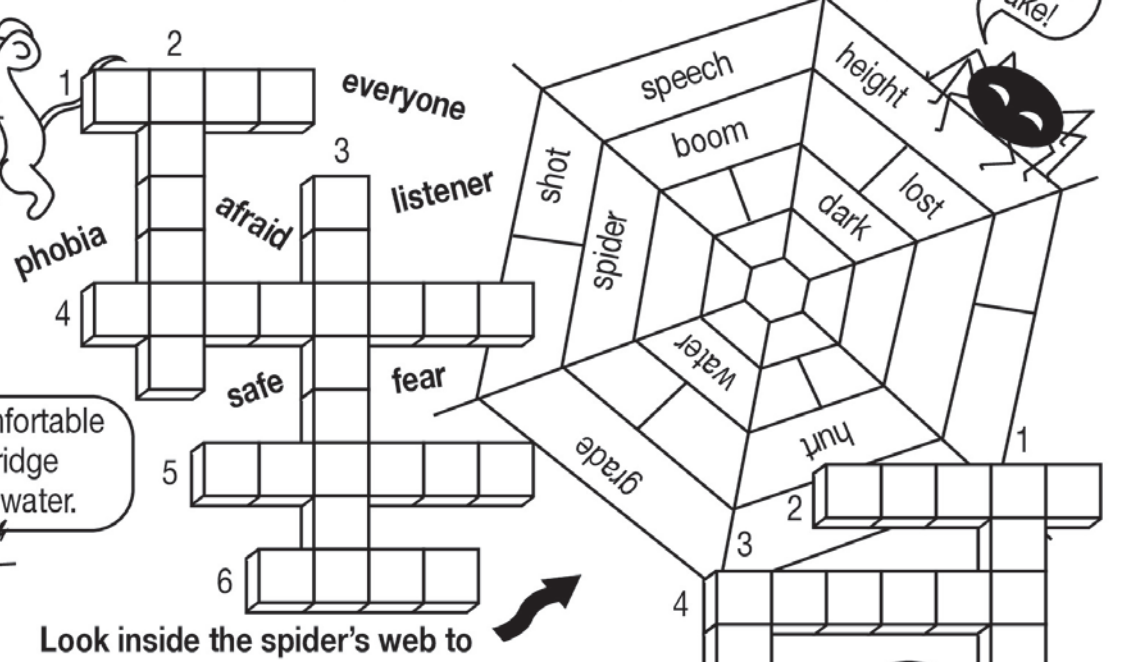
If you are afraid of something, then you should find a good listener - parent, teacher, doctor - and talk to him or her about your feelings. If they have had a similar fear, they can tell you how they were able to deal with it. Or they may explain why something happens - like thunder and lightning - and take the scary edges off your fear.



I'm not comfortable crossing the bridge above rushing water.

What Are You Afraid Of?

Ugh...a snake!



Look inside the spider's web to find words to fill in the puzzle.

Are you afraid of ...

1. sleeping in the _____ without a light?
2. getting a poor test _____?
3. giving a _____ in front of your class?
4. a _____ spinning a web?
5. strong _____ currents or blazing fires?
6. the _____ of a bridge you're crossing?
7. getting _____ while playing sports?
8. becoming _____ in a crowded place?
9. getting a flu _____ at the doctors office?
10. the _____ of thunder or streak of lightning?

Spiders frighten me!

Read the clues to fill in the crossword at the top of the page. Use the words around the frame.

1. know your limits when swimming, climbing or doing other activities so you stay _____
2. to be scared
3. _____ gets frightened at some time
4. person who will hear/help with your problem
5. strong fear that gets in the way of normal life
6. worry or feel that something bad may happen

CHRISTOPHER Nyerges [www.SchoolofSelf-Reliance.com]



ANTIGUA COFFEE SHOP of Northeast Los Angeles: The Two Brothers who built a Highland Park establishment

[Nyerges is the author of "URBAN SURVIVAL GUIDE," from which this article was extracted.]

I wanted a cup of coffee, and so I entered Antigua Bakery in Highland Park, from the rear entry from the parking lot. I noticed that they built a little flower bed out back where there was once trash and dead weeds. Now there was now a beautiful wood-framed garden bed with colorful flowers and even some vegetables. But what was the wooden pole sticking out of the middle, with a plastic bucket strapped to the pole with some sort of tubing leading to the roof?

I asked Miguel Hernandez about the garden when I went in to get my coffee. He and his brother Dennis were born in Guatemala City and moved to the U.S. in 1999. They opened their coffee house in 2007. Miguel told me that he had wanted to do something with a little bit of space in the rear of the coffeehouse, a somewhat ugly little spot where trash would accumulate. So, with encouragement and help from his teenage daughter Kathy, he built the little sturdy-framed garden out back.

RECYCLING COFFEE GROUNDS

"You know we throw a lot of coffee grounds away, right?" Miguel asked me. "Well, we filled that little raised bed garden with lots of our coffee grounds. It's a really good way to recycle the grounds." Miguel pointed out that they still end up tossing some used coffee grounds away, because they use so much. They do give some away to gardeners and mushroom growers, and they plan to continually find a home for their used grounds.

SAVING WATER FROM THE AIR CONDITIONING

"But what's that plastic bucket up on the post?" I asked Miguel. He broadly smiled and he told me that he realized the air conditioning for Antigua constantly drips out water. "I ran a tube from the AC to that bucket, and the water from the bucket drips down and waters the garden. Why not put that water to use?" he asked. Miguel wasn't sure if the AC condensation would be sufficient to water the garden, but to his surprise, he found that the water from Antigua's AC system filled the five gallon jug at least three times a day, and up to five times during hot weather. "There is so much water coming off the AC," explained Miguel, "that I run the tube to fill those overflow bottles, and I actually take water home for irrigation."

SETTING AN EXAMPLE

The little garden also has a little solar lamp, and a bird bath for the birds. It's a great example of what anyone - even in the urban environment - can do to help save and recycle resources.

The Hernandez brothers also recycle as many of their used cans as possible, in which they receive certain food items. And during very hot weather, they put out a jug of water and cups on the front entrance for passers-by to get a drink. "A lot of people, even homeless, really need a drink and sometimes they are a bit too embarrassed to just ask for water," explains Miguel. They also put out a water dish for dogs. "We're just trying to do the right thing to give back to the community," explains Miguel. "And if we do this, maybe others will do so also, and we'll all make a difference to our community."

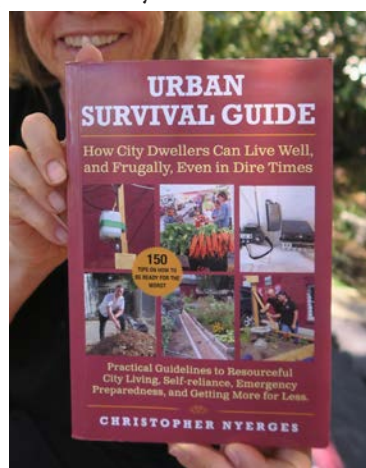
SIDEBAR

After meeting with Miguel Hernandez, I was sitting at the Highland Park farmers market, having a non-GMO tamale, and a friend and I were talking about Antigua's system of saving their AC water for the garden.

"So where does that water actually come from?" my friend asked. We knew the water dripped from the AC system, but where did it actually come from? With a bit of research, I learned that the water which drips out of the AC system originally comes from the air! That's right. From the air. Moisture from the air is what cools the system, and it condenses on the tubes. So, is that water OK to drink, we wondered? We found our answer on-line, titled, "Water dripping from air conditioners: Is it sani-tary? Could you drink it?" It was from a column by Forrest Wickman, who answers questions about the news. Here is the essence of his answer to the question. Yes!

According to Wickman, most of the dripping from air conditioners is just condensed water vapor that comes from the air inside the building. Window air conditioners are designed to drain this water. Generally speaking, water is exactly like rain (which also forms from condensed water vapor) or the moisture that collects on a cool can of soda, and it's typically no more harmful. However, in rare cases small amounts of water can be left to stagnate inside the air conditioner, making it a breeding ground for bacteria.

Wickman says that the water that drips from air conditioners is probably even safe for drinking, and is certainly more potable than the drinking water in many countries. Good to know, just in case...



CLASSES AND BOOKS
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Katnip News! Meet MEEMOW, sweet senior!



Meet Meemow - Your Future Feline Friend!

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See more pictures of him on our website's "Seniors" page. Submit the Lifeline for Pets adoption application on our website, as well: www.lifelineforpets.org. Special Note: This weekend, Sept. 23-24, we will be at Pet Food Express in Glendale, 11:00 - 2:00, with some of our kittens. Come and say hello!

Pet of the Week

Who can resist Mike's smile?! Not us! This four-year-old boxer beams from ear to ear whenever he gets visitors, and his tail wags non-stop when he gets pets.

Mike was so shy when he first arrived at the shelter that he would even hide in the back of his kennel. Now we're getting to see his true personality, and he is FUN. He loves going to the training yard and exploring. He adores toys and games and bounces from one toy to another like a kid in a candy store. All traces of shyness seem to be behind him, and his bubbly personality is on full display.

He also is quite cuddly when he settles down. He curls up close for pets and will put his big head in your lap for more. Mike is also very clever- he loves to show off all his tricks whenever he sees a treat.

Mike is just so excited to meet everyone he can't help but smile!

The adoption fee for dogs is \$150. All dog adoptions include spay or neuter, microchip, and age-appropriate vaccines.

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.

View photos of adoptable pets and schedule an adoption appointment at pasadenahumane.org. Adoptions are by appointment only, and new adoption appointments are available every Sunday and Wednesday at 10:00 a.m.

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



Bears are attracted to anything that is edible or smelly. Use the checklist below to help bear-proof your home:

- Garbage problems can be solved with the purchase and correct use of a bear-proof garbage container. Save money by sharing one with a neighbor! For bear-proof containers and where to buy them visit www.dfg.ca.gov/keepemwild/products.html.
- Don't leave any scented products outside, even non-food items such as suntan lotion, insect repellent, soap or candles.
- Wait to put trash out until the morning of collection day.
- Keep barbecue grills clean.
- Don't leave trash, groceries or animal feed in your car.
- Keep pet food and pets inside.
- Keep garbage cans clean and deodorize them with bleach or ammonia.
- Securely block access to potential hibernation sites such as crawl spaces under decks and buildings.
- Harvest fruit off trees as soon as it is ripe, and promptly collect fruit that falls.
- Keep doors and windows closed and locked. Scents can lure bears inside.
- Avoid using bird feeders. They are a powerful attractant.
- Consider installing motion-detector alarms, electric fencing or motion-activated sprinklers.
- Remove all food from homes and cabins that will be unoccupied for an extended period of time.

IF A BEAR ENTERS YOUR HOME



If you encounter a bear in your home:
Do not approach the bear.
Remove yourself from danger.
When safe, call 911.
Do not block any exits that the bear may use to escape.



If you encounter a bear in your yard:
Slowly back away. DO NOT approach the bear.
Allow the bear plenty of room to pass or withdraw.
Once you are a safe distance away, encourage the bear to leave by banging pots and pans or making other loud noises.

WHEN TO CONTACT THE DEPARTMENT OF FISH AND WILDLIFE

It's not uncommon to see bears in and around communities located near bear habitat. A bear sighting alone is not a cause for concern.

If a bear causes damage to your home or property, contact your Department of Fish and Wildlife Regional Office.

CDFW will provide strategies to make your property less attractive to bears, explain the deprecation permit process and may conduct a site inspection.

Remember prevention is always the first step. It's up to all of us to help keep bears alive and wild for generations to come.

TO REPORT A BEAR PROBLEM

Contact the California Department of Fish and Wildlife regional office nearest you:

- Northern Region (530) 225-2300
- North Central Region (916) 358-2900
- Bay Delta Region (707) 944-5500
- Central Region (559) 243-4005
- South Coast Region (858) 467-4201
- Inland Desert Region (909) 484-0167
- Sacramento Headquarters (916) 322-8911

Alternate communication methods are available upon request. If reasonable accommodation is needed, contact the Department of Fish and Wildlife, (916) 322-8911 or the California Relay Service serving deaf and hearing-impaired residents using TTY/TDD phones, and speech-impaired callers at (800) 735-2929.



Creative Arts Group
12th annual
SCARECROW FESTIVAL

- Kits available beginning September 1st
- Register your scarecrow by October 1st
- Maps available online or in the office October 6th
- Vote October 6 - October 24 at noon
- Winners announced October 28th

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THREE VACCINES SENIORS SHOULD CONSIDER GETTING THIS FALL

Dear Savvy Senior: Which vaccines are recommended for Medicare seniors this flu season?
Just Turned 65

Dear Just Turned:

There are actually three different types of vaccines seniors should consider getting this fall to protect against a repeat of last winter's "triple-demic" of respiratory illnesses, which included flu, RSV and coronavirus. Here's a rundown of the different vaccines the Centers for Disease Control and Prevention (CDC) is recommending and how they are covered by Medicare.

Senior-Specific Flu Shots

For people age 65 and older, there are three flu vaccines (you only need one) that the CDC recommends over traditional flu shots.

These FDA-approved vaccines provide extra protection beyond what a standard flu shot does, which is important for older adults who have weaker immune defenses and have a greater risk of developing dangerous flu complications compared with younger, healthy adults. The three senior-specific options include the:

- Fluzone High-Dose Quadrivalent vaccine, which contains four times the amount of anti-gen as a regular flu shot does, creating a stronger immune response for better protection.
- Flud Quadrivalent vaccine, which contains an added ingredient called adjuvant MF59 that also helps create a stronger immune response.
- FluBlok Quadrivalent vaccine, is a recombinant protein (egg-free) flu vaccine that contains three times the amount of antigen as compared with a regular flu shot.

There isn't enough evidence yet to indicate whether one of these three vaccines provides superior protection over the other two for seniors.

As for side effects, you should know that the Fluzone High-Dose and Flud vaccines can cause more of the mild side effects that can occur with a standard-dose flu shot, like pain or tenderness where you got the shot, muscle aches, headache or fatigue. While the side effects of Flublok tend to be a little less frequent.

All flu vaccines are covered 100 percent by Medicare Part B as long as your doctor, health clinic or pharmacy agrees not to charge you more than Medicare pays.

New

RSV Vaccines

Anyone age 60 and older, especially if you have any heart or lung conditions, diabetes, kidney or liver disorders that make you vulnerable to the respiratory syncytial virus (RSV) should consider getting one of the new FDA approved RSV vaccines (either Arexvy or Abrysvo).

These vaccines, recommended by the CDC, will help protect older and immunocompromised adults from respiratory illness, which is responsible for 6,000 to 10,000 deaths and at least 60,000 hospitalizations each year in seniors 65 and older.

The new RSV vaccines are covered by Medicare (Part D) prescription drug plans.

Updated Covid Booster

If you haven't had a Covid-19 booster shot lately, you should consider getting one this fall. Even though the Covid public health emergency has ended and the number of cases has gone way down, it has been surging in recent months causing an increase in hospitalizations, especially among the elderly.

The updated Covid vaccine targets the XBB omicron subvariants that are some of the most dominant coronavirus variants circulating in the U.S. It will also provide protection against the EG.5 variant (Eris), which is closely related to the XBB.

Covid booster shots are covered 100 percent by Medicare Part B.

When and Where

Most health officials agree that it's safe to receive the flu and Covid booster at the same time. But because the RSV vaccines are new this year, many doctors are recommending a two-week window between an RSV shot and the flu and/or the COVID shots.

You can find all three vaccines at most pharmacies, medical clinics and health departments, or you can do a search at Vaccines.gov.

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! ...September Birthdays*

Clem Bartolai, Pat Hall, Donna Anderson, Teresa Chaure, Cathy Gunther, Esther Macias, Sheila Pierce, Nancy Sue Shollenberger, Patti O'Meara, Judie Cimino, Mary Steinberg, Geri Wright, Parvin Dabiri, Denise Reistetter and Nehama Warner, Virginia Mullaney, Gwen Robertson.

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

SENIOR CLUB Every Saturday at Noon Hart Park House
Open to all seniors 50+ Fun - Games - And More! Call Mark at 626-355-3951

Monday & Wednesday 10-10:45 AM

Chair Yoga

Please join us for some gentle stretching, yoga, balance exercises and overall relaxation. Classes are ongoing and held in the Hart Park House Senior Center.

WELCOME TO

Beginner Every Thursday 10:00 AM-11:00 AM

Intermediate Every Friday 10:00 AM-11:00 AM

Bring your lei, flower skirt or just your desire to dance! Join in on the fun in the Memorial Park Covered Pavilion on Thursday, the Hart Park House Senior Center on Friday.

HULA & POLYNESIAN DANCE

SENIOR CINEMA

Twice a Month - In the Hart Park House - Beginning at 1:00PM!

Wednesday, September 23 DOG PG-13 1hr 41 min

In this road-trip comedy, two hard-charging former Army Rangers paired against their will - Briggs (Channing Tatum) and a Belgian Malinois named Lulu - race down the Pacific Coast in hopes of making it to a fellow soldier's funeral on time. Along the way, they'll drive each other completely crazy, confront the possibility that pet psychics are real, and begin to reckon with the one thing they were trained never to do: surrender.

Wednesday, September 27 MAX PG 1hr 50 min

Max, a precision-trained military dog, serves alongside his handler, U.S. Marine Kyle Wincott. But when things go wrong, Max becomes traumatized and unable to remain in service. Shipped stateside, the only human he seems willing to connect with is Kyle's teenage brother, Justin. Justin's growing trust in Max helps the four-legged veteran revert back to his self, the pair race against time to unravel the mystery behind Kyle's death, they find more excitement - and danger - than they bargained for.

FITNESS FOR LIFE

BREAKING THROUGH FITNESS PLATEAUS

by Michele Silence

You've been consistently working out for a while now, establishing a manageable routine, and have seen positive results. You've shed some weight, your clothes fit better, and your overall health has improved. But just when you thought you were on a path to continuous improvement, you hit a roadblock. What can you do to push past this plateau and keep making substantial progress?

First, it's crucial to monitor your progress accurately. Sometimes, you might feel stuck when you're actually making gains. Relying solely on a

scale to measure your results can be misleading. Losing fat and gaining muscle may not show much

change on the scale, but you'll notice it in how your clothes fit or through body measurements. Muscle takes up less space than fat, so even if you replace 5 pounds of fat with 5 pounds of muscle, your weight won't change, but you'll be smaller. Keep track of measurements like your chest, waist, hips, thighs, and arms. Note any medications you're taking and their dosages. Record changes in your sleep patterns, appetite, and general well-being. If you see improvements in these areas every 6-8 weeks, you're still on the right track. Monitoring these details will help you make necessary adjustments for ongoing progress.

Additionally, pay attention to your exercise routine. Introduce variety into your workouts. Repeating the same exercises over and over allows your body to adapt and become more efficient at performing them. You can break through this by trying different activities, rotating exercises at the gym, and changing your routine periodically. Gradually increasing the intensity or resistance of your workouts by lifting heavier weights, doing more reps, or adding challenges to your cardio activities (like walking uphill) can challenge your body. This not only helps overcome plateaus but also elevates your motivation.

Listening to your body is vital. Overexerting yourself without adequate rest can stall your progress and even lead to injuries. Ask yourself if you're getting enough sleep. Insufficient sleep can hinder muscle recovery and, consequently, your ability to gain strength and endurance. Don't forget to stretch after each workout, whether it's a simple walk or a more intense weightlifting session. Muscles need to stretch to reduce tension and elongate properly. Both are important to help improve coordination be



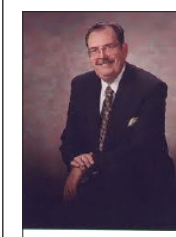
Michele Silence, M.A. is a 37-year certified fitness professional who offers semi-private/virtual fitness classes and a weight management support group. If you have questions or ideas for this column contact Michele at michele@kid-fit.com. Visit her Facebook page at: [michelesfitness](https://www.facebook.com/michelesfitness).

tween different muscle groups. And, necessary for movements requiring precise or complex muscle coordination.

Your diet plays a crucial role too. Eat a balanced, nutritious diet, and be mindful of emotional eating. Use a calendar to link your emotions to your daily eating habits. Pay attention to your body's signals of fullness and avoid those last few bites. Prioritize fruits and vegetables as they provide essential nutrients for a strong, healthy body and a robust immune system. Incorporate lean protein sources into your diet, especially when starting a fitness routine to build muscle initially. Include nuts, seeds, beans, legumes, and whole grains in your daily food intake. Keep in mind that consuming too few calories, fewer than 1000 a day, can slow down your metabolism as your body struggles to function with limited nutrition.

Stress can also be a significant hindrance. Chronic stress triggers the release of cortisol, which can lead to muscle breakdown and increased fat storage, particularly around the abdominal area. Definitely not desirable for reaching your fitness goals. Stress also promotes inflammation in the body, resulting in muscle stiffness, reduced mobility, and decreased performance. This means you may not be as agile or have the same stamina as before, making it harder to perform at your best. Stress can easily lead to skipping workouts and a lack of motivation. Consider practices like meditation and deep breathing to manage stress and maintain your progress.

Lastly, don't rule out any medical reasons for a fitness plateau. Undiagnosed health issues or medication side effects can hinder progress, as can psychological factors such as depression and negative thinking. Don't ignore genetic factors, they can influence how fast your body responds to exercise. Some people truly have a harder time building muscle or losing fat. Keep in mind metabolism and muscle mass naturally



OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

WHAT'S THE HARM WITH A LITTLE TREAT?

The last month has been crazy for me and The Gracious Mistress of the Parsonage. Every month has its crazy element, but this past month beats them all.

First, my main computer crashed, and I lost a lot of stuff.

Second, we had a hurricane that came through; fortunately, it was only thunder, rain and loss of electricity.

Third, I came down with what the doctor said was acute bronchitis. I told him I did not think any of this bronchitis was cute.

Fourth, my next book manuscript is due this month.

That was just the main highlight of the past month, and by the time it was over, I was over the hill. I just felt washed out and needed a little bit of rest.

I resumed working on my book. Then, The Gracious Mistress of the Parsonage came and said she would be gone for the day with one of our daughters—thrift store shopping.

I told her to have a great time, and she said she would be back sometime in the afternoon and that I had to get my lunch. That was okay with me. I sat back in my chair with my computer and resumed working on my manuscript. I was finally getting caught up and would soon be finished.

Taking a break, I got up, got a fresh cup of coffee, returned to my chair, sat down and relaxed. There was this strange thought in the back of my head that I could not clarify. After several sips of coffee, I leaned back and looked around to see what was missing. Something was missing, and I just could not put my finger on it.

After my kind of week, it is no wonder my brain is not working as well as it should. However, I thought I would relax and see if anything came to mind.

The whole day was before me, and I was thinking of what I would do for lunch when I could not get this gnawing thought out of my head. It was like a rat gnawing up in the attic and was so un-settling. It was right before me, but I could not get my focus clear.

Oh well, I sighed, took another sip of coffee, set my cup down, and was about to go back to work when the thought suddenly jumped out in front of me.

I love it when a plan comes together. I saw for the very first time what was missing. After a month of all kinds of hectic activity, I needed something to relax me. At first, I could not figure out what it was, but then it came to me.

What I needed was a little treat. What

harm is a little treat when you need to relax? I looked at my watch, saw the time, and realized that The Gracious Mistress of the Parsonage would not return for another four hours. That gave me plenty of time to deal with my treat.

You guessed it, that treat was an Apple Fritter. What harm does a little treat like that have when you deserve it? And, boy, do I! I quickly got into my truck and headed to Publix. I was about to buy one Apple fritter when an-other thought came to mind. Why not buy two apple fritters? What harm do two little treats have?

Without hesitation, I got the two apple fritters and took them to the cash register, hoping nobody would recognize me. My bad luck was that the cashier was a friend of my wife and knew about the apple fritters controversy. "Does your wife know you're getting these apple fritters?"

After stuttering for a few seconds, I said, "Well, she's away for the day and gave me permission to get my own lunch for today." I smiled at her, paid for the apple fritters, left the store and went home. Getting a fresh cup of coffee, I took that and the apple fritters to my easy chair to sit back and enjoy this little treat. After all, I earned every bite.

After a few hours of work, The Gracious Mistress of the Parsonage finally came home and walked into the kitchen area with a bag of groceries. I noticed on the bag was the word Publix. I hoped she had a different cashier than I did. "So," my wife said as she entered my room, "I hear you were at Publix this morning."

"Yes, my dear, you told me I needed to get my own lunch for the day and that's why I went to Publix." "Did you get an Apple fritter?"

Now, my words need to be very precise. "No, my dear. I did not get 'AN' Apple fritter." The look she gave me made me realize she did not believe me. What I said was true but it was not the whole truth. That got me remembering what Solomon said, "He that covereth his sins shall not prosper: but who so confesseth and forsaketh them shall have mercy" (Proverbs 28:13).

According to Solomon, half a truth is still a lie if it makes the other person believe what is not the whole truth. I knew what I had to do. As much as it pained me, I had to confess to The Gracious Mistress of the Parsonage that I had two Apple Fritters.

Smiling at me she simply said, "I know."

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

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STUART TOLCHIN



PUT THE LIGHTS ON A CONTINUING BATTLE

Seriously, there seems to be no reason for me to feel all of this angst. My wife tells me that it annoys her to be around me just because she can feel my dissatisfaction and discomfort --and that's before I say anything. She's not wrong. When I do talk I seem to get into an argument with whomever I'm speaking with. Outwardly there seems to be no reason for this chronic displeasure. I live in this beautiful house in this beautiful place and am in no physical discomfort. Really, my wife is wonderful, my children who I see a few times a week are nearby and caring ---so what's the problem?

Speaking of my children, a few months ago as a continuing birthday present, my daughter arranged for me to receive a monthly communication from an organization called History by Mail located in Las Vegas. What is contained in these monthly envelopes are historical communications such as letters to the sitting President or letters from one General to another. A particular favorite of mine is an exchange of letters between President Ford and his appointed Ambassador to Ghana, Shirley Temple Black. That's right child-star Shirley Temple in her later years is revealed in these letters to be much more knowledgeable about Ghana and Africa than is the President.

In the letter to the President Shirley said "I have no trouble being taken seriously as a woman and diplomat here (referring to Ghana)... My only problem has been with Americans who---refuse to believe I had grown up since my movies." I believe that is still the problem for many of us Americans including me. We refuse to grow up and adapt and don't recognize the problem.

Recently I spoke with a former colleague who is still practicing Law at the age of eighty. He is a member of a County Panel that receives appointments to represent indigent Defendants. He with great irritation informed me that he had been suspended from the panel for 90 days because he had said to a female Alternate Public Defender, "You have nice legs". The conversation ended at that point but I was already fuming with probably

unthinking righteous anger. My daughter, who is almost fifty and a hard-working attorney herself, called me soon thereafter and I relayed the conversation and my anger to her.

She somewhat condescendingly explained that the times have changed and I would have to "grow up" and understand that women no longer would accept being "objectified". My daughter had little patience with this conversation and terminated it saying in conclusion that perhaps old men (like me) should be given a pass implying that they are generally beyond hope and don't make much difference anyway.

That is the problem I think. I and many old guys still want to make a difference but find themselves completely out of step with the current rhythms. Yesterday I received another envelope from the History by Mail folk which contained a letter from General Dwight Eisenhower directed to 175,000 Airmen of the Allied Expeditionary Force. On the eve of history's largest seaborne invasion which would take place on D-Day June 6, 1944 a statement was distributed to soldiers, sailors and airmen as they stepped on their transports across the English Channel. The fighting men were reminded that their task would not be an easy one but that the General had full confidence in each man's courage, devotion, to duty, and skill in battle. You undoubtedly know, I hope, that the invasion resulted in a Full Victory during which an estimated 10,000 Allied Soldiers were killed, of which over half were Americans.

Today I am my only enemy and I recognize my need to find relevance and purpose and frankly I am pleased that I am willing to continue that battle. Maybe I enjoy feeling superior to those relying on mood altering drugs that so many around me ingest daily to tolerate themselves. I want to "grow up" like Shirley Temple. I want to be my own hero but it would be nice to have General Eisenhower or somebody to commend me on my courage in at least writing the articles.

It would be well-received if you would contact me at stuarttolchin@gmail.com no matter what your message is.

TOM PURCELL



DRESSING UP FOR SENATE SUCCESS

I suppose it was just a matter of time before casual dress hit the U.S. Senate.

Senate Majority Leader Chuck Schumer has told the Senate's sergeant-at-arms to no longer enforce the hallowed chamber's informal dress code, which had required senators and their staffers to wear business attire.

Schumer's directive appears to be tailor-made for Pennsylvania Sen. John Fetterman, who prefers gym shorts and hoodies over the suits and ties male senators have always worn.

When Fetterman first arrived at the Senate, he attempted to wear a suit and tie — but looked as uncomfortable as a kidnap victim constrained by a straitjacket.

After being treated for clinical depression, however, he returned to the Senate in his favorite frump duds.

To paraphrase comedian Dennis Miller, Fetterman's clothes make him look like the kid who taps the keg at fraternity parties.

As someone who prefers slothful wear over formal attire — running pants, a long-sleeved Pitt Panthers shirt and frayed sandals — I'm sympathetic to Fetterman's situation.

On one hand, I think the Senate deserves incredible courtesy and respect. It is a tremendous honor to be among 100 of the most accomplished and powerful people on the planet.

Senators must honor their colleagues through their manner, gestures, words and dress — one man's comfort should never trump one's duty to show respect to his colleagues and the august institution he represents.

On the other hand, our culture sure has gotten sloppy.

I recently found an old photo of my grandfather at a baseball game in the 1920s. He and the other guys at the game were sporting suits and ties and fedora hats.

Pretty much everyone dressed up in formal clothes when they went to restaurants, movies and Sunday Mass well into the 1970s.

The Atlantic reports that our national shift to casual wear began in the mid-'80s with tech companies in California.

"Restrictive clothing worn for appearances' sake was inefficient, and Silicon Valley was all about efficiency," reports the magazine.

Long work hours writing computer code gave way to tech employees dressing down in khaki pants and button-down collar shirts.

Casual Friday soon loosened corporate dress standards across the country, and that evolved into casual day every day.

Now, thanks to covid, we've become a country of wrinkled slob who look like we just crawled out of bed.

Like it or not, we are living in the heyday of frump, and no public figure symbolizes frumpiness more than Fetterman — whose bold stand for slovenliness surely motivated Schumer to abolish informal dress standards for senators. Schumer may rue the day he made this change, however.

It's just a matter of time before Mitt Romney interviews witnesses as he still wears last-night's silk pajama top, Ted Cruz casts votes in cargo shorts, black socks and scuffed wingtips, and Bernie Sanders filibusters in the raggedy white robe given to him as a gift 40 years ago.

Though I'm guilty of frumpism, if I were a senator I'd embrace the old saying "Dress for the job you want."

I'd wear a crisp suit and tie and make sure my shoes were perfectly polished.

I'd do so for the simple reason that dress is a form of expression and communication — and that "dressing like a senator" will make it easier for my colleagues to respect me and collaborate with me than they would with the kid who taps kegs at frat parties.

RICH JOHNSON NOW THAT'S RICH EVER WONDER WHY?



I wonder why? Why would anyone read my column? I make sure my photo is at the top of each column to "scare" you away. Furthermore, I insure my every column skates on the edge of the U.S. Supreme Court standard for an obscenity conviction under the Constitution! Really! I looked it up.

In Miller v. California, 413 U.S. 15 (1973) a landmark decision of the U.S. Supreme Court modified its earlier definition of obscenity from: "utterly without socially redeeming value" to that which lacks "serious literary, artistic, political or scientific value". Known affectionately as the "Miller Test".

I qualify under every test. And yet here we are.

Oh well. Speaking of wondering why, why is it illegal for you to pump your own gas in New Jersey? Don't know but station owners get fined \$250 if you do and get caught.

Why are dalmatians connected to fire departments? I know this one. Cause before fire trucks, departments used horses to pull fire engines. Thieves stole horses and fire departments discovered dalmatians and horses bonded easily. And dogs bark when robbed. Who knew?

Why doesn't Tarzan have a beard? There is an answer. Because even though he loved his ape friends, he didn't want to become one. So, he shaved with his knife. Ouch.

Why is there a light in the refrigerator but not the freezer? Actually, there is one refrigerator out there that offers a lighted freezer. It's the Sub-Zero Pro 48 model. It costs \$16,950. Knock yourself out lol.

Why does Goofy stand on two legs and Pluto stands on four? Official Disney answer: Because Goofy is actually a person drawn to resemble a dog. Geesh! By the way, Goofy originally had no name, then he was "Dippy Dawg", then "Dippy the Goof", and then "Mr. Geef". (Rumor has it Disney is considering changing his name to "Rich Johnson")!

Why do dogs not like to be blown in the face but love sticking their head out the window in a moving car? I don't know. I've asked a few dogs and got no answers. Face it...we may never know.

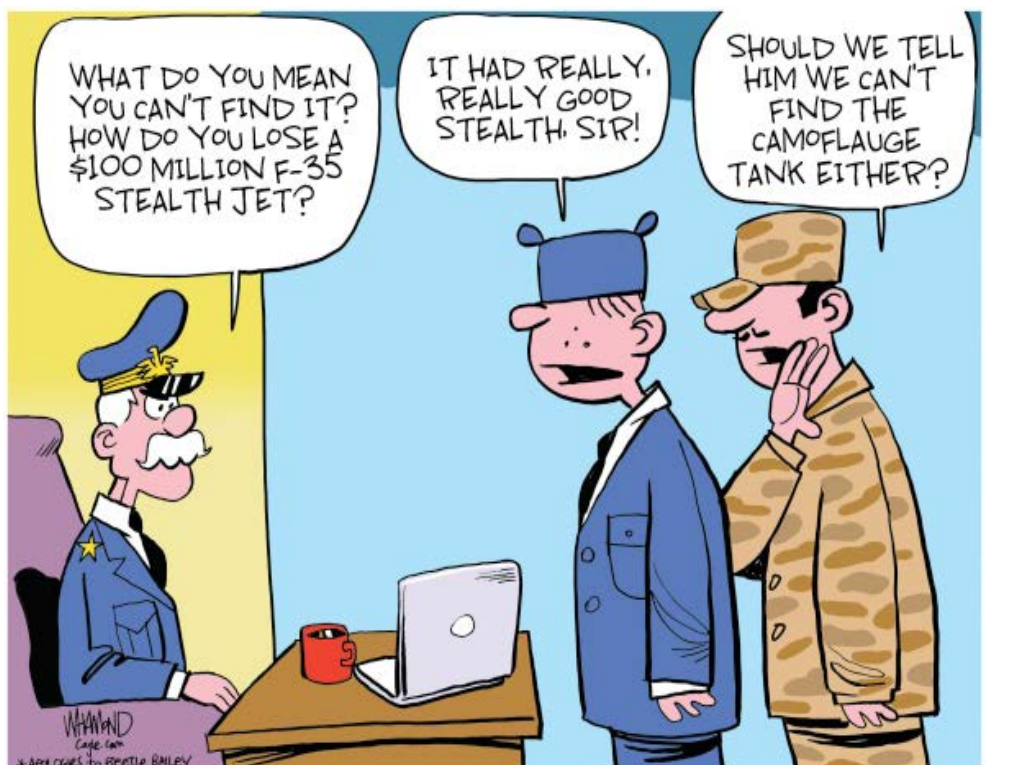
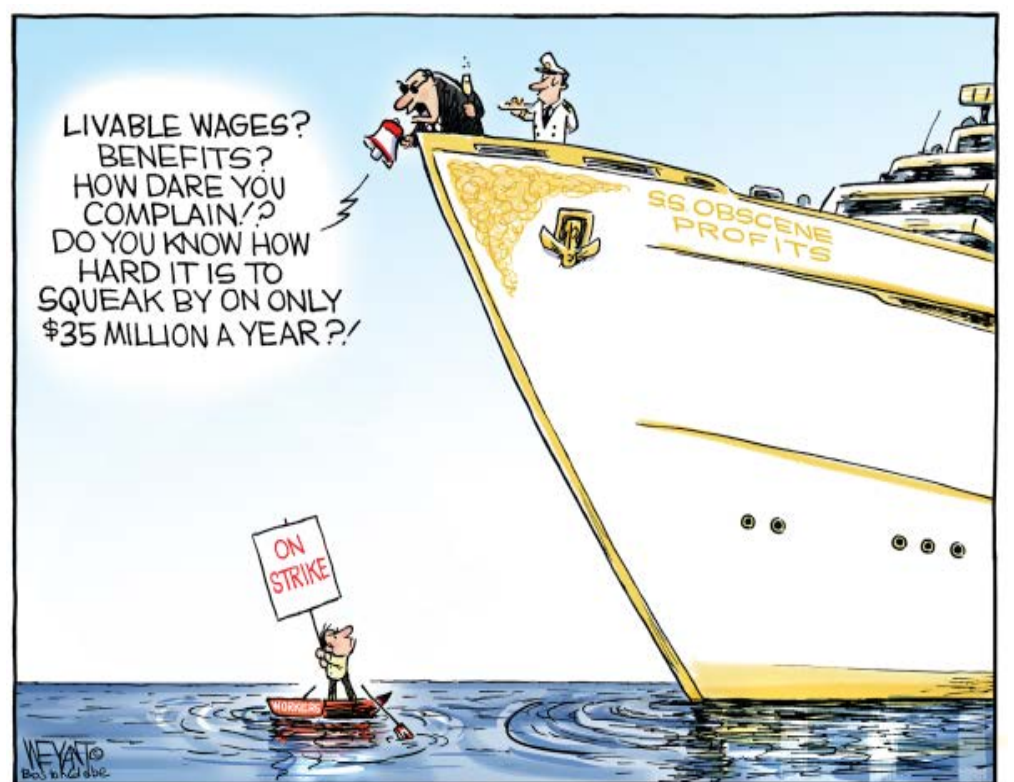
Will pushing an elevator button over and over again bring the elevator quicker? I think the answer is obvious. But I do wonder if pressing the "close doors" button actually works?

What's the speed of darkness? The speed of light travels at roughly 186,000 miles per second. Darkness is the absence of light. So, once light is gone, darkness returns. Darkness has the same speed as light. (Go figure that one out.)

So, while we got the astronomers on the line, I asked them what the oldest thing was in the universe? The answer? GRB 090423 Of course, thanks for answering. Ummmm, what is a GRB 090423?

The astronomer looked at me like I was a electron. No, a proton. Come to think of it, he said I looked like a moron. The GRB 090423 is obviously a Gamma-ray burst. Time for this "moron" to burn out.

I won't remind you of the JJ Jukebox, Saturday, October 28 Halloween/Rich Johnson the Moron's Birthday concert at Nano Café (626) 325-3334. Come as GRB 090423.



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FICTITIOUS BUSINESS NAME STATEMENT File No. 2023-183042 The following person(s) is (are) doing business as: LOS RYAN'S AUTO REPAIR, 514 LA SEDA RD, LA BIENTE, CA 91702...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023-184225 The following person(s) is (are) doing business as: LUIS ORTIZ TRANSPORTATION, 1215 E 60 PL UNIT J, HUNTINGTON PARK, CA 90255...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023-188665 The following person(s) is (are) doing business as: SO-LUS CHRISTUS, 889 FRANCISCO ST UNIT 2013, LOS ANGELES, CA 90017...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023-184225 The following person(s) is (are) doing business as: LUIS ORTIZ TRANSPORTATION, 1215 E 60 PL UNIT J, HUNTINGTON PARK, CA 90255...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023-183849 The following person(s) is (are) doing business as: M & E MARKET, 3820 S CRENSHAW BLVD, LOS ANGELES, CA 90008...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023-192593 The following person(s) is (are) doing business as: MAHELIA PMU ACADEMY, 14832 WHITTIER BLVD, WHITTIER, CA 90605...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023-177675 The following person(s) is (are) doing business as: SPRE TC SOLUTIONS, 20687 AMAR RD SUITE 175, WALNUT, CA 91789...

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eral, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News/JDC Dates Pub: SEP 02, 09, 16, 23, 2023

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023-18395 The following person(s) is (are) doing business as: MA-YA'S BEAUTY SALON & SUPPLY, 3343 TWEEEDY BLVD SUITE #A, SOUTH GATE, CA 90280...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023-192189 The following person(s) is (are) doing business as: NICOLE MINI MARKET, 9420 STATE ST, SOUTH GATE, CA 90280...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023-17983 The following person(s) is (are) doing business as: ORIGINAL CHILDREN IN NORTH AMERICA SUPPORT BRANCH, 1590 ROSECRANS AVE D 177, MANHATTAN BEACH, CA 90266...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023-182053 The following person(s) is (are) doing business as: PARIS BEAUTY SALON, 119 W WILSON AVE, GLENDALE, CA 91203...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023-18522 The following person(s) is (are) doing business as: PASSPORT INN, 11435 WHITTIER BLVD, WHITTIER, CA 90601...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023-184380 The following person(s) is (are) doing business as: TOXIC SKULLS CONSULTANTS, 1240 SAN ANTONIO DR. APT 416, LONG BEACH, CA 90807...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023-183219 The following person(s) is (are) doing business as: UNITED RECYCLING, 5744 W MANCHESTER AVE, LOS ANGELES, CA 90045...

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FICTITIOUS BUSINESS NAME STATEMENT File No. 2023-177539 The following person(s) is (are) doing business as: ZEUS G HANDYMAN SERVICE, 1903 STROZIER AVE, S EL MONTE, CA 91733...

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FICTITIOUS BUSINESS NAME STATEMENT File No. 2023-183226 The following person(s) is (are) doing business as: VICTOR SALERO TRANSPORTATION, 1930 VASSAR ST 103, GLENDALE, CA 91204...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023-184718 The following person(s) is (are) doing business as: T - SHIRTS IN TRANSIT, 16809 BELLFLOWER BLVD, UNIT 272, BELLFLOWER, CA 90706...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023-184718 The following person(s) is (are) doing business as: T - SHIRTS IN TRANSIT, 16809 BELLFLOWER BLVD, UNIT 272, BELLFLOWER, CA 90706...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023-184718 The following person(s) is (are) doing business as: T - SHIRTS IN TRANSIT, 16809 BELLFLOWER BLVD, UNIT 272, BELLFLOWER, CA 90706...

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STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME The following person(s) is (are) doing business as: THE REPPIE CREW, 376 E ALVARADO ST, POMONA, CA 91767...

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME The following person(s) is (are) doing business as: TOXIC SKULLS CONSULTANTS, 1240 SAN ANTONIO DR. APT 416, LONG BEACH, CA 90807...

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FICTITIOUS BUSINESS NAME STATEMENT File No. 202319190 The following person(s) is (are) doing business as: GOOD MANAGEMENT, 1300 E MAIN ST #109A, ALHAMBRA, CA 91801...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023191709 The following person(s) is (are) doing business as: GOOD MANAGEMENT, 1300 E MAIN ST #109A, ALHAMBRA, CA 91801...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023187875 The following person(s) is (are) doing business as: OB GENERAL CONSTRUCTION, 6539 GOODLAND AVENUE, NORTH HOLLYWOOD, CA 91066...

Code) Publish: ES Mountain Views News Dates Pub: Sept. 2, 9, 16, 23, 2023

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023183524 The following person(s) is (are) doing business as: HAPPY HOME RECUPERATIVE CARE, 11113 EL DORADO AVE, PACOIMA, CA 91331...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023193279 The following person(s) is (are) doing business as: GOZA LANE 23428 MAGIC MOUNTAIN PKWY #1403, VALENCIA, CA 91355...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023183241 The following person(s) is (are) doing business as: VANNY'S RECYCLING, 5864 BRENTWOOD ST, LOS ANGELES, CA 90003...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023191964 The following person(s) is (are) doing business as: VISION AUTO BODY, 10677 SAN FERNANDO ROAD, PACOIMA, CA 91331...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023191709 The following person(s) is (are) doing business as: GOOD MANAGEMENT, 1300 E MAIN ST #109A, ALHAMBRA, CA 91801...

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FICTITIOUS BUSINESS NAME STATEMENT File No. 2023190822 The following person(s) is (are) doing business as: FRE GROUP, 20820 MARSHALL WAY SANTA CLARITA, CA 91350...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023188010 The following person(s) is (are) doing business as: TSM SECURITY SERVICES, 8445 AMIGO AVE APT 05, NORTHRIDGE, CA 91324...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023189817 The following person(s) is (are) doing business as: BUDDIES DOG TRAINING, 32246 CASTAIC ROAD CASTAIC, CA 91384...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2023187875 The following person(s) is (are) doing business as: OB GENERAL CONSTRUCTION, 6539 GOODLAND AVENUE, NORTH HOLLYWOOD, CA 91066...

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HUDDLE UP



With **HARVEY HYDE**

WHAT ABOUT THE "GOOD OLD DAYS?"

Most of you have memories about growing up and activities in your past. Would you choose those things today? Go to the same high school? College? Play on the same teams? Play the same sport? Would you play in the band? Be a cheerleader? Want to be homecoming king or queen? Take the same classes? I look back at my coaching and playing days and wonder about what today's young people will look back on.

Things have changed. In my recall of experiences and memories things aren't the way they used to be. In some cases, this is a good thing and in many ways, things are better now.

But there was some good in the good old days. The days in growing up and the good old days in sports and coaching.

First, I did not walk five miles in the snow to school barefoot. But school was different. We did have groups at school. Each group supported each other. We had traditions and rituals. Pep rallies, assemblies, school color days. We were expected to attend all day. Even in college, they took roll and we had to be there. We had no social media. Some kids did get bullied and picked on. We had no computers and phones to threaten and bully others on the internet over and over again where ever they are. I did get "the paddle" when I used bad judgement at school. When I look back on it, I deserved every one.

Parents were involved with homework and going to PTA meetings. They weren't trying to change what schools and teachers were teaching. Report cards now come on email, no chance of changing a grade. Most kids looked forward to going to the same school as brothers and sisters and even moms and dads. Following from elementary through high school in the same district that we cheered for and wore our colors for. You played sports for the same school as siblings and family -- carrying on the loyalty to that school. Now kids can transfer wherever they (or parents) think the coaching and team or school is better, sometimes more than once. Education was free and public schools had traditions and events that families followed over the year. Many had tremendous academic reputations. There were great private schools.

Schools were mostly safe. Kids were afraid of "getting in trouble" by a teacher not of school

shootings. There were strong consequences for not following rules and worry about not keeping up with school traditions. Adults were addressed as Mr. or Mrs. Or Miss or 'mam.' Teachers and kids did not both wear the same styles of clothing. There was pride in school grounds that were clean and kept up to date with holidays and seasons. Kids actually had after school "detention" and assignments to do homework or to pick up trash.

School faculty was there to help kids to take advantage of activities and sports, and drama, and the arts. Many of these came as regular classes. Now lots of those are extra after-school or out-of-school learning. Even the boys had to take "Home Ec" and girls could take auto shop or wood shop and drivers education was a semester. Parents tried to hold the line and enforce respect and rules. Kids had people they looked up to and who they wanted to be or act like.

I used to tell my players, many of whom were not going to be doctors or lawyers, "you never get second chance at a first impression." Learn a few key words, "please," "thank you" "yes sir," "yes mam." Look at people in the eyes and act like you care!! You'll pass any class. And I also have to say yes, some of my players are today doctors and lawyers.

Things now are so casual. Often people don't want to look like they are "trying too hard." Some of those old clichés work then or now: You have to set goals and work for those goals. I hope we all strive to be "winners at life". To win on any field of life you've got to "pay a price." I still think "if you want it badly enough you can achieve it." Don't tell me I can't do that until after I do it. Be the best at whatever you choose. Not everyone should be a doctor or a lawyer or CEO. But you can be the best at something.

Just my opinion but I think maybe we could get a bit of the good old days back along with some of the current new ideas. That parents support schools and teachers. That teachers and schools listen to parents. I hope it's understood that excuses are not the same as reasons. I hope today's kids are learning this at home, and at school and everywhere. And that some of those good old traditions will return.

Don't forget Quarterback Club. September 29, 11:30AM at the Elks Club in Pasadena. 400 W Colorado Blvd. Speakers: Anthony Davis. Football coaches from Pasadena City College and St Francis High School.

ROSE BOWL AQUATICS CENTER RECEIVES SOCALGAS GRANT TO ENHANCE WATER SAFETY PROGRAM



Pasadena, CA - In a generous display of community support, SoCalGas, the largest gas distribution utility in the United States, has awarded a \$50,000 grant to the Rose Bowl Aquatics Center (RBAC) in Pasadena. The grant, presented on September 18, 2023, will bolster the RBAC's Water Safety Program, which focuses on providing swimming lessons and water safety education to third-grade students in the Pasadena Unified School District.

Since its inception, the RBAC's Water Safety Program has seen participation from over 25,000 students, making it a vital resource for the local community. However, the challenges posed by the COVID-19 pandemic prevented many now fifth-grade students from participating in the program. This new grant from SoCalGas aims to bridge that gap by enabling the RBAC to include more than 200 fifth graders, ensuring that they too have access to essential water safety education.

Andy Carrasco, Vice President of Communications, Local Government & Community Affairs at SoCalGas, highlighted the company's commitment to supporting local communities and driving positive change. "Investing in programs that promote safety is just one way SoCalGas supports the well-being of communities," Carrasco stated.

The Water Safety Program at RBAC provides participants with comprehensive water competency

training, including 15 swim lessons, beginner dive and water polo instruction, transportation to and from the RBAC, all necessary teaching equipment (swimsuits, goggles, towels), water safety workbooks, family swim passes, and an invitation to a celebratory family picnic.

Jimmy Francis, President, and Executive Director of Rose Bowl Aquatics Center expressed gratitude for SoCalGas' support, stating, "Together, we can work towards ensuring that everyone in our community has access to water safety."

The grant is part of SoCalGas' ASPIRE 2045 commitment, which focuses on supporting initiatives benefiting the communities it serves. The company has a longstanding history of investing in programs that promote environmental sustainability, education, and community development in underserved areas.

SoCalGas is headquartered in Los Angeles and serves over 21 million consumers across Central and Southern California, delivering affordable, reliable, and increasingly renewable gas service. The company is dedicated to building the cleanest, safest, and most innovative energy infrastructure in America, aiming to achieve net-zero greenhouse gas emissions in its operations and delivery of energy by 2045.

PASADENA QUARTERBACKS ANNOUNCE NEW SEASON

For its 77th season the Pasadena Quarterbacks (Huddling Up since 1945) is excited to announce a Fall lineup of three Friday meetings featuring speakers from all levels of football: professional, college, junior college, and high school, with the latter including a look at the first full season of Ladies Flag Football, a new CIF sport.

Location: Pasadena Elks Lodge
400 W. Colorado, Pasadena, CA 91105
(parking entrance on Green Street)

Time: Lunch at 11:30. The program begins at noon.

Price: \$40 for members, \$50 for guests.
(Join now at www.pasadenaquarterbacks.org)

Dates and Speakers:

September 29

Anthony "AD" Davis -- Record-setting member of five National Championship teams at USC, two in football under John McKay and three in baseball under Rod Deadeux. All-American and Heisman Trophy runner-up in 1974.
Pasadena City College Head Football Coach Robert Tucker
St. Francis High School Head Football Coach Dean Harrington

October 27

David Baker -- Past President of the Pro Football Hall of Fame and former Commissioner of Arena Football League. One of the most popular speakers in recent Quarterbacks history.
Pasadena City College Head Football Coach Robert Tucker
Westridge High School Head Flag Football Coach Dan Calmeyer

November 17 - USC/UCLA Rivalry Week

Coach Harvey Hyde and the beat writers for the Trojans and Bruins offer up analysis of the season and predictions for the Victory Bell.
Pasadena City College Head Football Coach Robert Tucker.
Local high school head football coach with team in the CIF Playoffs.

Contact: Jim Gruettner: (626) 799-7478 or jagruettner@gmail.com

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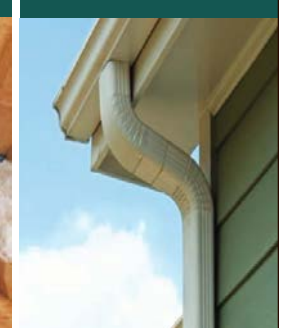
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JOHN HARABEDIAN

FOR STATE ASSEMBLY

As our Assemblymember, JOHN HARABEDIAN will fight to:



STRENGTHEN K-12 SCHOOLS
by paying competitive salaries for teachers and expanding after-school programs.



SUPPORT LOCAL BUSINESSES
by expanding public transit options and making our downtown areas walkable.



KEEP NEIGHBORHOODS SAFE by improving enforcement of our gun laws and investing in rehabilitation.



IMPROVE SENIOR CARE by making prescriptions more affordable and repairing the senior safety net.



FUND MENTAL HEALTH treatment to get people off the streets and into long-term supportive care.



COMBAT WILDFIRES and protect our San Gabriel Mountains by investing in firefighting capacity and our energy grid.



BUILD AFFORDABLE HOUSING to reduce homelessness and make homeownership possible for young families.



INVEST IN HIGHER EDUCATION to ensure that every Californian can learn the skills they need for the workforce.

JOHN HARABEDIAN was born and raised in Sierra Madre, in the heart of the 41st Assembly District. John is a California State Commission President, attorney, father, and former City Councilmember and Mayor. He was elected to the Sierra Madre City Council in 2012, re-elected in 2016, and twice served as Mayor. As Mayor, John worked to improve city services, strengthen fire protection, and support local businesses. Professionally, John has worked as a prosecutor at the Los Angeles District Attorney's Office and as an attorney at Latham & Watkins.

A proud graduate of Loyola High School, John earned his bachelor's degree from Yale University, master's degree in comparative social policy from Oxford University, and law degree from Stanford University. John and his wife Young-Gi are the proud parents of three boys.



(626) 509-9425 hello@johnharabedian.com
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Paid for by John Harabedian for Assembly 2024 FPPC ID #1462230



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