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Interest Rates Dropped

Interest rates just had their biggest drop in 2 years due to the lower CPI inflation numbers.

Despite the challenging last few months, the market is finally changing direction. Capitalize on these new low rates before more buyers enter the market and home prices inevitably increase.

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COMPASS

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NOT ALL THE TURKEYS WERE ON THE TABLE!



Certainly not the ones from Sierra Madre City College who participated in Pasadena's Doo Dah Parade recently. Doo Dah Story on Page 6. Photo by Dean Lee

Yes Virginia, there is a college in Sierra Madre. Well, sort of. It is rather challenging to describe. As one local journalist once wrote, "Sierra Madre City College was founded by 10 zany madcaps from Sierra Madre. The late Hugh Warden, a local businessman and sometime character actor, was president for several years, but these days leadership is as enigmatic as the college itself. According to one spokesperson "Nobody knows who's running the joint." But the joint is most definitely being run. While the college has no students, it still hands out degrees. Though the handsome, official looking degrees themselves cost nothing (SMCC is tuition-free), the frame is \$20, and you can't get the one without the other. The familiar (to parade goers) bright yellow Sierra Madre City College t-shirts are on sale at the Bottle Shop (\$10.99), where you can also pick up SMCC license plate frames, \$5.99 for one, or \$9.99 per pair (prices quoted here are subject to change without notice). There's also a golf tournament to raise funds annually. Does all the money raised help pay the teacher's salaries? Not one penny. It's all donated back to the community. Over the years, the City College has donated to the City's ambulance fund, and to Sierra Madre Search and Rescue. They donated a flagpole to St. Rita's School, and installed a concrete art patio for the Kindergarten students at Sierra Madre School. They've installed lighting at Sierra Vista and Mountain Trail parks, funded a patio on the east side of City Hall and the south side of the Senior Center. With Kiwanis, they helped fund the pergola area in Memorial Park, and they are also responsible for the covered barbecue area in Sierra Vista Park (a revenue generator for the City). They've also installed barbecue sets in Memorial and Sierra Vista Parks.", Bill Coburn, www.sierramadrenews.net.

You can generally spot SMCC's alumni by either the T-Shirt they are wearing or the license frame on their vehicles. The marching band is a fixture at every Sierra Madre 4th of July parade along with a float that always, always sparks a bit of controversy. The college really is a reflection of the town - diverse in opinions, outspoken with the ability to solicit either a good laugh or a good cry out of just about everyone that views them in a parade.

In 1987, Mildred Barber of the LA Times wrote, "Mythical Sierra Madre College Has No Students but Lots of Class". SMCC is real however, and if you want to join its esteemed alumni, just go to The Bottle Shop on Sierra Madre Blvd. and purchase your Student I.D. in the form of either a T-Shirt or License Plate frame. The prices may have changed over the years, but it is without question the cheapest degree you will ever receive! Then, all you have to do is show them off, with pride.

Parking Exemptions Thanksgiving Holiday-2023

No overnight parking enforcement from Wednesday morning, November 22, through Tuesday morning, November 28, 2023 at 2:00AM.

Parking enforcement will commence on Tuesday morning November 28th at 2:00AM.

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FOR SALE

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Sierra Madre Winter Village
Saturday, November 25, 2023
Shop Local Businesses in Downtown All Day

From Noon until 8 pm:

Visit Crafters - E. Montecito Parking Lot
Visit Exhibitors in Kersting Court
Visit Family Fun in Memorial Park

From Noon until 5 pm:

SLIDE DOWN THE SNOW HILL
in Memorial Park

MUSIC LINE UP

Kersting Court:

12 - 2 USC Trio 2-4 Joe Normal
Performance by Miss Amy's Dance Studio

Memorial Park

10 - 2 USC Trio 2-4 Joe Normal
Performance by Miss Any's Dance Studio

5:00

SANTA COMES TO TOWN

CHRISTMAS TREE LIGHTING

This Event Brought to you courtesy Sierra Madre Chamber of Commerce
Ted & Penny Clark and the Arcadia Association of Realtors



All are welcome!



BREAKFAST WITH Santa!

DECEMBER 3, 2023
8 A.M.-12 P.M.

St. Rita School
322 N. Baldwin Ave.
Sierra Madre, 91024
626-355-6114

PRICING MENU:

- BREAKFAST (PANCAKES, SAUSAGE, EGGS) \$10.00 PER PERSON
- ST. RITA ORNAMENT- \$10.00 (FREE PERSONALIZATION)
- SANTA PHOTOS:
 - \$20.00 FOR ONE PRINT AND A DIGITAL PHOTO

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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

Wisteria Thrift Shop invites you to their annual

HOLIDAY EXTRAVAGANZA

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

Carolers on opening day
Nov. 30, 10am.

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PAX PHARMACY

STAYING HEALTHY DURING THE HOLIDAYS:

Hello City of Sierra Madre! This is your local pharmacist with some reminders on how to stay healthy this holiday season if you have diabetes:

- 1. Exercise.** The CDC recommends 150 minutes of moderate to vigorous exercise per week. Take advantage of this time with your family and friends and head outside.
- 2. Distribute your carb intake** throughout the day. Try to avoid eating all your carbs in one meal, as this can heavily impact your blood glucose levels and lead to hyperglycemia (high blood sugar).
- 3. Get your flu shot.** Protect your family and friends by getting vaccinated before hosting holiday parties or traveling.
- 4. Travel smart.** Pack healthy snacks for road trips to avoid eating fast food. If flying, always carry your diabetes medications with you on the flight.
- 5. Stay on track** while monitoring your blood sugar and lookout for signs of hypoglycemia (low blood sugar) and hyperglycemia. If you experience things like dizziness, hunger, extreme thirst, or a rapid heart rate, check your blood glucose and treat accordingly.

Come into the store today for advice on how to manage hypoglycemia, consult a pharmacist on over-the-counter medications, or pick up any other prescriptions you may need. We are here to serve you!

Happy Holidays!
Dr. Isabella Daher, PAX PHARMACY
29 N. Baldwin Avenue Sierra Madre, Ca. 91024
(626) 355 3456
Hours: Monday through Friday: 9 am-6pm
Saturday: 9 am-1 pm.
Closed Sunday



Unique Artisanal Gifts for sale in our gallery all month!



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NOMINATION CATEGORIES

- PUBLIC SAFETY AWARD
- COMMUNITY YOUTH SERVICE AWARD
- WISTARIA AWARD
- GEORGE MAURER LIFETIME ACHIEVEMENT AWARD
- 2023 BUSINESS OF THE YEAR
- 2023 CITIZEN OF THE YEAR

NOMINATION DESCRIPTION

- **PUBLIC SAFETY AWARD:** FOR PROTECTING AND MAINTAINING SAFETY IN SIERRA MADRE.
- **COMMUNITY YOUTH SERVICE AWARD:** FOR YOUTH UNDER 18 FOR OUTSTANDING SERVICE TO THE COMMUNITY.
- **WISTARIA AWARD:** RECOGNIZING A COMMUNITY PARTNERSHIP THAT ASSISTS WITH PROVIDING COMMUNITYWIDE PROGRAMS AND SERVICES.
- **GEORGE MAURER LIFETIME ACHIEVEMENT AWARD:** FOR A PERSON/ENTITY WHOSE LIFETIME OF SERVICE EMBODIES THE SPIRIT OF VOLUNTEERISM.
- **2023 CITIZEN OF THE YEAR:** FOR A RESIDENT WHO HAVE BENEFITED THE CITY DURING 2023, AS A VOLUNTEER.
- **2023 BUSINESS OF THE YEAR:** FOR AN OUTSTANDING BUSINESS EXISTING IN SIERRA MADRE FOR MORE THAN 5 YEARS THAT HAS BEEN AN ACTIVE SUPPORTER OF THE COMMUNITY.

TO NOMINATE, SIMPLY E-MAIL YOUR NOMINATIONS WITH THE REASONS WHY YOU FEEL THIS PERSON OR ORGANIZATION IS DESERVING OF AN AWARD TO HONORSDINNER@CITYOFSIERRAMADRE.COM.

NOMINATIONS MUST BE RECEIVED BY 5:00PM ON DECEMBER 20, 2023



CELEBRATING OUR COMMUNITY

BEST USED BOOK SALE

FRIDAY, DECEMBER 1 3:00 – 7:00 p.m. **SATURDAY, DECEMBER 2 10:00 a.m. – 2:00 p.m.**



Parking Lot Only: 350 West Sierra Madre Blvd. (Sierra Madre Library Temporary Location)

- *Holiday books, CDs, DVDs, Gifts
- *New 2023 Fiction, Non-Fiction Hardbacks
- *Cookbooks, Art, History, Contemporary Culture
- *Bargain Books \$1, Small paperbacks 5/\$1
- *Other DVDs and CDs \$1 for most, Audio Books \$2 each
- *Children's/Teens \$.50-\$5

SATURDAY ONLY: \$5.00 BAG SALE

Sierra Madre Public Library Temp. Location parking lot 350 West Sierra Madre Blvd.

Sponsored and staffed by Friends of the Sierra Madre Public Library (Join the Friends at sierramadrelibraryfriends.org)
All proceeds will be used for services, programs and acquisitions of the library. Hopefully, we'll be able to receive donations again later in December. Thank you for your patience.



SENIOR EXCURSION

RUBEL'S CASTLE

Rubel's Castle, in Glendora, is a historic monument. It is made of recycled material and took over 20 years to build. Rubel's has been featured on Huell Howser's California Gold, has had presidential visits, movie star parties and a visit by Prince Philip and the Archbishop of Canterbury.

TUESDAY, DECEMBER 12, 2023

9:00AM – 3:00PM

Registration Opens
Wednesday, November 1, 2023
Call Community Serices
626.355-5278

\$26 Lunch not included



WALKING SIERRA MADRE - The Social Side

by Deanne Davis

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



We have survived another Thanksgiving. Actually, Thanksgiving was pretty much wonderful. I guess where I am the day or so after Thanksgiving is counting blessings and naming them one by one. Blessings are small things. They seldom arrive on a pink unicorn tossing glitter about.

Blessings are a shared moment you didn't think would happen. They are unexpected hugs, a text from someone you haven't heard from for a while. It's pulling out the pictures of turkeys the kids have drawn since they were very little and taping them up where everyone could admire them. It's using the pinecones turned into turkeys with a little construction paper and pipe cleaners.

You probably did the same thing at your house. I hope you kept all those Thanksgiving art projects. They become more precious as the years go by. The picture today is one of those.

A blessing is a lovely meal where we all held hands around the center island where all the food was waiting and said we were thankful for pretty much what you'd expect... health, family, each other. We ate too much, enjoyed eggnog, dozed through a movie or two on Disney + and, even though we knew eating one more thing would be dangerous, we devoured pumpkin cheesecake anyway. No, we will not be weighing ourselves for a few days.

*"Count your blessings, name them one by one,
Count your many blessings,
See what God has done."
Johnson Oatman, Jr. (1897)*

The two things my family like best for Thanksgiving are creamed spinach and Lime Jell-O Salad. Everybody has some sort of Jell-O salad thing but mine was shared with me by my Aunt Helen many years ago. My aunt was renowned for being a person who never said anything unpleasant or unkind about anyone, unlike Teddy Roosevelt's daughter, Alice Roosevelt Longworth who famously said, "If you haven't got anything nice to say about anybody, come over here and sit right next to me."

My Aunt Helen has been in heaven for quite a while now, but she lives on for me and our family whenever we make her famous Green Jell-O Salad. Yes, I know Thanksgiving is over and we're giving serious thought to Christmas shopping...how could we not when every store is stuffed with Christmas stuff and we were lucky to be able to find some Thanksgiving napkins! The thing about Helen's Green Jell-O Salad is that everybody likes it, it's gone almost immediately and you can make it again for Christmas dinner.

Just another thought about my Aunt Helen...she never married or had children of her own, but she loved me dearly and I can still see her sitting on the floor with a shaded lamp, reading Winnie the Pooh to me when I was about five and had a serious case of measles. Yes, another one of those blessings I can count. She sewed doll clothes for me on her treadle sewing machine, helped me write and memorize a long report on Victoria Falls when I was in third grade and was a blessing to me all her life.

HELEN'S GREEN JELL-O SALAD

- 1 regular size package lime Jell-O
- 2 cups boiling water
- 24 oz. can crushed pineapple
- 1 Tb. lemon juice (you can add more if you like)
- 2 cups miniature marshmallows
- 1 8-oz container whipping cream whipped till it's nice and thick.

Put the Jell-O into whatever dish you plan to serve it in. Drain the pineapple juice into the Jell-O, but not the pineapple. Add the marshmallows, the 2 cups boiling water, the lemon juice and stir till the Jell-O is completely melted. Refrigerate. Keep a close eye on this as you want it to thicken, but not completely set. Add the pineapple and whipped cream and mix well. Be sure all the Jell-O is off the bottom and mixed in. Refrigerate until completely firm. You can add walnuts or pecans. You can double this with complete impunity and great success. Easy, but you can't go to the movies till it's totally set.

"Give thanks to the Lord, for he is good; his love endures forever." Ps. 107:1

"I haven't even finished eating all my Halloween candy!"
Sally Brown, "A Charlie Brown Thanksgiving"

My book page: Amazon.com: Deanne Davis
There are treasures there! Trust me!
Including "Star of Wonder - A Christmas Love Story"

WHAT'S HAPPENING AT THE SIERRA MADRE PLAYHOUSE



Our holiday show begins this Friday! Cori Cable Kidder's Holiday Spectacular: A 1940s Christmas Revue will play on our stage from Nov 24 (the day after Thanksgiving) through Dec 23.

These original WWII-era military-themed holiday concerts star Sierra Madre Playhouse's Patsy Cline, Cori Cable Kidder, who received an Ovation nomination for her 2015 Sierra Madre Playhouse performance following a four-month run of sold-out performances of Always...Patsy Cline. You won't want to miss Cori performing military and holiday classics of the 1940s, with live musical accompaniment by Sean Paxton on piano and a 3-piece band.

For this Black Friday weekend only, use code CHEER20 to take 20% off regular ticket prices!

SIERRA MADRE COMMUNITY CALENDAR

Mountain View News Saturday, November 25, 2023

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	60s	Lows	50s
Thur	Sunny	Hi	60s	Lows	50s
Fri	Sunny	Hi	60s	Lows	50s

Forecasts courtesy of the National Weather Service

SIERRA MADRE CITY MEETINGS SIERRA MADRE CITY COUNCIL MEETING

November 28, 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.



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.

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CLOSED SUNDAYS - JUNE THROUGH DECEMBER

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Sierra Madre Woman's Club

550 W. Sierra Madre Blvd. 2023: 116 Years

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

Man Found Shot to Death in Local Park

The brother of a former Los Angeles Lakers player was found dead early Saturday morning after Pasadena police responded to a gunshot alert in Northwest Pasadena.

According to police, on November 18, at 4:10 a.m., officers responded to Washington Park located in the 700 block of East Washington Blvd. regarding a ShotSpotter gunshot detection alert. Upon arrival, officers found 64-year-old Mickey Cooper in the park who had sustained gunshot wounds and was unresponsive.

Cooper, a Pasadena resident, was pronounced deceased at the scene. Detectives from the Pasadena Police Department's Robbery / Homicide Unit (RHU) responded to the crime scene to initiate an immediate follow-up investigation into the shooting.

Mickey Cooper is the younger brother of former Los Angeles Lakers player Michael Cooper.

Detectives coordinated an arrest operation with members of the US Marshal's Pacific Southwest Regional Fugitive Taskforce and arrested 24-year-old Aaron Miguel Conell without incident.

On Tuesday, the Los Angeles County District Attorney's Office charged Conell with Murder, Attempted Murder and Assault with a Semiautomatic Firearm. Bail was set at \$4,025,000.

During the investigation, PPD provided extra service and security to the park.

Anyone with information about this case is encouraged to call the Pasadena Police at (626) 744-4241 or report information anonymously by contacting "Crime Stoppers" at (800) 222-TIPS (8477), or smartphone by downloading the "P3 Tips" Mobile App Store, or online at: lacrimestoppers.org.

Pasadena Library Free Health Screening

The Pasadena Hastings Branch Library is set to provide free health screening December 20 at 10 a.m. Registered nurses from Huntington Health provide free blood pressure and blood glucose screenings for hypertension and diabetes, referrals and health education. A two-hour (minimum) fasting time is required before blood glucose testing. No appointment necessary.

Hastings Branch Library is located 3325 E Orange Grove Blvd.

For more information visit: cityofpasadena.net/library.

Doo Dah Parade Swarms Old Town



Pictured: (top) the start of the 44th Occasional Pasadena Doo Dah Parade, (bottom) Doo Dah Queen Mama's Sunshine. Photos by D. Leel/MVNews

Dodging the rain, with perfect weather, the Occasional Pasadena Doo Dah Parade celebrated 44 years of irreverent frolicking Sunday, returning to its original route in Old Pasadena.

"Pasadena is hooked up with the man or woman upstairs and made it happen," Tom Coston Doo Dah Parade co-organizer said. "The rain made everything beautiful and sparkly."

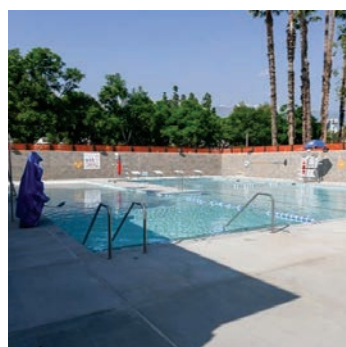
Doo Dah Queen "Mama's Sunshine," AKA Natalie Flores of Los Angeles was showered with tortias as she

rode down the parade in a vintage tan convertible.

The parade showcased upwards of 100 parade entries of every description, Coston said, including art cars, mutant vehicles, rockers, punk bands, performance artists, showstoppers, zany dancing troupes, and political pundits.

The Doo Dah Parade began as a grassroots event in 1978 and gained national attention for its eccentric and, often, irreverent satire. It is best known as the "twisted sister" of the Rose Parade.

Pasadena Wins Awards for Two Public Works Projects



Director of Pasadena Public Works Tony Olmos announced Wednesday that the city has won two 2023 American Public Works Association ("APWA") BEST awards for two public works projects: Renovation of Honorable John J Kennedy Pool and Pool Building, and Union Street Protected Cycle Track.

According to Olmos, Each year, APWA A Southern California Chapter recognizes Public Works projects that are ranked to be the best in their respective project category based on enhanced performance, uniqueness, and impact to the quality of life in the community.

Pasadena competed against other similar-sized cities in the Southern California region for the following awards: The Renovation of the Honorable John J Kennedy Pool and Pool Building project won Project of the Year in the Recreational and Athletic Facilities category as a facility that meets the needs of a diverse, largely disadvantaged community and fosters a healthy lifestyle for residents of all ages and abilities. Through an extensive community engagement process, the new

4,141 square-foot heated pool and the renovated pool house can now accommodate the year-round programming desired by local residents including swim lessons, water aerobics, parent-and-me classes, recreational and lap swimming, and lifeguard training. The project also included a new youth and teen center.

The Union Street Protected Cycle Track project won Project of the Year in the Traffic, Mobility and Beautification category by providing a safe all-ages facility for bike riders to use to travel through Pasadena's dense, car-centric historical downtown area. The new cycle track is a fully signalized 1.5-mile two-way protected bikeway along Union Street and a quarter-mile bike boulevard along Holliston Avenue in the commercial and cultural core of the City. The project includes modifications to 14 existing traffic signals, installation of six new traffic signals, and pedestrian crossing improvements and updated curb ramps at all affected intersections.

For more information about these projects visit: cityofpasadena.net.

Pasadena Mayor set to hold Annual Tree Lighting



Join Pasadena Mayor Victor Gordo for the Mayor's Annual Holiday Tree Lighting Ceremony, 5-7 p.m., Friday, Dec. 1, at City Hall, 100 N. Garfield Ave. Bring family and friends to this free celebration featuring local singers and dancers, crafts for kids provided by Armory Center for the Arts, light refreshments, and a special appearance by jolly ol' Santa Claus. Have your camera handy to capture some festive holiday moments at several photo stops available throughout the event.

Mayor Gordo will light the City's official tree at 6 p.m., so come early for parking and a prime viewing spot at City

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

The night will feature performances by local youth groups.

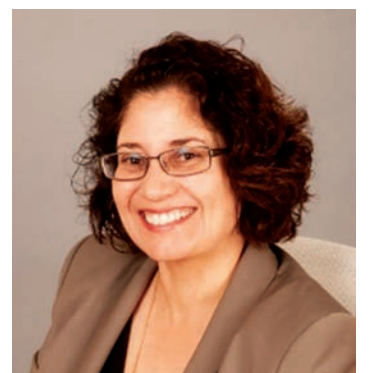
For more information visit CityOfPasadena.net, or call the Citizen Service Center Monday through Friday during business hours at (626) 744-7311.

South Pasadena: Dr. Beatriz Solis Memorial Park Groundbreaking

The City of South Pasadena invites the community to attend a groundbreaking and naming December 13 at 3:30 p.m., of the new Dr. Beatriz Solis Memorial Park that memorializes the popular community leader, advocate, and resident.

The park is located at 2006 Berkshire Avenue.

Dr. Solis was a long-time South Pasadena resident, and a tireless advocate of parks. She played an integral role in the City Council's decision to purchase the Berkshire property from Caltrans, and her desire was to secure the land for a neighborhood pocket park in the northern section of South Pasadena, to add open space in the area. Dr. Solis was also a crucial participant in the South Pasadena Educational Foundation assisting in building strong schools in South Pasadena where her two sons attended and graduated. Dr. Solis is renowned locally, in the region, the state, and nationwide for her contributions to education, access, equity, and inclusion. The family continues to reside in and contribute to the South Pasadena community.



In recognition of her exemplary service, the South Pasadena City Council unanimously voted to name the park in her honor. The open space project is made possible through funding from the voter-approved Los Angeles County Measure A funds. Dr. Beatriz Solis Memorial Park will feature a new four-square court, fitness equipment, seating areas, open play space, and additional safety elements and site enhancements.

This event will bring together the community, local leaders, as well as the family and friends of Dr. Solis to commemorate her life and contributions to the community. More information about the Dr. Beatriz Solis Memorial Park is available at:

southpasadenaca.gov/pocketparks.

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San Marino Upcoming Events & Programming

Shop 'till You Drop Holiday Shopping Shuttle to Citadel Outlets, Commerce

Tuesday, December 5 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!

Tween Holiday Prep Shop

Thursday, December 7 at 3:30 PM, Barth Community Room

Is your tween looking for the perfect gift for friends and family? Then send them on down to our one-stop shop to choose, create, and wrap holiday crafts to give. All materials will be provided at this exclusive tween-only (grades 4-6) event. Registration is recommended.

Home for the Holidays: Light Up San Marino!

Registration: November 26 - December 10
Voting: December 11 - 17

Do you have the most festive home or business in town? Enter our 3rd annual holiday decorating contest! Online registration will be open November 26 - December 10. Entries will be placed on the Holiday Decorating Contest map on December 11. This year, 3 winning entries will be selected by the Mayor, Recreation Commission, and YOU! Community members have the opportunity to participate by voting for their favorite entries by "liking" them on Facebook. Winners will receive a gold-ribbon yard sign and gift card to The Huntington Store.

Home for the Holidays: Tree Lighting Ceremony & Mayor's Reception

Friday, December 8 from 5 PM - 7 PM, Corner of Huntington Drive and San Marino Avenue

Join us as we kick-off Home for the Holidays festivities. There will be a warm holiday glow around City Hall to honor the 71-year history of the Holiday House Bus Shelter: A San Marino Tradition. Join us for the tree lighting ceremony and watch Santa arrive by fire truck. In addition, there will be photos with Santa and Mrs. Claus, hot dogs, hot chocolate and cider, holiday cookies, festive selfie stations, kid's craft table, and performances by the Valentine and Carver Elementary School Choir. Event is FREE and everyone is welcome!

West Nile Virus Detected

The city was notified that a mosquito trapped in San Marino tested positive for West Nile Virus. Public health agencies detect West Nile virus every year in L.A. County, which means it's endemic and found naturally in our city environments. City staff are working with the Greater Los Angeles County Vector Control District (GLACVCD) to monitor the situation. For questions regarding mosquito inspections and testing, contact GLACVCD at (562) 944-9656. To read more about West Nile Virus and what you can do to protect yourself and your family, visit: glamosquito.org/west-nile-virus.

Meetings

Library Board of Trustees

Monday, November 27 at 8:00 AM; Barth Room and Zoom (Public Access)

Design Review Committee

Wednesday, December 6 at 6:00 PM; Barth Room and Zoom.

San Marino Board Member Needed for the GLACVCD

The City of San Marino seeks a volunteer to fill an opening as a Board Member on the Greater Los Angeles County Vector Control (Mosquito Abatement) District Board of Trustees. San Marino residency is required, and the member appointed shall be an elector of the City. Board member duties and responsibilities include setting policy, establishing the budget, approving expenditures, and retaining legal counsel. More information about GLACVCD can be found at: glamosquito.org. Applications are due November 30. If you have questions regarding this recruitment, please contact the City Clerk at (626) 300-0705 or CityClerk@CityofSanMarino.org. Further details and the application can be found at: cityofsanmarino.org/government.

Paper: Brain Circuit Controls if Salt Tastes Good or Bad

New research from Caltech scientists is showing us more about how the brain regulates when the flavor of salt is yuck or yum.

Having the right amount of sodium in your body is so crucial, in fact, that parts of your brain work hard to make sure you're getting the salt that you need. If you've ever been hit by a sudden craving for potato chips, that may have been your brain at work. On the other hand, if you're thirsty, salted snacks might sound like the last thing you to eat.

"Low sodium concentration is palatable, while higher concentrations—for example, ocean water—taste disgusting," says Yuki Oka, Professor of Biology and Heritage Medical Research Institute Investigator. "But when you're really in need of salt, you don't mind the bad taste. The palatability or 'tastiness' of salt changes based on its concentration and the body's internal sodium need."

The body meticulously regulates blood sodium levels to stay within a narrow range of 135 to 145 millimolar. This is accomplished through precise control of salt consumption and retention. To keep sodium levels precisely balanced, the brain must control both attraction and aversion to salt. In 2019, researchers in the Oka lab discovered the brain circuit that drives cravings for salt in mice. Stimulating these "salt-appetite" neurons, located at the base of the skull in a region called the hindbrain, triggered an immediate appetite for salty food. But the mechanisms regulating an aversion to salty tastes remained unanswered.

New findings from the Oka lab reveal a distinct neural circuit in the mouse brain responsible for regulating tolerance towards the negative taste associated with sodium. These neurons are located in the forebrain, far from the salt-appetite neurons. Unlike the previously identified salt-appetite neurons, activation of the tolerance neurons does not prompt active seeking of sodium. Instead, activity of these neurons enables mice to accept or tolerate high levels of salt that would usually be aversive, in order to efficiently replete sodium levels in the body. Blocking the tolerance neurons results in mice rejecting aversive salt, even if low on sodium. The simultaneous operation of forebrain tolerance and hindbrain appetite circuits is crucial for maintaining sodium



levels within the body.

The researchers found that the tolerance neurons are not directly connected to the salt appetite neurons, and appear to function independently. How, then, does the body regulate the activity of the newly discovered circuits?

The new study shows that, intriguingly, the tolerance neurons have receptors for the hormone prostaglandin E2 (PGE2) on their surfaces, suggesting that their activity is modulated by this hormone circulating through the bloodstream. This is a novel revelation—prostaglandin, commonly associated with inflammation, had not previously been linked to sodium intake. According to Yameng Zhang, a graduate student in the Oka lab and the lead author of the new study, "This unexpected association between prostaglandin and sodium consumption raises important questions regarding how an inflammatory state might influence sodium intake, offering new insights into the interplay between sodium levels and the body's pro-inflammatory condition."

The results are reported in a paper appearing in the journal *Cell* on November 20.

The paper is titled "Parallel Neural Pathways Control Sodium Consumption and Taste Valence." A graduate student, Yameng Zhang is the first author, with additional co-authors from Caltech including graduate student Tongtong Wang, former postdoctoral scholar Allan-Hermann Pool (now an assistant professor at the University of Texas, Southwestern), postdoctoral scholar Lu Liu, and former Caltech undergraduate Elin Kang.

Yuki Oka (pictured) is a member of the Tianqiao and Chrissy Chen Institute for Neuroscience at Caltech.

Early Literacy Family Workshop at the South Pasadena Library

The South Pasadena Public Library is offering an Early Literacy Family Workshop, Playing, Discovering, Reflecting, on December 6

from 10:00 a.m. -11:00 a.m. in the Library Community Room at 1115 El Centro Street, South Pasadena, CA. This workshop is designed for children ages 2- to 4-years old and their parents and caregivers. During the workshop, parents and caregivers will learn about creating learning experiences and environments that support the development of their child's complex intellectual thinking, deep conceptual thinking, and creative problem-solving abilities – skills that will help them throughout their lives and better prepare them for school. After a brief discussion of research that outlines the skills and conditions that matter most for a child's success in school, the children and their caregivers will rotate through three creative, fun, open-ended, hands-on activities. All supplies will be provided. Registration is required and will be limited to the first 40 people.

Sign up for this event at: southpasadenaca.gov/register or contact the Children's Services Librarians at childrenlibrarian@southpasadenaca.gov or (626) 403-7358 for any questions.

The South Pasadena Public Library is located at 1100 Oxley Street in South Pasadena. Visit the Library website at <https://www.southpasadenaca.gov> for information about services and programs. The Library is open Monday, Friday, Saturday 10:00 AM–6:00 PM, Tuesday, Wednesday, Thursday 10:00 AM–8:00 PM and Sunday 1:00 PM–5:00 PM.

Representatives Urge NASA to Reverse Cuts to Mars Program

Representative Adam Schiff and U.S. Senator Alex Padilla (D-Calif) led a bipartisan and bicameral letter Wednesday, joined by U.S. Senator Laphonza Butler (D-Calif) and Representatives Judy Chu, Mike Garcia (R-Calif.), and Young Kim (R-Calif.), urging NASA Administrator Bill Nelson to reverse unilateral funding cuts to the Mars Sample Return (MSR) mission, which would result in the loss of hundreds of California jobs, ensure the Jet Propulsion Laboratory (JPL) misses its 2030 launch window, and lead to the cancellation of billions of dollars in contracts supporting American businesses.

Full letter text below:

Dear Administrator Nelson,

We write to express our strongest opposition to NASA's recent unilateral and unprecedented decision to prematurely move forward with funding cuts to the Mars Sample Return (MSR) mission before Congress has finalized its Fiscal Year 2024 appropriations process. This short-sighted and misguided decision by NASA will cost hundreds of jobs and a decade of lost science, and it flies in the face of Congressional authority.

The 2023 Planetary Sciences Decadal Survey identified the completion of MSR as NASA's highest scientific priority. For the first time in human history, we would launch a spacecraft from the surface of another planet and give our scientists the opportunity to directly analyze samples from Mars. The capabilities demonstrated and science returned by MSR would ensure American leadership with regard to Mars and pave the way for eventual human exploration of the planet. Furthermore, space technological innovation is a critical aspect of our ongoing strategic competition with China and Russia.

The recently commissioned Independent Review Board (IRB) assessment of the MSR Program's implementation plan and management approach reiterated that MSR should be a national space exploration priority, given its scientific and strategic importance. Coupled with changes in the NASA program management structure of MSR and the expeditious finalization of modified mission architecture, funding levels consistent with FY 2023 levels are necessary to ensure a launch no later than 2030 to get samples into the orbit of Mars.

China is rapidly expanding its space program with a new space station, a goal of landing taikonauts on the moon by the end of this decade, a stated intention of being the first to return samples from Mars, and an aggressive vision for more ambitious endeavors such as building infrastructure in space, missions to the outer solar system, and creating a space governance system. U.S. Space Force General B. Chance Saltzman, chief of space operations, said in March 2023 that the U.S. must maintain a status of "perpetual competition." The MSR mission is critical to staying well ahead of the competition in strategic space technologies, meeting the national security challenge posed by China, and maintaining our current competitive advantage.

It is important to note that the House appropriations bill that funds NASA recognizes the critical nature of the MSR mission and would fund it at \$949.3 million, equal to the President's Budget request, and includes the following direction:

Mars Sample Return.—The Committee supports consistent funding for the Mars Sample Return mission. The Committee directs NASA to allocate no less than \$949,300,000 for this mission. In accordance with the pending Independent Review Board's results, and considering the existing architecture committed to successfully returning samples to Earth, the Committee directs NASA to ensure that its fiscal year 2025 budget request includes the funding necessary to complete the mission launch no later than 2030.

Therefore, we are mystified by NASA's rash decision to suggest at this stage of the appropriations process that any cuts would be necessary. If forced to operate at the unnecessarily low funding level prematurely directed by NASA in its November 8 letter, the Jet Propulsion Laboratory (JPL) will not be able to meet the 2030 launch window, billions of dollars in contracts supporting American businesses will be subject to cancellation, and hundreds of highly skilled jobs in California will be lost. This talent represents a national asset that we cannot afford to lose, and if this uniquely talented workforce is lost to the private sector, it will be near impossible to reassemble.

NASA's deeply short-sighted and misguided decision to unilaterally adjust the funding allocation granted to JPL to carry out the MSR mission violates Congress's appropriations authority. Therefore, we strongly urge you to rescind NASA's November 8th funding directive to JPL and not take any further steps to adjust funding levels for the mission until Congress enacts final FY24 appropriations for NASA.

We look forward to working with you to complete Fiscal Year 2024 appropriations legislation that fully funds NASA – including the MSR program, promotes our national security priorities in space, and keeps the United States at the forefront of scientific and technical achievement in space.

For More information visit: schiff.house.go.

Friends of the Pasadena Library Bookstore to Open

The Friends of the Pasadena Public Library (FOPPL) and Bookstore will open soon with a variety of used books, DVDs, CDs, LPs and lots and lots of children's books for you to select from. They are targeting Tuesday Jan. 9, as an opening date. Look for more details to follow in the January/February issue of Off the Shelf at: cityofpasadena.net/library.

The new bookstore location is the former Jefferson Elementary School campus, 1500 E. Villa Ave. (between Hill and Allen), east of the Jefferson Library Branch. Opening hours will be Tuesday, Thursday and Saturdays from 11 a.m. to 4 p.m. They hope to expand the hours in a few months. A donation bin is located to the east of the Jefferson Branch Library on the grass near the huge tree. Donations will be accepted only at this location not at any branch libraries. We are accepting all used books in good condition, except textbooks, magazines and cassettes. For large donations, contact Adrienne at phrogg8@gmail.com to make an appointment.

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Join us for a pancake breakfast, entertainment, crafts, and an opportunity to take a photo with Santa!

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For more information, please contact the Community Services Department at:

(626) 403-7380
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specialevents@southpasadenaca.gov

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

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

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“VOCES FESTIVUS”
 Upcoming San Gabriel Valley Choral Company Concert

Monrovia, CA: The award-winning San Gabriel Valley Choral Company (SGVCC) invites the public to attend “Voces Festivus,” a beautiful blend of traditional and exciting contemporary holiday music, on Saturday, December 2nd at 7:30 p.m. at the historic St. Luke’s Episcopal Church in Monrovia (122 South California Avenue).

SGVCC is conducted by Artistic Director Drew Corey. Corey is a composer, performer, and conductor whose practice focuses on bringing new choral music to a broader audience. She is an active artist in the Los Angeles area. In 2013, Corey founded the Contemporary Vocal Ensemble at the California Institute of the Arts to perform new works by students, faculty, and alumni. In early 2016, Corey co-founded C3LA:

The Contemporary Choral Collective of Los Angeles, a collectively run ensemble dedicated to performing outstanding new choral music and providing a venue for multi-talented singer-composers and singer-conductors to collaborate. She composes, conducts, and sings with the ensemble. In 2019, she became composer-in-residence for the Iris Company, a dance company dedicated to creating thought-provoking and moving experiences through dance, immersive performance, and film. As a composer, she creates works for choir, chamber ensemble, and solo performance, as well as interdisciplinary works for orchestra, theater, and dance. Her works are known for featuring aleatoric structures, her signature cellular writing, floating melodies, and large harmonic textures. Corey received her degree in Composition from the California Institute of the Arts.

Tickets are \$25 for general admission, \$20 for seniors and students, and \$10 for children under 12. Tickets may be purchased online at www.sgvccsingers.org or by sending checks payable to “SGVCC” to 2648 E Workman Ave, Ste 3001 #312, West Covina, Ca 91791. Tickets will also be available at the door. SGVCC is committed to welcoming all music lovers regardless of their ability to pay the full ticket price.

SGVCC has been bringing stunning choral music to the community since 1995. The SGVCC is a 501 (c)(3) nonprofit connecting singers and audiences through accessible and diverse programming, quality performances, and community service. SGVCC envisions a world elevated through the power of song.

For more information about The San Gabriel Valley Choral Company, please visit sgvccsingers.org.

ALL THINGS By Jeff Brown

BOB DYLAN'S FOREVER YOUNG

May God bless and keep you always,
 May your wishes all come true,
 May you always do for others
 And let others do for you.
 May you build a ladder to the stars
 And climb on every rung,
 May you stay forever young,

May you grow up to be righteous,
 May you grow up to be true,
 May you always know the truth
 And see the lights surrounding you.
 May you always be courageous,
 Stand upright and be strong,
 May you stay forever young,

May your hands always be busy,
 May your feet always be swift,
 May you have a strong foundation
 When the winds of changes shift.
 May your heart always be joyful,
 May your song always be sung,
 And May you stay forever young.

Rupert Spira Quote

"The discovery that peace, happiness and love are ever-present within our own Being, and completely available at every moment of experience, under all conditions, is the most important discovery that anyone can make". His videos are on Youtube

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JOIN US FOR DUARTE'S ROUTE 66 SIGN DEDICATION CEREMONY

Duarte community members and residents are invited to the Route 66 Sign Dedication Ceremony at noon on Wednesday, November 29 at 2315 Huntington Drive. This event memorializes the impact that US Route 66 has had on Duarte’s history.

At the event, the City of Duarte will dedicate the Route 66 sign to the City Council and present a new plaque to our current City Council for their contribution to the installation of the sign. The plaque will also include a special thanks to Alan and Claudia Heller, who inspired the idea of the Route 66 sign.

The City of Duarte installed the new Route 66 art sign on the Northeast corner of Huntington Drive and Mount Olive Drive on October 12, 2023. The Duarte City Council approved the contract for the new art piece as a unique way of highlighting the historic Route 66 in the City of Duarte.

To learn more about the Route 66 Sign Dedication Ceremony, please call Duarte City Hall at (626) 357-7931.

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Young & Healthy Parent Workshop
Tuesday, November 28 @ 6pm

A virtual Parent Workshop provided by Young & Healthy.

HOW TO HELP OUR CHILDREN HANDLE STRESS AND ANXIETY-

Stress and anxiety are a normal part of life. Some stress is healthy, it motivates us to learn, helps us to focus, and pushes us to explore outside of our comfort zone. When the stress that we experience becomes greater than our ability to handle that stress or greater than the resources that we have to address our stressors, that is when we are at risk for toxic stress, burnout, and anxiety. Join this discussion to learn to recognize the warning signs and some things that we can do learn how to handle stress and anxiety.

For more information Email Liz Arnold: larnold@yhpasadena.org

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(626) 355-2410
Head of School, Jo-Anne Woolner
website: www.goodenschool.org
- High Point Academy**
1720 Kinneloa Canyon Road
Pasadena, Ca. 91107
Head of School: Gary Stern 626-798-8989
website: www.highpointacademy.org
- La Salle College Preparatory**
3880 E. Sierra Madre Blvd. Pasadena, Ca.
(626) 351-8951 website: www.lasallehs.org
Interim Principal Ernest Sivy
- Monrovia High School**
325 East Huntington Drive, Monrovia, CA 91016
(626) 471-2800 Principal Darwin Jackson
Email: schools@monrovia.k12.ca.us
- Odyssey Charter School**
725 W. Altadena Dr. Altadena, Ca. 91001
(626) 229-0993 Head of School: Lauren O'Neill
website: www.odysseycharterschool.org
- Pasadena High School**
2925 E. Sierra Madre Blvd. Pasadena, Ca.
(626) 396-5880 Principal: Mathew Kodama
website: http://phs.pusd.us
- St. Rita Catholic School**
322 N. Baldwin Ave. Sierra Madre, Ca. 91024
Principal: Adela Solis (626) 355-6114
solis@st-ritaschool.org
Website: www.st-ritaschool.org
- Sierra Madre Elementary School**
141 W. Highland Ave, Sierra Madre, Ca. 91024
(626) 355-1428
Principal: Dr. Jodi Marchesso
E-mail address: marchesso.jodi@pusd.us
- Sierra Madre Middle School**
160 N. Canon Sierra Madre, Ca. 91024
(626) 836-2947 Principal: Garrett Newsom
E-mail address: newsom.garrett@pusd.us
- Walden School**
74 S San Gabriel Blvd
Pasadena, CA 91107 (626) 792-6166
www.waldenschool.net
- Weizmann Day School**
1434 N. Altadena Dr. Pasadena, Ca. 91107
(626) 797-0204
Lisa Feldman: Head of School
- Wilson Middle School**
300 S. Madre St. Pasadena, Ca. 91107
(626) 449-7390 Principal: Ruth Esseln
E-mail address: resseln@pusd.us
- Pasadena Unified School District**
351 S. Hudson Ave., Pasadena, Ca. 91109
(626) 396-3600 Website: www.pusd@pusd.us
- Arcadia Unified School District**
234 Campus Dr., Arcadia, Ca. 91007
(626) 821-8300 Website: www.ausd.net
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325 E. Huntington Dr., Monrovia, Ca. 91016
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Website: www.monroviashools.net
- Duarte Unified School District**
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(626)599-5000
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Chatter works so hard making her...

Newspaper Fun!

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Holiday Foods and Treats

plum
goose
fruitcake
ham
gingerbread
mincemeat
tamales
Christmas
eggnog
Yule log
sugarplum

1. traditional Mexican Christmas dish, popular in southwest U.S. – corn dough with spicy pork or beef filling, wrapped in corn husks before cooking – served with sauce, cream or crumbly fresh cheese

2. treat of sugar, fruits and nuts: rolled into a ball or shaped to look like a fruit or a star

3. meat glazed with honey, brown sugar, mustard and pineapple juice

4. this pie is mostly dried fruit such as raisins – used to be made of chopped meats

5. cake made with candied fruit, nuts, spices

6. treat shaped into a cookie or a house

7. bird roasted, stuffed with apples, prunes, onions and sweet chestnuts (Germany, the United Kingdom and China)

8. pudding; been around for 600 years! – made with meat, pastry and fruits

9. spongy cake rolled like a log and, when cooled, filled with cream – decorated with powdered sugar, candy mushrooms and fresh berries; Bûche de Noël

10. yolks, milk, sugar and cream drink – often spiced with cinnamon or nutmeg

soofganiot
marshmallow
latke
loukoumades
kugel

Hanukkah

Hanukkah is a Jewish holiday that honors the victory the Maccabees (a Jewish group) had over their enemy. It celebrates the rededication of their Temple in Jerusalem after it had been ruined. There was only enough oil in the lamps to keep the eternal flame in the Temple burning for one day. But, the oil kept burning for eight days while fresh oil was prepared! Hanukkah is a joyful celebration of the miracle that lasted for eight days.

1. jelly doughnut served fresh; sugared

2. deep fried puffs dipped in honey

3. part of a cow used in traditional Jewish dishes – holiday pot roast

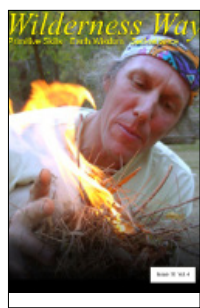
4. _____ Dreidels – treat made using different candies

5. made with egg noodles – can be served with vegetables or fruit

6. potato pancake fried with onions – cheeses or vegetables added

CHRISTOPHER Nyerges [www.SchoolofSelf-Reliance.com]

ADVICE TO WRITERS



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

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

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

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

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

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

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

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

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

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

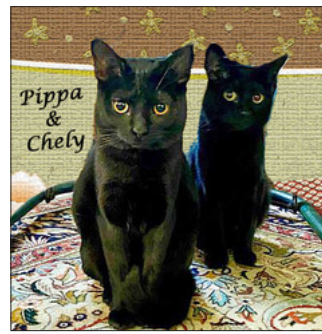
Additionally, once we do research, those notes are good for lectures, podcasts, articles, even books. I have told some of my friends that their life stories are so interesting that they should write them up and get on the Oprah show to discuss it! (Yes, I know Oprah no longer has a show, but she still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

CLASSES AND BOOKS
BY CHRISTOPHER NYERGES
 Self-reliance – survival – sustainability
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Katnip News!



Hi there, we're **PIPPA & CHELY**, a bonded pair of Bombay DSH mix sisters, just a year & a half. Our story started in a tough spot—we were found in a dumpster, left to fend for ourselves as tiny kittens. Luckily, a kind soul heard our plea and rescued us from that dire situation. Now, we're all set and eagerly awaiting a forever home.



Let me tell you a bit about us. Pippa is the outgoing, super sweet, affectionate, and downright lovable sister. She's a cuddle enthusiast and can't resist a good snuggle session. On the other paw, Chely is our sweet and lovable introvert. It takes her a little while to warm up, but once she does, her independent and gentle nature shines through. We're both spayed, vaccinated, and microchipped, ready for the next chapter of our lives. Good news for multi-pet households—we get along great with both cats and dogs. Playtime is a blast for us, and treats? Oh, we can't resist those! We're looking for someone special—someone patient who's willing to give us a chance. Once you get to know us, our wonderful personalities really shine. We absolutely love being petted, and we promise to bring loads of joy and love into your home. So, if you're searching for a dynamic duo that's not only adorable but also comes with a heartwarming tale of resilience, that's us—Pippa and Chely, ready to add a sprinkle of feline magic to your life!



Go to <https://www.lifelineforpets.org/more-cats-all-ages.html>, or use this QR code.

Pet of the Week

Sweet Boo is the kind of dog that wears her emotions on her sleeve—or tail. This happy lady just can't stop wagging her tail and beaming with joy whenever she sees her friends at Pasadena Humane. She's also so quick to roll over for a belly rub that she sometimes tips right over!



Boo enjoys walks and hikes but also likes the opportunity to RUN! She enjoys playing with her favorite stuffy toy and she's always up for a game of keep-away because she finds that hilarious.

Boo is about four years old, seems to be housetrained, and likes to show off how smart she is when treats are involved. She is a master at several cues and wants to learn more.

Are you ready for your Boo?

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.



BEAR-RESISTANT BARRELS



As part of the new program, the City of Sierra Madre has arranged for a 96-gallon bear-resistant barrel to be provided to all single-family residential customers. These barrels will be delivered to your home this fall. As part of this barrel deployment, Athens will collect your old container.

Be on the look out for additional information related to the upcoming bear barrel deployment timeline and your new organics program.

BEAR-RESISTANT BARREL FEATURES INCLUDE:

- Easy-lock lid
- Large capacity, 96-gallon barrel
- Durable and portable

4 BENEFITS of Bear-Resistant Barrels:

- Protects you and your property from damage caused by wildlife
- Locking lid deters bear activity
- Limits litter on the streets
- Keeps bears wild and out of human trash

CONTACT ATHENS SERVICES

AthensServices.com
 (888) 336-6100



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.

Unique Artisanal Gifts for sale in our gallery all month!



Stop by for all your holiday gift shopping!

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

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?

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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.



SMART HOME DEVICES TO HELP SENIORS AGE IN PLACE

Dear Savvy Senior:

I've been talking to my mobility challenged mother, who lives alone, about automating her house with some smart home products to make it more convenient. She's very interested but we'd like to get your opinion as to which types of smart devices are most helpful for seniors aging in place. Searching Daughter

Dear Searching:

If your mother is game, smart home products – such as smart lights, video doorbells and voice-activated speakers – can be very useful for aging in place. These devices can add safety and convenience to a home by providing voice and app-controlled operation, which is extremely helpful for seniors who have mobility issues or reduced vision.

Smart home technology can also provide family members peace-of-mind by giving them the ability to electronically keep tabs on their elder loved one when they can't be there.

If you're interested in adding some smart home products to your mom's house, she'll need home Wi-Fi installed, and she'll need either a smartphone, tablet or smart speaker to operate them. To help you get started, here are some different types of devices to consider that are very helpful to older adults.

Smart speakers: A smart speaker – like the Amazon Echo, Google Nest or Apple HomePod – can serve as the brains of a smart home, controlling the devices with voice commands or automating them.

These devices can also play your mom's favorite music, read audiobooks, make calls, set timers and alarms, provide reminders for medications, appointments and other things, check traffic and weather, answer questions, call for help in emergency situations and much more – all done by voice commands.

Smart light bulbs: To help prevent home falls – which are often caused by fumbling around a dark room looking for a light switch – smart light bulbs will let your mom turn on and off the lights by voice command, smartphone or tablet. These bulbs can also change brightness and color and be programmed to come on and off whenever she wants.

Smart plugs: These small units plug into a standard outlet and connect to the internet. That means your mom can control whatever she plugs into them – from a space heater to a coffee maker – using her voice or



phone.

Video doorbell: Safety is also a concern for older adults, especially those who live alone. A video doorbell would let your mom see and speak to visitors at the door without having to walk over and open it.

Smart locks: For convenience and safety, smart locks would give your mom keyless entry to her home, provide customized access to family, friends and caregivers, and let you monitor who comes and goes from your mom's house.

Smart thermostat: This lets your mom preprogram or manually control the temperature in her home with voice command or via phone, and let you monitor it too.

Smart smoke alarms: These will alert your mom when smoke or carbon monoxide is detected and will also send alerts to your phone if a problem is detected.

Stovetop shut-off: To prevent home cooking fires, smart stovetop shut-off devices, like the IGuardStove, will turn off electric and gas stovetops when left unattended, and will alert you via text.

Medical alert system: These devices provide wearable wrist and/or necklace emergency buttons that would allow your mom to call for help if she were to fall or need assistance. Many systems today also provide voice activated and fall detection features, and caregiver tracking apps that will let you keep tabs on her.

Cameras and smart sensors: If your mom needs more in-depth monitoring, there are indoor cameras you can install so you can see, hear and talk to her from your phone. Or, if that's too intrusive, you can install smart contact sensors on her doors so you can know when she comes and goes, or on her refrigerator door so you can know if she's eating.

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 10-10:45 AM

Chair Yoga

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

WELCOME TO

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

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

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

HULA & POLYNESIAN DANCE

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 7, 2023

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

ANOTHER TURKEY IN THE OVEN

What would Thanksgiving be without a turkey? I read somewhere that over 45 million turkeys are purchased during the Thanksgiving holiday. I'm unsure if that's correct, but I believe it comes close to the mark.

Thanksgiving is always my favorite time because the focus of Thanksgiving is food. Nobody loves food more than I do. I am always anxious for our Thanksgiving dinner to come. This year I had a bit of apprehension before Thanksgiving. The kitchen is just next to the living room, and I was in the living room taking a little snooze, and just as I was waking up, I heard from the kitchen, "I'm going to put that turkey in the oven today."

I didn't hear the conversation leading up to that phrase, but it was a little troublesome. Am I in trouble? What did I do to get in this kind of trouble?

My goal for the day was to find out why she would stuff me in the oven. Then, maybe I can figure out how to avoid that kind of an encounter. Throughout the years, I know I have been somewhat of a turkey. I'm not exactly sure what that means, but it has been referred to me quite often by The Gracious Mistress of the Parsonage. But the resemblance I have with the turkey is above my pay scale.

Nevertheless, I will play this out as best I can, and if I end up in the oven, so be it. Cautiously, I got up and tiptoed out to the kitchen, and looking at my wife, I said, "Is there anything I can do to help you?" Looking at me suspiciously, she asked, "What did you have in mind?" "Anything," I said, "that would help you getting our turkey ready for Thanksgiving." Looking at me for a moment she burst out laughing. Then she said something that has troubled me to this very day. "You want one turkey to help another turkey?"

I had no idea what she was talking about, and for the life of me, I refused to ask her what she meant. If I would've asked her what she meant, the chances are pretty good she would've told me. If I had known what she meant, I probably would have been in deep trouble. Slowly, I went back into the living room and set up my chair to ponder what had just happened. I then heard from the kitchen, "Yes, he said that." Then, there was a burst of laughter. I wished I knew who she was talking to.

Despite this negativity, I decided I would live this Thanksgiving time with a great deal

of positivity. After all, it might be my last Thanksgiving.

It's easy to get down about something, particularly if you don't have all the facts. I often hear somebody say something and misinterpret it because I don't hear everything they say. That can get a person like me into trouble. I can't recall all the times I got in trouble with The Gracious Mistress of the Parsonage because I didn't hear everything she said. She often tells me, "I know, my dear, you can hear but can't listen." She's right on that one. It has cost me a lot down the years not being able to listen. I can hear words, but sometimes I misinterpret them to mean something altogether different and what they mean.

That was a little over a week ago, and we had a wonderful Thanksgiving with the family. The turkey on the table was very delicious. I don't think I've had a better turkey all my life.

Cautiously, as I took a bite of that turkey, I glanced over at The Gracious Mistress of the Parsonage. I was trying to find out a clue as to what I heard on the telephone this past week. She was paying me no attention and just enjoying the family around the table.

The next day, after it was all over and all the family had gone home, I sat in the living room relaxing and watching a little TV. On my mind was that turkey we had yesterday. Then, a thought just got a hold of me at that time.

I thought that the center of our Thanksgiving dinner was the turkey. Everybody was talking about the turkey and how delicious it was. That got me thinking about my situation.

If the Thanksgiving turkey is the center of our family get-together, perhaps when my wife refers to me as a turkey, it means I'm the center of our family. That never occurred to me before. I didn't want to test it with The Gracious Mistress of the Parsonage, I thought better. Sometimes, what you don't hear can be a blessing.

Thinking about this later that day I was reminded of what Jesus said. "If any man have ears to hear, let him hear. And he said unto them, Take heed what ye hear: with what measure ye mete, it shall be measured to you: and unto you that hear shall more be given" (Mark 4:23-24). I have an obligation to listen to what I am hearing. This has a degree of obedience that is important in my Christian life. I will be held accountable to what I am hearing. That means it is important to hear everything. If I miss a word I could get the whole thing wrong which would have consequences in my life.

FITNESS FOR LIFE

MINDFUL FITNESS by Michele Silence

In the journey towards optimal health and fitness, integrating mindfulness practices is gaining recognition for its profound impact on both the body and mind. Here are just a few of the ways mindful exercises can help you stay fit.

1. Stress Reduction. At its heart, mindfulness means being completely in the present moment and noticing your thoughts and feelings without making judgments. This helps lower stress, which is good for your mental well-being and also has positive effects on your physical health. Stress can be a quiet enemy, causing problems like high blood pressure, a weaker immune system, and difficulty sleeping. Mindfulness tools, like meditation and deep breathing exercises, offer useful ways to handle stress, leading to a healthier lifestyle overall.

2. Improved Mental Agility. Mindfulness helps boost how well your brain works, especially when it comes to focus and paying attention. In a world full of distractions, being able to concentrate during exercise and workouts is essential. When people practice mindfulness, they get better at staying fully focused on what they're doing, whether an entire workout or a specific exercise. This makes them more connected with their bodies, leading to better performance and a more enjoyable fitness experience.

3. Build Mental Resilience. Starting a fitness journey comes with challenges, obstacles, and times when it feels like you're not making progress. Mindfulness becomes vital in these moments. It helps build mental strength by encouraging a positive and calm way of thinking. When people face challenges with this mindset, it's a powerful tool for overcoming tough times. This mental strength is key for sticking with fitness goals over time, as it helps people handle the highs and lows with resilience and determination.

4. Managing Emotions. Feelings are a big part of being human, and they also matter in fitness. Mindfulness helps people notice and understand their feelings without getting too stressed about them. When it comes to exercising, this means recognizing and handling emotions like frustration, anxiety, or impatience.

Consider a challenging workout routine that pushes you past your comfort zone. Without mindfulness, the associated discomfort and fatigue might lead to negative emotional reactions. Instead of becoming disheartened, channel these emotions into motivation, appreciating the challenge as an opportunity for growth.

5. Physical Awareness. The connection between the mind and body is crucial in mindful fitness. Paying attention to how your body feels, moves, and breathes during exercise makes this connection stronger, promoting overall well-being. Imagine doing yoga. By concentrating on your breath and how your body moves, not only do you do the poses better, but you also build a stronger bond between your mind and body. In other forms of exercise, such as weightlifting or cardiovascular workouts, mindfulness helps you pay close attention to form and posture. This heightened awareness not only reduces the risk of injuries but also ensures that the intended muscle groups are engaged, maximizing the benefits of each exercise.

6. Healthy Eating Habits. Mindfulness extends beyond physical activity to influence daily habits, particularly regarding nutrition. Mindful eating involves paying full attention to the sensory experience of eating and being present in the moment. This practice promotes healthier food choices, encourages moderation, and fosters a positive relationship with food—all of which are crucial aspects of overall fitness. Think about a typical mealtime scenario where an individual practices mindful eating. Instead of rushing through a meal while distracted by other things, they savor each bite, paying attention to flavors, textures, and the sensation of fullness. This mindful approach reduces the likelihood of overeating, promotes digestion, and contributes to a healthier overall dietary pattern.

7. Restorative Power. Quality sleep is crucial for physical health. Practices that relax and calm the mind, like meditation, can lead to better sleep. It's like winding down at the end of the day. A mindful bedtime routine might involve gentle stretching or calming activities. It tells your body it's time to rest, promoting more peaceful and refreshing sleep.

8. Personal Growth. Mindfulness helps you know yourself better by boosting self-awareness and self-reflection. Recognizing what your body is telling you is paramount for getting the most out of your fitness routine. Take someone who exercises regularly and practices mindfulness - they become really tuned in to subtle signals, knowing when their body needs a break, when to change how hard they're working out, and when they're in their best physical state.

Mindfulness in fitness is a very simplistic approach to health. This involves listening to your body, managing stress, understanding emotions, and being fully present in each moment.

If you need help getting started with some simple mindfulness activities, contact me at my Facebook page for help.



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

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Mountain Views News Mission Statement

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STUART TOLCHIN PUT THE LIGHTS ON FREE WILL



I am beginning to write this article on November 22, 2023. November 22nd is significant to me because like almost all people of my generation I remember exactly what I was doing on this date exactly 60 years ago. My friend Mike and I were about to enter the building called Dwinelle Plaza on the Berkeley Campus where our political Science class was scheduled. As we walked up the steps we met our friend Rob who was just leaving the building. Rob breathlessly told us that President Kennedy had been shot and that Vice President Johnson had also been injured. As we know now Rob was mistaken (not the only time). It was not the Vice-President who as injured but rather it was Texas Governor John Connally who allegedly was shot by the same bullet which killed Kennedy.

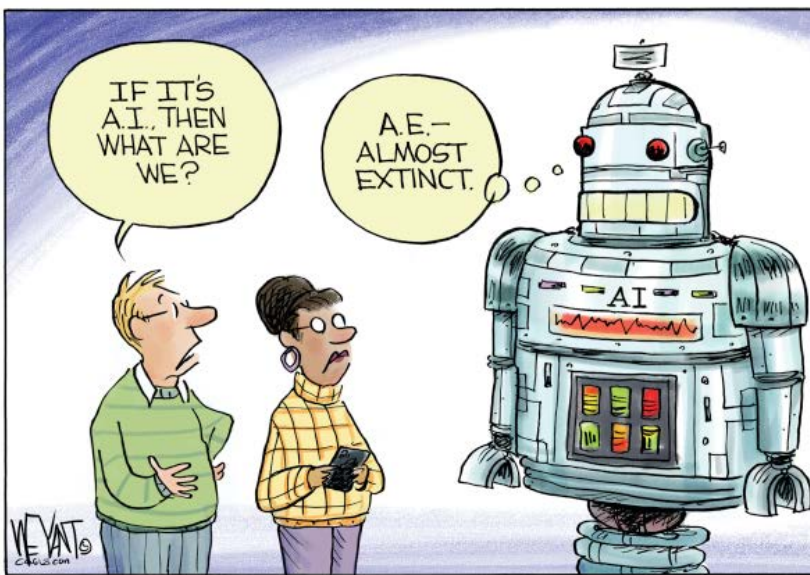
After learning about the shooting I recall going to my Political Science class in which the Professor tried to carry on as usual; but students prevailed and we were allowed to listen to the radio that someone had brought in. The memory of the Poly Sci professor trying to conduct the class as if nothing had happened remains with me as an affirmation of absolutely how irrelevant College humanity classes are to anything but the grueling process whereby one attempts to graduate and get a degree which would make it possible to get a job.

Of course, for males of my generation, College was also vital as it made one eligible for a Student Deferment which for a time protected one from the Draft. At the time that all seemed wonderful to me and after College I went to Law School which provided me with a further deferment. While in Law School I volunteered to work in the evenings with Lawyers Guild Attorneys who were engaged with assisting young males to avoid the draft. At the time I praised myself for being "socially active" and participating in good works. I somehow failed to notice that all the potentially draft-eligible young males we helped were White Middle and Upper Class kids whose parents had urged them to go and see a lawyer.

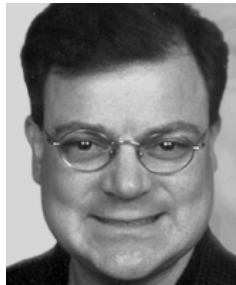
Furthermore, and that is the point of this article, I failed to realize that I had no choice but to do what I did and to live my life as I have. I recently purchased the book entitled DETERMINED A SCIENCE OF LIFE WITHOUT FREE WILL by the author Robert M. Sapolsky. I have taken the trouble to buy the book because I knew I wanted to underline it and make notes in the margins. It is odd for me to buy a book these days because I am rarely able to focus sufficiently to read more than a few chapters. I was surprised that I had spent the money to buy the book especially after hearing a long interview with the author in which he kept repeating the same thing "WE ARE NOTHING MORE OR LESS THAN THE CUMULATIVE BIOLOGICAL AND ENVIRONMENTAL LUCK OVER WHICH WE HAVE NO CONTROL, THAT HAS BROUGHT US TO ANY MOMENT".

Do you get the point? There are no choices! What happens "next" is "determined" by what came before. Included within that what came before, meaning everything in your childhood starting with how you were mothered and what kind of culture your ancestors invented and all the sensory stimuli in your environment, your hormone levels this morning, the socioeconomic status of your parents. Sapolsky is saying that we can make no conscious choices. It is therefore inappropriate for us to be "blamed" for anything bad or "praised" for anything good. This has great significance as applied to the criminal justice system and the concept of "punishment" or "retribution" or "morality. Are Hamas or the Israelis responsible for their actions? Can it be that if you are a Bernie Sanders supporter or a Donald Trump supporter or completely indifferent you had no choice?

I wonder if any reader after reading this article will go out and check the book out of the library or even go so far as to buy the book. If you do demonstrate that behavior (I guess we can't call it a decision) please realize that you had no choice. Please continue to do what you do because that's all you can do. It is my choice to stop now, isn't it?



TOM PURCELL THE DELICIOUS HISTORY OF PUMPKIN PIE



I love pumpkin pie.

It reminds me of so many happy family gatherings when, after clearing the Thanksgiving table, we'd enjoy pumpkin pie, coffee and deeply satisfying conversation well into the evening.

My mother's pumpkin pie has a thick, fluffy crust. She bakes her pie's "well done" with a slight char on the top, giving them a unique and delicious oakly flavor.

Lucky for me, I've enjoyed her unique pumpkin pie experience for many years and will do so again this Thursday.

But after recently learning about the remarkable history of pumpkin pie, I love it more than ever.

According to History.com, pumpkin is a fruit that dates back 10,000 years ago to Central America, where indigenous people boiled and baked it in many forms.

After the "New World" was discovered, European explorers brought pumpkin seeds back home and cultivated them.

Pumpkin soon became part of "England's highly developed pie-making culture, which had for centuries been producing complex stuffed pastries in sweet and savory varieties," says History.com.

When the Pilgrims arrived in America in 1620, they brought their familiarity with pumpkins with them.

In fact, says History.com, "A year later, when the 50 surviving colonists were joined by a group of 90 Wampanoag for a three-day harvest celebration, it's likely that pumpkin was on the table in some form."

Without ovens, though, the Pilgrims initially had no way to make pumpkin pie.

As the Pilgrims flourished in New England, they preferred "apples, pears, and quince tarts instead of their former Pumpkin Pies," wrote Massachusetts

ship captain Edward Johnson in 1654.

This was probably because the process of turning pumpkin into a pie filling was time-consuming and laborious. It was much easier and faster to make a fruit pie.

Perhaps that's the chief reason pumpkin pie didn't catch on in America until 1796 with the publication of America's very first cookbook, "American Cookery," written by New England writer Amelia Simmons.

Simmons' pumpkin pie recipe was unlike any that came before it. She used eggs, sugar and cream to create a filling more like custard or pudding — the delicious filling we enjoy now.

However, it would be years before Simmons' version of pumpkin pie gained popularity beyond the New England region.

That changed in the 1800s as the pumpkin became a symbol of the anti-slavery movement in New England.

"Because pumpkins were a crop that grew easily and required very little labor for cultivation and harvest, pumpkin farming operated as the antithesis of the plantation economies of the South where cash crops like cotton, sugar, and tobacco were being mass-produced through exploitative slave labor," reports YahooNews.

After President Abraham Lincoln proclaimed Thanksgiving a national holiday in 1863, writers, such as Sarah Josepha Hale, published numerous recipes for turkey, stuffing, cranberry sauce and pumpkin pie, which soon became the staples of our iconic Thanksgiving feast.

In 1929 Libby's introduced canned pumpkin-pie filling, which eliminated the labor-intensive process of turning pumpkin into custard — making it easy for everyone to enjoy pumpkin pie every Thanksgiving.

It took 10,000 years for the pumpkin fruit of Central America to make it to England, travel back to America and become a Thanksgiving staple, but if you ever had a bite of my mother's incredible pumpkin pie, you'd know the wait was worth it.

RICH JOHNSON NOW THAT'S RICH PECULIAR HABITS



We all have them. And you would be surprised by the peculiarities of people of significance over the centuries.

Take Vincent van Gogh for example. The Dutch painter, known for his colorful painting, didn't just like looking at vibrant colors. Vince had the strange habit of eating paint. Not just any paint...yellow paint. Something about yellow having a positive effect on his mood. I don't recommend you try it. Yellow or any other color paint for that matter. Have a banana instead. Just the banana, not the peel.

People in the know also knew Queen Victoria of England always had at least one slice of bread with her wherever she went. She never knew when she would run into hungry birds in the park or beggars.

Every time Charles Dickens finished writing a new book, he would rearrange the furniture in his house. Let's see, he wrote 15 novels. But wait a minute. "Chuck" also wrote novellas, nonfiction articles, and hundreds of short stories. I wonder if he would just rearrange the furniture in one room after a magazine article? (I'll have my research department look into it).

Sigmund Freud would smoke upwards of 20 cigars a day believing smoking helped him to think more clearly. Einstein didn't wear socks. Beethoven would pour cold water over his head before he composed, and Napoleon would take an ice cold bath every morning.

Virginia Woolf and Friedrich Nietzsche didn't have much in common except they used standing desks. They wrote standing up.

I wondered whether highly intelligent people had strange habits? Let's check. Hey! Maybe we are highly intelligent and don't know it. Let's keep score: Experts tell us:

1. They daydream! I daydream. You? Are we just spacing out, or participating in a complex cognitive process? Let's think about it. Ouch, thinking hurts!
2. Constantly curious! The experts say we ask seemingly "stupid" questions. That's me...or is it? Is that a stupid question? Or is it?
3. They talk to themselves. I'm talking to myself right now. They say Einstein talked to himself. I'm feeling smarter already!
4. They enjoy their own company. I like me. Do you like you? Let's see a show of hands.
5. They are night owls. Oh-oh! I'm more of an early bird. I may have to drop out of the running.
6. Reading...a lot! Does coloring count? I may not be one of the highly intelligent. I knew it was too good to be true. Dang!
7. Habitual walking. Now my goose is cooked. Charles Dickens walked miles each day (probably moving furniture). And Friedrich (Nietzsche) once said, "All truly great thoughts are conceived by walking. Double darn.

I do have a novel idea to pass along. And it's actually quite important. It has an inversely proportional message to it. Are you ready?

The next time a good friend comes along and wants to talk about a problem they are having, do this: Listen! Don't do this: Jump right in with all the answers. Sometimes friends need to talk their own way out of a situation. If they can solve their own problem with you standing there like a piece of wood, two conclusions will be arrived at.

1. Solving their own problem may very well make the solution stick.
2. Without you saying a word, your friend will think you are truly brilliant!

It was Jesus who said, in the Bible, through his half-brother James: "Let every person be quick to hear, slow to speak..."

Obviously, if they solicit your input, be there for them. And please, if you see me on the street, befuddled and out of sorts, jump right in and 'ave a go! Straighten me out. Have a good week! (Not an order but a gentle suggestion) Bye!

Letter To the Editor:

Columnist Dinah Chong Watkins gasped when she opened her property tax bill ("Close Encounters of the Wrong Kind," November 4, 2023).

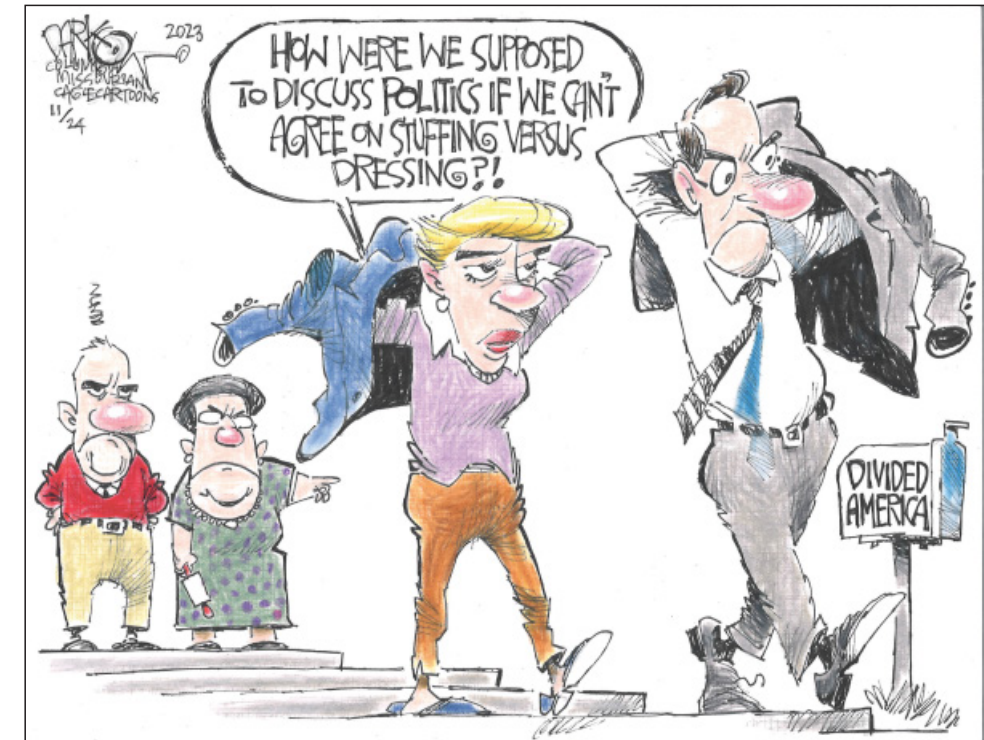
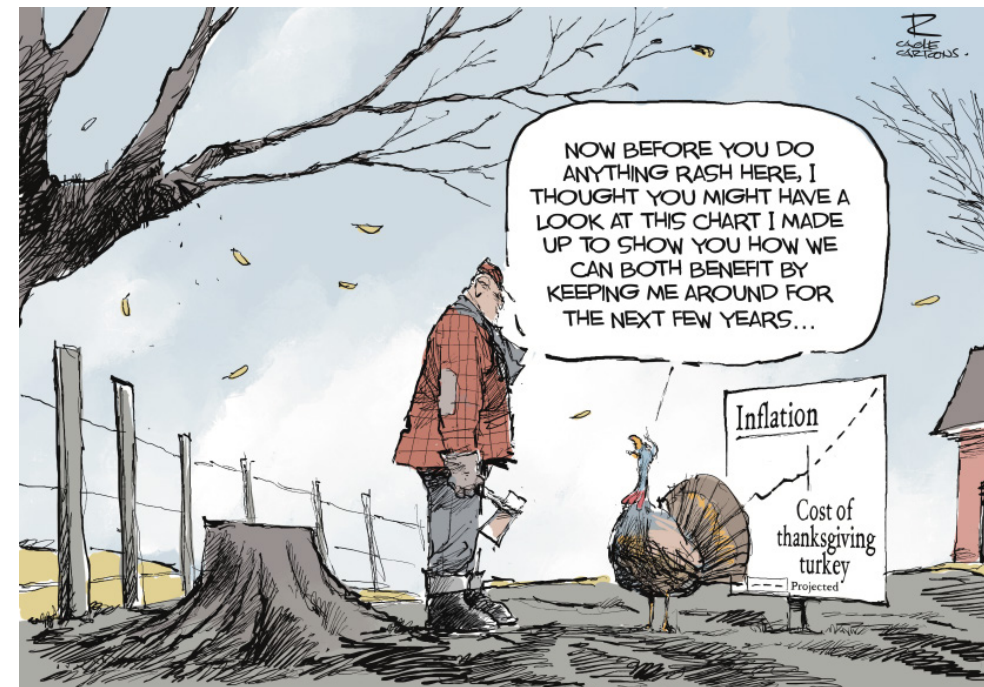
"It was fortunate when I opened the letter I was sitting down rather than standing near a large body of water or a raging fire," she wrote. "Bloodcurdling? Michael Myers, take a number."

Michael Myers, move over for rapacious California lawmakers, including Assemblyman Chris Holden and Senator Anthony Portantino, who voted for Assembly Constitutional Amendment 1 -- a dagger aimed at the heart of Proposition 13, the 1978 measure that capped a lid on property taxes.

Be warned. ACA 1 will be on the March 2024 ballot. If approved by voters, this ill-conceived measure would lower the threshold for parcel taxes from a two-thirds majority to a simple majority -- an easy mark for any local, county or state agency on the prowl for more tax money.

For a real shocker, the Howard Jarvis Taxpayers Association invites you to visit their website www.guessinggame.org. Enter the approximate market value of your home to find out what your property taxes would be without Proposition 13.

Les Hammer



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December Events Around Town

Courtesy of Sue Cook

One Time Events in December

December 2

Holidayfest!

The South Lake Avenue District in Pasadena invites you to shop, dine and win prizes. Fun for the whole family includes Santa's Village, Artisan Market, and a Winter Workshop. The celebration begins at 12:00 p.m.

December 2

Flower Arranging: Holiday Table Wreaths at The Huntington

Create a long-lasting table wreath featuring evergreens, berries, and fresh herbs. Adult workshop - 10:00 a.m. - 12:00 p.m. "Bring a Buddy" workshop 1:00 p.m. - 3:00 p.m.

December 2

Snowfest at Arcadia Community Center

Enjoy snow play, crafts, train rides, music and more. 9:00 a.m. - 2:00 p.m.

December 2

Holiday Tour at Castle Green

Enjoy a self-guided tour of the historic Castle Green while roaming the 120+ year old halls and gardens of the magnificent castle. 11:00 a.m. - 3:00 p.m.

December 7

Monrovia Holiday Parade

This delightful, traditional parade includes floats, classic cars, bands, and Santa Claus, of course. The parade route is Myrtle Avenue from Walnut to Palm. 7:00 p.m. - 9:00 p.m.

December 16

Pasadena Symphony and Pops Holiday Candlelight Concert

Savor an array of holiday choruses in Pasadena's exquisite All Saints Church. Performances at 4:00 p.m. and 7:00 p.m.

December 20

Nutcracker! Magical Christmas Ballet

Experience the extraordinary international cast and Ukrainian Principal Artists in this performance of The Nutcracker at the Pasadena Civic Auditorium.

December 29

Equestfest at the Los Angeles Equestrian Center - one of my personal favorites!

Watch The Rose Parade's beautiful horses and talented riders perform drills, dances, trick-riding and roping.

Ongoing Events in December

November 19 - January 7

Lightscape at the LA Arboretum

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 the wonder of a shimmering nocturnal wonderland on a one-mile walk in some of the most beloved areas of Descanso Gardens.

November 10 - January 7

Winter Frolic at Kidspace Children's Museum

Kidspace will transform into a land of wonder and delight filled with all your favorite, imaginative, cold-weather activities.

December 1 - 24

A Christmas Carol at A Noise Within

Enjoy a musically merry stage adaptation of Dickens' classic tale. Perfect for all ages. Snacks, pre-show crafts, and photo ops will be available before the show.

December 1 - 3

Los Angeles Ballet Presents The Nutcracker at Pasadena Civic Auditorium

Set to Tchaikovsky's iconic score, this production of The Nutcracker is set in 1912 Los Angeles.

December 1, 3, 8, 9, 15, 16, 17, 22, 23

A 1940s Christmas Revue at The Sierra Madre Playhouse

Cori Cable Kidder presents her own original WWII-era military-themed holiday concerts accompanied by piano and three-piece band.

December 2, 3

Holiday Look In Home Tour

The tour of four homes showcases beautiful gardens and magnificent architecture, and also features live holiday music and a boutique. 9:30 a.m. - 4:00 p.m.

December 3, 8, 9, 10, 15, 16, 17, 18, 19, 20

Teddy Bear Tea at Langham Huntington

Enjoy a seasonal afternoon tea menu of sandwiches and sweets. Santa will visit, and each child will receive a souvenir teddy bear.

December 10 - 21

One Colorado's Holiday Events

A variety of festive events including holiday cocktail crafting, holiday wreath crafting, and Santa snacks and stories.

December 12 - 13

Cirque Dreams Holiday at Pasadena Civic Auditorium

Audiences will be dazzled with a Broadway-style production infused with contemporary circus acts. 7:30 p.m.

December 14 - 23

Pasadena Playhouse Holiday Spectacular

Sam Pinkerton returns to the Playhouse to sleigh audiences with a brand-new holiday show sure to leave you feeling merry and bright.

December 26 - 28

Rose Bowl Stadium Holiday Tour

Walk in the footsteps of legends as you go behind-the-scenes of "America's Stadium". 10:30 a.m. and 12:30 p.m.

December 28 - 30

Decorating Places - Float Viewing

Experience the magic of Rose Parade floats before Parade Day! Pre-purchase timed tickets online.

December 29 - 30

Bandfest

Watch Rose Parade bands as they perform their stunning award-winning field shows. Held in Robinson Stadium at Pasadena City College. December 29 - 2:00 p.m. December 30 - 10:00 a.m. and 2:00 p.m.



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Wei Gao
Assistant Professor of Medical Engineering
Investigator, Heritage Medical Research Institute
Ronald and JoAnne Willens Scholar

Free and open to the public

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Time: 7:30 p.m. PT
Where: In person only • Caltech's Beckman Auditorium

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



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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.



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