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July-September 2023

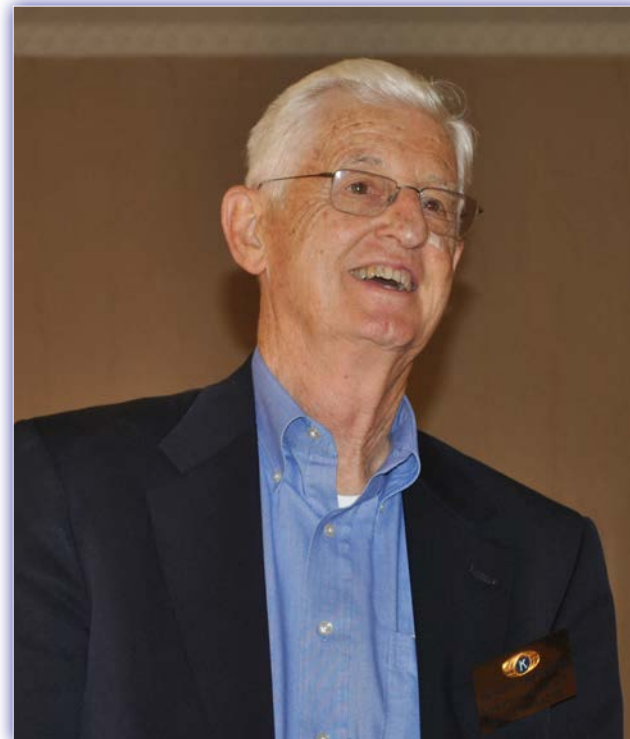
Single-Family Homes

	2022	2023
Average Sold Price:	\$1,710,943	\$1,689,475
Average Sq. Ft.	2,255	2,196
Average Price Per Sq. Ft.	\$791	\$780
Units Sold	29	20

Condo/Townhomes

	2022	2023
Average Sold Price:	\$876,333	\$1,006,300
Average Sq. Ft.	1,478	1,627
Average Price Per Sq. Ft.	\$594	\$619
Units Sold	6	5

BELOVED PASTOR RICHARD ANDERSON PASSES AWAY



Sierra Madre has lost another Treasure. Rev. Richard 'Dick' Anderson recently passed away. Best known for his 40 years of service as Pastor of the Congregational Church (currently known as Christ Church), he was also an active member of the Sierra Madre Kiwanis Club since his arrival into town in 1968.

He is survived by his wife Dottie, sons Eric, Bryan and Jayme who were raised in the city and 5 grandchildren.

When Rev. Anderson retired from the Ministry in 2008, Craig Haikola wrote a tribute to him which originally appeared in this paper. It captured the essence of who Rev. Anderson was and why he was so beloved in this community. You can read an excerpt from it on page 2.

A Celebration of Rev. Anderson's life will be held at a late date. In lieu of flowers, contributions in his name can be made to: <https://pushpay.com/g/christchurchsm>.

S. Henderson/MVNews

MEET SIERRA MADRE'S 2024 ROYAL COURT



From left to right: Frances Farnam, Eryn Clayton, Abi Altruz

The Sierra Madre Rose Float Association is pleased to announce the selection of the 2024 Sierra Madre Rose Float Association Royal Court. Please help us welcome Frances Farnam, Eryn Clayton and Abi Altruz, who will represent SMRFA and the City of Sierra Madre over the coming year. All three of our new princesses attend California School of the Arts.

AND THE STATE OF THE CITY IS..... Mayor Garcia Delivers 2023 Status Report

On Tuesday, Mayor Garcia delivered a comprehensive report on city operations ranging from Bears to the Library Renovation.

The presentation entitled, "Laying A Foundation For Our Future" was delivered in the Sierra Madre Elementary School's Gayle Blumel Auditorium. Opening ceremonies included the Presentation of Colors by Boy Scout Troop #110 and a musical performance by SME 5th Grade Class.

Mayor Garcia reviewed all city operations including:

- Public Safety - Police and Fire
- Community Services
- Parks, Recreation, Special Events for Youth, Families & Seniors
- Planning & Community Preservation
- Including the soon to be implemented Electronic Plan Review

and the California Automated Permit Processing (CalAPP) Program

City Administration Information Technology, Finance, Human Resources

Public Works Utilities/Sewers/Water Main/Water Table Street Improvements Public Safety Facility Improvements Library Parking Improvements Sierra Madre Library Improvement Project.

The evening ended with an upbeat performance by the Sierra Madre Dance Maniacs.

The entire presentation will be available on the Spectrum Government Access Channel 3 on October 24th.

A TRIBUTE TO FORMER MAYOR NANCY WALSH

Kindly join the Sierra Madre Senior Community Commission for a reception honoring the life of *Nancy Walsh*



Hart Park House Senior Center
222 W. Sierra Madre Blvd
3:30 p.m.-5:00p.m.
October 24th, 2023
Light refreshments will be served.
Call 626-355-5278 for more information.

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REV. DICK ANDERSON: - 40 YEARS OF SERVICE

Excerpt of an article by Craig Hakola
Originally published August, 2008

For the last forty years on almost any Sunday you could walk into Sierra Madre Congregational and witness Reverend Richard (Dick) Anderson preaching from the pulpit. He has been as reliable and predictable as the sun rising in the morning. Over the years he has both witnessed and been a part of many changes in our community. He has also been a teacher and friend to the since he first arrived. About three years ago Reverend Dick announced that one day he would be leaving his place upon the pulpit, and this coming Sunday he will do just that and ending an Era.

The Era started fifty years ago for Pastor Anderson as he began a journey that commenced in five small churches in Eastern Canada. His first assignment was filling in for the winter for a pastor that traveled to warmer confines to escape the Canadian winter. Each Sunday he would set out early for the first church on his schedule and worked his way across the countryside, until under cover of darkness he reached the fifth and final church. The people he taught led modest lives which were reflected in every way including the potbellied stoves they used to warm their churches. Though they possessed modest material wealth, their love for God was rich and Richard identified with it and has carried the love he witnessed for a lifetime. It must have been a lesson to him early on, because upon his completion of Fuller Seminary he found an entirely different setting as he accepted a position on the staff of the West coast's largest church - Lake Avenue Church.

It was after six years of serving at Lake Avenue Church that an opportunity availed itself for a position in Sierra Madre. He and his wife Dottie prayed and they decided to accept the new position. Sierra Madre Congregational and the community that we know so well today were vastly different when Pastor Anderson and Dottie arrived. It was the 60's and Sierra Madre was experiencing the impact of the drug age. Sierra Madre Congregational Church was on life support as fewer than twenty adults could be claimed as active members. People were searching for something and many were beginning to discover that drugs did not fill that emptiness. A young, brown haired man name Dick Anderson would sit

in the park in those days and play his guitar, and people would gather to listen.

Many lives were transformed during those troubled times as current members of the church today and many in the community can bear personal witness. The first sermon he delivered to Sierra Madre Congregational Church was titled, "Christ is a Gentleman." It is a view that has remained unchanged for him. Today he still finds in his Bible that God's most overwhelming characteristic is that of kindness and love. Through the years at Sierra Madre Congregational he has made it a focus for himself and the congregation to strive to be like Christ.

Richard Anderson makes no secret that much of his success is attributable to his wife Dottie. They have three sons: Eric, Brian, and Jayme, and five grandchildren. Richard discusses each with a separate and distinct pride. In many of Reverend Anderson's sermons you will find the insightful lessons which his Father Victor taught him as a boy. His Father was reared in a Lutheran orphanage and despite his surroundings he was still able to retain a soft and caring heart.

To this day Richard gives credit to many of his positive and Godly outlooks to a loving Father. It has been forty years serving a community that he thought he would leave after a few short ones. Leaving to pursue his dream of traveling back east to New England and finding a small church like the ones which had captured a young mans heart. Through the forty years he has made it a point to make connections with people. He always tried to stand aside and let God fill a place. Though, God had other plans for Dick than being part of a small church back east. Dick has done everything in his control to make certain that our big city has those same small town connections which he considers so important. If you were to put the question to him, are you retiring? He would say, "I am not retiring. God wants to use me in a different ministry, and now I can spend more time with my wife. I have been called to a life of prayer and counseling, a type of prayer which transforms the mind and the actions of a person." Pastors Dick's thoughts and concerns are not solely for himself and his new ministry. He is mindful of the pending arrival of the new pastor, Paul

Beck. Pastor Anderson is a strong character reference and chooses his words carefully as he describes the incoming pastor, "A Good man, who Loves people of all ages and Loves the Lord." Dick's hope is that the warmth and gracious love which the community has repeatedly extended to him and Dottie will also be readily available for Paul and his wife Lisa upon their arrival. Behind the pulpit Reverend Anderson displays a comfortable ease. His white hair and runner's physique, convey a wisdom and enthusiasm which is distinctive. You would not know it by looking at him today, but several years ago he was diagnosed with cancer. Through Gods providence he was healed. "It was the greatest thing which could have happened to me," he said. It taught him about his own temporary existence in this world and helped him to relate to the pain and confusion which others feel. It has drastically changed his view on life.

Seldom in life do we find an individual whom we can attribute the highest intellectual aptitude and also add that the person is found to have the softest heart. It is a special coupling which we find in Reverend Richard Anderson. Over the years he has witnessed countless beginnings and endings in our community. He has prayed with the feeble and nurtured the sick. He has celebrated with the bride and groom and he has cried at the gravesite. He has been there when we dedicate our babies and been there when we sent them to war. Through his steady service and following Gods voice he has given us a vibrant church, one which sends missionaries to all ends of the Earth, offers its youth a hip and dynamic youth group, a first chair music program, and many more ministries which he leaves to the community. Through forty years he has poured out his heart and shared the love of Christ with us.

I asked him if he would like to say any final words to the Church and the community, and he said, "yes," he paused for a period as he must have thought, how does anyone tie up forty years of experiences in a neat bow, with just a few words? The tears surfaced in his eyes as he waited for the words to come. "It has been good, very good. I am thankful that God brought me here, that same God is calling me away from this ministry to a larger ministry." Amen

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December 2nd 6:00 PM & December 3rd 2:00 PM
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ST. RITA SCHOOL HARVEST FESTIVAL

Friday & Saturday
November 3rd - 4th, 2023



Friday | Beer, Brats & Bingo | 6pm - 9:30pm | West Campus
Saturday | Harvest Festival | 12pm - 9:30pm | West Campus
322 N. Baldwin Ave Sierra Madre, CA 91024
Cash Raffle! \$10,000 Grand Prize | Tickets \$20 each

Sierra Madre



SIDEWALK CPR

Do you know what to do to keep a loved one experiencing a heart attack alive? Your next move is critical! Join us this Thursday for CPR training. You'll learn what to do until the paramedics arrive. Joe from Code 3 Life will be doing the training.

The "Sidewalk CPR" class is free.

The public is welcome to join us!

Sierra Madre CERT General Meeting
Thursday, October 26th, 7:00 PM
Hart Park House - Memorial Park
222 W. Sierra Madre Blvd.
Sierra Madre, CA

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SIERRA MADRE POLICE BLOTTER

WEEKLY ACTIVITY REPORT
October 8th – October 14th, 2023

Calls for Service	Formal Investigations
132	12
Total Year to Date for 2023	
7,013	455

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, October 9th **Attempted Grand Theft** At approximately 12 AM, officers responded to the 400 block of N.Grove Ave. regarding a vehicle alarm heard in the area. Upon arrival, officers discovered a vehicle with an open door and smashed window. Upon further investigation, it was determined that unknown suspect(s) attempted to steal the vehicle. The Detectives Bureau is following up on this incident.

Tuesday, October 10th **Battery** At approximately 7 AM, officers responded to Highland Ave and Michillinda Ave. for reports of a battery that had occurred. The reporting party was in his vehicle, when an unknown suspect approached the victim and punched them. The suspect fled the area. The Detectives Bureau is following up on this incident.

Thursday, October 12th **DUI Arrest** At approximately 4 AM, officers responded to the 100 block of E. Mira Monte Ave for reports of a suspicious vehicle. Upon arrival, officers conducted a vehicle check on the vehicle. The vehicle recklessly fled from officers during the contact and collided with a parked vehicle. The driver was arrested for DUI and transported to Pasadena Jail for booking.

WALKING SIERRA MADRE - The Social Side

by Deanne Davis

*"When a pirate's only pleasure is her god-forsaken treasure,
And she'll go to any measure, sailing any stormy weather
For a pirate never flounders with her booty that she's plundered. Buried eight feet under..."*

The picture today is of Lucia Allen, mistress of pirate captain Pierre Lafitte. She accompanied Lafitte on many a pirate voyage and raid and could swing a cutlass with the best of her pirate crew. She was wild and wily! She burned and sank many a treasure ship as she prowled the seven seas. She buried all her treasure and to this day no one knows where. Ah, but even the most blood-thirsty pirate grows tired of the sea. She left these last words behind...



Oh, bury me far far from the sea,
I want to rest on land.
Mountains, desert, I won't complain,
As long as it's far from the Bounding Main.
I'm at rest here in grass,
I see flowers and trees.
No more salty sea foam for me.

My minions still serve me,
Awaiting my needs,
They bring me my hats
And guard all my jewels,
Keep them safe from thieving fools.
My pearls once graced
Queen Isabella's Spanish neck,
And my bracelets are diamonds and gold.

I'm ready to tell a tale that will scare you,
When Halloween comes at last.
And then when it's past...
I'll sleep in this lovely green grass,
Where I can see flowers and trees.
No, indeed, my friends, no more salty sea foam for me!

Scarecrow contest voting is going on right now, friends and neighbors and if you've been thinking about doing a fabulous scarecrow, stop thinking about it and DO IT! Voting ends October 24th at noon and winners will be announced October 28th. If you have a terrific idea, don't let it get away from you!

We had the most incredible time last Saturday looking at the eclipse. We actually had the right thing to look at it with!! Glasses from Walmart at \$1.78 each. We made numerous trips outside to see how it was coming along and this was an absolutely awesome sight. We're keeping our glasses safe and where we can actually find them as there will be another eclipse next April. I have actually never seen an eclipse before as the only viewing article I had was a 3 x 5 card with a hole punched in it and I never saw a thing! There was news coverage all over the Nation starting in Oregon and moving across the country as the day progressed. Once again, all I could think was that God has arranged amazing things.

The Mountain Views News is full of so much useful information about what to do about bears visiting you and my hope is that no one sees another one!

Here's a nice thought to close with about smiles: A smile costs nothing but gives a lot! A smile brings rest to the weary, cheer to the discouraged, sunshine to the sad and is nature's best cure for trouble. Sending all of you a happy almost Halloween smile!

My book page: Amazon.com: Deanne Davis
There are treasures there! Trust me!
Including "Just Desserts" A Fall Fantasy of Pumpkins Gone Wrong!

BEAR-RESISTANT TRASH BINS

In response to the recent bear activity, the City reached out Athens to provide our residents with bear-resistant organics (green) trash bins to collect green waste, food scraps, and food-soiled paper products. This self-locking barrel is designed to minimize container access from bears.

One 96-gallon bear-resistant organics barrel will be provided to each single-family residential customer at no extra charge. A bear-resistant barrel is available to multifamily properties for an additional fee.

Starting the week of October 30, Athens will be deploying the bear-resistant barrels. After your green barrel has been serviced, on the regular service day, please leave it curbside for Athens to collect. At the same time, Athens will deliver a new 96-gallon bear-resistant green bin to your home.



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6-Day Forecast Sierra Madre, Ca.

Sun	Sunny	Hi	70s	Lows 60s
Mon	Sunny	Hi	70s	Lows 60s
Tues	Sunny	Hi	70s	Lows 60s
Wed	Sunny	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

October 24, 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.

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Friday & Saturday
September - Early June
10am - 3pm

HOLIDAY EXTRAVAGANZA

Nov. 30, Dec. 1 & 2, 2023
9am-2pm

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March 7, 8 & 9, 2024
9am - 2pm.

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Bags still only \$5.00!

June 1, 2024
9am - 1pm.

All of our shops inventory must go.
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OCTOBER – Library will be closed while we move to our temporary location.

DECEMBER – Library re-opens at our temporary location: 350 W Sierra Madre Blvd.

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"So what's the verdict?"

"I am an Autumn."

Gilmore Girls, S1 E6

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Learn More @ SierraMadreWomansClub.org
Explore [SierraMadreWomansClub](https://www.facebook.com/SierraMadreWomansClub)

Altadena Man Arrested in Deadly Hit and Run

Two people were killed in a hit and run, multi-vehicle collision, Wednesday at the intersection of Raymond Avenue and Penn Street.

According to Pasadena police, at around 9:20 p.m. officers discovered a Lincoln Navigator had collided with a Nissan Versa. The driver of the Nissan Versa, 63-year-old, Antonio Mendoza-Hernandez, a Los Angeles resident was pronounced dead at the scene and his passenger, 33-year-old Veralice Yanira Membreno Orellana, an Altadena resident, died later at a local hospital. The occupants of the Lincoln Navigator fled the scene.

On Thursday, police investigators arrested 30-year-old, Jeffrey Butler just outside his home in Altadena after a search warrant was issued.

Butler was booked for vehicular manslaughter with gross negligence, hit and run resulting in death, and violation of parole.

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).

Fire vs. Police Battle for Mental Health Event

The City of Pasadena will host, today at 2:30 p.m., the Fire vs. Police: Battle for Mental Health Sparring Demonstration charity event in front of City Hall, 100 N. Garfield Ave.

Open sparring will occur 2:30 p.m. to 5:30 p.m., where anyone from any gym can hop in the ring. The first scheduled sparring demonstration for first responders will be at 7 p.m. This free, family-friendly event is made possible by the City of Pasadena and Scott Henderson, a Firefighter Paramedic for the City of Pasadena and founder of the Battle for Mental Health event. The Battle for Mental Health event aims to spread awareness for first responders' mental health and suicide prevention. The proceeds from the event go to Next Rung.

Next Rung is a nonprofit organization with the mission to combat mental health issues among firefighters and first responders and to be a beacon of hope during the difficult times that they encounter in the line of duty. Next Rung provides peer support counseling with complete anonymity and provides resources to those looking for professional counseling and inpatient treatment.

In addition to the main scheduled first responder sparring demonstration, attendees can enjoy music by a live DJ, enter raffles, and purchase a meal from food trucks and various vendor booths.

To learn more about Next Rung, visit NextRung.Org or at CityOfPasadena.net.



Police to give Military Equipment Use Update

The Pasadena Police Department is set Monday night to give the city council an annual military equipment report, as required and described in the department's Military Equipment Policy 711 and Government Code Section 7072.

In the report, without specifics, the police department, in the last year, used the BearCat Armored Rescue Vehicle in 12 field deployments. The BearCat ARV (pictured above) is designed to provide ballistic protection during critical events and designed to withstand multiple bullet strikes from small arms fire as well as low-level explosions.

They also used the Loki MK2 (intelligence gathering drones) three times. The Loki MK2 is an indoor drone system for gathering video and audio tactical intelligence during an incident. They feature a highly sensitive Day-Night + IR sensor camera giving it the ability to fly and see in complete darkness.

According to the city staff report, military equipment includes unmanned aerial or ground vehicles, armored vehicles, command and control vehicles, tear gas, pepper balls, less-lethal 40mm projectile launchers, specialized firearms and

ammunition, and light-sound distraction devices commonly known as "flashbangs." Except for three Bell OH-58 helicopters, which were obtained from the military, all other equipment in the department's inventory has been sourced through direct purchases and seizures.

Police officials said, in the last year, one person complained that the .50 caliber and the "MRAPs (Mine-Resistant Ambush Protected Vehicles)" have "no place" in the department. The citizen added that the maintenance costs could be better utilized elsewhere.

The report said they used .50 caliber ammo twice during accuracy checks. The department owns the McMillan TAC-50C, a bolt action rifle that has a long and heavy free-floating barrel which allows for accuracy meant to take precise shots at either a great distance or at large/armored targets.

Most of the other equipment was used in training exercises the report states.

The city council utilizes the annual report as a mechanism to ensure the department's compliance and to help determine whether to approve, revise, or revoke components of the Military Equipment Policy for the next

year.

The city council meets Monday at 5:30 p.m. in the Council Chamber, Pasadena City Hall 100 North Garfield Avenue, Room S249.

South Pasadena Litigation Settlement

The City of South Pasadena announced Thursday the conclusion of litigation against Caltrans over the property at 626 Prospect Avenue. Recently the parties, including Friendship Baptist Church Community Development Corporation, participated in mediation resulting in a Stipulation to dissolve the preliminary injunction. This allows Caltrans to proceed with its sale of the property to Friendship Baptist Church Community Development Corporation for the rehabilitation of an existing multi-family housing.

"We welcome Friendship Baptist Community Development Corporation, and look forward to their significant investment in the property," said Mayor Jon Primuth. "They have a well-rounded team of professionals, and we are pleased to work with them and lend the City's support as they embark on this major renovation project for existing and future tenants to enjoy."

Moving forward, the City continues to pursue the purchase of the unoccupied Caltrans properties, and hopes to also actively assist its residents in the sale of the tenanted properties. The long-standing goal is to bring these properties back into the available housing stock. The City continues to actively engage Caltrans on various matters related to these properties.

"City leadership is committed to increasing affordable housing opportunities in South Pasadena," said Mayor Jon Primuth. "With this litigation behind us, we will continue our efforts to address our local housing needs, including the opportunities that lie within the Caltrans properties in South Pasadena."

The Japanese 320-Year-Old Heritage Shoya House Opens



Opening today, the Huntington Library Art Museum and Botanical Gardens offers visitors a unique opportunity to see a restored residential compound from 18th-century rural Japan. The Japanese Heritage Shoya House, a 3,000-square-foot residence built around 1700, served as the center of village life in Marugame, Japan. The compound has been reconstructed on a 2-acre site, which includes a newly constructed gatehouse and courtyard based on the original structures, as well as a small garden with a pond, an irrigation canal, agricultural plots, and other landscape elements that closely resemble the compound's original setting. Visitors will be able to walk through a portion of the house and see how inhabitants lived their daily lives within the thoughtfully designed and meticulously crafted 320-year-old structure.

Los Angeles residents Yohko and Akira Yokoi offered their historic family home to The Huntington in 2016. Huntington representatives made numerous visits to the structure in Marugame and participated in study sessions with architects in Japan before developing a strategy for moving the house and reconstructing it at The Huntington. Since 2019, artisans from Japan have been working alongside local architects, engineers, and construction workers to assemble the structures and re-create the traditional wood and stonework features, as well as the roof tiles and plaster work, prioritizing the traditions of Japanese carpentry, artisanship, and sensitivity to materials.

"The new Japanese Heritage Shoya House will offer a glimpse into rural Japanese life some 300 years ago and provide insights into that culture and its sustainability practices," Huntington President Karen R. Lawrence said. "We are very grateful

to the Yokoi family for giving The Huntington the opportunity to tell this important story as an immersive experience for visitors."

The historic house was the residence for successive generations of the Yokoi family, who served as the shoya, or village leaders, of a small farming community near Marugame, a city in Kagawa prefecture, Japan. Chosen by the feudal lord, a shoya acted as an intermediary between the government and the farmers. His duties included storing the village's rice yield, collecting taxes, and maintaining census records, as well as settling disputes and enforcing the law. He also ensured that the lands remained productive by preserving seeds and organizing the planting and harvesting. The residence functioned as the local town hall and village square.

Sustainability is a major theme of the interpretive scheme. "We aim to present a working model of Edo period permaculture and regenerative agriculture," said Robert Hori, the gardens cultural curator and programs director at The Huntington. "It represents real-life circumstances. An authentically constructed Japanese house using natural materials, combined with careful attention to agricultural practices, will demonstrate how a community became self-sufficient. We will show how emphasis was placed on reducing waste and repairing items so they could be reused or repurposed. Visitors will see how this 18th-century Japanese village maintained a symbiotic relationship between humans and the surrounding landscape."

The Shoya House will be open from noon to 4 p.m. The Huntington Library is located at 1151 Oxford Road, San Marino. For more information visit: huntington.org.

Extremely Rare Case of Locally-Acquired Dengue

Pasadena Public Health Department Friday reported a case of dengue in a Pasadena resident who did not travel outside the United States. This is the first confirmed case of dengue in California not associated with travel and is instead an extremely rare case of local transmission in the continental United States.

"Pasadena Public Health Department has been conducting surveillance and investigation of mosquito-borne diseases in Pasadena for years," stated Dr. Matthew Feaster, PPHD Epidemiologist. "Our work so far, in partnership with the Vector Control District, gives us confidence that this was likely an isolated incident and that there is very low risk of additional dengue exposure in Pasadena."

Feaster urges the community to follow standard precautions to reduce mosquito populations and the risk of mosquito-borne diseases:

Eliminate standing water in clogged rain gutters, rain

barrels, discarded tires, buckets, watering troughs, or anything that holds water for more than a week.

Ensure that swimming pools, spas, and ponds are properly maintained.

Change the water in pet dishes, birdbaths, and other small containers weekly. Report neglected swimming pools in your neighborhood to your vector control district.

To prevent mosquito bites, PPHD recommends:

Wear insect repellent containing CDC and EPA approved active ingredients: DEET, picaridin, IR3535, or oil of lemon eucalyptus.

Wear loosely fitted, light-colored, long-sleeved shirts and long pants.

Symptoms of dengue may be mild or severe and include fever, nausea, vomiting, rash, and body aches. Symptoms typically last two to seven days and although severe and even life-threatening illness can occur, most people recover after about a week.

For more information visit: cityofpasadena.net.

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San Marino Upcoming Events & Programming

San Marino Historical Society

Monday, October 23 at 7 PM, Barth Community Room
In its Speakers Series, the San Marino Historical Society presents quarterly history talks focusing on topics specially selected for our town. This quarter's guest speaker is Marc Wanamaker! Wanamaker is recognized around the world as one of the leading historians of Los Angeles, Hollywood, and the Motion Picture and Television Industries. He has been the featured expert on numerous television shows and documentaries and served as a technical advisor and consultant on numerous major motion pictures. Join us for a compelling conversation! Registration is not required.

Family Storytime

Tuesday, October 24 at 10:30 AM, Children's Area
Storytime is back! 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 December 19. Registration is not required. Please watch our social media for cancellations.

Coffee, Tea, and Chat

Friday, October 27 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.

Trunk or Treat & Concert Night on October 27

Pre-order your wristbands for a spooktacular time at our Trunk or Treat & Concert Night on October 27 from 6-10 PM at Lacy Park!

There will be trunk or treating, food trucks, games, crafts, costume contests, and a concert featuring 80s cover band "Like Totally Fer Sure"!

This is a ticketed event, and wristbands are required for adults and youth ages 2 and up. Preorder your wristbands NOW through October 26 at www.CityofSanMarino.org/Registration. Pre-sale wristbands cost \$5 for residents and \$10 for non-residents. Pre-sale wristbands must be picked up at the San Marino Community Center (1800 Huntington Drive) by October 27 at 11 AM. Wristbands will also be sold at the gate the day of the event for \$15 for residents and non-residents. Wristband sales are non-refundable.

For questions, call the Recreation Division at (626) 403-2200.

Smarter Living Series: How to Function with Hearing Loss in Everyday Life

Wednesday, November 1 at 1 PM, Barth Community Room
In this free workshop, Doctor Norma Camacho will help participants learn strategies to communicate with assistive listening devices, visual cues, and auditory training. Individuals who use these strategies to communicate will improve their ability to understand speech even if they have severe hearing loss. Registration is not required.

San Marino Fire Department 100th Anniversary Open House

The San Marino Fire Department is celebrating our 100th anniversary! Join our San Marino firefighters in celebrating this historic occasion on Saturday, November 4, from 9:30 - 11:30 a.m. The Fire Department will be hosting an open house tour featuring historical exhibits (including San Marino's very first fire engine "Old #1", firefighter demonstrations, and a fire safety workshop. For any questions, please call (626) 300-0735.

Free Compost Event on Saturday, November 11

On Saturday, November 11, the City and Athens Services will hold a free compost giveaway for San Marino residents in the west (St. Albans) parking lot of Lacy Park. The event will be from 9 AM to 12 PM, and is first-come first-serve for interested residents. As the event is self-service, residents are advised to bring shovels and sturdy containers to assist in loading the material, as well as eye protection and gloves. Athens' compost is licensed by the California Department of Food and Agriculture, and will improve the quality and health of soil, reducing the need for pesticides and fertilizer. For more event details, go to: CityofSanMarino.org/Calendar.

Meeting

Library Board of Trustees

Monday, October 23 at 8:00 AM; Barth Room Crowell Public Library and Zoom (Public Access)

Planning Commission Meeting

Wednesday, October 25 at 6:00 PM; City Hall Council Chambers and Zoom (Public Access)

Joint Meeting of the City Council and Public Safety Commission

Friday, October 27 at 8:30 AM; Barth Room and Zoom (Public Access)

Holden Joins Governor and other Legislators in Signing of Mental Health Legislation



Governor Newsom last week signed Senate Bill 326 authored by Senator Susan Eggman, modernizing the Mental Health Services Act, and Assembly Bill 531 authored by Assemblymember Jacqui Irwin, a \$6.38 Billion bond to build new behavioral health housing and treatment settings across the state. Californians will vote on this package, collectively known as Proposition 1, on the March 2024 ballot.

"This week has been powerful and incredibly effective in moving forward efforts to tackle our state's mental health crisis. From the signing of my Youth Mental Health Services Bill, AB 289, earlier this week, to the signing of my colleagues' bills yesterday, we are moving on this issue as one united front and that is how meaningful change happens," said Assemblymember Chris

Holden.

These bills collectively will work to allocate resources to California's most vulnerable constituents who are fighting to overcome mental and emotional health challenges. The expansion of these resources allows for more citizens to find the necessary care needed in order for them to live productive lives in the state of California while also helping to prevent many people from facing some of the issues that can come from untreated mental disorders, including homelessness and substance abuse.

"I want to thank Senator Eggman and Assemblymember Irwin for authoring these bills and making mental health a priority. I am with you in this fight for a happier and healthier society," said Holden.

For more information visit: a41.asmdc.org.

Club Haus Local Artists Pop Up Event Kicks Off

Club Haus, in collaboration with Bravo Spa and Salon in Pasadena, is set to hold an opening night reception for an art pop-up, featuring the works of five local mixed media artists, on Thursday, October 26.

"I'm excited to launch Club Haus Art Pop Up and kick off a new networking event aimed at nurturing meaningful connections within the Pasadena community, while supporting local artists," said Rebecca Haussling, founder of Club Haus.

Club Haus Art Pop Up will showcase five unique artists with a wide range of mediums including Andrea Atanay, a self-taught mixed media artist with a lifelong passion for artistic expression through abstract expressionist paintings

and collage. Andrea will be showcasing a six-foot-tall colorful encaustic painting, made with pigmented wax.

Multi-talented artist GERMIZM (pictured) is a self-made talent who began with spray cans and graffiti art and transitioned to graphic design and screen printing. He created the inaugural posters for the Coachella Music Festival, as well as for musical acts such as Boy George's Culture Club, Stan Ridgeway and DJ Paul Oakenfold. GERMIZM will feature several medium-sized, mixed media pieces and limited-edition prints.

Kimberly Adams Fongheiser is a multidisciplinary artist and photographer. She can be found either in her home art studio, or creating art portraiture and capturing live moments through photography. Kimberly has toured with Ann Wilson from Heart, and in 2019 she photographed Heart's "Love Alive" tour. Kimberly's work has been exhibited in Los Angeles, Rome, Venice, London and now, in Pasadena. Kimberly will feature two large mixed media works and limited-edition Sharpie prints.

NERV Skyhigh found his escape through art as a kid, and later with graffiti. NERV spent the last 20 years in the music business collaborating with major brands like Nike, MTV, Paramount Pictures, PUMA, Krylon and more. His artwork has been featured in prestigious venues like Christie's Auction House in Beverly Hills and the Museum of Contemporary Art in downtown Los Angeles. NERV will display a large, single, mixed media piece featuring singer, songwriter, and multi-platinum artist, Prince.

Rounding out the five artists is multi-disciplinary artist Sya Warfield. Sya's artwork expresses feelings of optimism and radiates empowerment. Sya's work is filled with vibrant colors and effervescent imagery. In 2022, Sya was selected to create artwork for a Visa kiosk for the Super Bowl Experience held at the Los Angeles Convention Center. She will be featuring several of her mixed media works.

The Art Pop Up will be held from 6 p.m. to 9 p.m. Bravo Spa and Salon is located at 455 South Lake Ave. To RSVP email: clubhausartshow@gmail.com.

Teen Advisory Board Hosts Retro Games Day Event

The South Pasadena Public Library's Teen Advisory Board will host a Retro Games Day on Saturday, November 18 at 10:30 a.m. - noon in the Library Community Room at 1115 El Centro Street, South Pasadena, CA. Sponsored by the Friends of the South Pasadena Public Library, this event is offered free to the public.

Children, teens, and parents are invited to engage in classic hands-on games at stations led by Teen Advisory Board volunteers. Cat's cradle, American jacks, Gonggi

(Korean jacks), marbles, hopscotch, card games such as Spoons and Go Fish, and preschool games such as Duck, Duck, Goose, Hokey Pokey, and Ring Around the Rosie are samples of some of the games that the teen volunteers will demonstrate and play with younger kids and their peers.

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.

NASA Psyche Spacecraft En Route to Study Asteroid

The mission, managed by JPL, will explore a metal-rich asteroid that may shed light on our own planet's formation.

NASA's Psyche spacecraft is on its voyage to an asteroid of the same name, a metal-rich world that could tell us more about the formation of rocky planets. Psyche successfully launched at 10:19 a.m. EDT Friday aboard a SpaceX Falcon Heavy rocket from Launch Pad 39A at NASA's Kennedy Space Center in Florida.

Integrated onto the spacecraft is the agency's Deep Space Optical Communications technology demonstration, a test of deep space laser communications that could support future exploration missions by providing more bandwidth to transmit data than traditional radio frequency communications.

"Congratulations to the Psyche team on a successful launch, the first journey to a metal-rich asteroid," said NASA Administrator Bill Nelson. "The Psyche mission could provide humanity with new information about planet formation while testing technology that can be used on future NASA missions. As Asteroid Autumn continues, so does NASA's commitment to exploring the unknown and inspiring the world through discovery."

Less than five minutes after liftoff, once the rocket's second stage climbed to a high-enough altitude, the fairings separated from the rocket and returned to Earth. About an hour after launch, the spacecraft separated from the rocket, and ground controllers waited to acquire a signal from the spacecraft.

Shortly after, the Psyche spacecraft commanded itself into a planned safe mode, in which it completes only minimal engineering activities while awaiting further commands from mission controllers on Earth. Psyche established two-way communication at 11:50 a.m. EDT with NASA's Deep Space Network complex in Canberra, Australia. Initial telemetry reports show the spacecraft is in good health.

"I am excited to see the treasure trove of science Psyche will unlock as NASA's first mission to a metal world," said Nicola Fox, associate administrator for the Science Mission Directorate at NASA Headquarters in Washington. "By studying asteroid Psyche, we hope to better understand our universe and our place in it, especially regarding the mysterious and impossible-to-reach metal core of our own home planet, Earth."

By August 2029, the spacecraft will begin to orbit the 173-mile-wide (279-kilometer-wide) asteroid - the only metal-class asteroid ever to be explored. Because of Psyche's high iron-nickel metal content, scientists think it may be the partial core of a planetesimal, a building block of an early planet. The goal is a 26-month science investigation.

"We said 'goodbye' to our spacecraft, the center of so many work lives for so many years - thousands of people and a decade," said Lindy Elkins-Tanton, Psyche principal investigator at Arizona State University in Tempe. "But it's really not a finish line; it's a starting line for the next marathon. Our spacecraft is off to meet our asteroid, and we'll fill another gap in our knowledge - and color in another kind of world in our solar system."



For its six-year, 2.2-billion-mile (3.6-billion-kilometer) trip to the main asteroid belt between Mars and Jupiter, Psyche relies on solar electric propulsion. The efficient propulsion system works by expelling charged atoms, or ions, of the neutral gas xenon to create a thrust that gently propels the spacecraft. Along the way, the spacecraft will use Mars' gravity as a slingshot to speed it along on its journey.

"I'm so proud of the Psyche team, who overcame many challenges on their way to this exciting day," said Laurie Leshin, the director of NASA's Jet Propulsion Laboratory in Southern California. "Now the real fun begins as we race toward asteroid Psyche to unlock the secrets of how planets form and evolve."

The first 100 days of the mission are a commissioning phase, called the initial checkout period, to make sure all flight systems are healthy. Key to the checkout is ensuring that the electric thrusters are ready to begin continuously firing over long stretches of the trajectory.

Active checkout of the science instruments - the magnetometer, the gamma-ray and neutron spectrometer, and the multispectral imager - starts about six weeks from now. During this period, the imager will take its first images for calibration purposes, targeting standard stars and a star cluster at a variety of exposures, with several different filters. Then the Psyche team will activate an automatic feed of publicly viewable raw images online for the duration of the mission.

The first opportunity to power on the optical communications technology demonstration is expected in about three weeks, when Psyche would be roughly 4.7 million miles (7.5 million kilometers) from Earth. This will be the agency's first test beyond the Moon of high-data-rate optical, or laser, communications. While the transceiver is hosted by Psyche, the tech demo will not relay Psyche mission data.

"Launching with Psyche is an ideal platform to demonstrate NASA's optical communications goal to get high-bandwidth data into deep space," said Dr. Prasun Desai, acting associate administrator, Space Technology Mission Directorate (STMD) at NASA Headquarters. "It's exciting to know that, in a few short weeks, Deep Space Optical Communications will begin sending data back to Earth to test this critical capability for the future of space exploration. The insights we learn will help us advance these innovative new technologies and, ultimately, pursue bolder goals in space."

Arizona State University leads the Psyche mission. A division of Caltech in Pasadena, JPL is responsible for the mission's overall management, system engineering, integration and test, and mission operations.

For more information about NASA's Psyche mission go to: nasa.gov/psyche.

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ARCADIA ANNOUNCES FREE TRANSPORTATION OPTIONS DURING 2023 BREEDERS' CUP WEEKEND

Free Fares on Arcadia Transit Fixed-Routes and Dial-A-Ride Service On November 3 and 4, all residents and visitors can ride for free on any of the three fixed-route bus lines.

In celebration of the Breeders' Cup return to the City of Arcadia, Arcadia Transit is offering a variety of free transportation options on November 3 and 4, 2023, including free fare days on the fixed routes and dial-a-ride service to take residents and guests anywhere around town, and free local hotel and Arcadia Metro Station shuttle services to take patrons to and from Santa Anita Park.

The Arcadia Transit Fixed-Route provides general public transit service on three bus lines - Green, Blue, and Red, with stops at important locations around town including the Arcadia Metro Station, Santa Anita Park, the Shops at Santa Anita Mall, the Los Angeles County Arboretum, and more!

For a map of the routes, please go to ArcadiaCA.gov/Transit. In addition, Dial-A-Ride eligible passengers may ride for free during these days. Pre-registration for Dial-A-Ride services is required which includes requirements such as City of Arcadia residency and senior or disability status. Free Shuttle Services for Local Hotels

and Arcadia Metro Station Guests staying at local hotels for the Breeders' Cup and visitors taking the Metro A Line arriving at the Arcadia Metro Station can also take advantage of free shuttle services during the event. Arcadia Transit hotel shuttle service will provide roundtrip transportation from designated local hotels to Santa Anita Park, and the direct Metro Shuttle service will take passengers to and from the Arcadia Metro Station and Santa Anita Park.

During service hours on November 3 and 4, both shuttle services will run approximately every 15-20 minutes.

For a list of the local hotels on the shuttle route, visit ArcadiaCA.gov/Transit. Assistant City Manager/Development Services Director, Jason Kruckeberg, thinks these mobility options will encourage residents and visitors to take advantage of the services by exploring the City and Santa Anita Park, stating "The City of Arcadia always looks forward to the Breeders' Cup; it is a world class event that shines a spotlight on the City. These free transportation options will go a long way toward making the event, and the City, accessible for all".

For more information on all the free transportation options being offered, please visit ArcadiaCA.gov/Transit. #

SENIOR VETERANS DAY RECOGNITION AND LAWN SIGNS

- The City of Arcadia is having a Senior Veterans Day Lunch on Thursday, November 9, 2023, from 11:30am to 1:30pm.

The event will take place at the Arcadia Community Center, 365 Campus Drive, Arcadia. The cost is \$16 per person. Veterans eat free with proof of service at time of registration.

This event includes a delicious hot meal, comradery with fellow Veterans and their friends. There will also be entertainment and a ceremony honoring our proud Veterans.

Register online at www.ArcadiaCA.gov or in person at the Community Center.

For more information call 626.574.5130. The City of Arcadia would also like to honor, recognize, and thank our local Arcadia Veterans with a Lawn Sign. If you know an Arcadia Senior Veteran and would like to honor that person through this program, please call the Arcadia Community Center at 626.574.5130 by November 8, 2023.

OCTOBER 28, 2023 IS MAKE A DIFFERENCE DAY



On Tuesday, the Monrovia City Council proclaimed October 28, 2023, as Make a Difference Day. Are you ready to positively impact and participate in something truly meaningful? Join us next Saturday, October 28, 2023, from 8:00 a.m. to 12:00 p.m. for the 33rd Annual Make a Difference Day event hosted by the Volunteer Center of San Gabriel Valley! We need help from home improvement, landscaping, city beautification, food sorting and more! Lunch and snacks will be provided.

For more information or to register, please email Macy Garcia at macy@vcsgv.org or call (626) 256-8187 or (626) 774-1105.

ARCADIA POLICE BLOTTER

For the period of Sunday, October 8th through Saturday, October 14th, the Police Department responded to 1,044 calls for service, of which 117 required formal investigations. The following is a summary report of some of the incidents handled by the Department during this period.

Sunday, October 8:

1. At 2:18 a.m., an officer conducted a traffic stop in the 300 block of North Baldwin Avenue after observing a vehicle commit numerous traffic violations. Upon contacting the driver, the officer detected a strong odor of alcohol emitting from the driver. Through a series of tests, the officer determined the 29-year-old female from Montclair was driving under the influence of an alcoholic beverage. She was arrested and transported to the Arcadia City Jail for booking.

2. At 11:08 a.m., officers responded to a residence in the 300 block of West Le Roy Avenue regarding a burglary report. An unknown suspect entered the residence through an unlocked window, ransacked a bedroom, and stole jewelry, before fleeing the residence in an unknown direction.

3. At 11:20 a.m., an officer responded to a residence in the 400 block of Fairview Avenue regarding the report of a theft from a vehicle. An investigation revealed a female suspect entered an unlocked vehicle during the night, stole a wallet, and used the victim's credit cards. The suspect is described as a heavy-set female wearing blue jeans and a pink bandana around her neck.

Monday, October 9:

4. At 8:52 p.m., officers had just completed a call for service and were returning to their vehicles when a vehicle sideswiped one of their parked patrol cars. An officer pursued the driver of the vehicle who failed to stop at the scene of the accident. Upon contacting the driver, the officer detected a strong odor of alcohol emitting from the driver. Through a series of tests, the officer determined the 45-year-old female from Glendora was driving under the influence of an alcoholic beverage. She was arrested and transported to the Arcadia City Jail for booking.

5. At 8:56 p.m., an officer responded to a residence in the 900 block of Hampton Road regarding a burglary that had occurred a few hours earlier. The male suspect jumped the wall of the east side of the residence and smashed the rear sliding glass door before ransacking the master bedroom. The male suspect was wearing a white ski mask, a green hooded sweatshirt, brown pants, black shoes, and black gloves.

6. At 10:50 p.m., officers responded to a residence in the 1100 block of South Fifth Avenue regarding a burglary report. The victim had left her bathroom window ajar before going to sleep. An unknown suspect removed the window screen and climbed into her bathroom. The victim's dog began barking frantically, waking the victim, and the suspect fled the scene in an unknown direction.

Tuesday, October 10:

7. At 11:51 a.m., an officer responded to the front counter of the Arcadia Police Department, 250 West Huntington Drive, regarding the report of a burglary of a house that is under construction on Colorado Street. The victim discovered an unknown suspect attempted to kick in the front door of the residence and was unable to. The suspect shattered the stained-glass window near the front door and gained entry.

Wednesday, October 11:

8. At 9:47 p.m., officers responded to the east parking lot of the Arcadia Police Department to contact the victims of a robbery that had just occurred at The Shops at Santa Anita, 400 South Baldwin Avenue. The two victims were walking to their car when three suspects exited a passing vehicle. One suspect pointed a black handgun at the victims and demanded their property. One of the victims gave the suspect his cellphone and wallet. The suspects fled the scene in a light-colored vehicle. The suspects were described as males wearing hooded sweatshirts and dark colored pants.

Thursday October 12:

9. At 8:48 a.m., an officer responded to Cenco Auto Body, 125 West Live Oak Avenue, regarding the report of a burglary. The victim arrived at the business in the morning and discovered the front glass door had been shattered and property was missing from inside. An investigation revealed the male suspect shattered the door around 4:30 a.m., ransacked the business and fled the scene with the victim's checkbook. The suspect is described as male, approximately 30-45 years old, 5 feet 10 inches tall, 200 pounds, wearing a light-colored sweater, dark pants, light shoes, and a face mask.

Friday, October 13:

10. At 4:20 a.m., officers responded to Arcadia Par 3 Golf Course, 620 East Live Oak Avenue, regarding a burglary report. A maintenance worker discovered a security gate on the east side of the property was ajar and the lock had been cut. Unknown suspects stole two Toro Workman Utility carts.

11. At 4:22 p.m., an officer responded to a building that is under construction at 405 South First Avenue regarding the report of a burglary. An unknown suspect cut the lock to the front fence of the property and stole 5,000 feet of copper wire.

Saturday, October 14:

12. At 10:49 p.m., an officer was patrolling the area of Colorado Boulevard near Santa Cruz Road when he observed a running vehicle parked in a traffic lane with no lights on. The officer pulled behind the vehicle and contacted the driver. Upon contacting the driver, the officer detected a strong odor of alcohol emitting from the driver. Through a series of tests, the officer determined the 45-year-old male from Arcadia was driving under the influence of an alcoholic beverage. He was arrested and transported to the Arcadia City Jail for booking.

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AROUND SAN GABRIEL VALLEY

“WATER IS LIFE” STUDENT ART CALENDAR WINNERS

Foothill Municipal Water District (FMWD) is pleased to announce two students' artworks from Crescenta Valley High School and Palm Crest Elementary will be included in the 2024 Metropolitan Water District "Water is Life" Student Art Calendar.

The awarded students' names and schools are below.

Student: Caris Wee, 2nd Grade, Palm Crest Elementary School



Student: Chinapa Sukitjavanich, 11th Grade, Crescenta Valley High School



The artworks are amongst thirty-seven featured in the calendar submitted from six counties in southern California. Twenty-six water agencies throughout Southern California participated in the art contest with hundreds of submissions.

The theme of the 2024 Student Art Calendar Contest, "Water is Life," relates to the stewardship and conservation of water. This means protecting our water resources for future generations through conservation and education.

"The Art Contest is an important way for students to become aware of water as a precious resource that should not be wasted," said FMWD President Richard Atwater.

For additional information on rebates, please visit SocalWaterSmart.com or call Michael Le at 818-790-4036, mle@fmwd.com.

REMEMBRANCES:

JEANNE REGISTER

Jeanne Register, beloved wife and mother, distinguished educator, and long-time women's rights activist, died in her sleep Tuesday night, October 3rd, at her home in Altadena. Although she was 86 and had been afflicted in recent years with Alzheimer's Disease and breast cancer, Jeanne never lost her youthful, joyous, and generous outlook on life.

Jeanne D'Arc Marie Gleason was born on August 17, 1937, to John Gleason and Marie Daigle of Wellesley Hills, Massachusetts. Her namesake, Joan of Arc, was always a source of inspiration and strength to her. Jeanne needed both early in life: her parents died very young, leaving Jeanne and her younger sister, Joyce, to look after each other.

Wellesley College became a touchstone of Jeanne's life. She made deep friendships there while majoring in history, including future Secretary of State Madeline Albright (also class of '59). With that background, her enthusiasm for the presidential campaigns of Hillary Rodham Clinton (class of '69) was pre-ordained.

Soon after graduation Jeanne married William Holt, a young engineer from Oklahoma. The marriage lasted 27 years and produced three much-loved daughters. In 1966 Bill and Jeanne travelled the globe in a VW van with two-year-old Delia(!) – including stops in Viet Nam and Afghanistan. They settled in California, living in Arcadia, Monrovia, and Silver Lake (where Vashti was born) before moving to Sierra Madre (Alicia's birthplace) then, in 1979, to Altadena.

Education was Jeanne's passion. She had earned her MA in Teaching from UMass Boston and started teaching in Massachusetts. In California, she taught in several public schools before moving to Pasadena's Westridge School, where she was first a teacher then a dean. In 1991 she was chosen as the 12th Head Mistress of Mayfield Senior School in Pasadena.

After annulling her first marriage, Jeanne wedded local political consultant Fred Register, in 1994. They met through ACT, a local political organization Fred had helped start. It was to be a long and happy marriage, marked by a shared love of family, pets, politics, travel, reading, holiday celebrations, and going to the movies with close friends.

Mayfield Senior School thrived under Jeanne's leadership. It was a perfect fit, combining her love of education with her deep Catholic faith. She was also a dedicated parishioner at St. Elizabeth's Church in Altadena for decades and served on the board of the parish school.



After retiring in 2002, Jeanne researched and wrote a book about her family's history: Acadian Passage is an historical romance set in French-speaking Canada. She also continued her life-long advocacy for women in every field, but especially in politics. She was a tireless volunteer for many successful women candidates. For this work she recently received the inaugural Lifetime Service Award from the National Women's Political Caucus, Greater Pasadena.

Jeanne Register is survived by Fred, her husband of 29 years; her sister, Joyce Rourke, of Madison, CT; daughter Delia Holt Ekstrom of Richmond, CA; daughter Vashti Holt of Oakland, CA; daughter Alicia Holt of Palos Verdes Estates, CA – and by her grandchildren, Tatum, Cullen, and Aubrey.

A Memorial Mass will be held on Saturday, October 28th at 1:00 PM, at St. Elizabeth of Hungary Catholic Church, 1869 N. Lake Avenue, Altadena. Following the service, a reception will be held at Pasadena Heritage (Blinn House) 160 N. Oakland Avenue, Pasadena.

In Lieu of flowers, donations may be made in her memory to:

- Doctors Without Borders donate.doctorswithoutborders.org
- Heifer International heifer.org
- Alzheimer's Association act.alz.org
- American Cancer Society donate.cancer.org

ALL THINGS By Jeff Brown

DON'T WORRY, BE HAPPY-BOBBY MCFERRIN

- "I've had a lot of worries in my life, most of which never happened." - Mark Twain
- "Worrying is like sitting in a rocking chair, you keep moving but never get anywhere"-Erma Bombeck
- "What is wrong with right now if you don't think about it" Bob Adamson
- "You can't change the past, but you can ruin the present by worrying about the future." - Anonymous
- "Worry never robs tomorrow of its sorrow, it only saps today of its joy." - Leo Buscaglia
- "Worry often gives a small thing a big shadow." - Swedish Proverb
- "Do not anticipate trouble, or worry about what may never happen. Keep in the sunlight." - Benjamin Franklin
- Eckhart Tolle emphasizes that worrying is essentially a useless mental activity. It doesn't change the past, and it doesn't control the future. It often involves the mind dwelling on negative scenarios and outcomes, which can lead to stress and anxiety.
- Forgive others not because they deserve forgiveness but because you de-serve peace. Jonathan Lockwood Huie
- What, me worry? - Alfred E. Neuman



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ASSEMBLYMEMBER CHRIS HOLDEN ACCEPTING APPLICATIONS FOR 2024 YOUNG LEGISLATORS PROGRAM

Program aimed at cultivating the next generation of leaders

Pasadena, CA – Assemblymember Chris Holden is now accepting applications for the 2024 Young Legislators Program. Now in its ninth year, the Young Legislators Program offers high school seniors in the 41st Assembly District a front row seat to the public policy and political arena.

“Young Legislators was an amazing program to be a part of. Gaining insight into the world of government functions, all while making new friends along the way easily made it an amazing experience to have. Anyone interested in government or curious about how our cities and state remain operating would enjoy Young Legislators just as much as I did,” said Evan Lyons, 2023 graduate.

During the five-month program, students will meet once a month at a selected venue to learn about the legislative process, public policy and quality of life issues that impact the lives of Californians and further develop their leadership skills.

“I enjoy this time of the year because we get to work with passionate students from across my district,” said Assemblymember Chris Holden. “I have no doubt this year’s program will again have a lasting impact on the students, and I look forward to meeting the 2024 Young Legislators.”

“I loved learning about the role and importance of both local government and agencies that work to serve their communities,” said Bess Brandow, 2019 graduate.

“The entire program was phenomenal! It strengthened my passion for politics and has made me become more engaged to further follow what I believe in,” said Osvaldo Valdiviezo who participated in the 2018 Young Legislators Program. “Also the friendships and memories I made are something I treasure and am grateful for.”

Applicants must commit to five monthly, Saturday meetings starting in January 2024 and submit applications by December 5, 2023. Program details and application are available online at <https://a41.asmdc.org/2024-young-legislators-program>

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website: www.acsliions.com
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DHS KEY CLUB PARK CLEAN UP



The Duarte High School Key Club had a great turnout for their park clean up at Encanto Park. This Key Club is sponsored by Duarte Kiwanis Club and is very active in the community. They are excellent partners for all City activities that the Kiwanis Club supports - especially face and rock painting for kids!

If you are interested in joining the Duarte Kiwanis or presenting at a future meeting, please contact Tina Carey at tinac51@aol.com.

We're going Trick-or-Treating... ...with a great, big bunch of friends.

Newspaper Fun!

www.readingclubfun.com Annimills LLC © 2023 V40 Kids: color stuff in!

Spooky, Creepy Halloween!

I'm batty about **Halloween!**
This tradition may have begun in Ireland, England and France.
At the end of **summer** it was **harvest** time. The sunlight hours were waning and people were getting ready for a long, cold winter. Some people felt that the line between the living and the dead was very thin at that time of year.
People built **bonfires** for their harvest celebration. Some wore **costumes** and **masks** so **spirits** wouldn't recognize

them, damage their crops or cause illness. Some people would go door to door asking for money, cheese, apples or bread for the festival night. This is thought to be the beginning of kids **Trick-or-Treating** for **candy** in neighborhoods.
Today, on **October 31st**, many people carve **pumpkins** into Jack-O'-Lanterns and light them to greet children. They have costume parties and may bob for **apples**.

Whoooooo put this sticky web in my way?

Have Fun! and **Keep Safe!**

Find and circle all the words that begin with the letter "S" as in "spider."

Mmm... I want fish for my Halloween treat.

What are you doing for Halloween?

Just hanging around.

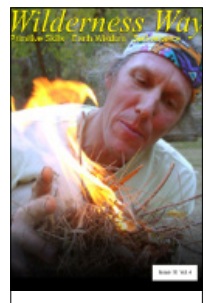
Spinner Spider's Safety Tips!
Here are Spinner's spider web tips for a fun, safe Halloween!

1. Make-up will let you see better than wearing a mask.
2. Use light-colored clothing or bright, glowing paints!
3. Have a flashlight so you can see and be seen.
4. Walk with friends and have an adult you know nearby.
5. Only visit well-lit houses of known neighbors.
6. Have Mom or Dad check all goodies before eating.

There are **12** words in bold print in the bat's speech balloon above. Can you find them and fit them into this puzzle?

C A N D Y

CHRISTOPHER Nyerges [www.SchoolofSelf-Reliance.com]



THE URBAN GARDEN, PART 2 BUILD THE SOIL

One of the principles of agricultural ecology is that nature can take care of nature more easily the larger the plot of land happens to be. It's a bit harder to have all these natural systems operating if you're only dealing with a plot of land that's about 40 by 20 feet, the size of our little garden. This meant that I had to give the little plot a lot more attention, at least in the beginning, until "balance" was found in that little area.

I learned that – regardless of what I grew and where I lived – the health of the soil is the single most important factor in producing plants that are drought-tolerant, bug resistant, and able to survive in the greatest range of temperatures.

My next experiment in that small yard was to go to the grocery store and get boxes of old produce and just dig a hole here and there in the garden and bury the old vegetables so they'd decompose and enrich the soil. Simultaneously, I went to the local cemetery and obtained bags of grass clippings. I began to layer the bare ground around the base of the plants with liberal amounts of grass clippings. This was a thick layer, not a thin sprinkling of grass clippings. The top layer would dry out a bit, but underneath, it stayed moist, softened the soil, and provided an environment where earthworms thrived as well as lots of other bugs thriving.

With the layered grass clippings on the ground, I now noticed that the herbs and vegetables thrived and grew well, and the bug infestation was at a minimum. Plus, I didn't need to water as much. I continued to get as many bags of grass clippings as possible and mulched the soil. And I continued to bury old vegetables in the garden. I produced onions and tomatoes and Swiss chard and zuchinnis, and lots of herbs. I decided to skip the corn as they still seemed to require more work than I was willing to do to keep them bug-free.

I'm not sure that everyone would want to get boxes of old produce and just bury it in their garden space. That was part of my learning. I'd strongly suggest you have a compost bin in your yard and begin to make your own compost from kitchen scraps and yard trimmings. It's not that hard, and you'd be surprised how well you can supplement your soil from what you are ordinarily throwing away.

Also, raise earthworms, which naturally enrich the soil. There are special bins that you can buy to raise earthworms, though I have always managed to raise them in dedicated compost bins or piles. They cannot tolerate all the heat generated by adding a lot of kitchen or vegetable scraps at one time, so you need to raise earthworms separate from your main compost area. Gardeners generally use redworms for composting because they reproduce rapidly and they tolerate a great temperature variation.

Years later, I was a regular guest on a popular gardening radio show, and the host started to like my perspective, and kept having me answer his listeners' questions. But I am not sure they liked what I told them. If they asked why their petunias didn't grow well, I'd ask, Why the heck are you bothering with petunias? If they asked very specific questions about bugs on their plants, I always, always, always took the conversation back to soil. Improve the soil. A good healthy soil produces plants that are more drought-tolerant, insect resistant, somewhat frost resistant, since all the "problems" are the result of poor soil. "Improve the soil" became my mantra.

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Katnip News! Beautiful SINEAD and Family!



Here is a precious and super sweet little family! Sinéad, age 1.5, named after the well-known Irish singer, was rescued from a kill shelter along with her sole surviving



kitten, Rosie, hours before they were scheduled for euthanasia.

Sinéad is a calm, exceedingly affectionate and friendly young cat. She even sweetly accepted another kitten, Kev-in. She is great with kids and would love a home with one or more attentive humans (and their laps) to shower her with the attention she deserves. She was a sweet, loving mama, but now it's her turn to be pam-purr-ed! Her sweet daughter, Rosie, and her adorable "stepson," Kevin, would love to stay with their mama. Can anyone consider adopt-ing all three? See more of Sinéad on our website's "Teen and Young Adult" page, and more of Rosie & Kevin on the "Very Young" page at www.lifelineforpets.org.

Pet of the Week

Tommy is a young Great Dane/Rhodesian Ridgeback mix who is excited to meet everyone! This big puppy is just shy of 90 pounds, and he is 100 percent fun.

Tommy greets everyone with a tail that wags his entire body. He's so happy to see you that he may be tempted to bounce into your lap or try to give you a kiss, but the volunteers at Pasadena Humane have been working with him on his manners. It's a work in progress, but we know he's going to get it!

Tommy has also been great around other dogs. He really likes to meet new dogs and if they're interested in playing, he's all for it! If not, that's OK, too. He can read the room.

This happy pup is ready for whatever fun you can cook up! 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.

SIERRA MADRE POLICE DEPARTMENT BEAR PROTOCOL

SMPD responds appropriately to bear calls when:

Bear(s) is a continuous nuisance (rummaging through trash bins, living at or returning to the same location or there is property damage.

Bear(s) displays aggressive behavior toward humans or domestic animals. Bear(s) is walking towards a school or heavily populated area.

Bear(s) attempts or enters a residence or structure.

Bear(s) is in the backyard of a residence and possess a public safety threat.

Help protect others by reporting all bear incidents, including sightings. The options of reporting bear incidents is based on public safety concerns. You can report bear incidents directly to CA Fish and Wildlife at www.wildlife.ca.gov, to the City of Sierra Madre at wildlife@cityofsierramadre.com, and to the Sierra Madre Police Department.



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 depredation 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.



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MISLEADING MEDICARE ADVANTAGE ADS: WHAT TO LOOK OUT FOR

Dear Savvy Senior:

I'm currently enrolled in original Medicare but have been thinking about switching to a Medicare Advantage plan during the open enrollment period. Many of the Medicare Advantage ads I've seen offer lots of extra benefits beyond what traditional Medicare offers and no monthly premiums. What are your thoughts? Considering a Switch

Dear Considering: Be very leery of the Medicare Advantage ads on TV, radio, social media and that come in the mail. While many of these ads may tout free vision, hearing, dental and other benefits with zero monthly premiums, they aren't always what they claim to be.

Advantage Basics

Medicare Advantage or MA plans (also known as Medicare Part C) are government approved health plans sold by private insurance companies that you can choose in place of original Medicare. The vast majority of Advantage plans are managed-care policies such as HMOs or PPOs that require you to get your care within a network of doctors in a geographic area. You can sign up for one of them during open enrollment season from Oct. 15 through Dec. 7.

MA plans have exploded in popularity in recent years as insurers have flooded the airways with advertisements, often by celebrity pitchmen, that promote low-cost options with lots of extra benefits.

But be aware that the Federal government has deemed many claims in MA ads fraudulent and misleading. Some ads imply that the Centers for Medicare and Medicaid Services endorses or prefers a specific plan. Others promise more cost savings than you really get. And if you choose the wrong plan, your doctor may not be a member of that plan's network, or you may end up paying out-of-pocket for medically necessary care.

This past September, the U.S. Department of Health and Human Services began cracking down on these ads, but you still need to practice self-defense. Here are some tips to help you make a good decision.

Cover your needs: When evaluating MA plans, make sure the one's you're considering cover the doctors you like and the health care facilities you normally go to. Also, make sure all of the prescription medica-

tions you take are on the drug plan's formulary.

To help you compare plans, a good first step is to call the office managers of the doctors you use and find out which Advantage plans they accept, and which ones they recommend. Then go to the Medicare Plan Finder tool at Medicare.gov/plan-compare to compare plans in your area.

Understand the details: Some MA plans promote no monthly premiums, but the reality is that you are still responsible for your original Medicare costs including your Part B premium and deductibles and copays for covered services. Moreover, you may have to pay more out-of-pocket if you see a doctor outside the network. Also, if the plan is an HMO, it generally doesn't cover non-emergency care out of network, so an individual may be responsible for full costs. A PPO on the other hand, allows people to go out of network, but they generally have to pay more to do so.

Do some digging: Many MA plans tout free vision, hearing and dental benefits that are not covered by traditional Medicare, but these benefits are often limited. For example, a plan that offers free dental coverage may cover only cleanings and x-rays. Extensive procedures such as root canals or caps may not be covered, or the plan may limit the dollar amount it pays. Find out the coverage details so you're not surprised later.

Get help: Reach out to your local State Health Insurance Assistance Program (SHIP) at ShipHelp.org or call 877-839-2775. These are nonprofit programs that provide unbiased one-on-one Medicare counseling and assistance.

You can also report any misleading MA claims to the Senior Medicare Patrol Resource Center at SMPResource.org or by calling 800-447-8477.

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! ...October Birthdays*



Janda Ferris, Darlene Traxler, Margit Johnson, Sole Krieg, Dick Anderson, Eva Poet, Mary Jane Baker, Dixie Coutant, Jill Franks, Cathleen Cremins, Adie Marshall, Darlene Crook, Susan Gallagher, Maggie Ellis, Gloria Giersbach, Ellen O'Leary, Jenny Piangenti, Anita Thompson, Linda Boehm and Angela Stella * To add your name to this distinguished list, please call the paper at 626.355.2737. YEAR of birth not required

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.

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, October 11 Jules PG-13 1hr 27 min

Milton's quiet life of routine is upended when a UFO crashes in his backyard. He develops a friendship with the extra-terrestrial it carries, but complications arise when two neighbors discover the alien, 'Jules,' and the government quickly closes in. JULES is a funny, wildly imaginative ride following three neighbors who find meaning and connection late in life, thanks to this unlikely stranger.

Wednesday, October 25 Death on the Nile PG-13 2hr 7 min

Belgian sleuth Hercule Poirot's (Kenneth Branagh) spectacular Egyptian vacation aboard a river boat becomes a terrifying search for a murderer after a picture-perfect couple's honeymoon is cut tragically short. Based on Agatha Christie's novel, this tale of passion and jealousy is filled with wicked twists and turns until its shocking finale.

TEA AND TALK BOOK CLUB

Wednesday, October 11 & 25 9am Hart Park House

Meets twice a month to discuss the fun, suspense, intrigue, love and so much more that each selection has in store. Call Lauren with any questions that you may have. New participants are welcome any time!

September-October selection: *The Covenant of Water* by Abraham Verghese

OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

I THEN THOUGHT OF CHOCOLATE

Everybody has their own comfort food. I have a long list of comfort food, and Apple Fritter is at the top. Nothing comforts me quite like a fresh

Apple Fritter. The other day I needed some comfort food. After all, life can be rather stressful, and you either deal with the stress or let it deal with you.

The Gracious Mistress of the Parsonage planned to spend the day thrift store shopping with one of our daughters. Thus, I had a whole day to deal with my stress.

The first thing I did was go where I usually get my Apple Fritter. I was quite excited on my way there, knowing I would have all day to enjoy my favorite comfort food. Even thinking about it caused me to lose a lot of my stress.

Then the unthinkable happened. I got to the place to purchase my Apple Fritter and was shocked to find they had no Apple Fritters in stock. They were out and did not know when any would be available.

If I had stress at the beginning of the day, it was nothing compared to the stress I was now experiencing. How can any store run out of the most important food item in the world? Staring at the cashier, I said, "Could you check your inventory to see if maybe there's one you missed?"

She did, and much to my chagrin, there was none to be found. I staggered outside, as stressed as I've ever been in my life. What in the world am I going to do without an Apple Fritter? Especially at a time when I can sneak one behind the back of The Gracious Mistress of the Parsonage.

As I drove home, I didn't know what to do. I spent the whole day trying to figure this out, and if my luck is as it usually is, I will discover a solution three minutes before The Gracious Mistress of the Parsonage walks in the door.

As I walked into the house thinking about this, I got a fresh cup of coffee, went to my easy chair, and tried to think through this problem.

No comfort food qualifies for my stress situation at this time. I did not want to sit with my stress all day. It's usually bad company. I had to come up with a solution. My wife is the one who always comes up with solutions, but I'm sure she would not volunteer any solution on this subject.

Sitting in my chair sipping coffee, trying to figure out what to do, I then thought of chocolate. Next to an Apple Fritter, a piece of chocolate is on my list of comfort foods. We are not allowed to have chocolate in our house because, according to The Gracious Mistress of

the Parsonage, chocolate gives her headaches. I must say I'm a little bit jealous. I thought I was the only one giving her headaches, and now she's cheating on me with chocolate headaches. They give her headaches instead of me? How dare they?

I knew we had none in the house, so I had to go out somewhere and get some delicious chocolate before she got home. It didn't take long to get to the store, where I knew they had some nice chocolate candy. I went in, bought some, and headed for my vehicle to go home. I was so happy that my stress was almost gone before I took a bite of that chocolate.

I got home, got another fresh cup of coffee, sat in my easy chair and slowly opened this delicious chocolate candy bar. I looked at it very deliciously and reverently bowed to take my first bite.

I barely started to chew when all of the stress in my life ran for cover. I slowly chewed and chewed and chewed, and before I knew it, that chocolate bar disappeared. But so did my stress. Isn't it wonderful when you can deal with a problem so quickly?

Later that day, I heard The Gracious Mistress of the Parsonage pull into the driveway. Soon, she was at the door and walked in. As usual, she came over to kiss me, and I welcomed her back home.

Then she stopped, turned around, and looked at me with one of her looks. That kind of look told me I was in some trouble. I could not figure out the trouble, but there it was.

"Oh my," she groaned as she stared at me. "I'm starting to get a headache. You did not have any chocolate candy today, did you?"

"What makes you say that?" I said as nicely as possible.

"When I kissed you I tasted chocolate. Did you have a chocolate bar while I was gone?" All the stress I got rid of with my chocolate bar is now back because of that chocolate bar. For the life of me, I certainly cannot sort this out.

I then thought of one of my favorite scriptures. "Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus" (Philippians 4:6-7).

Comfort food is temporary, but "the peace of God" endures forever. When I give my stress to God, He is dependable and will watch over my heart and mind.

FITNESS FOR LIFE

GYM MISTAKES TO AVOID FOR BETTER RESULTS by Michele Silence

Many gym-goers are eager to make progress and push their limits. However, several common errors can hinder results or even lead to injuries. Are you making any of these common gym mistakes?

Lifting Weights That Are Too Heavy. One of the top missteps is attempting to lift weights that are far too heavy for your current fitness level. While it's natural to want to challenge yourself, lifting excessive weights can have serious consequences. It not only increases the risk of injury but also compromises form, making the exercise less effective. To avoid this mistake, start with weights you can comfortably manage and gradually increase the load as your strength and technique improve. Remember, slow and steady progress is more sustainable than rushing to lift the heaviest weights in the gym.

Using Momentum. Observing people swinging weights or using momentum to complete repetitions is a frequent sight at many gyms. However, this practice shifts the focus away from the targeted muscles, reducing the overall effectiveness of your workout. Instead, concentrate on using controlled movements that maintain tension on the muscles throughout the entire range of motion. This deliberate approach not only helps build strength but also ensures that your muscles are working as efficiently as possible.

Poor Form. Using improper technique during exercises is a critical mistake that can lead to injuries and suboptimal results. It's crucial to learn the correct form for each exercise you undertake; otherwise, you'll increase the risk of injury and limit muscle engagement, negating the very purpose of your workout. Seek guidance from a trainer to make technique a top priority in your routine.

Locking Joints. Locking your joints, especially during exercises like squats and leg presses, is a common but risky error. Doing so can place excessive strain on your joints, potentially leading to long-term damage. Instead, maintain a slight bend in your joints, which not only protects them but also ensures that the muscles, rather than the joints, bear the load of the exercise.

Not Using a Full Range of Motion. Engaging in partial repetitions or neglecting to use a full range of motion during exercises is a widespread blunder. Completing full movement of the joint (such as all the way up and down for a bicep curl) is critical for maximizing muscle engagement and growth. When you use a full range of motion, you're not only working the targeted muscle group more effectively but also minimizing the risk of muscle imbalances that can lead to injury.

Excessive Speed. It may be tempting to rush through repetitions in pursuit of a faster workout, but controlled and deliberate movements are more effective for building muscle. Slowing down the pace of your movements and focusing on each repetition's quality, rather than quantity, is key. This approach ensures proper form and maximizes muscle activation and growth.

Pushing Through Pain. The adage "no pain, no gain" is outdated. Pushing through sharp or persistent pain during workouts is dangerous. While some muscle fatigue and discomfort is normal, sharp pain signals trouble. Ignoring it can lead to injuries or worsen existing ones. Listen to your body, rest when necessary, and consult a healthcare professional for persistent pain or discomfort during workouts.

Working Select Muscles and Ignoring Others. Prioritizing specific muscle groups while neglecting others is common and can lead to muscle imbalances and injuries. A popular strategy is overworking the upper body while doing little for the lower body. Although it may seem attractive to walk around with buffed arms, remember that the legs need to have equal strength to carry around and support that extra muscle. Ensure your workout routine targets all major muscle groups for balanced strength and aesthetics. A well-rounded approach will enhance your overall physique and reduce the risk of injuries stemming from muscular imbalances.

Using Only Machines. Exercise machines are great, but relying solely on them can limit functional strength and muscle engagement. Machines provide support and stabilization, which can benefit beginners and those with specific needs. However, free weights and bodyweight exercises challenge stabilizer muscles, providing a more comprehensive workout.

Copying Others. Mimicking others' exercises is common, but blindly copying movements can be a mistake. What works for one person may not be suitable for you, and the person you're imitating may not be knowledgeable. Fitness goals, fitness levels, and body types vary widely. Consult a fitness professional for guidance tailored to your specific needs.

A successful strength training program hinges on consistency, patience, and proper technique. Whether you're a seasoned gym-goer or a beginner, following these principles will set you on the right path to achieving your health and fitness goals.



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).

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STUART TOLCHIN PUT THE LIGHTS ON



THINGS WILL CHANGE - THEY ALWAYS DO

For me a personal tragedy happened last week. The Los Angeles Dodgers were eliminated from the Major League Baseball Playoffs. This meant not only that no further Dodger games would be presented this year but tragically also resulted in all the other baseball games having little meaning for me. The remaining games had no meaning as they no longer contained potential future opponents for the Dodgers. Well, actually a few games still are of passing interest for me such as the games involving the Baltimore Orioles. My granddaughter's father is from Baltimore and is a dedicated fan who never misses viewing or listening to an Orioles game. This interest has rubbed off on my son and together we watched the final Orioles playoff game while the Gaza hospital bombing and the continuing Hamas bombing of Israel was in the center of the News. Understandably this game was of little interest to me until my ultra-observant son noticed that the Baltimore pitcher wore a Star of David around his neck which was tucked into the collar of his uniform shirt.

Many athletes wear necklaces around their neck displaying Crosses but I had never observed any baseball pitcher displaying a six-pointed Star of David. This symbol is widely associated with Judaism. The yellow Star of David was also used by the Nazis to quickly identify Jewish people, marking them for persecution. Later, the Star of David, the Magen David was associated with the Zionism movement that SUCCESSFULLY worked for the establishment of the nation of Israel. I believe that even for secular non-practicing Jews like myself this symbol identifies and crystallizes the conflicting parts of present Jewish identity—the pride of Jewish accomplishment and the memory of the persecution and the genocide.

The baseball game barely held my interest but I looked up information about the Baltimore pitcher Dean Kremer. Kremer, I learned is a dual Israeli-American citizen and his family currently lives in Israel. Reading about him pitching the game with the awareness in his head of the continuing bombings and death in Israel and in adjacent (one cannot say neighborly) Gaza brought the Gaza hospital bombing closer to me.

Unlike several of my Jewish friends, and unlike President Biden, I have never been to Israel and cer-

tainly do not intend to travel there now. For many Jews the phrase "Never Forget and Never Again" refers specifically to the six million Jews slaughtered by the Nazis. My old high-school friend Jim patiently tries to explain why there is a specific need for a Jewish Homeland wherein all Jews will be safely welcomed. (ironic isn't it).

So what's wrong with me? My position has always been that the Jewish State is an anachronism that by its very existence invokes an apartheid-like second class unprivileged status on its non-Jewish residents which will eventually lead to war. Yes it would be nice if the world's countries would allow its population to exist without discrimination based upon race, class, gender, or age. It would be nice but it does not seem to be happening now. The Gaza Hospital bombing still presents questions of who is to blame. I always maintain that we are all to blame. There should be no wars, total global disarmament, and universal equality of opportunity. Actually I favor the end of all borders – a pretty un-realistic position, given the strong present anti-immigrant position asserted in formerly welcoming nations including Denmark, Sweden, and even New Zealand.

Can't we be like the old Brooklyn fans every year just proclaiming, after years of frustrating defeats, optimistically shouting "wait till next year". In 1955, after years of defeat, the Dodgers won the World Series and three years later the Dodgers to L.A. Maybe that's the real point. Things always keep changing—for better or worse. Now, it seems like we are in the "worse" let's wait 'till next year" and hope for better.

Contact me at Stuarttolchin@gmail.com especially if you have a suggestion for solving the war crisis or any other suggestion.

When people are taught to hate there is no solution beyond the passage of time; but remember if you believe in an after-life after when you die you won't be disappointed. (Either you will be dead or perhaps alive in heaven or someplace else). If this kind of thinking makes sense to you then you might as well just wait and be satisfied to watch the Dodgers next year—if there is a next year. Perhaps a joint Israeli/Palestinian team will be cofounded and TEAMWORK will save the planet. I wonder what the appropriate necklace will then look like.

TOM PURCELL



HOPING FOR A HAPPIER AUTUMN

Autumn is upon us, but it is making me a little bit sad this year.

I have always loved autumn.

I love the brilliant colors, the chilly air and the smell of oak burning in a fire pit.

Whereas spring is about new life and fresh starts — and summer about toil and sweat and a one-week break at the beach — autumn is about harvesting your hard-earned fruits.

It's about peacefully accepting that the warm weather will be gone soon — that the bitter cold winds and snow will soon be here.

Autumn used to be about sitting around a fire with good friends, sipping hot apple-cider toddies and laughing into the wee hours — and taking a much-needed respite from politics.

But this autumn it's impossible to escape politics. It's also impossible to avoid worrying about the state our country is in.

Just a few years short ago the economy was booming. The cost of food and utilities was low relative to our incomes, which were strong and growing. The world was relatively stable and peaceful and prosperity was improving for billions across the globe.

Now we have major wars in Ukraine and Israel and the cost of goods and services have soared and continue to inflate.

According to the U.S. debt clock, our national debt stands at nearly \$34 trillion — about \$100,000 for every person in the country — and it continues to soar at a rapid pace. How long can such spending go on?

Crime rates are up across the board.

According to Newsweek, crime is increasing everywhere, not only in big cities. With organized looting by gangs out of control and going largely unpunished, many big retailers are closing stores.

And with so many people entering our country through our open borders — including those coming here with the sole purpose of attacking us — how long will it be before the next major terrorist event happens?

This past weekend I had some friends over to my house to enjoy the autumn splendor, but our firepit party got rained out, so we stayed inside.

Normally, such autumn gatherings are filled with joy and laughter, but this year we all shared a sense of worry for our country — and the world our children and grandchildren are going to inherit.

We all expressed a sense that our world has gone mad — that nobody is in control — and we are all feeling anxious as we wait for the other shoe to drop.

Of the many autumn events I have hosted, I cannot remember any of them being filled with such fear and concern.

But that is what is on our minds at the moment — and what is on the minds of many people. The recent Associated Press-NORC Research Center poll finds that 78% of Americans think the country is headed in the wrong direction.

I've always believed you should never bet against America, but our political leaders had better start making better decisions than they have been making.

That means things like limiting government overreach and spending, responding decisively to fight crime and choosing effective and wise leaders who will bring stability to the country and the world.

Unfortunately, at the moment it appears that our only choice for future leader of the free world next year will be between one fellow who will be 81 and one fellow who is almost that age.

But I still have hope that we will get our act together so that we can get back to hosting fun and happy autumn gatherings into the wee hours.

RICH JOHNSON NOW THAT'S RICH



WHAT? ME FUNNY? NOW?

I find myself in the middle of a conundrum...no not a bass drum... a conundrum! A confusing and difficult problem or question.

My conundrum? How can I even think about being funny when so many worldwide are struggling and suffering?

In the 1930's we struggled through a Great Depression. There was certainly nothing to be particularly happy about. 25% of the work force was suddenly unemployed. Wages for those lucky to still be employed fell 42.5%. One third of all the banks went out of business.

The American diet adjusted downward during the Depression. Typical meals included mayonnaise sandwiches, ketchup sandwiches, sugar sandwiches; Dandelion greens salad, creamed corn on toast, cornbread in milk, popcorn with milk and sugar (like cereal), fried bologna.

Thinking that much of my humor comes from the Marx Brothers and Will Rogers, and other Depression era celebrities it dawned on me the importance of funny in helping to endure difficult periods in our history.

Hollywood stepped up to the plate, helping us survive by lightening the load with song, dance, humor, and frivolity. We were introduced to Shirley Temple, the Little Rascals, the Marx Brothers, the Three Stooges, W.C. Fields, Will Rogers. Frank Capra comedies where the little man stands up to corruption, William Powell and Myrna Loy in "The Thin Man" movies. Plus a cadre of extremely likeable guys and gals: Cary Grant, Katharine Hepburn, Jimmy Stewart, Mae West, Henry Fonda, Bette Davis, Clark Gable, Gary Cooper (yep), Humphrey Bogart, Jean Harlow, Spencer Tracy, Fred Astaire, Ginger Rogers...the list goes on.

So hey, you might find this interesting: Let's take a gander at the slang terms and expressions we adopted during the Great Depression:

"Nogoodnik" someone who's nothing but trouble (that's me)

"Bazillion" exaggerated large numbers.

"Blow One's Wig" feeling furious.

"Ackamarackus" pretentious nonsense like "malarkey"

"Dog's Soup", asking a waitress for a fresh glass of water.

"Boondoggle", frivolous waste of time. (could be the title of my column)

"Gobsmacked" speechless or incoherent with amazement. (Again, could be the title of my column)

"Nitwittery", simply put...stupidity...duh!

"Off the cob", unfashionable or simply put "corny"

"Simpy" weak, ineffectual, foolish and simple minded (should be on my resume)

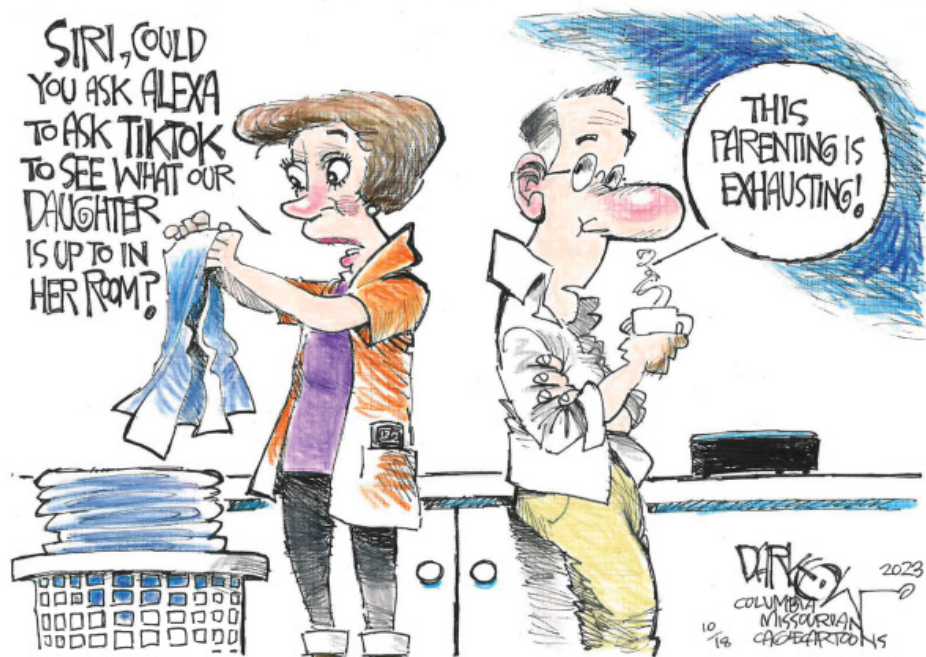
"Ripsnort" exceedingly jovial or boisterous,

"Floss" In the 1930's it meant flirting or showing off.

"Eighty-six" in the 30's referred to a sold out food item at a restaurant. Now it means "to throw out". (Like me, right now).

I suggest looking outward during these difficult times. Help cheer up someone else! That act just might be the antidote to cheering up yourself. And someone might come up to you and cheer you up by giving you a million dollars. Hey! It could hap-pen lol.

Final shameless plug for me and my bandmates JJ Jukebox, this upcoming Saturday night, October 28th pre Halloween concert (or as I call it my birthday concert) at Nano Café, 322 W. Sierra Madre Blvd, Sierra Madre. (626) 325-3334. 6:30-9:30. We'll try to cheer each other up...or sideways anyway!



SUPERIOR COURT OF CALIFORNIA
COUNTY OF LOS ANGELES
NORWALK COURT
12720 NORWALK AVE.
NORWALK, CA.. 90650

SUMMONS

NOTICE TO DEFENDANT: JAMES BOATWATER

YOU ARE BEING SUED BY PLAINTIFF:

MARIA C OLMEDO

NOTICE! You have been sued. The court may decide against you without your being heard unless you respond within 30 days. Read the information below:

You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money and property may be taken without further warning from the court.

There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contacting your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien must be paid before the court will dismiss the case.

¡AVISO! Lo han demandado. Si no responde dentro de 30 días, la corte puede decidir en su contra sin escuchar su versión. Lea la información a continuación.

Tiene 30 DÍAS DE CALENDARIO después de que le entreguen esta citación y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se entregue una copia al de

mandante. Una carta o una llamada telefónica no lo protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso en la corte. Es posible que haya un formulario que usted pueda usar para su respuesta. Puede encontrar estos formularios de la corte y más información en el Centro de Ayuda de las Cortes de California (www.sucorte.ca.gov), en la biblioteca de leyes de su condado o en la corte que le quede más cerca. Si no puede pagar la cuota de presentación, pida al secretario de la corte que le dé un formulario de exención de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podrá quitar su sueldo, dinero y bienes sin más advertencia.

Hay otros requisitos legales. Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remisión a abogados. Si no puede pagar a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gratuitos de un programa de servicios legales sin fines de lucro. Puede encontrar estos grupos sin fines de lucro en el sitio web de California Legal Services, (www.lawhelpcalifornia.org), en el Centro de Ayuda de las Cortes de California, (www.sucorte.ca.gov) o poniéndose en contacto con la corte o el colegio de abogados locales. AVISO: Por ley, la corte tiene derecho a reclamar las cuotas y los costos exentos por imponer un gravamen sobre cualquier recuperación de \$10,000 ó más de valor recibida mediante un acuerdo o una concesión de arbitraje en un caso de derecho civil. Tiene que pagar el gravamen de la corte antes de que la corte pueda desechar el caso.

CASE NUMBER:
(Número del Caso):
23NWCV02357

The name and address of the court is: (El nombre y dirección de la corte es):

SUPERIOR COURT OF CALIFORNIA,
COUNTY OF LOS ANGELES,
NORWALK COURT HOUSE
23730 NORWALK BLVD
NORWALK, CA. 90650

The name, address, and telephone number of plaintiff's attorney, or plaintiff without an attorney, is: (El nombre, la dirección y el número de teléfono del abogado del demandante, o del demandante que no tiene abogado, es):

MARIA C OLMEDO
APPEARING PRO PER
6238 EL RANCHO DRIVE
WHITTIER, CA. 90601
(562) 450-8875

Published: Mountain Views News
September 30 and October 7, 14, 21, 2023

Published: ES Mountain Views News
Date: Pub: Sept. 30, Oct. 7, 14, 21, 2023

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2023210985

The following person(s) is (are) doing business as: EL TORITO SERRANO CAFE 8693 VENICE BLVD LOS ANGELES, CA. 90034. LOS ANGELES COUNTY. Full name of registrant(s) is (are) EL TORITO SERRANO 8693 VENICE BLVD LOS ANGELES, CA. 90034. This Business is conducted by: A CORPORATION. Signed: EL TORITO SERRANO, BALBINA CRUZ, PRESIDENT. This statement was filed with the County Clerk of Los Angeles County on 09/25/2023. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 09/20/2023. NOTICE- This Fictitious Business Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
Publish: ES Mountain Views News
Dates Pub: Sept. 30, Oct. 7, 14, 21, 2023

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2023210689

The following person(s) is (are) doing business as: KATIE'S COCKTAILS 589 TOBIAS AVE SHERMAN OAKS, CA. 91411. LOS ANGELES COUNTY. Full name of registrant(s) is (are) KATIE JANE BARNEY 589 TOBIAS AVE SHERMAN OAKS, CA. 91411. This Business is conducted by: AN INDIVIDUAL. Signed: KATIE JANE BARNEY OWNER. This statement was filed with the County Clerk of Los Angeles County on 09/26/2023. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 09/20/2023. NOTICE- This Fictitious Business Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
Publish: ES Mountain Views News
Dates Pub: Sept. 30, Oct. 7, 14, 21, 2023

The following person(s) is (are) doing business as: BUILDERS HANDYMAN 416 E CYPRESS AVE BURBANK, CA. 91501. LOS ANGELES COUNTY. Full name of registrant(s) is (are) ARMEN GRIGORYAN 416 E CYPRESS AVE BURBANK, CA. 91501. This Business is conducted by: AN INDIVIDUAL. Signed: ARMEN GRIGORYAN OWNER. This statement was filed with the County Clerk of Los Angeles County on 09/27/2023. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 09/20/2023. NOTICE- This Fictitious Business Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
Publish: ES Mountain Views News
Dates Pub: Sept. 30, Oct. 7, 14, 21, 2023

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2023211576

The following person(s) is (are) doing business as: BUILDERS HANDYMAN 416 E CYPRESS AVE BURBANK, CA. 91501. LOS ANGELES COUNTY. Full name of registrant(s) is (are) ARMEN GRIGORYAN 416 E CYPRESS AVE BURBANK, CA. 91501. This Business is conducted by: AN INDIVIDUAL. Signed: ARMEN GRIGORYAN OWNER. This statement was filed with the County Clerk of Los Angeles County on 09/27/2023. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 09/20/2023. NOTICE- This Fictitious Business Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
Publish: ES Mountain Views News
Dates Pub: Sept. 30, Oct. 7, 14, 21, 2023

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2023211622

The following person(s) is (are) doing business as: MY BROS AUTOMOTIVE 6834 RUBIO AVE LAKE BALBOA, CA. 91406. LOS ANGELES COUNTY. Full name of registrant(s) is (are) EDGAR ARTEMYAN 6834 RUBIO AVE LAKE BALBOA, CA. 91406. This Business is conducted by: AN INDIVIDUAL. Signed: EDGAR ARTEMYAN OWNER. This statement was filed with the County Clerk of Los Angeles County on 09/27/2023. The registrant(s) has (have)

commenced to transact business under the fictitious business name or names listed above on 09/20/2023. NOTICE- This Fictitious Business Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
Publish: ES Mountain Views News
Dates Pub: Sept. 30, Oct. 7, 14, 21, 2023

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2023212627

The following person(s) is (are) doing business as: HERBERT FAMILY DENTISTRY 4065 WHITTIER BLVD SUITE 201, LOS ANGELES, CA. 90023. LOS ANGELES COUNTY. Full name of registrant(s) is (are) J & R DENTAL ENTERPRISE 4065 WHITTIER BLVD SUITE 201, LOS ANGELES, CA. 90023. This Business is conducted by: A GENERAL PARTNER. Signed: JULIO GONZALEZ, GENERAL PARTNER. This statement was filed with the County Clerk of Los Angeles County on 09/28/2023. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 02/20/16. NOTICE- This Fictitious Business Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)
Publish: ES Mountain Views News
Dates Pub: Sept. 30, Oct. 7, 14, 21, 2023

SUPERIOR COURT OF CALIFORNIA
COUNTY OF LOS ANGELES
SANTA MONICA COURTHOUSE
1725 MAIN STREET
SANTA MONICA, CA. 90401

SUMMONS

NOTICE TO DEFENDANT:

MAGED YOUSEF, an individual; and DOES 1 through 50 ;

YOU ARE BEING SUED BY PLAINTIFF:

SHAHD BAHGAT, an individual; HALA FATTAH, an individual; OMAR BAHGAT, and individual

CASE NUMBER: 23SMCV01799

NOTICE! You have been sued. The court may decide against you without your being heard unless you respond within 30 days. Read the information below:

You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money and property may be taken without further warning from the court.

There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contacting your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien must be paid before the court will dismiss the case.

¡AVISO! Lo han demandado. Si no responde dentro de 30 días, la corte puede decidir en su contra sin escuchar su versión. Lea la información a continuación.

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Hay otros requisitos legales. Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remisión a abogados. Si no puede pagar a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gratuitos de un programa de servicios legales sin fines de lucro. Puede encontrar estos grupos sin fines de lucro en el sitio web de California Legal Services, (www.lawhelpcalifornia.org), en el Centro de Ayuda de las Cortes de California, (www.sucorte.ca.gov) o poniéndose en contacto con la corte o el colegio de abogados locales. AVISO: Por ley, la corte tiene derecho a reclamar las cuotas y los costos exentos por imponer un gravamen sobre cualquier recuperación de \$10,000 ó más de valor recibida mediante un acuerdo o una concesión de arbitraje en un caso de derecho civil. Tiene que pagar el gravamen de la corte antes de que la corte pueda desechar el caso.

CASE NUMBER:
(Número del Caso):
23SMCV01799

The name and address of the court is: (El nombre y dirección de la corte es):

SUPERIOR COURT OF CALIFORNIA,
COUNTY OF LOS ANGELES,
SANTA MONICA COURTHOUSE
1725 MAIN STREET
SANTA MONICA, CA. 90401

The name, address, and telephone number of plaintiff's attorney, or plaintiff without an attorney, is:

(El nombre, la dirección y el número de teléfono del abogado del demandante, o del demandante que no tiene abogado, es):

NOAH GREEN, ESQ.
THE GREEN FIRM, P.C.
301 E. COLORADO BLVD. STE. 708
PASADENA, CA. 91101
(626) 432-1699

Published: Mountain Views News
October 14, 21, 28, and Nov. 4, 2023

NOTICE OF PETITION TO ADMINISTER ESTATE OF:
RUDOLPH M. LOPEZ
CASE NO. 21STPB05371

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of RUDOLPH M. LOPEZ.

A PETITION FOR PROBATE has been filed by RUDOLPH MICHAEL LOPEZ in the Superior Court of California, County of LOS ANGELES.

THE PETITION FOR PROBATE requests that RUDOLPH MICHAEL LOPEZ be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests the decedent's WILL and codicils, if any, be admitted to probate. The WILL and any codicils are available for examination in the file kept by the court.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act with limited authority. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held in this court as follows: 12/01/23 at 9:30AM in Dept. 2D located at 111 N. HILL ST., LOS ANGELES, CA 90012

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code.

Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

PETITIONER APPEARING PRO PER
RUDOLPH MICHAEL LOPEZ
C/O SUZANNE LOPEZ
9100 Luna Del Oro Rd. NE
Albuquerque, NM. 87111
Telephone
505-521-8020
10/11, 10/28, 11/4/2023

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HUDDLE UP

With **HARVEY HYDE**

"SHOULD YOU LET YOUR KIDS PLAY FOOTBALL?"



Much in the news about injuries etc. in football ...especially now even in professional football.

Should kids play? I say yes, under the right circumstances. If they really want to, we should allow it. If it is really their decision. Parents do try to protect their kids, and some parents try to direct their kids. It should not be the parents decision to push football (or any game or sport) on their children. They should NOT be playing for you. They should want to compete, and play for themselves. Most of them will not be playing professionally and buy you a new house.

Too many parents lately push their kids to be "athletes" when many kids are simply not interested in the playing, practicing or competing. All kids do have God-given skills to do well at something. (Even if this is not a favorite of a parent.) Whatever it is, we parents need to support our kids. When we do this we have a chance they will follow our lead in other areas. At a certain age, kids rebel against being told what to do.

Everybody is trying to win at something. Not only in sports and athletics. Winning at anything takes a big effort today. Personalities of children lead them to want to be like parents, to please them, and others not so much. My own daughter once told me, "Dad, I thought I never wanted to be like you, working working working. Now I find I am just like that. Doing too many things."

As in the "game of life," football is a team sport. Some team members get more glory than others. It's a pretty big lesson to learn. As in most sports there will always be "stars" but the rest of the team makes that possible. One has to be ready to play that supporting part as well. A team is like a community. Everybody has a role to play. Also, football is a physical sport. Practice, not only games are physical as well. Conditioning and training and proper fitting equipment are essential. If a kid is not ready to participate in the whole program, they are not ready to play the game.

Understanding and learning techniques are equally important so playing tackle football at an

early age is not wise. Flag football is a good way to learn the rules and see if this is "fun." If it's not fun, your child can find out early, before the pads are put on. Maybe eighth grade could be a starting point with good instruction. It's not just important to know what to do, but also how to do it. Incidentally, girls and women football is one of the fastest growing sports around! In fact, I read it may become an Olympic sport. High schools and clubs are beginning with this activity along with other team sports for girls/women.

I do recommend for all, that one sport not be all year 'round for young people. They should be allowed time for their bodies to rest and enjoy other activities or sports. This gives them a chance to discover which areas they like and are good at. Parents should encourage this and to help kids try their best. If they decide to play a sport part of the plan should be not to quit if they are not a starter or are a back up. Once the idea was, if you commit to a team, stick with it, don't be a quitter. Parents need to really think about when this is a good or not so good idea. NOTE: today, this is not always what is happening. Some players (and even parents) who are not satisfied with their team or school, just opt to transfer schools to go another where they will play more or be recognized. As a rule, those who stick it out are respected by team mates no matter the skill. Generally, if one starts something, they should finish it. Every sport is NOT for everybody. Parents should just be supporting all activities as kids challenge themselves to learn and improve. Should they play? I say "yes" if situations are right. There are also great activities that surround football and other sports: cheer, band, ushers, writers, music clubs. Just feeling a part of the team is a great thing. Be part of a team!

Don't forget Quarterback Club, October 27th at Elks club 11:30 lunch, 12:00 program: David Baker, past NFL executive director of Hall of Fame; Westridge High school girls football coach and PCC coach will all be there.

Coach.hyde at twitter X
Harveyhyde.com
Huddle up and buckle up.

OFF TO THE PLAYOFFS!

Congratulations to SMGSA's 12U Select team "Legacy" for making the playoffs in the San Dimas league after an undefeated fall Select season! Go Madre! #smgsa #love-forthegamestartshere



PASADENA QUARTERBACKS ANNOUNCES 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:

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.

Veterans DAY
Saturday, November 11, 2023
Take a walk through history and join
Sierra Madre Kiwanis and Sierra Madre Rotary Clubs
as we honor Sierra Madre Veterans.
This is a 'Walk and Learn Exhibit from 9am - 5pm
in Memorial Park
Veterans - don't be left out! If you live in Sierra Madre and served in our armed forces send us a picture and your Name and Branch of service for inclusion in this special exhibit. Send to: edhor@mtnviewsnews.com

SIERRA MADRE CAR SHOW
NOVEMBER 11, 2023
8:00 AM - 12:00 PM
DOWNTOWN SIERRA MADRE
KERSTING COURT

For registration, questions, and additional information, please email jacobknapp72@gmail.com

PASADENA UNIFIED PRESENTS:
THE 76TH ANNUAL

TURKEY TUSSLE
Rose Bowl
WEDNESDAY, OCTOBER 25, 2023 @ 7:00 P.M.
ROSE BOWL STADIUM

TICKETS:
PUSD.US/MUIRGOFAN
PUSD.US/PHSGOFAN


CLEAR BAG POLICY
CASHLESS VENUE

PHOTO CREDIT: BRYAN OUEVA

Sierra Madre Historical Preservation Society
and Sierra Madre Rotary
present

A HISTORICAL CEMETERY TOUR

Saturday, October 28, 2023
1:00 p.m. - 4:00 p.m.



- Listen to the Stories of our Historical Residents as you visit their gravesites
- Guided Tours ~ Moderate Walking Involved
- Fundraiser for the Library Archives

Sierra Madre Pioneer Cemetery
601 E. Sierra Madre Blvd.

PRICES
6-18 yrs...\$10 Adults...\$20
No children under 5

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Visit smhps.org or Call Leslie at (626) 321-7735

HALLOWEEN HAPPENINGS
Tuesday, October 31st 3pm-7pm

Trick or Treating in Downtown Sierra Madre & Memorial Park

3pm - 5pm
Costume Parade

5pm - 5:15pm
Sierra Madre Dance Center Performance

5:15pm - 5:45pm
Costume Contest

5:45pm - 7pm

COSTUME CONTEST
Prizes will be given to the top 3 group & age category winners. Costume Contest registration in Kersting Ct. & Memorial Park 3pm-5pm NO LATE ENTRIES ACCEPTED

CATEGORIES
INFANT - 2 YEARS
3 - 4 YEARS
5 - 7 YEARS
8 - 12 YEARS
13 - 17 YEARS
GROUP - ALL AGES
PETS

LOOK FOR THE SIGN IN THE WINDOW

Trick-or-Treat Halloween Candy Here
3:00pm - 5:00pm

Contact Community Services 626-355-5278 for more information

HOLY ANGELS SCHOOL INVITES YOU TO

TRICK OR TREAT STROLL

Come stroll the halls of Holy Angels School and get sweet treats! Come dressed in your costume best and trick or treat with the community!

OCTOBER 27TH | 6-8PM
HOLY ANGELS SCHOOL
360 Campus Drive Arcadia CA 91007

KID FRIENDLY
0-10 YEARS OLD



www.holyangelsarcadia.net

City of Arcadia 50+ Services

Boo Bash

\$13

Tuesday, October 31
11:30am-1:30pm
Arcadia Community Center

Registration is now open!
Lunch-Costume Contest - Games - Prizes

365 Campus Dr. 626.574.5738. www.arcadiaca.gov

很想知道这里讲的是什么吗? 我们也希望你们了解这些信息。
阿凯迪亚市向公众免费提供文件翻译服务。
请致电 626.574-5455, 向市书记官办公室了解详情。

HALLOWEEN WEEKEND KICK-OFF

MOVIE NIGHT

INVASION OF THE BODY SNATCHERS

MEMORIAL PARK - SIERRA MADRE

FRIDAY, OCT 27, 2023 6:00 PM

FILMED IN SIERRA MADRE - 1956

Brought to you by the Sierra Madre Chamber of Commerce



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

Thank you to our sponsors:
Arnold's Frontier Hardware
GEM Plumbing
Mountain Views News
Sierra Madre Chamber of Commerce



Save the Date for our Annual Arts Festival,
November 4th and 5th!

CREATIVE ARTS GROUP
108 N. Baldwin Ave. Sierra Madre
(626) 355-8350 CreativeArtsGroup.org



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.



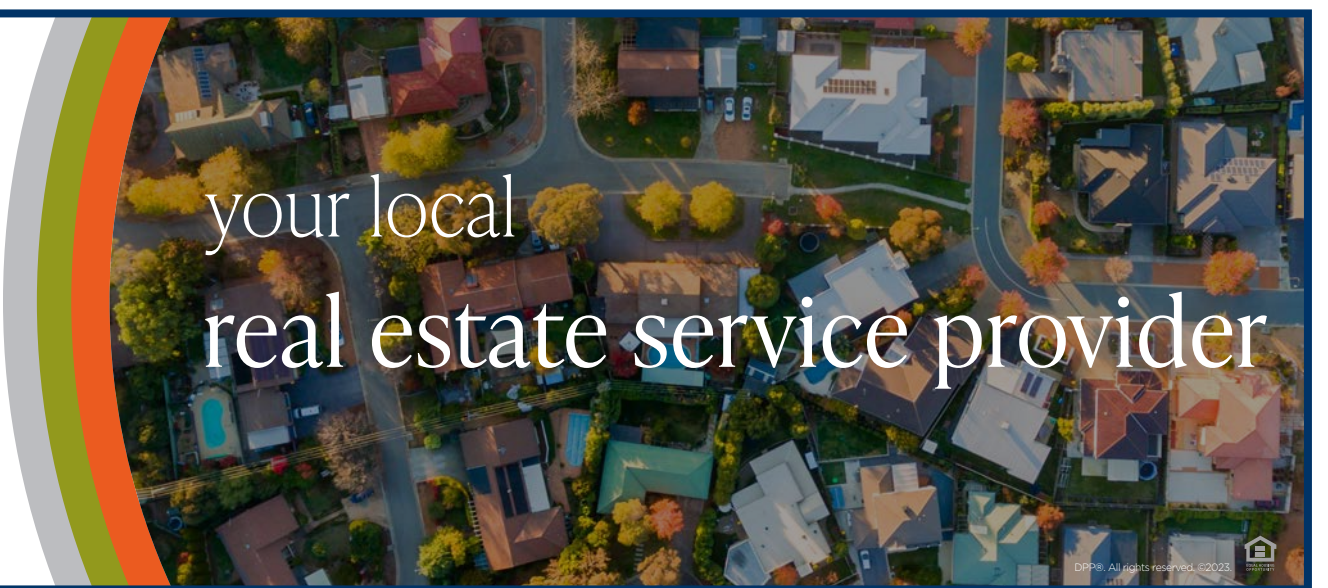
(626) 509-9425 hello@johnharabedian.com
JohnHarabedian.com /John4AD41 /JohnHarabedian

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Luther Tsinoglou
626.695.8650
luther@tsinoglou.com
tsinoglou.com
agent lic #01135433

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