



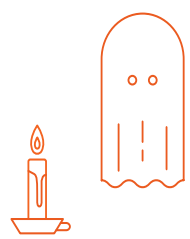
the webb-martin group

Scared of Selling? You have nothing to fear



Your home will likely sell quickly

According to NAR's REALTORS® August 2023 Confidence Index, homes are typically selling in just 20 days. This indicates strong demand, which is great news for sellers.



Buyers will compete for your home

The same NAR survey shows sellers receiving more than 3 offers on average. In certain markets, this number can average even higher. Multiple offers allow sellers to accept the best scenario for their financial well-being.



Buyers are qualified to move fast

Despite higher interest rates, first-time home buyers continue to enter the market, accounting for 29% of all sales. Additionally, all-cash offers account for 27% of sales, allowing for a diverse range of purchasing options, according to the same survey.



Jan Greteman 626.975.4033
lic #01943630

Judy Webb-Martin 626.688.2273
lic #00541631

Katie Orth 626.688.0418
lic #00942500

COMPASS

webbmartingroup.com



SIERRA MADRE PLAYHOUSE NAMES HIGHLY REGARDED ARTS ADMINISTRATOR MATT COOK ARTISTIC AND EXECUTIVE DIRECTOR



Highly regarded arts administrator Matthew Cook has been named Artistic and Executive director of the award-winning Sierra Madre Playhouse, a dynamic Southern California cultural hub with a rich history spanning nearly a century that energizes audiences and the community with distinctive theatrical productions and captivating live performances. His appointment was announced by Board President David Gordon. Cook has extensive experience as both an innovative arts leader and Grammy Award-winning performer. The Playhouse next year celebrates its 100th anniversary since opening as a movie theater in 1924.

Cook, recognized for successfully managing a range of small to mid-sized performing arts organizations with a goal to create conversations and connections with the communities they serve, most recently served as executive director of the Los Angeles-based Blue 13 Dance Company. Previously, he was executive director of the noted Pacific Opera Project and held development and production positions with the critically acclaimed Wild Up new music ensemble. In the dance field as a producer and artist, he has collaborated with Martha Graham Dance Company, Akram Khan Company, and Heidi Duckler Dance, among others.

"Matt Cook has the talent, knowledge, and experience to succeed brilliantly in the dual role of artistic and executive director of the Playhouse as he leads our transition into becoming the leading small space performing arts and cultural center in the region," says Gordon. "The board looks forward with excitement and anticipation to partnering with him on this journey."

"I am stepping into the role of Artistic and Executive Director at the Sierra Madre Playhouse to expand the playhouse into a full performing arts center as it heads into its 100th year anniversary. I am truly thrilled to lead this remarkable space that weaves together art, culture, and community," Cook states. "My passion for connecting communities through the timeless art of storytelling has found a perfect home here. I am excited to collaborate with our talented team and engage with diverse voices, fostering an environment where stories unfold, conversations ignite, and the magic of the performing arts binds us all."

About Sierra Madre Playhouse

Sierra Madre Playhouse, a vibrant Southern California cultural hub with a rich history spanning nearly a century, energizes audiences and the community with distinctive theatrical productions and captivating live performances.

As one of San Gabriel Valley's only performing arts center presenting a broad spectrum of performance genres, including theater, music, dance, film, comedy, and family-friendly productions featuring eminent local and national professional artists, the treasured artistic beacon draws audiences from across the Southland.

The intimate 99-seat Sierra Madre Playhouse offers an up-close and personal connection to performances that resonate deeply, earning multiple Ovation Awards, NAACP Awards, and LA Times Critics' Choice honors. It is nestled into a historic building on the inviting Main Street of Sierra Madre, a charming village in the foothills of the San Gabriel Mountains.

The Sierra Madre Playhouse fosters creativity that aspires to bridge divides and spark dialogue, all while celebrating the rich tapestry of the American experience and the enduring pursuit of shared understanding. www.sierramadeplayhouse.org

PAX PHARMACY SIERRA MADRE RIBBON CUTTING A HUGE SUCCESS DESPITE ATTEMPTED BURGULARY 5 DAYS EARLIER



Due to the keen observation and fast response of a member of the Sierra Madre Police Department, the efforts of 4 persons to burglarize one of the newest businesses in Sierra Madre was unsuccessful. The intruders attempted to enter the building around 4:30 am on October 23rd, however the unnamed officer who was patrolling the area at the time, heard the breaking glass and when they saw the police headed in their direction, they jumped into their getaway vehicle and left town immediately. SMPD was not able to catch the burglars, however they were able to collect enough information that will hopefully lead to their arrest. The matter is under investigation. About an hour earlier, multiple individuals did successfully burglarize two pharmacies in the San Fernando Valley. It is not known at this time whether the incidents are related.

Nevertheless, Pax Pharmacy located on the corner of Kersting Court and N. Baldwin continued to prepare for their official welcome and ribbon cutting sponsored by the Sierra Madre Chamber of Commerce on the 28th.



Pictured above are Sierra Madre Councilman Robert Parkhurst, SM Mayor Pro Tem Kelly Kriebes, Pharmacy Owner Dr. Isabella Daher and a supporter cut the official ribbon. And, 3 days after the ribbon cutting Dr. Daher was ready for the Trick or Treaters out on Halloween, embracing the community spirit of the pharmacy's new home, Sierra Madre.

Photos by Dirk Bolle

INSIDE THIS WEEK

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We Are Bringing Out The Big Dogs To Help Make Your 2023 Real Estate Dreams Come True.

Fall Is The Perfect Reminder Of How Great Change Can Be.

Is It Time To Sell Your Home And Make The Move You've Always Dreamed Of?

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TEMPLE CITY \$924,000
3 Bed 2 Bath 1,308 sf Home



PASADENA \$5,600,000
16 Unit Garden Style Apt Building



THE HALLOWEEN CONTEST



Record Breaking Crowd (above) Kiwanis Judges (below)



THE WINNERS

INFANT - 2 YRS:	KHAIWIN RILLORTA - 1ST	
	BIRDIE CHENG - 2ND	
	#231 (Unidentified)	
3 - 4 YEARS :	CELINE TCHAMANIAN - 1ST	
	CAMPBELL SEVAN - 2ND	
	CHEER HSIUNG - 3RD	
5 - 7 YEARS	MAXWELL MONCAYO - 1ST	
	DIANE KEITH - 2ND	
	FIONA JAY - 3RD	
8 - 12 YEARS	ESAU ARTURO RUIZ - 1ST	
	OLLIE FINHOLT - 2ND	
	AMOS HOGEMAN - 3RD	
13 - 17 YEARS	KIMBERLEY DENG - 1ST	
FAMILY/GROUP	DEVON NUSZERZ - 1ST	
	#337 - 2ND	
	TATIANA & WILLIAM SILVA - 3RD	



More Scenes From Sierra Madre HALLOWEEN 2023....Page 19

Tour



E. Waldo Ward & Son

Saturday, November 11, 2023
Noon to 2:00 p.m.
273 East Highland Avenue

-ADMISSION-
Adults \$15
Children... \$10
(12 and under)



Presented by
the Sierra Madre Historical Preservation Society
and the Sierra Madre Rotary



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626-639-2614



Sierra Madre Civic Club

Fundraising Weekend

November 4th - November 5th, 2023

Vroman's Bookstore, 695 E. Colorado Blvd. Pasadena, CA 91101
(626) 449-5320

Vroman's Bookstore Hastings Ranch, 3729 E. Foothill Blvd. Pasadena, CA 91107
(626) 351-0828

www.vromansbookstore.com



Please present this voucher at the Vroman's register. **Sierra Madre Civic Club** will receive a portion of the proceeds from your purchase - including books, games, toys, gift items, jewelry, & more!
This voucher code does not apply a discount to the purchase.
For online purchases, please type "SMCC" in the coupon code section before checking out on the Vroman's website.
Some non-discountable items like gift cards may be excluded.

Cashier Instructions: Please make a reprint of the receipt, staple it to the voucher, and place with your misc. paperwork.

TAKE A WALK THROUGH HISTORY AND HONOR SIERRA MADRE VETERANS!
SATURDAY, NOVEMBER 11, 2023
9:00 am until 5 pm

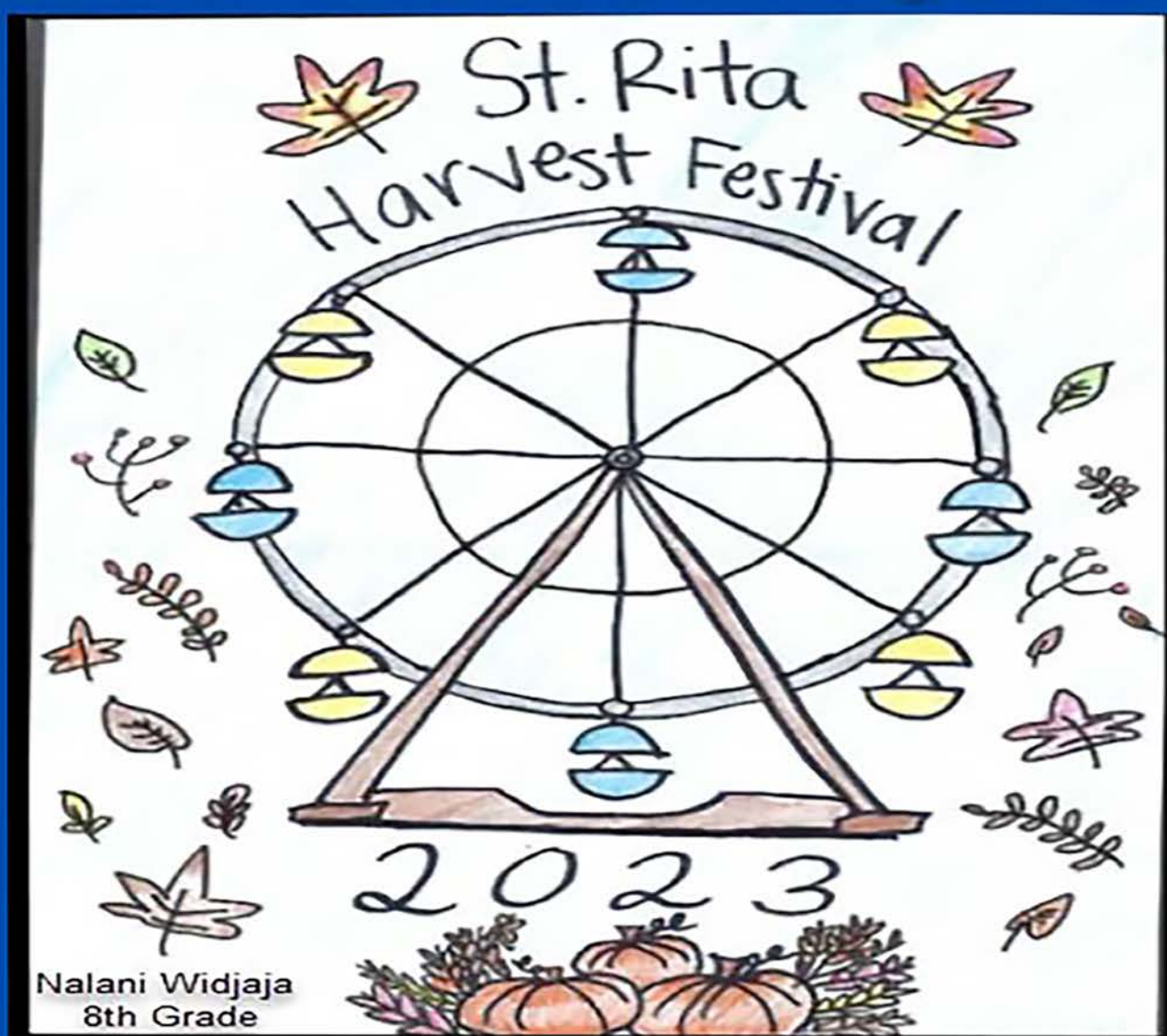


This is a 'Walk & Learn' exhibit. Come at any time and learn about your neighbors, Past & Present.



ST. RITA SCHOOL HARVEST FESTIVAL

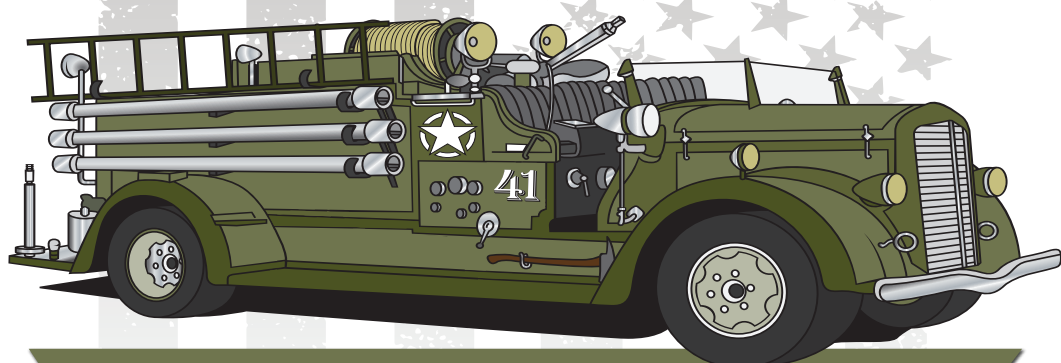
Friday & Saturday November 3rd - 4th, 2023



Nalani Widjaja
8th Grade

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 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

City of Sierra Madre

PUBLIC HEARING NOTICE

From: The City of Sierra Madre
Subject: DEVELOPMENT AGREEMENT FOR THE MACOMBER CABIN; THE FIRST AMENDMENT TO AMENDED AND RESTATED DECLARATION OF ESTABLISHMENT OF CONDITIONS, COVENANTS, EASEMENTS AND RESTRICTIONS FOR STONEGATE AT SIERRA MADRE; AND A THIRD AMENDMENT TO SETTLEMENT AGREEMENT AND RELEASE WITH CETT INVESTMENTS CORPORATION
Applicant: CETT Investments Corporation
Project Location: 700 Baldwin Court, in the City of Sierra Madre, County of Los Angeles, State of California

The City of Sierra Madre gives notice, pursuant to State of California law, that the City Council will conduct a public hearing to consider a request to approve (1) a development agreement for the Macomber Cabin located at 700 Baldwin Court, a Historic Landmark in the City's Register of Historic Resources, (2) the first amendment to Amended And Restated Declaration Of Establishment Of Conditions, Covenants, Easements And Restrictions for Stonegate at Sierra Madre, and (3) a third amendment to Settlement Agreement and release with CETT Investments Corporation.

At the meeting of November 2, 2023, the Planning Commission conducted a public hearing and recommended to the City Council approval of a development agreement for the Macomber Cabin; and the Amendment to Amended and Restated Declaration of Establishment of Conditions, Covenants, Easements and Restrictions for Stonegate at Sierra Madre.

DATE AND TIME OF HEARING

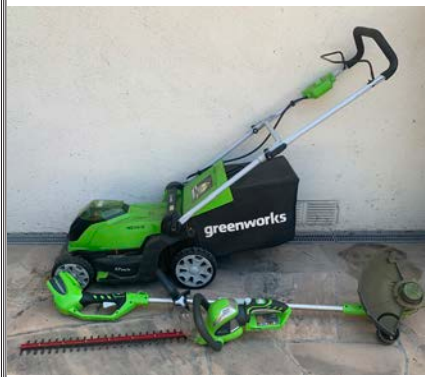
City Council Meeting,
Tuesday, November 14, 2023
232 W. Sierra Madre Blvd., Sierra Madre, CA 91024
(Hearing begins at 5:30 p.m.),

All interested persons may attend this meeting and the City Council will hear them with respect thereto.

ENVIRONMENTAL DETERMINATION: The request for designation qualifies for a Categorical Exemption, pursuant to Section 15331 of title 14 of the California Code of Regulations, this Resolution is exempt from the California Environmental Quality Act because the project is limited to demolition, rehabilitation, restoration, preservation, reconstruction, and relocation of historical resources in a manner consistent with the Secretary of Interior's Standards for the Treatment of Historical Properties with Guidelines for Preserving, Rehabilitating, Restoring, and Reconstructing Historical Buildings (1995) for Lizzie's Trail Inn, The Richardson House, and the Macomber Cabin.

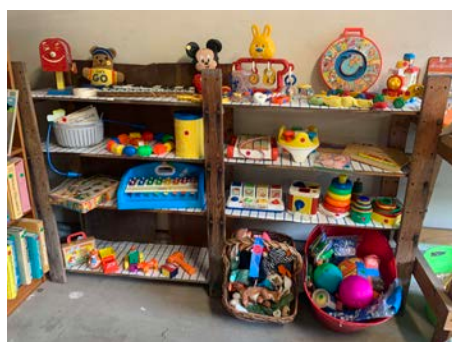
APPEAL: If in the future anyone wishes to challenge the decision of the City Council in court, one may be limited to raising the issues that were raised or presented in written correspondence delivered to the City Council at, or before, the scheduled public hearing. For further information on this subject, please contact the Planning and Community Preservation Department at (626) 355-7138.

MOVING SALE: Sat Nov 11 and Sun Nov 12 9:00-3:00
285 Sierra Woods Dr, Sierra Madre 91024



Move Out Sale after 31 years in this house (can't photograph it all). Priced to move: Greenworks cordless electric lawn mower (w/cover), hedge trimmer, edger.

Furniture (2 white bedroom sets: dressers, desks, nightstands, book-cases), high chair, kids games and crafts and clean toys (not pictured: kitchen, tent)



Beanie Babies, and toddler clothes, books (reading and cookbooks) LOTS of other great stuff

SIERRA MADRE DANCE CENTER PRESENTS

THE Nutcracker



SAN GABRIEL MISSION PLAYHOUSE
December 2nd 6:00 PM & December 3rd 2:00 PM
For tickets visit www.sierramadredancecenter.com

WALKING SIERRA MADRE - The Social Side

by Deanne Davis

"We've gotten through it once again,
The ghoulies, ghosties time of year,
When creatures large, and creatures small,
Prowl the highways, infest the byways,
And give us plenty of reason, in this fear-filled season,
To quiver and shiver and shake in our shoes!"

Yes, we've survived another one, friends and neighbors, another Halloween! A splendid time was had by all and, judging from the number of candy wrappers still decorating the town, our local dentists will soon be filling cavities by the score. Hope you got lots of Milk Duds, Dots and Three Musketeers. I managed to give away almost all my candy and had some really adorable little trick-or-treaters. Each Halloween I have such a vivid picture of my beloved John on his knees in our doorway asking little people who they were. I don't know if they trick or treat in heaven, but he had the best time talking to all the little monsters who came to our door.



The scarecrows all around town were so creative and the winners were awesome. My personal favorite was Goldie Lox and the Three Bears in front of Only Place in Town. Judging so many unique creations was a job I would definitely not want to have. I am terribly biased, too, for the creations I have pictured all this month, especially the Prince of Jack o' Lanterns that accompanied last week's All Hallows Eve poem in this column. Thanks so much Creative Arts Group for all you do to make this annual event such a success.

The weather cooperated and all the events downtown were completely successful...costumes, windows, trick or treating downtown and in the park, we really get into the Halloween spirit here in our beautiful town.

The picture is one last silly spider to say goodbye to October and Halloween. Now it's on to the end of Daylight Savings time tomorrow, when we will be plunged into darkness way earlier than we want to be.

Thanksgiving is just around the corner, November 23rd to be exact, and Christmas is just a month after that. You might take a few minutes this weekend to drop in to the Creative Arts Group Arts Festival in their building at 108 No. Baldwin. It's 10-5 both weekend days and with the specter of Christmas ahead of us, you might find a few absolutely perfect gifts...maybe even for people other than yourself!

In case you were wondering, it's perfectly OK to hang your Christmas lights while there are still pumpkins sitting on your front porch. Eggnog is in the stores and it's such a delightful substance when you throw some in your blender with a lot of ice cubes, as much rum or brandy you are in the mood for, blend it till the ice is mixed in, pour into a beautiful glass and top it with some freshly grated nutmeg. Very refreshing. Also relaxing.

Speaking of Eggnog, I've been making Eggnog Muffins for breakfast and two batches of twelve vanished almost as soon as I set them down. These are fast and easy to make and simply delicious.

Eggnog Muffins

Preheat oven to 400 degrees. Grease 12 cup muffin pan.

2 cups flour
2/3 cup granulated sugar
1 TB baking powder
1/2 tsp salt
1/2 tsp. grated nutmeg

Mix dry ingredients together in a large bowl.

3/4 cup prepared eggnog
1/2 cup Kahlua, Rum, Brandy or Bailey's liqueur (pick one, not all of them!)
5 TB butter melted
1 egg beaten

Mix wet ingredients in a medium bowl till thoroughly blended. Add to dry ingredients and stir together until mixed. As little as possible or your muffins will not be light and airy. Spoon into muffin cups, top with a little grated nutmeg and bake about 20 minutes or until tester comes out clean. With coffee, these are simply as my granddaughter, Jessie puts it: "Eggnog-alicious!"

One last thought, the ladies of our Sierra Madre Rose Float Royal Court are just lovely and quite accomplished, too, as they attend the California School of the Arts. Our float, featuring a carousel and one carousel horse going on an adventure of his own is going to be another prize winner.

The weather is spectacular! Take yourself for a walk this week... And remember: Spring ahead. Fall back! Sigh....

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

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

Community Services
sierra madre

NOVEMBER
Senior Moments

*Senior Center
Hart Park House*

222 W. Sierra Madre Blvd.
626-355-5278
Monday-Thursday 7:30am-5:30pm

CITY OF SIERRA MADRE COMMUNITY SERVICES
PRESENTS

FALL FUN BINGO

\$7

Thursday, November 16
12:30pm - 2:30pm
Hart Park House Senior Center
(ages 50+)

Fee includes Bingo games, light lunch, & prizes!
Registration opens Wednesday 11/1 and closes Monday 11/13
Visit www.cityofsierramadre.com or call 626.264.8876 to register
*payment must be completed at time of registration

Weather Wise



6-Day Forecast Sierra Madre, Ca.

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

Forecasts courtesy of the National Weather Service

SIERRA MADRE CITY MEETINGS SIERRA MADRE CITY COUNCIL MEETING

November 14, 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.

WISTARIA THRIFT SHOP

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

HOLIDAY EXTRAVAGANZA

Nov. 30, Dec. 1 & 2, 2023
9am-2pm
Holiday Items, Jewelry, Kitchen &
Home Decorations, New Clothes,
Toys, Shoes and much more!

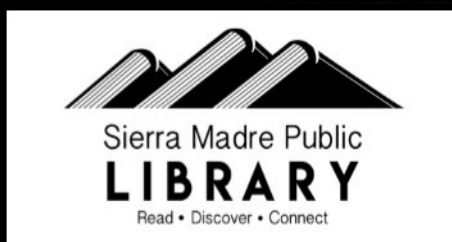
SPRING SPECTACULAR

March 7, 8 & 9, 2024
9am - 2pm.
We have spring holiday items and lots
of other gently used and new items

BROWN BAG SALE

Bags still only \$5.00!
June 1, 2024
9am - 1pm.
All of our shops inventory must go.
All Proceeds are to support our charities.

SIERRA MADRE WOMAN'S CLUB
Shop proceeds help support local charities.
550 W. Sierra Madre Blvd. • 626 355-7739
Parking lot located on Sunnyside.



NOVEMBER – Library will be closed while we move to our temporary location.

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

In the Meantime, Check Out:

Brainfuse HelpNow

Free tutoring! Tutors and students communicate in real time or send a question and receive an expert reply within 24 hours. Access the writing lab to improve writing skills or use the SkillSurfer to browse lessons, videos, tests, and more.

Read, Discover, Connect
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CLOSED WEDNESDAY & THURSDAY (ALL YEAR)
CLOSED SUNDAYS - JUNE THROUGH DECEMBER

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626-355-1180 www.leonoramoss.com

"So what's the verdict?"
"I am an Autumn."
Gilmore Girls, S1 E6

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Sierra Madre CA 91024

Monday-Friday.....9am-6pm
Saturday.....9am-5pm
Sunday.....Closed

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FULL FITNESS FACILITY**

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REPAIR & RESTORATION
ORTHOPEDIC ADJUSTMENT

Monday-Friday.....9am-6pm
Saturday.....9am-5pm
Sunday.....Closed

CASA DEL REY - SIERRA MADRE

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SIERRA MADRE, CA 91024
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50 YEARS - EST 1972

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Sierra Madre, CA

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UNITED
METHODIST
CHURCH**

Sunday worship 9:30 a.m.

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WORSHIP! ALL ARE
WELCOMED!**

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Sierra Madre, CA 91024
(626) 355-0629

smumc.net

**Sierra Madre
Woman's Club**

550 W. Sierra Madre Blvd. **2023: 116 Years**
Founded February 23, 1907 - "Living the Volunteer Life" in Friendship
Member: California & General Federation of Women's Clubs - cfwc.org & gfwc.org

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Keep a Book!

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Residents, Visitors & Walkers Who Love
And are Passionate About Books.

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

Pasadena Veterans Day Closures



Pasadena City Hall and many city services and administrative business offices will be closed Friday in observance of Veterans Day, a day to honor those who have served in the U.S. Armed Forces. The public is invited to attend a special Veterans Day ceremony at Pasadena City Hall, 100 N. Garfield Ave., on Saturday, Nov. 11, beginning at 10:30 a.m. Specific Veterans Day closures and exceptions are noted below.

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

The City's Citizen Service Center (CSC) will be closed on Friday and will return to normal business hours, 8 a.m. to 5 p.m., on Monday, Nov. 13. CSC is available via the web and by calling (626) 744-7311. Residents with City trash and recycling service will be on their regular pickup schedule for Nov. 10, including any previously scheduled pickups for bulky items.

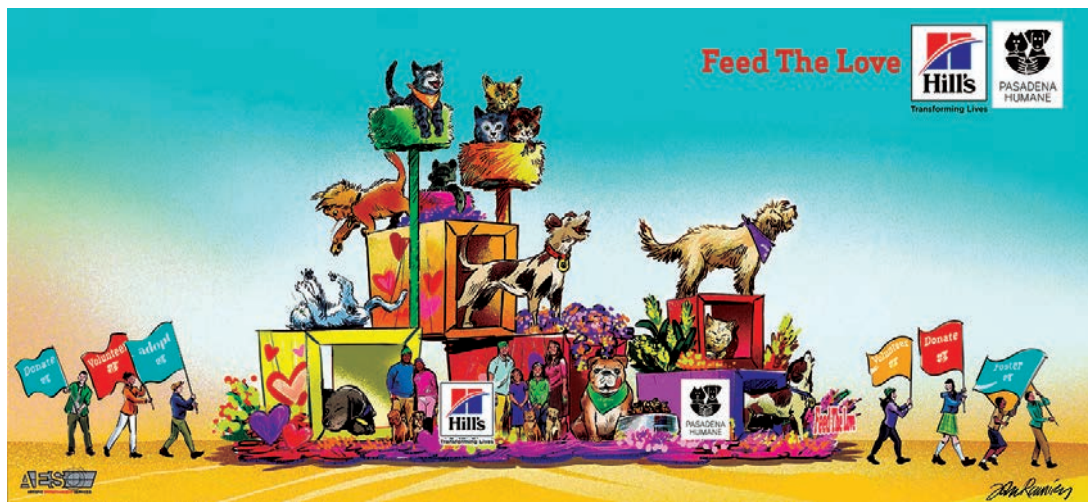
Both Pasadena Transit and Pasadena Dial-A-Ride services will operate on their normal schedules. All parking meters will be free, and parking time limits will not be enforced; however, violations for overnight parking, red curb parking, "No Parking" zones, blocking fire hydrants, and all other parking restrictions will be enforced. All regular enforcement resumes Saturday, Nov. 11.

All Pasadena Public Library sites will be closed on Friday, Nov. 10. Regular operating hours resume Saturday, Nov. 11.

Pasadena Police and Fire Departments will be staffed for all patrol, jail, fire, paramedic and other emergency services, but not business or administrative offices. If you see something, say something; report suspicious activity to Pasadena Police at (626) 744-2421. For life-threatening emergencies, dial 9-1-1.

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

Stay connected with the City of Pasadena! Visit: cityofpasadena.net.



Pasadena Humane set to 'Feed the Love'

After 20 year plus Absence Pasadena Humane to have a float in the 135th Rose Parade

As the Pasadena Tournament of Roses prepares for the 135th Rose Parade they offered the first in a series of sneak previews Thursday of floral float entries that included Pasadena Humane. The floats will inspire and delight a global audience from Colorado Blvd. on January 1.

Since the first Rose Parade in 1890, each float entry presents a unique theme and visual story that brings their vessel to life. The theme of the 2024 Rose Parade — "Celebrating a World of Music"—is reflected in the official renderings for float participants American Armenian Rose Float Association, City of Burbank, Explore Louisiana, OneLegacy Donate Life, Pasadena Humane | Hill's Pet Nutrition and The UPS Store, Inc. among many others.

Hill's Pet Nutrition and Pasadena Humane have joined forces with a float to raise awareness about the importance of ending pet homelessness.

"Pasadena Humane is honored to have a float in the 135th Rose Parade, our first in 20 years. Along with our generous float sponsor, Hill's Pet Nutrition, we hope to inspire viewers across the country to adopt their next best friend," said Dia DuVernet, President and CEO of Pasadena Humane. "Our 2024 float will mark the continuation of more than a century of our organization's involvement with the Rose Parade, both as a participant and in our behind-the-scenes role of ensuring the safety of all animals in the

Historic Places Pasadena: Completing Our Story

The City of Pasadena announced this week the launch of Historic Places Pasadena: Completing Our Story. As part of the ongoing effort to tell the full story of our community through the historic places that help shape our lives today, they are embarking on an update to the City's written history. Join them for the official project launch at a special Historic Preservation Commission meeting on Tuesday, November 7, 6:30 p.m., in the City Hall Council Chambers at 100 N. Garfield Avenue, Room #5249.

Pasadena has a rich and complex history. The city currently has more than 375 designated historic properties and dozens of historic districts such as Old Pasadena and Bungalow Heaven. However, these landmarks, while celebrated for their architectural significance, only scratch the surface of Pasadena's diverse tapestry—a story that extends beyond structures to encompass the places that represent the people, events, and dynamic social and cultural influences that have shaped the city. The goal of

parade."

The float theme, "Feed the Love," showcases the joys of welcoming a pet into your home. From kittens playing underneath a cat tree to a hungry dog eagerly awaiting a bowl of nutritious food while sporting an "Adopt Me" bandana, the float shows what it's like to give shelter pets a warm welcome home. The adorable, oversized animals are primarily decorated with strawflower petals, great Ming and Spanish moss-uva, with accents of poppy, sesame and onion seeds. With wiggling dog ears, pawing cats and tails waving, the float celebrates the relationship between pets and their people while symbolizing a partnership between Pasadena Humane and Hill's Nutrition.

"Millions of deserving pets are waiting on a second chance, so we are delighted to collaborate with our long-time partner Pasadena Humane to raise awareness about the importance of adoption and the beautiful relationships it can foster between people and pets," said Nicki Baty, US President of Hill's Pet Nutrition. "Over the last 21 years, the Hill's Food, Shelter & Love program has partnered with hundreds of shelters to help more than 13 million pets find new homes. We are always looking for new ways to support shelter pets, so we look forward to using the 2024 Rose Parade as a platform to encourage adoption and help more pets find new, loving homes."

Riders and outwalkers from both organizations will reflect a shared goal of promoting the love between people and pets. Both DuVernet and Hill's Pet Nutrition's Food, Shelter & Love program lead Joann Fuller will be joined by employees, volunteers,



the Historic Places Pasadena project, led by the Design and Historic Preservation division of the City's Planning Department, is to create a complete written history of the city and identify significant historic places in Pasadena.

As the Historic Places Pasadena project unfolds, it promises to be a collaborative effort that goes beyond the traditional boundaries of historic preservation. Pasadena residents are encouraged to engage with the project, ensuring that every detail of Pasadena's rich history is acknowledged and celebrated.

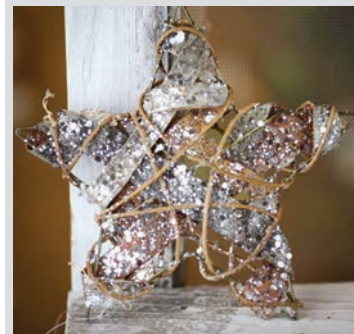
Visit PasadenaHistoricPlaces.com to get more information about the project, sign up for email updates, and to share your story.

community members and a handful of dogs to encourage adoption, fostering, volunteering and donating to help animals in need. To top it off, the audience will enjoy an original song created in collaboration with the Los Angeles College of Music, emphasizing the message of love and adoption.

The floats will journey the 5.5 mile Parade route displaying their symbolic and spectacular storytelling to millions of streetside and broadcast viewers from across the country and around the world.

For more information about Pasadena Humane visit: pasadenahumane.org or the Tournament of Roses visit: tournamentofroses.com.

DIY Day at Pasadena Museum of History



Join the fun at Pasadena Museum of History as they welcome the community December 10 for an afternoon (noon to 5 p.m.) of creative Do-It-Yourself activities suitable for children and adults alike. Feeling the holiday spirit? Art 2 Go will help you fashion sparkling star ornaments to take home and enjoy. Spark your artistic imagination with a stroll through the art exhibition in the galleries, The Diverse Environments of the Arroyo Seco: Paintings from the California Art Club, and then create your own masterpieces at art tables set up for drawing and coloring scenes of beautiful Fenyes Mansion and its gardens. All supplies for the crafts workshop and art stations will be provided. You'll also have the rare opportunity to peek inside the Finnish Folk Art Museum and discover traditional 18th century Finnish decorating styles. The Museum Store will also be open for gifts with a selection of smaller works by local artists in various media including paintings, ceramics, jewelry, photography, and textiles.

For more information visit: pasadenahistory.org.

Veterans Day Event to Honor All those Who have Served

The Pasadena Veterans Day Committee announced that the City of Pasadena is set to honor Veterans Day and celebrate all of our military veterans with an event on Saturday, November 11, 10:00 a.m., at Pasadena City Hall, 100 N. Garfield Ave.

This year will feature special guest speaker Captain Jessica O'Brien, Commanding Officer at Naval Weapons Station in Seal Beach. Prior to her arrival at Seal Beach, she served as the Deputy Branch Head at Security Cooperation and Posture for the Chief of Naval Operations at the Pentagon. Originally from Ocean Springs, Mississippi, Captain O'Brien graduated from the United States Naval Academy in 1997 with a bachelor's degree in Oceanography and holds a master's degree in Military Studies. During her 25-year career, she has served on a variety of surface ships and shore installations including as a Division Officer aboard USS Anchorage (LSD 36), Operations Officer aboard USS McClusky (FFG 41), Operations Officer and Chief Staff Officer for Amphibious Squadron THREE, and Executive Officer and later Commanding Officer of Beachmaster Unit ONE.



Attendees can enjoy activities for children, free hot dogs served by Pasadena Fire Fighters Local 809, an exhibit from California State Guard, Military Museum, Martin Severance Chapter, NSDAR and the 2D Battalion, 23D Marines, and an information booth by U.S. Naval Sea Cadet Corps and Veteran Peer Access Network.

Seating begins at 10 a.m. and the program begins at 10:30 a.m. which includes a color guard display from Blair Army JROTC, a performance by the Pasadena Scots, live music from Blair High School and a Condor Squadron flyover is scheduled for 11:11 a.m. generously sponsored by the office of LA County Supervisor Kathryn Barger.

For more information visit: cityofpasadena.net.

Short Stories from Around the World Presented by the Pasadena Senior Center

Compared to novels, short stories often get overlooked as an art form. These singular works of fiction can be powerful tales rich with compelling characters, imaginative language and exciting plots.

The theme of the fall term of The Masters Series, which embraces lifelong learning, is Short Stories from Around the World. The series will be virtual via Zoom for anyone 50 and older Tuesdays, Nov. 14 to Dec. 5, from 2 to 4 p.m.

The cost for the four-week term is only \$50 for members of the center and \$60 for nonmembers. Residency in Pasadena is not required.

The series will be led by Beverly Olevin, director, playwright, teacher and award-winning novelist. Each session will feature professional actors who will perform dramatic readings of short stories from around the world, followed by an in-depth exploration of each story's origin, themes,

characters and impacts. Participants are not required to read each short story in advance.

To register, visit www.pasadenaseniorcenter.org and click on Lectures & Classes, then The Masters Series Lifelong Learning or call 626-795-4331. Everyone who registers will receive an email link to access each session. Recordings of sessions will be available to registered participants.

For more information about online activities and other programs and services of the Pasadena Senior Center, visit the website or call 626-795-4331.

In addition to online classes, onsite events and other activities, members and nonmembers of the Pasadena Senior Center are encouraged to visit the website regularly for a quarterly online magazine, free food delivery for older adults in need, COVID updates specifically for older adults and more.

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San Marino Upcoming Events & Programming

SMPD Needs Your Assistance

The San Marino Police Department is requesting the community's assistance for any witnesses or individuals who may have information related to an incident on Friday, October 13, at approximately 8:54 AM, on the roadway of Winston Avenue and Robles Avenue. More information about the incident can be found here. If anyone has any information, they should contact Detective Burgos at (626)300-0719, refer to DR#23-0780. Information may also be provided as an anonymous tip via www.lacrimestoppers.com or by calling LA Crime Stoppers at (800) 222-8477.

Unhoused and Mental Health Discussion on November 6

Join us for an 'Unhoused and Mental Health Discussion' on Monday, November 6 at 6:00 PM. It will take place at Barth Room in Crowell Public Library or via Zoom (Mandarin translation available via Zoom).

Guest Speakers include:

Caitlin Sims (San Gabriel Valley Council of Governments)
Erica Nam (Office of Senator Anthony J. Portantino)
Onnie Williams from the Homelessness Initiative (County CEO's Office).

More information, including the Zoom link, is available at: CityofSanMarino.org/Calendar.

Shop 'till You Drop Holiday Shopping Shuttle to The Americana at Brand, Glendale

Tuesday, November 7 from 10 AM - 5 PM

Cost: R: \$8 / NR: \$10

Time to get all your holiday shopping out of the way! Active adults ages 55 and up are invited to join us for a daytime shopping trip. Transportation is provided. Reserve your spot online!

Family Storytime

Tuesday, November 7 at 10:30 AM, Children's Area

Storytime features activities for children ages 5 and under that will promote early literacy and lifelong learning through songs, movement, fingerplays, and books. Storytime is also an opportunity for caregivers to learn ways they can incorporate learning activities into everyday routines. Storytime occurs weekly on Tuesday through December 19. Registration is not required. Please watch our social media for cancellations.

Huntington Nurses Health Screening

Wednesday, November 8 from 10:00 - 11:30 AM, Barth Community Room

The Huntington Nurses offer free blood pressure and glucose screenings. Please plan to fast 2 hours prior to having glucose checked. These blood pressure and glucose evaluations can lead to prevention and early detection of the "silent killer" diseases such as hypertension, heart disease, and diabetes. Health screenings will be held every second Wednesday of the month. Registration is not required.

Chinese Club

Thursday, November 9 at 10:30 AM, Barth Community Room

In the spirit of cultural exchange and appreciation of diversity, educational development, and community service, the Chinese Club of San Marino holds monthly lectures and workshops. Registration is required.

Dinover

Thursday, November 9 at 3:30 PM, Barth Community Room

Does your child march and roar like a dinosaur unprompted? Do they know the technical name and pronunciation of every single dinosaur in "Dinopedia"? If the answer is yes, your child needs Dinover! Kids ages 3-11 are invited to a mini dino celebration where they can go on a scavenger hunt and dinosaur dig, make dinosaur crafts, and more! Registration is recommended.

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 www.CityofSanMarino.org/Calendar.

Veterans Day Holiday Closures

In observance of Veterans Day, the following closures will affect the following City facilities. City Hall will be closed on Friday, November 10. City Hall and Crowell Public Library will both be closed on Saturday, November 11.

Meetings

City Council Meeting

Wednesday, November 8 at 6:00 PM; City Hall Council Chambers and Zoom (Public Access)

Recreation Commission Meeting

Monday, November 13 at 6:00 PM; Barth Room and Zoom (Public Access)

Design Review Committee

Wednesday, November 15 at 6:00 PM; Barth Room and Zoom (Public Access)

The Pasadena Symphony Presents Rachmaninoff, Elgar and a Journey to the Moon



The Pasadena Symphony continues its 96th season with Rhapsody on a Theme of Paganini on Saturday, November 18, 2023 with performances at 2:00pm and 8:00pm at Ambassador Auditorium. This concert is part of the unprecedented California Festival, a two-week statewide music showcase spotlighting the most innovative composers of works written in the past five years. Opening the concert is Patrick Harlin's Earthrise, inspired by the iconic photo taken by astronaut Bill Anders on the first-ever trip around the moon. As part of the Festival, Harlin will join KUSC's Brian Lauritzen for the free pre-concert discussion, Insights, one hour prior to each performance.

An enthusiastic collaborator of new music and Patrick Harlin in particular, Grammy-nominated conductor Ward Stare will take the podium for this mesmerizing program. Stare and the Rochester Philharmonic Orchestra released the world premiere recording of Harlin's Rapture on the Grammy-nominated American Rapture album in 2019. Praised by The New York Times for "inspiring musicians to impressive heights," Stare will lead the orchestra on an awe-filled journey through this program of mystery and intrigue, concluding with Elgar's Enigma Variations. The program centers around

Rachmaninoff's virtuosic Rhapsody on a Theme of Paganini performed by award-winning pianist Natasha Paremski. With playing described as "fiery and widely dynamic" by London Classical Source, Paremski performs this diabolically difficult rhapsody with a "flair for the way Rachmaninoff must be played" (Chicago Tribune). A recipient of the prestigious Gilmore Young Artists prize at age of 18, Natasha continues to generate excitement from all corners as she wins over international audiences with her musical sensibility and flawless technique.

The Pasadena Symphony provides a vibrant experience specially designed for the music lover, the social butterfly or a date night out. Arrive early for the pre-concert discussion Insights, or enjoy a bite or a glass in the Symphony Lounge, a posh setting along Ambassador Auditorium's beautiful outdoor plaza with a full service beverage center serving coffee, spirits and fine wines from The Michero Family, plus music before the concert and during intermission. All concerts are held at Ambassador Auditorium, 131 South St. John Ave. Subscription packages start at as low as \$99, with single tickets starting at \$42. Both may be purchased at: pasadenasympphony-pops.org or by calling (626) 793-7172.

Today: Pasadena Annual Adaptive Sports Festival

The City of Pasadena Parks, Recreation and Community Services Department (PRCS) in collaboration with the Triumph Foundation, a nonprofit organization dedicated to enhancing the lives of individuals with disabilities, is thrilled to host the 5th Annual

Pasadena Adaptive Sports Festival today from 9 a.m. to 4 p.m. This exciting event will take place at Brookside Park, located at 360 N. Arroyo Blvd.

The Pasadena Adaptive Sports Festival offers a dynamic and inclusive day of sports and fitness activities designed to cater to individuals of all abilities. Attendees can engage in a wide range of activities, including hand cycling, wheelchair rugby, pickleball, aquatics, tennis, bocce, adaptive archery, disc golf, boxing, power soccer, fencing, a resource fair, and more!

This event serves as a unique opportunity to introduce the broader community to adaptive sports, showcase the remarkable abilities of individuals with disabilities, and contribute to the development of a more inclusive society.

PRCS Director Panossian reflects on the festival's impact, stating, "As we prepare for another remarkable year, it's heartwarming to see the enduring impact of the Pasadena Adaptive Sports Festival. This event not only celebrates the incredible abilities of individuals with disabilities but also brings families and friends together in the spirit of equality and empowerment."

Andrew Skinner, the founder of Triumph Foundation, expressed his gratitude for the ongoing partnership, saying, "In 2022, the festival drew nearly a thousand participants and left a lasting impact on everyone involved. We deeply appreciate our partnership with the City of Pasadena. Events like these empower individuals with disabilities to push their boundaries, engage in friendly competition with friends and family on an equal footing, and enhance their quality of life through physical activity, sports, and fitness."

Visit: triumph-foundation.org/events/ to register for the Pasadena Adaptive Sports Festival. Lunch will be provided to all registered participants.

Library Celebrates Native American Heritage Month

November is Native American Heritage Month. Established in 1990 under President George H. W. Bush with the approval of a joint resolution, November 1990 was officially designated as "National American Indian Heritage Month." Similar proclamations, under nominal variations (including "Native American Heritage Month" and "National American Indian and Alaska Native Heritage Month"), have been issued each year since 1994. However, the work to establish a national day or month of recognition for the contributions the first Americans made to the establishment and growth of the United States date back to as early as 1914.

Pasadena Public Library joins libraries across the country in celebration of Native American Heritage Month, a time to recognize the important contributions of Native people and celebrate their rich and diverse cultures, traditions, and histories. Throughout November, children, teens, and adults alike are invited to take part in an array of programs and crafts designed to delight and inform.

EVENTS

Native American Poetry

Join the Pasadena Rose Poets for an evening of Native American poetry. The poets and poetry showcase the universal and particular approaches Native American authors have taken to writing about diverse, indigenous cultures. For ages 18+. To attend, sign-up at <https://Pasadena.Evanced.Info/Signup/EventDetails?EventId=9094>.

Monday, Nov. 6, 5 p.m., Zoom

Navajo Nation Basket Weaving

Explore Navajo weaving methods and learn the technique involved in weaving a basket. Take home a Navajo history kit and watch a specially prepared video on the Library's YouTube channel, <https://www.youtube.com/user/PasadenaLibrary> that goes along with the kit. For ages 9-13. To attend, sign-up at <https://Pasadena.Evanced.Info/Signup/EventDetails?EventId=9222>.

Thursday, Nov. 9, 4 - 5:30 p.m., Jefferson Branch Library, 1500 E. Villa St.

Cultural Exploration - Healing Practices of the Rumsen Ohlone People

Rumsen Ohlone Indigenous Embrace is a non-profit corporation whose mission is to bring community healing through Indigenous celebrations and cultural experiences while preserving and sharing the Ohlone's practices and teachings. Located in Hesperia, serving the high desert area, they host sacred healing ceremonies, children's activities, educational presentations, and community gatherings. Presented by Richard Quiroga, a descendent of the Rumsen Ohlone People and the Director of R.O. Indigenous Embrace. For ages 9+. Saturday, Nov. 11, 3 p.m., Lamanda Park Branch Library, 140 S. Altadena Dr.

Storytime - Stories to Share

Join us for a special storytime in celebration of Native American Heritage Month featuring children's picture books written by Native authors. For ages 3-5 and their caregivers.

Wednesday, Nov. 15, 10:30 a.m., Santa Catalina Branch Library, 999 E. Washington Blvd.

Adult Book Club - Hill Avenue Book Group: The Lost Journals of Sacajewea by Debra Magpie Earling

Join us on Zoom to discuss The Lost Journals of Sacajewea by Debra Magpie Earling -- available on hoopla with your library card at <https://www.hoopladigital.com/ebook/the-lost-journals-of-sacajewea-debra-magpie-earling/15830447>. To attend, sign up at <https://Pasadena.Evanced.Info/Signup/EventDetails?EventId=9030>.

Saturday, Nov. 18, 10:30 - 11:30 a.m., Zoom

Film Screening - Missing Matoaka: The True Story of Pocahontas

In this alternative audio track played over a common movie about Pocahontas - or to use her real name, Matoaka - she is the narrator and setting the historical record straight. Her story that was originally told as a romantic adventure, is in reality the story of one of the first documented Missing & Murdered Indigenous Women - the first of many sisters.

Saturday, Nov. 18, 11 a.m. - 12:30 p.m., Santa Catalina Branch Library, 999 E. Washington Blvd.

Cultural Exploration - Danza Mexikah Cultural Presentation

Join us for a musical celebration with Kalpulli Temachia Quetzalcoatl. You'll be moved by their ancestral drums and dance. Let their ancestral smoke connect you to their purpose as you listen to what they have to share about the importance of indigenous and First Nation people, past and present. For all ages

Saturday, Nov. 18, 3 - 3:45 p.m., Hastings Branch Library, 3325 E. Orange Grove Blvd.

Adult Book Club - Octavia E. Butler Science Fiction Book Club: The Marrow Thieves by Cherie Dimaline

Pasadena Public Library, Octavia's Bookshelf and The Huntington Library have partnered to bring a unique book club to Pasadena where we read and discuss the works of Octavia E. Butler and other Science Fiction authors of color. For Native American Heritage Month, our sci-fi book will be The Marrow Thieves by Cherie Dimaline. The Marrow Thieves is a YA Science Fiction about how North American Indigenous people are exploited in a future dystopia where their bone marrow is needed to save the world from madness. For adults. To attend this program, sign up at <https://Pasadena.Evanced.Info/Signup/EventDetails?EventId=9261>.

Saturday, Nov. 18, 3 - 4:30 p.m., Jefferson Branch Library, 1500 E. Villa St.

Art Class - Native American Mini-Pottery Making

In homage to Native American Heritage Month, we invite you to recreate their remarkable clay pots traditionally used to store food and water. Get ready to unlock your creative potential as we mold, shape, and personalize these miniature masterpieces. Supplies are limited! For ages 5-19. To attend, sign-up by calling (626) 744-7270.

Monday, Nov. 20, 2:30 - 3:30 p.m., San Rafael Branch Library, 1240 Nithsdale Rd.

Author Talk - Dr. Steven Hackel Presents Junipero Serra, California's Founding Father

Join the hour-long discussion with author Steven Hackel, as he discusses his complex, authoritative biography tells the full story of Father Junipero Serra whose life and legacies continue to be both celebrated and denounced. Based on exhaustive research and a vivid narrative, this is an essential portrait of America's least understood founder. Discussion is followed with a Q&A. For ages 9 and up.

Saturday, Dec. 2, 3 p.m., Lamanda Park Branch Library, 140 S. Altadena Dr.

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

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.

The 2023-2024 Second Saturday concert series is sponsored by the Friends of the Altadena Library.

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Second Saturday Concert Friday
featuring Jazz Band **KIRA & the MAJOR 3**

November concert happens on Friday, Nov. 10, due to Veterans Day.

Live Music Community Food & Fun! Friday, November 10, 2023 7:00 - 9:00PM Register at www.AltadenaLibrary.org/programs

Catch breaking news at: mtnviewsnews.com

ARCADIA VETERANS DAY RECOGNITION

Calling all Veterans! The City of Arcadia would like to honor and recognize our Arcadia Veterans. We are compiling an Arcadia Veteran comprehensive list, please call Arcadia Community Center at 626.574.5130 to make sure your name is on the list. If you have a neighbor, friend or family member who lives in Arcadia and is a Veteran of the Armed Forces, you can add them as well! If you are an Arcadia Veteran and your name is on the list, a lawn sign will be available for pick up in November. For more information call 626.574.5130

JOIN MAYOR BECKY SHEVLIN &
THE MONROVIA CHAMBER OF COMMERCE
AT THE 57TH ANNUAL

Community Prayer Breakfast

“Faith in an Anxious World”

MAIN SPEAKER: BRAD M. GRIFFIN
Senior Director of Content & Research
Fuller Youth Institute

*City of Monrovia
is honoring all who have served in our special
Veterans Day Recognition Programs*

WE INVITE YOU TO RECOGNIZE, THANK AND REMEMBER OUR
VETERANS IN OUR ANNUAL FIELD OF HONOR DISPLAY
IN LIBRARY PARK.

WRITE A MESSAGE OF APPRECIATION TO ADD TO THE FLAG DISPLAY.

**MONDAY, NOVEMBER 6
THRU
FRIDAY, NOVEMBER 10
10:00 A.M. - 1:00 P.M.
LIBRARY PARK**

**VETERANS DAY CEREMONY
HOSTED BY
ALLIED VETERANS COUNCIL
OF THE UPPER
SAN GABRIEL VALLEY**

**SATURDAY, NOVEMBER 11
11:00 A.M.
LIBRARY PARK**

*In the event of rain, events will be cancelled.
For more information please contact the
Community Services Department at 626.256.8246.*



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ARCADIA POLICE BLOTTER

For the period of Sunday, October 22nd through Saturday, October 28th, the Police Department responded to 1033 calls for service, of which 111 required formal investigations. The following is a summary report of some of the incidents handled by the Department during this period.

Sunday, October 22:

1. At 3:16 p.m., officers responded to the parking lot of the Shops at Santa Anita, 400 South Baldwin Avenue, regarding a hit and run collision that had just occurred. The elderly victim and his wife were walking to their car when the suspect bicyclist collided with him causing him to fall and hit his head. The victim was transported to the hospital and the suspect is still outstanding. He is described as a male wearing a black hooded sweatshirt, dark blue pants, dark shoes, and a backpack. He was riding a dark-colored bicycle.

2. At 9:59 p.m., an officer responded to the parking lot of the Shops at Santa Anita, 400 South Baldwin Avenue, regarding the report of a vehicle burglary. The unknown suspect smashed the front passenger side window of the vehicle stealing a Givenchy handbag and miscellaneous clothing before fleeing the scene in an unknown direction.

Monday, October 23:

3. At 7:38 p.m., an officer responded to Rebag, 400 South Baldwin Avenue, regarding a theft that had just occurred. The suspect selected two handbags totaling \$38,000.00. After the suspect's credit card was declined, she told the clerk she needed to call her bank and asked him to get her boxes for the handbags. When the clerk returned, the suspect showed him the sales terminal which said, "marked as paid". Upon review of the transaction, the clerk discovered no payment information had been entered. The suspect is described as female, approximately 40-years-old, six feet two inches tall, with black long braided hair.

Tuesday, October 24:

4. At 10:37 a.m., an officer responded to the area of First Avenue and Genoa Street regarding a subject waving a large tree branch in the roadway. Upon contacting the 53-year-old male transient, the officer noticed symptoms of alcohol intoxication and determined the suspect was unable to care for himself. He was arrested and transported to the Arcadia City Jail for booking.

5. At 10:42 a.m., an officer responded to a building that was under construction, in the 800 block of South First Avenue, regarding a burglary report. Unknown suspect(s) forced entry through a security screen door. Once inside, the suspect(s) cut and removed approximately \$45,000.00 worth of copper wiring.

Wednesday, October 25:

6. At 7:35 a.m., officers responded to the lawn of the Arcadia City Hall, 240 West Huntington Drive, regarding a female seen using a bladed painter's tool to vandalize Red Ribbon Week decorations.

The suspect was in possession of methamphetamine and drug paraphernalia. The 48-year-old female transient was arrested and transported to the Arcadia City Jail for booking.

Thursday October 26:

7. At 11:08 a.m., officers responded to a residence in the 1500 block of South Tenth Avenue regarding a report of domestic violence. An investigation revealed the suspect had been drinking when he struck his wife causing visible injury. The 36-year-old male from Arcadia was arrested and transported to the Arcadia City Jail for booking.

Friday, October 27:

8. At 11:55 a.m., officers responded to the Shops at Santa Anita, 400 South Baldwin Avenue, regarding a robbery that had just occurred. The victim and her elderly mother were entering the mall when the male suspect grabbed her shoulder bag. The elderly mother fell to the ground during the struggle and both women sustained visible injuries. The suspect was described as a male wearing a cream-colored hooded sweatshirt and pants. He fled the scene in a blue vehicle.

9. At 1:23 p.m., officers responded to a residence in the 00 block of West Camino Real Avenue regarding a burglary report. The residents heard glass shatter followed by footsteps inside their home. Unknown suspect(s) entered a room by smashing a rear window. The suspect(s) fled the scene prior to police arrival. A blue Jeep with a roof rack was seen parked near the front of the residence that was not known to the area.

10. At 1:52 p.m., officers responded to a residence in the 00 block of East Floral Avenue regarding the report of a burglary. Two suspects smashed a rear sliding glass door and ransacked the residence. The suspects fled when the alarm was activated. The suspects were described as males, approximately 20-years-old with thin builds. They fled the scene in a blue Jeep with a roof rack.

11. At 2:24 p.m., officers responded to a residence in the 400 block of Los Altos Avenue regarding an activated burglary alarm. An investigation revealed unknown suspect(s) gained entry by smashing a window on the east side of the home. The unknown suspect(s) ransacked the home, stealing jewelry before fleeing the scene.

Saturday, October 28:

12. At 1:36 p.m., officers responded to a construction site located at 338 East Foothill Boulevard regarding the report of a burglary. Unknown suspect(s) forced entry into a locked closet and stole several tools.

13. At 8:34 p.m., officers responded to Wah Fung, 641 West Duarte Road, regarding a theft report. Two suspects entered the store and selected three jars of seafood containing \$53,000.00 worth of sea cucumber and abalone. The suspects were described as males between 25 and 35-years-old, wearing face masks and dark clothing.

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Mr. Manners with a Fork in Hand

Must admit with all the World Series and handicapping for this weekends Breeder's Cup, I almost missed out on National Sandwich Day and National Chinese Take out Day, and what type of food fanatic would I be, but fear not friends, I did partake in a Trust the Cook from the Pasadena Sandwich Company. I have to take my Andy Rooney Card out again and give you my fellow diners the rules of Etiquette 101. I love my daughter, and some of my friends kids. But here goes.

I am asked frequently asked about etiquette and table manners, so I compiled this simple list based on the most common questions.

Your napkin goes in your lap, folded in half, as soon as you sit down. Many people wait until the food arrives, but the proper form is to be prepared.

If you leave the table, place the napkin to the left of your plate, loosely draped.

A napkin is never for blowing your nose or wiping your mouth. Use it to dab at the corners of your mouth or your fingertips. If you need to cleanse further, leave the table and use the appropriate products in the restroom.

In formal dining, a charger will be under the place setting. It remains there during the starter course and is removed at the main course.

Your eating utensils go in the order of use, starting from the outside (furthest from the plate) and working their way in. Forks go on the left; knives and spoons on the right, as you face the plate. Dessert utensils are placed at the top of the plate, sideways.

The bread and butter plate goes to the left, above the forks.

The water glass goes above the knives (behind the wine goblet, if there is one).

Food should be passed counter-clockwise.

It is considered impolite to start eating before everyone is seated and served, including your host.

Only the meal settings and food belong on the table. Do not place your elbows, eyeglasses, notebook, pen or other objects on the table.

Cut no more than two bites of any item at a time. When it comes to bread, tear off one bite at a time and butter it, rather than buttering a whole roll.

Do not season your food until you have tasted it.

It is permissible to use a piece of bread to wipe up excess gravy, as long as you use your fork and not your fingers.

If you need to leave the table, place your utensils on the edge of your plate so that the tips point to the plate's center, in a V-shape. To signal when you are finished, lay your utensils side by side diagonally on the plate.

Listen live to Dining with Dills at 5 PM Sundays KLAAM 830.

ALL THINGS By Jeff Brown

THE NATURAL WORLD

"It seems to me that the natural world is the greatest source of excitement; the greatest source of visual beauty, the greatest source of intellectual interest. It is the greatest source of so much in life that makes life worth living." - Sir David Attenborough

John Muir, the influential naturalist and advocate for the preservation of wilderness areas, left behind a wealth of inspiring quotes that capture his love for nature and his conservationist spirit.

"The clearest way into the Universe is through a forest wilderness."

"In every walk with nature, one receives far more than he seeks."

"When we try to pick out anything by itself, we find it hitched to everything else in the Universe."

"The power of imagination makes us infinite."

"Keep close to Nature's heart... and break clear away, once in a while, and climb a mountain or spend a week in the woods. Wash your spirit clean."

"Most people are on the world, not in it—having no conscious sympathy or relationship to anything about them—with undismayed wonder they see a calf in the field and never give a thought to what it is to the calf."

"One day's exposure to mountains is better than a cartload of books."

"When we try to pick out anything by itself, we find it hitched to everything else in the Universe."

"The sun shines not on us but in us. The rivers flow not past, but through us. Thrilling, tingling, vibrating every fiber and cell of the substance of our bodies, making them glide and sing."

"The mountains are calling and I must go"

We are stardust We are golden And we got to get ourselves Back to the garden -Joni Mitchell

"When I was 19 years old I couldn't go to college because I came from a poor family. We had no money, so I went to the library at least three days a week and I read every possible book. At the age of 27 I have actually completed almost the entire library instead of university. So I got my education in the library and for free. When a person wants something, they will find a way to achieve it. I would like to remind you of one thing: Humans should never forget that we have been assigned only a very small place on earth, that we live surrounded by nature that can easily take back everything that she has ever given to man. There is absolutely nothing in her way to stop her from one day blowing us all off the face of the earth or flooding the land with waters of the ocean in a single breath, just to remind man once again that he is not as all-powerful as he still foolishly thinks." - Ray Bradbury

RAINY SEASON IS COMING – GIVE YOUR SPRINKLERS A BREAK

The National Oceanic and Atmospheric Administration predicts a wet El Niño winter in the coming months, likely lasting through the spring. Even with anticipated above-average precipitation this winter season, it is still crucial that we all continue to conserve water to ensure that future dry seasons have the proper water levels to serve all Monrovia residents.

Water conservation tips to help conserve during the rainy season:

Turn off irrigation systems while it is raining and for 48 hours after the rain ends.

Install weather-based irrigation controllers that automatically shut off sprinklers when it rains.

Use barrels to capture rainwater for later landscaping watering use
 Install drought-tolerant landscape.

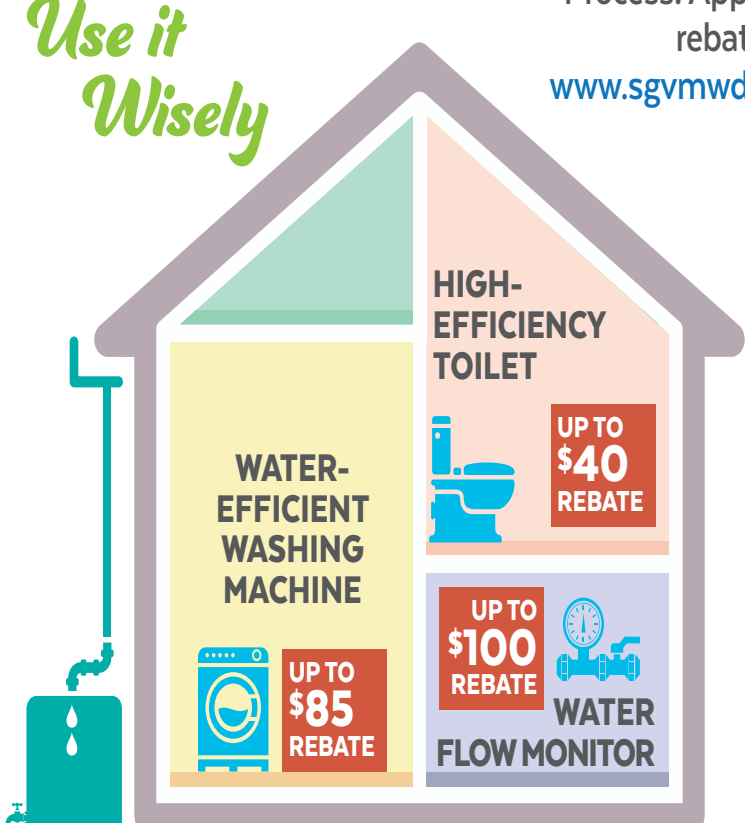
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GOVERNOR NEWSOM SIGNS ASSEMBLYMEMBER CHRIS HOLDEN'S YOUTH MENTAL HEALTH SERVICES LEGISLATION

Sacramento, CA – This month, Assemblymember Chris Holden's legislation, Assembly Bill 289, Youth Mental Health Services Act (MHSA), which will include youth or youth mental health organizations in the list of stakeholder counties must confer with when developing their three year expenditure plans under the Mental Health Services Act, was signed into law by Governor Newsom.



"When we are making decisions for the future generation of Californians, it is critical that their voice and perspectives are heard," said Assemblymember Chris Holden. "Listening and providing quality care that is youth informed helps the adults of tomorrow, today."

Under the MHSA, it falls to our counties to develop their three-year expenditure plans with local stakeholders, including adults and seniors with severe mental illnesses, their families, service providers, and law enforcement among many others. This partnership between counties, constituents, and stakeholders ensures that the expenditure plan is a well-rounded, all-inclusive response to their community's behavioral health needs.

This bill would require stakeholders to include sufficient participation of individuals representing diverse viewpoints, including youth representatives from historically marginalized communities, representatives from organizations specializing in working with underserved racially and ethnically diverse communities, and representatives from LGBTQ+ communities. By requiring counties to consult with additional stakeholders, the bill would impose a state-mandated local program.

"How we respond to the mental health crisis today, will shape who our society becomes in the future. Our kids need us to drive solutions and this week, with the Governor's signing, we are well on our way," said Holden.

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America's First People!

Native Americans were the first people to live in North America. They are believed to be descendants of people from Asia who crossed into North America on a land bridge (the Bering Strait) that connected the two continents during the Ice Age, but is now gone.

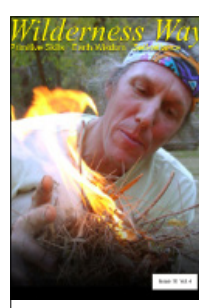
The Native Americans settled into different regions and each tribe adapted to its own environment. Tribes formed larger groups, learned how to talk with one another, began hunting, farming and trading.

Then, about 500 years ago, European explorers arrived and began to form settlements. Many of the Native Americans got along with the newly arrived settlers and they lived in peace. But, there were also conflicts between some of the North American tribes and settlers (more so in areas of the U.S.). During the 1800s, many Native Americans were assigned to areas called reservations or reserves. Today, less than a third of the Native American population still lives in these areas.

Read the clues to learn about some Native American history and to fill in the puzzle.

- made from deer hides and other animal skins
- made from animal skins; used in ceremonies, at wartime
- made with birch or other tree bark; used to travel long distances on water and when hunting
- sap of this tree was drained; hot rocks used to boil it down to a sugar
- soft leather and fur shoes, some with bead patterns; tribes had their own styles and designs
- leather, ceramic beads, feathers, tortoise shells and copper used for making this
- powerful leaders and healers wore these; more bird feathers added for great feats
- used for smoking tobacco in ceremonies; often given as a gesture of peace
- some of the most important foods grown, the "three sisters": beans, corn and _____
- common shelter of the plains; hunting tribes used them; warm in winter's cold, cool in summer heat
- people who healed and helped their communities were called _____ people
- shelter that could hold many families

Clues: NAJOTA, HURON, MIKMAQ, PENOBSCOT, CREE, BLACKFEET, jewelry, smoke, squash, moccasins, clothing, lacrosse, medicine, fish, pipes, drums, maple, headdresses, tepees, canoes, longhouse, Eagle feather is a big honor!



DAYLIGHT SAVINGS TIME:

A pointless relic from the past

[Christopher Nyerges is the author of *Urban Survival Guide*, *How to Survive Anywhere*, *Extreme Simplicity*, *Foraging California* and other books. He can also be reached via *School of Self-Reliance*, Box 41834, Eagle Rock, CA 90041, or www.SchoolofSelf-Reliance.com.]

Yes, it's that time of year again! Our lawmakers, believing that they know what is best for us, continue to tinker with time. Manipulate the clocks and supposedly we will save energy. And twice a year, we're all subject to the changes and inconveniences that occur as a result of the springing forward or falling back. It is part of our annual ritual, our relic from the past, where we go back to standard time from daylight savings time.

Why do we do this? Where did this come from?

First, what exactly is "time"? It is a measurement of change, based upon this planet's daily and annual cycles. Some of the earliest known attempts to codify and standardize "time" go back to the Sumerians and Egyptians. We know that something is happening, the changes in our life, that this moment right now suddenly passes, and there is a new "this moment," this Now. Our reckoning of time is our abstraction to give us a pragmatic way to communicate with everyone else about where we will be and when.

The sun has been the greatest factor in determining the details of this thing called time. The sun appears to arise in the east each morning, and when the sun is directly overhead, more or less, we call that noon. We've divided "time" into a day of 24 hours, and the each hour into 60 minutes. Where did those numbers come from? Regardless, the whole purpose of "time" is to create a working abstraction that closely represents the natural day.

Daylight savings time skews our close representation with the natural day by one hour, something we are told that we have to live with now for at least half the year.

Daylight savings time is a manipulation of the basic solar time within each time zone's standard. It was said to be an idea of Benjamin Franklin, and was begun in the United States during world wars one and two, and eventually became "official" in all but two states. That right! At least two states have said "No, thanks, we'll stick to standard time." And now a few states are saying, "We're sick of changing our clocks twice a year - we want to keep daylight savings time (or standard time) all year."

Michael Downing, author of "Spring Forward: The Annual Madness of Daylight Savings Time," demonstrates that the clock-change saves energy in theory only, but not in practice.

David Letterman once asked the question to his audience during his monologue: "Why do we practice daylight savings time? It's so the farmers have more light," he laughed, answering his own question. "But how does that give the plants more light?" That's a Letterman joke for you, but there is a truth hidden under his humor. Most people queried on the street don't know why we have daylight savings time, and fewer still experience any tangible benefits from it, except perhaps the pleasantness of a later sunset time in the summer.

There are two often-cited reasons for the use of daylight savings time. One is so that the children can have more light going to school in the morning. But consider: the children have an hour more of morning light in late October, when the clock is set back ("fall back") to standard time. That is, it is the very use of daylight savings time which creates a darker morning as the days get shorter and shorter. The "falling back" an hour merely puts us back in sync with the local time zone. It is the use of daylight savings time that created the problem of less light in the morning, and only in that sense can you say that the "falling back" to regular time gives children that extra hour of light. In other words, this is a problem caused by daylight savings time. This is not a bonafide benefit from daylight savings time.

I have talked to many people about daylight savings time. Some like it, some do not. Some are annoyed by it, some find the long afternoons of summer very enjoyable. Everyone has arrived late (or early) on the first Sunday (even Monday in some cases) after the changing of the clocks. Daylight savings time thus gives millions of people a quasi-valid excuse for lateness at least once a year.

Let's end daylight savings time entirely and adopt a year-round standard time. If I were asked to choose between daylight savings time all year, or standard time all year, I would definitely choose standard time. Why? Simple! Standard time is the closest approximately of actual solar time. It more closely represents the real world than does the manipulation of daylight savings time.

Yes, this is perhaps a small thing in the context of a world always at war, with hate and suspicion in all political camps, with pandemics, and endless economic hardships all over the world. In that big-picture sense, this is just a little issue. But this is still an issue that causes headaches and freeway crashes at least twice a year. Let's resolve it! I love the sun. Let the sun dictate our abstraction of time, not politicians.

Since daylight savings time is a state-by-state decision, we can begin with California. Write to our Governor and ask to implement year-round standard time. You can write to Office of the Governor, State Capitol, Sacramento, CA 95814, or phone at (916) 445-2841, or online at www.govmail.ca.gov. (if you live in another state, write to your governor if you agree).

Take a poll of your friends and acquaintances before you write to the Governor. See if you can find anyone who derives tangible benefits from daylight savings time. Of course, if you like Daylight Savings Time, you will likely just continue with your life as usual, enjoying the long days of summer and complaining about how dark it quickly gets when the clocks go back to standard time.

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Katnip News!



Lovebugs HERBIE & NÖRMIE

Herbie and Normie are absolute sweetheart kittens, age 3 mos.! Normie (full black face) is a big cuddle bug, and will constantly stop playtime to check-in



and get some lovin. Herbie will then get jealous and have to get some lovin too. These boys are definitely "mama's boys". They can spend over an hour a day laying on my lap while kneading and nursing on their special blankie. (It will go with the kittens). Their favorite game is to play chase with each other. They haven't developed their full voice yet, so use the sweetest lit-tle squeaks to be let out of their room for playtime.

The boys are trying hard to win over the two other cats in the house. But they respect the boundaries the older cats have set.

Can only be described as absolute sweethearts. They would be a great pair to adopt together. See more pix of them on our website's Very Young page, where you will also find the adoption application: www.lifelineforpets.org.

Good news: Makaela, from last week, has been adopted!

Pet of the Week

Tito is a 12-year-old Australian Shepherd/Chow mix. His soft and fluffy fur makes him ideal to cuddle with, and his energy level is just right for anyone who wants a couch potato sometimes, and a good walking buddy at other times.



What really gets him excited and playful is playing fetch. He loves chasing tennis balls, and prances back to you with a look of pride that he is still able to catch a bouncing ball just like a young pup.

Tito looks like a large dog, but he is only about 55 pounds under all that fur. He's an ideal size for trips in the car, going on hikes or just hanging out on the couch.

Senior pets like Tito can easily get overlooked, but this sweet guy will has all the best qualities that any pet parent is looking for- he's loving, friendly, and a great companion. Tito is ready to make himself right at home with you!

Pasadena Humane's Seniors for Seniors program allows all dogs and cats over five years old like Tito to be adopted for free by anyone over sixty.

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

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

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

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



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

- Garbage problems can be solved with the purchase and correct use of a bear-proof garbage container. Save money by sharing one with a neighbor! For bear-proof containers and where to buy them visit www.dfg.ca.gov/keepmewild/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.
- Don't leave trash, groceries or animal feed in your car.
- Keep garbage cans clean and deodorize them with bleach or ammonia.
- Harvest fruit off trees as soon as it is ripe, and promptly collect fruit that falls.
- Avoid using bird feeders. They are a powerful attractant.
- Keep barbecue grills clean.
- Keep pet food and pets inside.
- Securely block access to potential hibernation sites such as crawl spaces under decks and buildings.
- Keep doors and windows closed and locked. Scents can lure bears inside.
- 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.

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.

EAST MONTECITO AVENUE DESIGN DISTRICT

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 51 East Montecito Avenue Sierra Madre, CA 91024
 (626) 836-2000 (Pilates) (626) 836-1236 (Gym)
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DISCOVER YOUR IDEAL ASSISTED LIVING COMMUNITY WITH SAFE PATH FOR SENIORS

Are you or a loved one considering senior living? Safe Path for Seniors offers a FREE service to simplify your search. Our expert advisor will provide personalized guidance, connecting you with the perfect assisted living community tailored to your needs and budget. With an extensive network and cost-effective options, we ensure peace of mind during this transition.

Why Safe Path for Seniors?

*Personalized Support: We understand unique requirements. * Extensive Network: Find communities that suit your preferences. *Budget-Friendly: Discover cost-effective solutions. * Streamlined Process: Save time with our seamless placement. *Compassion and Care: Your well-being is our priority. Let us be your trusted partner. Call (626) 999-6913 or visit www.safepathforseniors.com for a FREE consultation. Begin a comfortable, fulfilling senior living journey with Safe Path for Seniors.



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 you're considering covers the doctors you like and the health care facilities you normally go to.

Also, make sure all of the prescription medications 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! ...November Birthdays*

Flo Mankin, Alberta Curran, Carmela Frontino, Kathy Wood, Lena Zate, Joe Pergola, Janice Kacer, Valerie Howard, Lois Stueck, Jean Wood, Shirley Yergeau, Pat Krok, Irene Nakagawa, Anna Ross, Mary Steinberg, Mary Bowser, Susan Clifton, Mary Higgins, Kim Buchanan, Leigh Thach, Sue Quinn, Jill Girod, Jeanne Martin. * To add your name to this distinguished list, please call the paper at 626.355.2737. YEAR of birth not required

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 10-1045 AM

Chair Yoga

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

WELCOME TO

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

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

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

HULA & POLYNESIAN DANCE

Pumpkin Wreath Centerpiece

Tuesday, November 14, 2023 1:00 p.m. - 2:30 p.m.

Let's continue the fall season with a fun pumpkin wreath centerpiece. It's a perfect way to greet guests as you gather to celebrate the fall season.

Registration will begin Wednesday, November 1, 2023

FITNESS FOR LIFE BALANCE AND STABILITY
by Michele Silence

Did you know that every year, over 800,000 people are hospitalized due to falls in the United States alone? Most of these lead to a head injury or hip fracture. In older people, at least 300,000 are treated for hip fractures. Deaths due to unintentional falls are a leading cause of unintentional injury deaths among adults aged 65 and over (CDC). Those are staggering statistics that highlight the often underestimated significance of balance and stability.

Falls leading to hospitalizations are a significant public health concern, especially among older adults, but they can affect people of all ages. Many factors contribute to the high number of fall-related hospital admissions each year. But balance and stability exercises can help. Practiced regularly they can reduce many of these risk factors that may apply to you:

Age-Related Decline. As people age, physical capabilities, including strength, balance, and coordination, tend to decline. This can make them more susceptible to falls, and when they do fall, the injuries can be more severe.

Chronic Health Conditions. Many chronic health conditions, such as osteoporosis, arthritis, and neurological disorders, can increase the risk of falls. These conditions affect bone density, joint mobility, and muscle strength.

Medications. Some drugs, especially those with side effects like dizziness, drowsiness, or changes in blood pressure, can increase the likelihood of falls. Examples are sedatives, muscle relaxants, antidepressants, antipsychotics, blood pressure medications, diuretics, narcotics, anti-anxiety drugs and antihistamines.

Environmental Hazards. This includes a wide array of risks related to physical surroundings. Unsafe living environments, clutter, poor lighting, slippery floors, and inadequate handrails or grab bars can all contribute to falls.

Lifestyle Factors. Unhealthy lifestyle choices, such as sedentary behavior, lack of exercise, smoking, excessive alcohol consumption, and poor nutrition, can weaken the body and affect balance and stability.

Impaired Hearing. Everyday sounds, such as alarms, sirens, horns, and shouts, provide critical information about safety and urgency. Hearing-impaired individuals may miss these sounds, compromising the ability to react appropriately in emergency situations.

Vision Problems. Impaired vision, whether due to age-related changes, eye diseases, or the incorrect prescription of eyeglasses, can lead to misjudging distances and tripping hazards. There are many other ways vision can lead to falls as it affects spatial relationships, walking speed, depth perception, peripheral vision and adapting to changes in lighting. If you experience dizziness, imbalance, or vertigo, know that it can affect physical stability.

Cognitive Impairment. A decline in cognitive function encompassing memory, problem-solving, attention, and reasoning significantly impacts a person's ability to process information and make decisions. This impairment can be particularly distressing when it results from conditions like dementia, which not only affects mental ca-



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).

capacity but also leads to emotional and psychological challenges for individuals and their loved ones.

Acute Health Events. Sudden illnesses, infections, or acute medical events like heart attacks or strokes, can have profound consequences on physical well-being. These events often result in weakness or dizziness, which can greatly increase the risk of falls. This risk extends to the recovery process which can also pose challenges, making it essential to address both short-term and long-term fall prevention strategies.

Lack of Awareness. Some individuals underestimate the potential risks of falling or fail to recognize their own physical limitations. Overconfidence can lead to risky behavior and disregard for precautionary measures, thereby increasing the odds of accidents.

Inactivity. A sedentary lifestyle can have harmful effects on musculoskeletal health. Weakened muscles and decreased bone density resulting from inactivity are established risk factors for falls. Regular physical activity not only helps maintain muscle strength and bone density but also improves balance and coordination, thus reducing the chance of falling.

Fear of Falling. This is a complex issue that can be both a cause and a consequence of falls. When frightened of falling, movements and physical activity are altered to avoid perceived risks. So, this fear of falling itself can lead to inactivity, muscle weakness, and an elevated likelihood of experiencing a fall. Basically a self-fulfilling prophecy.

Social Isolation. A multifaceted issue that goes beyond the emotional toll it takes on individuals. Loneliness and social isolation can lead to depression, decreased motivation, and neglect of one's physical health. These factors make it challenging for individuals to access the support and resources needed to prevent falls. Therefore, combating social isolation can help instill a sense of purpose, motivation, and an enhanced awareness of well-being.

Preventing falls involves addressing these risk factors. Awareness and taking proactive measures can significantly decrease the chance that you could fall and be hospitalized. Consult with healthcare professionals to create your own personalized strategy for fall prevention. For information on regular structured Balance and Stability Classes, contact me through my Facebook page.

Senior Cinema 1pm in the Hart Park House Senior Center

Wednesday 11/8 Ticket to Paradise
George Clooney and Julia Roberts team up as exes who find themselves on a shared mission: to stop their lovestruck daughter from making the same mistake they once made.

Wednesday 11/22 Golda
A ticking-clock thriller set during the tense 19 days of the Yom Kippur War. Israeli Prime Minister Golda Meir (Helen Mirren) must navigate overwhelming odds, a skeptical cabinet and a complex relationship with US Secretary of State Henry Kissinger (Liev Schreiber) with millions of lives in the balance. Her tough leadership and compassion would ultimately decide the fate of her nation.

OUT TO PASTOR
A Weekly Religion Column by Rev. James Snyder

I DON'T BELIEVE IN SUPERSTITION...BUT

I don't believe in any of the superstitious nonsense that seems to be going around these days. Some people have a fear of numbers like 13 and 666. What in the world does a number have to do with anything?

When I am around people who are superstitious like that, I'm afraid I lean toward the naughty side and harass them a little bit. It's not my fault they're afraid of some number. But I believe I do have a responsibility to myself to take advantage of situations like that.

Not being superstitious, there are times I am slightly confused about life. Something happens that I don't feel I'm in charge of. I won't go to the superstitious side of the road because I don't believe in that. But sometimes, things happen that I really can't explain.

For example, the other morning, The Gracious Mistress of the Parsonage entered the living room, where I was sitting on my easy chair drinking coffee. With a huge smile, she said, "I got you an Apple Fritter for this morning." And she gave it to me, smiled at me, and then walked away.

Now, I'm supposed to accept this as normal? Absolutely not. There is no reason why she would bring me an Apple Fritter without something attached to it. For the life of me, I could not figure out what was behind this Apple Fritter. There had to be something because The Gracious Mistress of the Parsonage never does anything without some reasoning behind it.

Not knowing what to do, I took a little bite of the Apple Fritter, which brought me to a wonderful place of enjoyment. I drank my coffee and ate my Apple Fritter, and my life seemed to be very spectacular at that time.

When I finished the Apple Fritter, I returned to normality and tried to figure out what was behind all of this. There had to be something behind it, and I could not figure it out.

At my stage in life, I wouldn't ask any questions because I never got the answer I wanted. I just decided to accept it and move on with the day.

The Gracious Mistress of the Parsonage went about the day as though nothing strange had happened. I decided to go along with her on that. After all, I don't know what is behind this.

The following day, I got up and got my coffee, went out to my easy chair in the living room, and started to sip it very carefully. Every morning starts great with a cup of coffee.

As I was getting situated, The Gracious Mistress of the Parsonage walked in, and I saw in her hand another Apple Fritter. "Here, my dear, is an Apple

Fritter. I think you'll enjoy this today." I possibly could process yesterday's Apple Fritter, but two days in a row was beyond my processing ability. Something is going on, and I have no idea what it is. Being that as it is, I enjoyed that Apple Fritter to the last delicious crumb.

Again, nothing was said to indicate what was behind this Apple Fritter. I was getting a little itchy, and I wanted to find out what was going on. But I didn't want to sabotage my situation at this time. After all, an Apple Fritter is worth the pain.

The day went normal, and she never mentioned the Apple Fritter.

By the time we came to go to bed, nothing was said concerning that. It was just a coincidence, and I could not explain it satisfactorily.

Again, I got up the following day, went and got my coffee, and sat in my easy chair. In a few moments, in walks The Gracious Mistress of the Parsonage, and in her hand is another Apple Fritter. Obviously, I did not get up this morning and was still in bed, sleeping and dreaming. This does not happen in real life. I was afraid to do anything for fear of waking up out of this dreamland.

"Here's an Apple Fritter for you this morning. I think you'll enjoy it today." She smiled at me, turned around, and returned to the kitchen.

I held that Apple Fritter in my hand for a few moments, basking in its deliciousness, and then began to eat it slowly and enjoyably.

Three Apple Fritters in a row has to be some record. It's not that I can't handle an Apple Fritter because I can. It's the fact that someone is bringing these Apple Fritters to me who does not like Apple Fritters. Something is happening behind the scenes, and I'm anxious to find out.

The next day, the same thing happened. To have four Apple Fritters in a row is okay with me, but now I'm getting to be suspicious. What in the world am I missing here?

Not wanting to sabotage my good luck the last four days, I kept silent and enjoyed the Apple Fritter. Whatever is behind this, I may never know, but I will enjoy it for whatever it is worth.

I'm expecting the day when The Gracious Mistress of the Parsonage will say, "Remember those Apple Fritters I gave you?"

I couldn't help thinking of a Bible verse, "And let us not be weary in well doing; for in due season we shall reap, if we faint not" (Galatians 6:9).

Sometimes, the best thing to do is NOTHING and let God have it.

MOUNTAIN VIEWS NEWS

PUBLISHER/ EDITOR
Susan Henderson

PASADENA CITY EDITOR
Dean Lee

PRODUCTION

SALES

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

WEBMASTER
John Avery

DISTRIBUTION
Peter Lamendola

CONTRIBUTORS

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

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Letters to the editor and correspondence should be sent to:

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



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

STUART TOLCHIN PUT THE LIGHTS ON POST HALLOWEEN THOUGHTS



I delayed writing this column until today because I wanted to share my post-Halloween trick or treating experiences with you and see if we had much in common. This morning my daughter took the trouble to phone and let me know what a difficult night she had because her barely four year old daughter claimed to be so frightened that she could not get to sleep and required that she be able to sleep in bed with her parents. I believe she might have been faking the fear but who knows what's real and what isn't especially during Halloween.

During that hour before real darkness set in my granddaughter, daughter, son, my wife and I and the two family-dogs all met up to go trick or treating together. There is a well-known one block area nearby which is cordoned off to accommodate the great multitude of trick or treaters going from house to house and walking in the street from one highly decorated house to another. The evening did not begin well as I tripped getting out of the car on the passenger side, thankfully, and fell flat on my back. I am now very close to eighty years of age and well over two hundred pounds. My wife, also in her seventies, attempted to raise me up but had difficulties and fortunately a man who saw her struggling came to her aid. Together they got behind me and lifted me off the ground. As they lifted me I thought to myself that I did not want to know how badly I was injured and sort of wished that everyone would just go off and trick or treat or whatever and just allow to lie there and come back later if they felt like it.

Well, despite my worry and hesitation they got me to my feet. I was able to stand, and experienced some pain particularly in the tail-bone area. Really though, the pain was much less than I feared and I assured everyone that I would be able to carry-on. I picked up my "fishing pole" and the attached fish. Pursuant to my request, my wife had magically created them ten minutes before we left the house. I happened to be wearing bib overalls already as these pants with their attached suspenders had reminded me of my only remembered trick or treat costume.



Shortly after arriving in California, when I was almost nine, my family stayed at my Aunt Rosey's and Uncle Harry's house. He created a Huckleberry Finn costume for me. The costume consisted of a stick and attached string with cut-out cardboard fish. I wore a straw hat and overalls and, with my wife's help, was able to duplicate my remembered costume of seventy years ago.

Back to last night. Off we all went aged injured me trailing behind. I don't know if my granddaughter actually saw me fall but she walked back to me and demanded that she have the fishing pole claiming it to be hers. I told her she was wrong and that the fishing pole and fish were mine. Hearing that she reached up and grabbed the fishing pole at the bottom and actually said, "We can share it". At that moment I immediately thought how creative she was and wished that Israelis and Palestinians could negotiate such an agreement. I was proud of my granddaughter's creative attempt at a solution but learned from my daughter this morning that "sharing" was something talked about in her expensive pre-School. My granddaughter talks about "sharing" all the time but really isn't very good at it. Not surprising since that's the way the rest of us seem to continue to be.

In case you are wondering, my back still hurts today and I am told it might get worse. Tomorrow I go to see my primary care physician and hope that the Doctor has the remedy for all my fears and confusion. Now that would be a surprise!

DINAH CHONG WATKINS CLOSE ENCOUNTERS OF THE WRONG KIND SIXTH SENSE



There's an infamous street in the neighborhood where mobs of ghouls, ADHD goonies, Party City costumed superheroes and their children roam on Halloween.

Larger than life skeletons, witches and spiders bolt out from the shadows, the result being Mom and Dad will have to do an extra load of laundry later.

The scariest encounter I had recently was not bumping into Freddy Krueger in a dark, lonely alley or an overgrown marsh after midnight. After all, this is a guy who in LA could take full advantage of a good Beverly Hills plastic surgeon and a luxury manicure.

No, it was courtesy of the United States Postal Service. The plain white legal size envelope came right to my door, as innocent as the Von's weekly flyer. It was fortunate when I opened the letter I was sitting down rather than standing near a large body of water or a raging fire pit.

I read the letter, bureaucratic mumbo-jumbo followed by a list of numbers and ending in a highlighted box with an unspeakable amount of digits marked PAYMENT DUE, it was my property tax bill. Bloodcurdling? Michael Myers, take a number.

In horror movies, the hero is usually saved by a premonition. An intuition, a knock on their inner door that saves them just in time from the monster's steel-edged claws.

I have had premonitions. Ones in the middle of the night that goad me to call a friend or relative to check that they're alright. Ones that make me say a prayer for their safekeeping after being told not to call after 9 pm EST. Ones that make me buy what the analysts clearly say is a mediocre performing stock.

I am that teenager who ends up in the movie body count. My premonitions are as fool-proof as a "bear resistant" trash can. Like the Texas Rangers, I'm batting 0-39. I try to ignore my premonitions, knowing my track record but it's hard to dismiss that inexplicable heaviness that haunts me, I run over to Cinnabon to lift my spirits.

But like our hero's journey, I too have the knack for being in the Wrong Place at the Wrong Time. During the beginning of my career, after months of grueling, nonstop negotiations with the team consisting of Me, Myself, and I, I took an unauthorized three day tropical weekend. It was relaxing, refreshing, rejuvenating until on the flight back to work, my boss boarded the plane. I'm pretty sure he didn't see me as I generously switched my aisle seat with the person in the middle. Back in the day, airlines would give out blankets, I used mine as camouflage for the next four hours.

While visiting the managed chaos of Times Square in Manhattan, of the tens of thousands of pedestrians streaming on the avenues, I literally bumped into my Ex. This was especially awkward on his part as he was my ex-brother-in-law, fortunately for me, no heartstrings were involved. He squirmed like a fresh bait worm caught on a rusty fish hook. After a few minutes I let him go when the sweat beads were clearly visible on his forehead. As I walked towards Nathan's Famous Hot Dogs I thought, take that Texas Rangers, I'm batting 1-39!

Dinah Chong Watkins column appears every 1st and 3rd Saturday of the month. For more Close Encounters Of The Wrong Kind go to www.ceo-twk.com

RICH JOHNSON NOW THAT'S RICH BEFORE I SPEAK, I HAVE SOMETHING TO SAY



My birthday, Halloween, rushed by again this year. So sad this most sacred holiday so quickly disappears. Congress should pass legislation making "Halloween" the first two-day holiday. Who's with me? I do personally find great satisfaction and pleasure knowing, on my birthday, millions of people dress up to look totally weird, and consume empty calories centering on sugar, salt, starch and fat. We need a second day to recover from the sugar rush!

we are. And they just might remember what we said.

In conclusion everyone's favorite Greek philosopher, Epictetus the Stoic once said: "He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has!" (Stoicism by the way is enduring without showing emotion.)

There are always extraordinary reasons to be thankful: Every November I'm thankful I'm not a turkey.

Speaking of turkey, I'm thankful for Saliva. Hey, it comes in handy at Thanksgiving Dinner. Shhhh, don't tell the turkey.

Thankful for color: Imagine a black and white world. Yuck!

Fingernails! I love having my back scratched. You? Wanna scratch my back?

Spoons! Ever eat raisin bran with a fork?

Toilet Paper: During COVID I purchased a lifetime supply of TP. I considered the alternatives. Not gonna run out of TP on my watch.

Duct Tape: One of civilization's greatest inventions. Thank you, Mr. Duct!

Tofu, Oops, wrong list!

Salt! 14,000 known uses for salt like preventing weeds from growing in patio cracks.

Scissors. Try to get a pair of scissors out of its packaging without using a pair of scissors.


Hair? So overrated! Just ask Yul Brynner!

Finally, I am most thankful for...my friends, family, pets (past, present, future), faith, music, my opposable thumbs and my big toes (not necessarily in that order).


Oh my, almost forgot taste buds. That's what drives this machine called Rich Johnson. Have a good week. Sit around and pontificate on thankfulness.

Speaking of the something important I have to say... One of my favorite musical groups, the Doo Drops are playing Saturday night, November 18th at Nano Café. 6:30-9:30. Everything from 50's and 60's Doo Wop, Motown, and rock and roll. I'm not gonna miss it! Make reservations (626) 325-3334. Nano Café, 322 W. Sierra Madre Blvd., Sierra Madre!






Caltech | The Watson Lectures




Unlocking Movement:
Helping Paralyzed People Use Thought to Control Computers and Robotic Limbs



Richard Andersen
James G. Boswell Professor of Neuroscience
Chen Brain-Machine Interface Center Leadership Chair
Chen Brain-Machine Interface Center


Free and open to the public
The Watson Lecture Series offers a unique and accessible opportunity to learn more about cutting-edge science and engineering directly from Caltech's premier researchers.

Event details
Date: Wednesday, November 8, 2023
Time: 7:30 p.m. PT
Where: In person only
Caltech's Beckman Auditorium



Scan to RSVP and learn more

Join us at 6 p.m. to mingle with other guests and experts over preshow activities, concessions, and live music.



Check Out All of the Fun Things To Do Around Town in November!

One Time Events in November

November 5
Rose Villa-Oakdale Walking Tour and Mills Act Workshop
Tour the beautiful Rose Villa-Oakdale Neighborhood just east of the Caltech campus and admire a variety of architectural gems. 1:30 p.m. – 3:00 p.m.
Following the walking tour, Pasadena Heritage will host a workshop explaining the Mills Act, a significant incentive for historic homeowners. 4:00 p.m. – 5:00 p.m.

November 11
Veterans Day Ceremony in Library Park
The City of Monrovia will celebrate Veterans Day with a ceremony to honor those who have served or are currently serving the country. 11:00 a.m. – 12:00 p.m.

November 11
Family Workshop: Chinese Brush Painting at The Huntington
Learn about the Winter Solstice Festival and the principles of balance and harmony as you create a masterpiece of beautiful winter foliage. 10:00 a.m. – 12:00 p.m.

November 11
Family Workshop: Holiday Napkin Dyeing at The Huntington
Learn to make beautiful fabric napkins using natural dyes. Make a set of four napkins with resist-dye patterns in fall colors. 10:00 a.m. – 12:00 p.m.

November 12
Autumn Leaf Crowns at The Arboretum
In this workshop, children can build enchanting leaf crowns using colorful fall foliage and learn about seasonal changes. 2:00 p.m. – 3:30 p.m.

November 16
Thankful and Grateful Holiday Gathering
Celebrate all who make Monrovia special. Family fun includes performances, arts and crafts, hayrides, and holiday tree lighting. 5:00 p.m. – 9:00 p.m.

November 18
Flower Arranging: Fall Centerpieces at The Huntington
Join Flower Duet for a hands-on flower arranging class inspired by The Huntington's large orchid collection. Create an autumn-themed Thanksgiving centerpiece using fresh orchids. 1:00 p.m. – 3:00 p.m.

November 19
Autumn Centerpieces at The Arboretum

Create a beautiful fall centerpiece using natural materials collected from The Arboretum gardens. 1:00 p.m. – 2:30 p.m.

November 19
The Occasional Doo Dah Parade
The "Twisted Sister of The Rose Parade" returns to Old Pasadena. Enjoy all the funky, whacky, and silly fun. 11:00 a.m.

November 23
Rose Bowl Turkey Trot
Run, walk, or skip around the 5K recreational loop at America's Stadium. 9:00 a.m. – 11:00 a.m.

Ongoing Events in November

November 1 – 27
Inherit the Wind at The Pasadena Playhouse
This powerful courtroom drama brings a battle of wit, wisdom, and will to The Pasadena Playhouse stage. Stars Alfred Molina, John Douglas Thompson, and Chris Peretti.

November 3 – 4
Breeder's Cup 2023 World Championships
The rich heritage of the Breeder's Cup is woven into horse racing's history. Celebrate the 40th running of the World Championships at Santa Anita Racetrack at this two-day, 14-race event.

November 3 – 5
2023 Fall Plant Sale at The Huntington
Find everything you need to update your garden and prepare for peak planting season. 10:00 a.m. – 5:00 p.m.

November 17 – January 2
Lightscape at the LA Arboretum
Experience a winter walk on the dark side of the garden. The reimagined Lightscape merges nature and art in mesmerizing installations. Guests can enjoy festive food and drinks.

November 19 – January 7
Enchanted Forest of Light at Descanso Gardens
Experience wonders as you enjoy a one mile walk through a shimmering nocturnal wonderland featuring returning favorites and fresh delights.



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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.



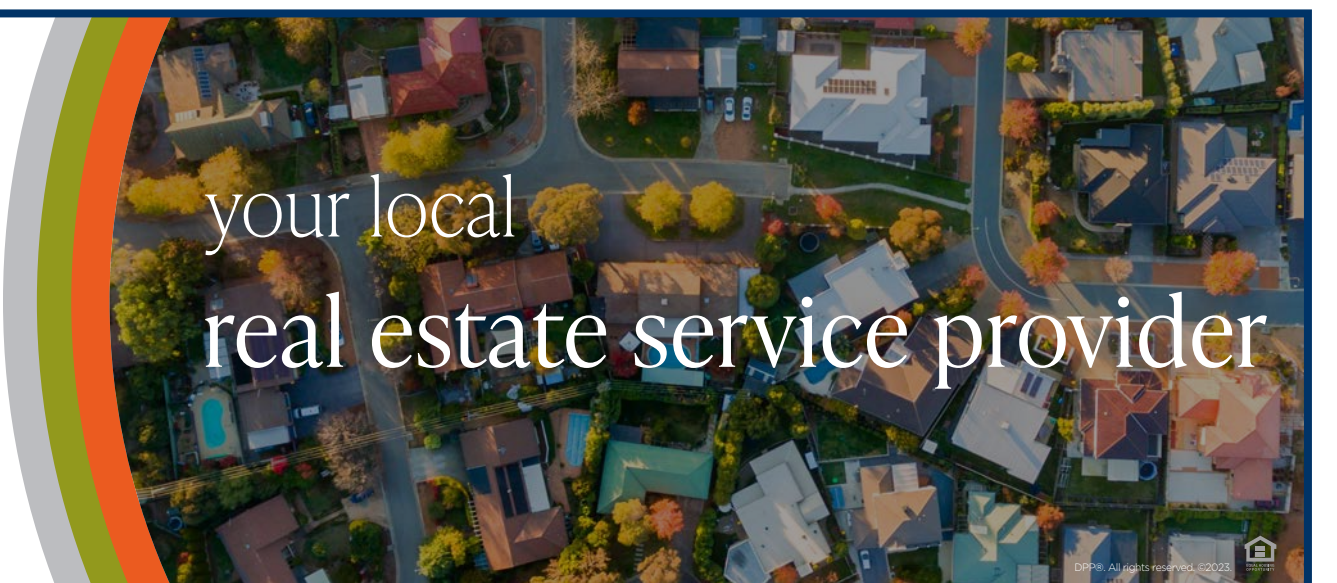
(626) 509-9425 hello@johnharabedian.com
JohnHarabedian.com /John4AD41 /JohnHarabedian

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

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