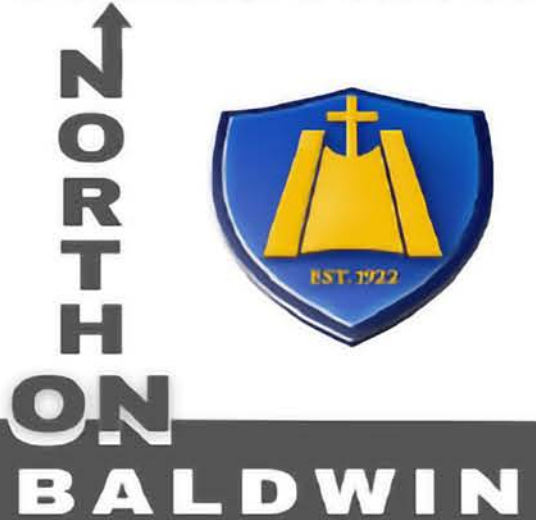


SATURDAY, NOVEMBER 15, 2025

VOLUME 19 NO. 46

## St. Rita School



## Sierra Madre's Catholic School



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- Grades TK-8<sup>th</sup>
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[www.st-ritaschool.org](http://www.st-ritaschool.org)

## HEAVY RAINS THREATEN SIERRA MADRE HILLSIDES AGAIN

Sierra Madre residents, already concerned that the city's efforts have been inadequate in their maintenance of the Yucca Trail/Nature Friends debris basin, are facing additional anxiety with the heavy rains since Thursday. The rain, which at one point was falling at the rate of 1" per hour according to the National Weather Service (NWS), prompted Sierra Madre to issue an Evacuation Warning that has now been extended to Sunday, November 16, 2025. More rain is in the forecast Monday, with clearing expected Tuesday and Wednesday.



Damage from mud and debris earlier this year

City Manager Mike Bruckner who inherited the debris basin challenges when he was hired approximately three months ago, said in a telephone interview that city staff has prioritized working on the clearing the basins in an effort to prevent overcapacity and mudflows prior to this recent weather event, and will continue to do so. Sierra Madre's Public Works Department is currently looking for a Director and has hired a consulting firm to manage the department while the search for a new Director continues. To assist residents in protecting their homes sand bags are available.

Sand Bags at City Yards  
City Yards, 621 E Sierra Madre Blvd,  
Sierra Madre, CA, 91024, USA

The National Weather Service noted on Friday, "When considering the rain we have already seen and will continue to the risk for significant and potentially damaging flooding continues to be moderate to high with the expected rain rates.

"Avoid the roads, stay indoors as much as possible, and stay aware of your environment," forecasters said. "If you have to drive, allow extra time as traffic will be increased due to slippery roads, low visibility, and localized flooding. If you are near a burn scar, heed the advice of local officials as they know your area best.

Reschedule and avoid outdoor activities. Stay out of, and far away from, any streams, rivers, and canyons -- especially campers. Avoid parking near tall trees. Be ready for sudden power outages.

MVNews/CNS

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## Attention: Evacuation Warning



### Evacuation Warning for Canyon Areas and Properties North of Grand View Avenue

- Evacuation Warning in canyon areas and north of Grand View.
- Risk of mud and debris flows.
- Be ready to leave immediately.
- Those needing extra time should leave early.
- Check your zone: [protect.genasys.com/search](https://protect.genasys.com/search)

More information:

[sierramadrecalifornia.gov/residents/emergency\\_management/nixle\\_feed](https://sierramadrecalifornia.gov/residents/emergency_management/nixle_feed)

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HISTORIC MID-CENTURY



Nestled in the picturesque Sierra Madre Foothills, 342 Camillo Road—affectionately known as 'The Stone House'—traces its origins to the early 1900s, when Italian stonemasons quarried massive granite boulders from the property to construct the building. Originally serving as a three-bay garage for its first owner's Stanley Steamer automobiles, the structure was purchased in the 1940s by a couple who transformed it over the next decade into a mid-century modern residence. Today, the home stands as a timeless testament to that enduring aesthetic. Offering breathtaking mountain views, an open-concept layout, and expansive glass windows that open in all directions to private patios and gardens, this architectural gem is a rare find.



**ANN GLUCK**  
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DRE 01780026  
anngluck.com



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**ODYSSEY CHARTER SCHOOLS**  
**725 W. ALTADENA DRIVE, ALTADENA**  
 Info & schedule at [winterbloomaltadena.com](http://winterbloomaltadena.com)

## SENIOR HOLIDAY EXCURSION



Senior Excursion  
*Mission Inn*  
**Festival of Lights**

**\$20/Per Person**  
\*Registration Required

Tuesday, December 2<sup>nd</sup>, 2025  
3:00-10:00pm

222 W. Sierra Madre Blvd. Sierra Madre, Ca 91024  
-Bus will depart from the Hart Park House Senior Center.  
Please arrive 15min prior to departure time.

The 2025 Mission Inn Festival of Lights returns this holiday season celebrating the 33<sup>rd</sup> Anniversary featuring gold and red lights displays, décor, activities, and attractions along Main Street. Enjoy millions of holiday lights at the Mission Inn Hotel and Spa along with holiday-themed decorations in the downtown area at what has become one of the nation's most popular holiday events and lights display.

 For more information please contact Community Services Department  
626-355-5278

**Register Today!**

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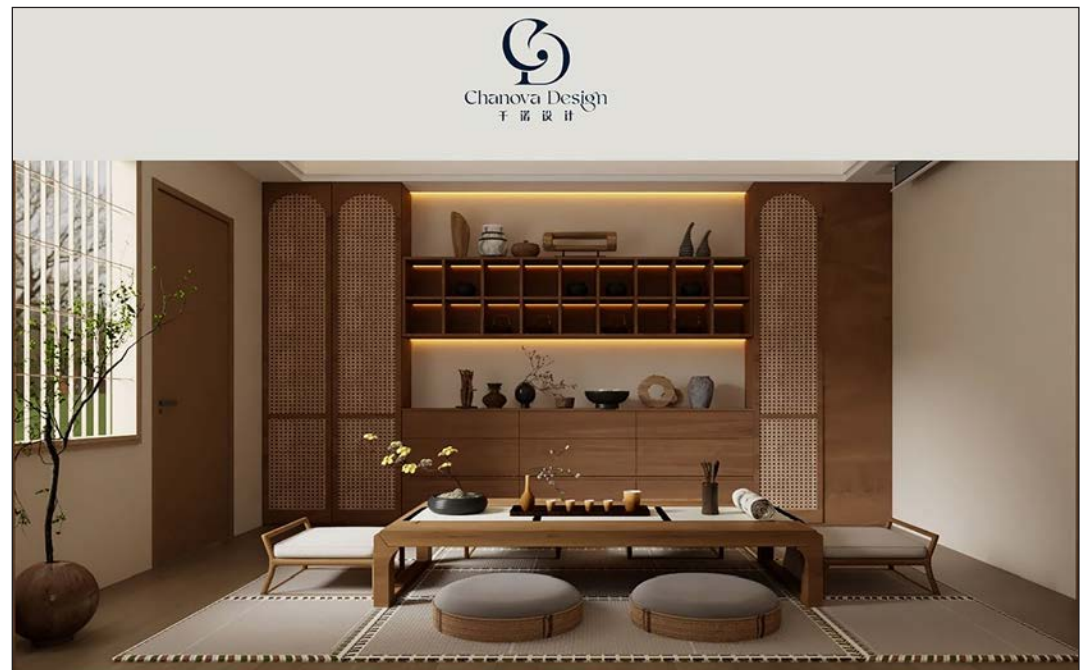
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SIERRA MADRE, CA. 91024**

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**Email** [service@ElisAutoService.com](mailto:service@ElisAutoService.com)



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6-Day Forecast Sierra Madre, Ca.

Sun	Rain 66%	Hi	60s	Lows 50s
Mon:	Rain 77%	Hi	60s	Lows 50s
Tues:	Ptly Cldy	Hi	60s	Lows 50s
Wed:	Ptly Cldy	Hi	60s	Lows 50s
Thur:	Rain 66%	Hi	60s	Lows 50s
Fri:	Rain 66%	Hi	60s	Lows 50s

Forecasts courtesy of the National Weather Service



November 18, 2025 5:30 pm

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](mailto: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 [foothillsmmedia.org/sier-ramadre](http://foothillsmmedia.org/sier-ramadre) and broadcast on Government Access Channel 3 (Spectrum)..

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

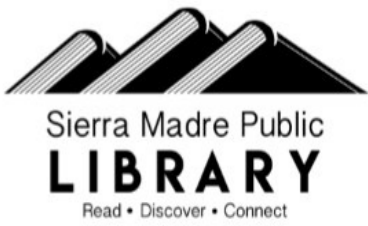
Sierra Madre’s EMERGENCY radio station is now accepting scripts for Public Service Announcements (PSAs) about community events. PSAs will be broadcast on the air at no charge. The station operates 24/7 and can be heard at 1630 on the AM dial.

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](mailto:radio@cityofsierramadre.com).



This week at the Sierra Madre Public Library

November 17— November 22

Monday

Baby Rhyme Time — Library at 9:00am

Preschool Storytime — Library at 10:00am

Wednesday

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

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

Thursday

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

Saturday

Memory Cafe— Kensington at 10:00am. Registration requested on Eventbrite

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

“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

“Count your many blessings, see what God has done.”

I guess where I am, just a couple of weeks before Thanksgiving, is counting blessings, naming them one by one. Blessings are small things. They seldom arrive on a pink unicorn with glitter being tossed about. Blessings are a shared moment you didn’t think would happen, like an unexpected hug or a nice phone call with someone you’re missing. Even finding a penny in the parking lot at Target is pretty nice.

You’re probably still planning your Thanksgiving menu and my best and favorite dish is my Aunt Helen’s Lime Jell-O Salad. Everybody has some sort of Jell-O salad but my Aunt Helen’s is delicious and blessedly easy to make. Everybody devours it and there’s seldom even a bite left. I pass this along every year because it’s good and because I want all my friends and neighbors to enjoy it, too.

- Helen’s Lime Jell-O Salad
- Regular size package lime Jell-O
  - 2 cups boiling water
  - 24 oz. can crushed pineapple
  - 1 Tbs. lemon juice
  - 2 cups miniature marshmallows
  - 1 8-oz container whipping cream, whipped till it’s nice and thick, or the equivalent amount of Cool Whip

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 dissolved. Refrigerate. Keep a close eye on it as you don’t want it to jell completely, just till it’s starting to get firm.

Add the other ingredients, mix well to be sure all the Jell-O is off the bottom and mixed in. Refrigerate until totally firm. You can add nuts, walnuts or pecans, but only if you’re sure that everyone who is going to eat this actually likes nuts. Otherwise, you have to clench your teeth and bite your tongue while the non-nut eaters carefully pick each and every nut out and set them on another plate. You can double this with complete impunity and great success.

My Aunt Helen has been in heaven for quite a while now but she will never be forgotten as long as her Lime Jell-O Salad is still made here and there. She was an interesting woman who never married. She was the gift and jewelry buyer for long-departed I. Magnin’s Department Store. She had the distinction of being a person who never said anything unpleasant 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 sit next to me.”

This is another of our Thanksgiving favorites and, while my daughter, Leah, is a huge fan of roasted vegetables, I have to have Creamed Spinach. After you try this, you’ll feel the exact same way. This is so good that even people who eschew (that means they wouldn’t touch it with a fork) spinach will eat it! Popeye would never eat another can of spinach once he tasted this. You can double, triple or whatever this recipe and it will be fantastic.

CREAMED SPINACH

- 1 (10 oz.) package chopped spinach
- 2-3 slices bacon, finely chopped (or more if it makes you happy)
- ½ cup onion, finely chopped
- 2 Tb. flour
- 1 tsp. seasoned salt
- ¼ tsp. seasoned pepper
- 1 clove garlic (optional)
- 1 cup milk (I use non-fat which works just fine)

Cook spinach and drain well. Combine bacon and onion in a large skillet and fry till tender and bacon is brown and crispy. Remove from heat. (As bacon is so lean anymore, it’s not necessary to drain off any of the fat, unless it makes you nervous. Do leave some!) Add flour, seasoned salt, seasoned pepper and garlic (if you’re using garlic). Blend thoroughly.

Return to heat and slowly add milk, stir continually until thickened. (In case you hadn’t noticed, you’ve just made white sauce!) Add spinach, mix well. Astonish your guests and family.

This recipe is originally from Mike Roy, one of my culinary heroes, from The Mike Roy Cook Book, copyrighted in 1966, which I bought at the Sierra Madre Library Used Book Sale for the astonishing price of \$3.95 – hard cover! Mike has been in heaven for some time now, but I like to think he is still cooking up there, for a very appreciative crowd.

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

My book page: Amazon.com: Deanne Davis  
Christmas is Coming!  
“A Tablespoon of Love, A Tablespoon of Laughter”  
“Sunrises and Sunflowers Speak Hope”  
Are Great Gifts! Trust Me!

Multi-Household

SIERRA MADRE NEWS!

Collectibles

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- Vinyl Records

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- Great holiday gift ideas!
- Proceeds benefit groups Sierra Madre Civic Club supports.

Extras:

- Items donated to Civic Club from local residents creating a unique shopping experience!
- Still accepting donations!

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# Pasadena Altadena

News From Your Community For Your Community

## Free Gun Lock Distribution Program



The Pasadena Public Health Department (PPHD), this month, launched its Free Gun Lock Distribution Program through a partnership with the Los Angeles County Office of Violence Prevention (“OVP”) and Pasadena Public Libraries. Manuel Carmona, Director of Public Health, said this initiative offers gun owners a practical step to address the reality of gun violence and unsafe firearm storage that impacts the community and families.

Firearms have remained the leading cause of death for children and teens under 20 since 2020. Approximately one in three households keep a firearm stored insecurely. This partnership aims to improve household safety and reduce easy access to firearms, particularly during cycles of violence.

Access to unsecured firearms increases the risk of homicide, assault, accidental shootings, and suicide. Gun locks serve as a preventive measure and a powerful form of protection for both physical safety and mental health. Just as parents promote seatbelts and bike helmets to prevent injury, securely storing firearms at home helps protect loved ones from harm. Free gun locks are available to Pasadena residents at the following locations during specified times:

- Pasadena Public Health Department's front desk (1845 N. Fair Oaks Ave.)
- Monday through Thursday | 8 a.m. - 4 p.m.
- Hastings Branch Library (3325 E. Orange Grove Blvd.)
- Monday through Thursday | 10 a.m. - 7 p.m.
- Friday and Saturday | 10 a.m. - 6 p.m.
- Sunday | 1 - 5 p.m.
- Villa Parke Branch Library (363 E. Villa St., Second Floor)
- Monday - Friday | 10 a.m. - 6 p.m.

Community members may request a gun lock at no cost and without providing identifying information. This collaboration between PPHD, Los Angeles County OVP, and the Pasadena Public Library expands access to practical safety tools and reinforces Pasadena's commitment to reducing firearm related harm, strengthening neighborhoods, and protecting residents of all ages.

To learn more about firearm safety and violence prevention resources, visit the Los Angeles County Gun Safety website.



## Court Denies Barring UCLA from Playing Home Games Outside of the Rose Bowl

Although the city of Pasadena was denied a request for a temporary restraining order Wednesday to stop UCLA's football team from shifting home games away from the Rose Bowl to SoFi stadium, a Los Angeles County Superior Court judge invited the City of Pasadena and the Rose Bowl Operating Company to seek discovery and to file a motion for a preliminary injunction.

In a statement Pasadena city officials said that Judge James C. Chalfant ruled that no emergency existed which demanded temporary relief and that had UCLA has not signed any agreement with SoFi Stadium yet that would posed an immediate threat to the city's finances or public interests.

Pasadena lawyer, Nima Mohebbi, representing the city and the Rose Bowl said they have now filed a public records

request to gather information related to SoFi Stadium and UCLA. Pasadena and the Rose Bowl would now file a preliminary injunction motion to seek discovery from UCLA according to reports.

In court, Mohebbi warned that losing UCLA as the Rose Bowl's anchor tenant would jeopardize the city's ability to repay nearly \$184 million in bond debt related to stadium renovations.

Pasadena has financed roughly \$200 million in renovations since 2010 with plans for more renovations though 2028.

In a press release in December Jens Weiden, CEO of the Rose Bowl Operating Company said that The Lasting Legacy Campaign, a multi-project, multi-year revitalization campaign, with eight projects will be completed in two phases, with Phase I aiming to be complete in 2026 and Phase II beginning shortly following the

2028 Olympic Games.

“The Rose Bowl Stadium has been our home for over forty years and America's Stadium for more than one hundred,” said Martin Jarmond, UCLA's Director of Athletics at the time. “We look forward to seeing the unmatched tradition of the iconic Rose Bowl Stadium paired with modern-day amenities that will enhance the fan experience for years to come.”

UCLA's move to the Rose Bowl Stadium as its home field in 1982 is considered one of the most important in the venue's history, Weiden said.

Mohebbi said, in news reports, that Chalfant made very clear that there's irreparable harm and that UCLA has an obligation to play at the Rose Bowl through the 2043 season.

Based on Chalfant's comments, city attorneys think Pasadena may ultimately prevail.

## Ventura County Officials Visit Pasadena's Compost Hub



Director of Pasadena Public Works, Greg de Vinck, and the department welcomed officials last week from Ventura County Public Works to McDonald Park for a site visit and peer exchange focused on community-based organics recycling. The visit centered around the city's Community Compost Hubs, offering Ventura County staff a firsthand look at the Pasadena's three-bin composting system in action.

Community Compost Hubs provide a free, local option to recycle food scraps such as fruit and vegetable peels, coffee grounds, and eggshells. Pasadena Public Works maintains eight hubs in parks across the city that are accessible to residents after completing a brief training. With over 300 registered members, the hubs have diverted more than 10,000 pounds of organic waste from the landfill since the first one opened at McDonald

Park in 2021. By fostering hands-on participation and environmental stewardship, the Community Compost Hub program has become a cornerstone of Pasadena's grassroots sustainability efforts.

During the visit, Pasadena staff shared insights into program operations, community engagement strategies, and the environmental benefits of decentralized composting. Ventura County officials expressed interest in replicating the model, citing Pasadena's success as a compelling example of scalable, community-driven climate action. The meeting underscored Pasadena's leadership in resource recovery and recycling, and its role as a regional resource for innovative public works programming.

More information about Pasadena's compost hubs, including training and locations, can be found at: CityOfPasadena.net/CompostHubs.

## Playhouse Continues Expansion of Educational Offerings for 2026

Danny Feldman, Producing Artistic Director of Pasadena Playhouse, the official State Theater of California and recipient of the 2023 Regional Theatre Tony Award, announced Tuesday the continued expansion in 2026 of educational offerings for all ages from the theater's robust Education Department with 16 new community classes and 2 summer camps. As recently related in the Los Angeles Times, “education is as core to us as the shows on stage,” said Feldman. “When we were making the bold choice of purchasing back this building, it wasn't just about restoring an old theater.” Additionally, Feldman joins the roster of teaching artists this Spring as he prepares to teach a seminar on Brigadoon leading up to the Playhouse's production of the classic musical.

Youth classes offered will include Playwriting (Ages 9 - 13) January 14 - March 4, Little Players (Ages 5 - 7) January 13 - March 20, Physical Comedy (Ages 8 - 11) February 2 - March 9, Playhouse Players: Disney's The Jungle Book KIDS (Ages 7 - 12) February 10 - May 22, Puppetry (Ages 8 - 11) April 13 - May 18, and Story Theater (Ages 5 - 7) April 16 - May 14. Teen classes offered will include Teen Acting Intensive (Ages 14 - 18) February 2 - March 9 and Playhouse Players: Once Upon A Mattress: Youth Edition (Ages 11 - 16) February 11 - May 16. Adult classes offered will include Your Story Matters: A Storytelling Workshop January 10th, 11th, and 18th, Playhouse Singers: A Musical Theater Community Choir (Winter Session (Advanced): Jan 12 - Mar 2, Winter Session (Beginner): Jan 21 - Mar 2, Spring Session (Advanced): Apr 6 - Jun 1, Spring Session (Beginner): Apr 15 - June 1, Acting For Non-Actors January 13 - February 17, Acting the Song February 19 - March 26, Drama Book Club January 6 - February 10, Brigadoon 101: Through the Mist April 18 - May 9, Comedy for the Stage February 5 - March 12 and Shadow Puppetry Workshop (Ages 14+) April 19. Playhouse Player's summer camps will feature the magic of Roald Dahl's Matilda The Musical JR. for ages 7 - 12 during four two-week sessions from June 15 through August 7 and Musical Theater Bootcamp returns for ages 14 - 18 from July 20-July 31.

Enrollment for all classes is officially open. Additional details, including cost and scholarship information for all classes can be found at pasadenaplayhouse.org.

There are a limited number of partial scholarships available for all classes offered on a rolling basis.

## Holiday Magic Returns to One Colorado in Old Pasadena

One Colorado officials announced Monday they are celebrating the holiday season with a series of festive family-friendly events. From cherished moments with Santa and his elf to a community toy drive supporting Union Station Homeless Services and a special storytime event filled with sweet treats and Christmas cheer.

### Santa Photos

One Colorado invites children and their families to share their wish lists and take keepsake photos with Santa as he sits on his green velvet couch in front of a brand-new festive holiday backdrop flanked by beautiful Christmas trees. Santa will be available in The Courtyard each weekend from November 28th through December 21st. Santa's hours include Fridays (5 p.m. to 8 p.m.), Saturdays (10 a.m. to 8 p.m.) and Sundays (10 a.m. to 7 p.m.). Special hours apply on Black Friday, November 28th (10 a.m. to 8 p.m.) and on Sunday, December 21st (10 a.m. to 12:30 p.m. and 2:30 p.m. to 8 p.m.). And Santa will make one final appearance at the center on Christmas Eve (10 a.m. to 7 p.m.) before heading back to the North Pole. Professional photo packages begin at \$30; guests are also invited to take their own photos for \$25. All professional photos include a full digital gallery.

### Letters to Santa

From November 28th through December 15th, One Colorado invites children and their families to share their holiday wishes, dreams and friendly messages with Santa by dropping a letter into his official North Pole Mailbox near Santa's Station in The Courtyard. Those who send their letters by December 15th and include a clear return address will receive a personalized reply from Santa himself, adding a



touch of holiday magic to the season's celebrations.

### Holiday Toy Drive

From November 28th through December 15th, One Colorado invites the community to spread holiday cheer by participating in a toy drive to support Union Station Homeless Services. Guests are encouraged to donate new, unwrapped toys and books for children of all ages - from infants to teens up to 18 years old. To help families add an extra touch of holiday magic, wrapping paper and gift bag donations are also welcome. All items can be dropped off during regular business hours in the collection barrel located near Santa's station in The Courtyard. Every contribution helps bring joy and hope to local families in need this holiday season.

### Santa Snacks & Stories

On December 21st, from 1 p.m. to 2 p.m., guests can spend a festive afternoon with Santa and his cheerful elf at Santa's station in The Courtyard enjoying heartwarming Christmas stories filled with holiday cheer. Visitors can soak in the spirit of the season while savoring delicious cookies (while supplies last) and listening to Old St. Nick read each tale aloud. Each year, a handful of holiday storybooks are carefully selected for different age groups from local favorite Vroman's Bookstore.

For more information isit: onecolorado.com/events.

## Fireplace and Heater Safety Reminders

As temperatures begin to drop, Pasadena Fire Chief Chad Augustin reminds residents to take a few precautions when turning on heaters and lighting fireplaces. According to the U.S. Fire Administration, heating equipment causes roughly 34,000 home fires every year, resulting in injuries and property damage. As the weather cools, take these steps to keep your home cozy and fire safe.

Before using your fireplace, make sure the chimney and flue are clean and clear of debris. Always open the fireplace vent/flue before lighting a fire to allow smoke and gases to safely exit your home. Keep flammable materials such as blankets, curtains, and furniture at least three feet away from the fireplace, and never leave a fire unattended.

If you are using a floor or space heater, plug it directly into a wall outlet—never an extension cord—and keep it on a flat, stable surface. Turn it off when you leave the room or go to sleep, and make sure your heater has an automatic shut off feature in case it tips over. Space heaters are involved in only about 3 percent of home heating fires, but they account for nearly 40 percent of related deaths, making proper use critical for safety. A few small steps can make a big difference in preventing home fires. Stay warm, stay alert, and help keep Pasadena safe this winter.

For more information visit: cityofpasadena.net.



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# AROUND SAN GABRIEL VALLEY

## NEWS BRIEFS

### DEATH OF MAN IN ARCADIA FOUND ON FREEWAY EMBANKMENT UNDER INVESTIGATION

ARCADIA (CNS) - An investigation was underway today into the death of a 34-year-old man on a freeway embankment near a medical clinic in Arcadia.

The Los Angeles County Medical Examiner's office identified the man as Andrew Hall and deferred a decision as to his cause of death. Hall's city of residence was not available.

The California Highway Patrol reported that it assigned the first unit at 3:47 p.m. Saturday to respond to 468 E. Santa Clara St., the address of the Children's Hospital of Los Angeles Arcadia Specialty Clinic, near Fifth Avenue and the Foothill (210) Freeway.

### ALTADENA COMMUNITY TO COM-MEMORATE ONE-YEAR ANNIVERSARY OF THE EATON FIRE

— The Coalition for Altadena Recovery (CCAR) will host a community commemoration marking the one-year anniversary of the Eaton Fire on Wednesday, January 7, 2026, at 5:00 p.m., in the Grocery Outlet parking lot, 2270 Lake Ave., Altadena, CA.

The Eaton Fire forever changed the landscape of Altadena, but it also revealed the community's extraordinary strength, spirit, compassion, and resolve. This gathering is intended to bring residents together in resilience and solidarity, to reflect on what was lost, celebrate what has been rebuilt, and look ahead with hope.

The evening will feature music, remembrances, and light refreshments. This is a rain-or-shine event, and all community members are encouraged to attend.

“We know how important and impactful the one-year anniversary of this disastrous event—which forever changed Altadena and Altadenans—is,” said Victoria Knapp, Chair of the Altadena Town Council. “We wanted to create an opportunity for the community to come together to heal, support, and rally around each other. These milestones are important for marking our collective grief and also our recovery.”

“As we mark the anniversary of the devastating Eaton Fire” adds Veronica Jones, President of the Altadena Historical Society, “we pause to remember the lives lost, homes destroyed, and resilience of our community. Let this anniversary serve as a reminder of the courage and strength of Altadena's residents and our shared commitment to recovery and rebuilding together.”

Additional details, including speakers and program highlights, will be shared as the date approaches.

**ABOUT THE COALITION FOR ALTADENA RECOVERY (CCAR):** *The Coalition for Altadena Recovery was formed by LA County Supervisor Kathyryn Barger in the aftermath of the Eaton Fire to support residents, businesses, and community organizations in rebuilding a stronger, more resilient Altadena. CCAR is made up of representatives from the Altadena Town Council, Altadena Rotary Club, Altadena Heritage, Altadena Historical Society, Altadena Chamber of Commerce and Civic Organization, Altadena Wild, Altadena Coalition of Neighborhood Associations, and Altadena NAACP.*

## LA COUNTY OPENS INVESTIGATION INTO STATE FARM'S HANDLING OF WILDFIRE CLAIMS

LOS ANGELES (CNS) - Los Angeles County attorneys today launched an investigation into State Farm over their handling of insurance claims filed by policyholders affected by January's wildfires following growing complaints from residents about delays, underpayments and denials of legitimate claims.

The investigation is expected to focus on potential violations of California's Unfair Competition Law. County Counsel stated that it has formally notified State Farm, the largest insurer in California, that if it is engaging in any unlawful or unfair business practices, the company must immediately stop such conduct and follow state laws.

County Counsel is empowered by statute to investigate and prosecute violations of the Unfair Competition Law on behalf of the residents, and seek restitution, civil penalties and injunctive relief for any violations.

“Altadena residents have already endured unimaginable loss and they shouldn't have to fight their own insurance company to recover,” according to a statement from L.A. County Board of Supervisor Chair Kathryn Barger, who represents Altadena. “The county has heard loud and clear from wildfire survivors that State Farm's delays are standing in the way of rebuilding.”

“Fair and timely insurance payments aren't a privilege; they're a right. State Farm must act quickly so survivors can rebuild their homes and their lives,” Barger added.

County attorneys sent the insurer a letter, seeking information and documentation on its business practices such as the use of rotating adjuster tactics, misrepresentations of coverage, payments for smoke damage, additional living expense, refusal to disclose estimates and inspection results upon request, as well as the use of artificial intelligence tools in review of claims.

Third-party surveys found widespread frustration with the insurer's treatment of claims, with far too many residents facing undue claims delays, underpayments and denials that compound their hardship and loss in the aftermath of the fires, according to county officials.

State Farm customers have had far worse experiences than customers of other insurers, reporting much higher rates of claim denials, lowball claims estimates, poor communication and multiple adjusters being assigned to their claims, an October survey, conducted by Embold Research for the non-profit Department of Angels, found.

The survey noted the urgent need to resolve claims quickly as displacement coverage will be running out soon for many survivors who must either return home or find other housing.

“Los Angeles County residents have paid State Farm millions in premiums over many years, and the company has a clear obligation to honor its policies in full,” said Supervisor Lindsey Horvath, who represents Pacific Palisades. “Families who lost everything in the Palisades and Eaton fires deserve fair and timely treatment -- not delays, denials, or underpayments.”

“It's time for State Farm to live up to its commitment to be a ‘good neighbor’ and do right by its customers who have lost so much.”

The insurer has more than 2.8 million residential and commercial policies.

County Counsel Dawyn Harrison added they are committed to thoroughly investigating State Farm's actions and making sure they are “treating claimants fairly and resolving their claims quickly and in full compliance with the law.”

“The goals of this investigation are unclear but what is clear is that it will be another distraction from our ongoing work in California to help our customers recover from this tragedy,” according to a statement from State Farm.

“State Farm is committed to paying customers what they're owed. We're handling over 13,500 claims and have paid almost \$5 billion to California customers affected by the January wildfires. Nearly 200 claims professionals are still on the ground, supported by teams nationwide, helping customers recover,” the statement continued. “We're here every step of the way and working with elected officials to build a more sustainable insurance market in California.”

State Farm launched a fire recovery webpage earlier this year as a way to inform policyholders and others about the effort they've taken in response to Palisades and Eaton fires.

Homeowners non-renewals in L.A. County were paused by the insurer following the fire emergency. Any homeowners' policies which had pending non-renewals in the

county that were on the books on Jan. 7 will have an option to renew with State Farm General.

Joy Chen, executive director of the Eaton Fire Survivors Network, hailed county officials for initiating a probe into State Farm's handling of claims.

“After 10 long months of delays, denials, and heartbreak, we are grateful to Supervisor Kathryn Barger for demanding accountability from State Farm. Her leadership gives survivors hope that recovery -- long stalled by insurer misconduct -- can finally move forward,” Chen said in a statement.

For months, survivors had urged state officials to act. The organization -- whose members consist of Altadena residents and some from Pacific Palisades -- documented more than 400 firsthand accounts from fire survivors, which they say reveal a “clear pattern of misconduct” by the insurer.

Last week, members of the network conducted a news conference to urge California Insurance Commissioner Ricardo Lara to resign for what they describe as his failure to hold insurers accountable. The group also called on Gov. Gavin Newsom to install a new commissioner who will rebuild an insurance system.

“In the absence of state leadership, today's county investigation is a major step forward. It matters not only for Los Angeles fire survivors, but for every Californian who pays premiums and expects the protection they paid for when disaster strikes,” Chen said in her statement.

Consumer Watchdog, a nonprofit, nonpartisan organization advocating for taxpayers, commended the county for opening the civil investigation into State Farm, calling it a “vital step to protect wildfire victims.”

“Many wildfire survivors have been waiting for nearly a year for help that hasn't come,” Carmen Balber, executive director at Consumer Watchdog, said in a statement. “The county's investigation finally gives fire victims a chance at real accountability and relief.”

The organization says it received “voluminous complaints” from consumers that their insurers, including State Farm, have delayed, tried tounderpay or outright denied their claims.

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### “SO LONG AS THERE ARE VETERANS, THE ELKS WILL NEVER FORGET THEM”



Arcadia Elks Lodge #2025

Every November the Arcadia Elks Lodge 2025 and every other Elks Lodge in the country take part in Veteran's Remembrance Month. Although the Elks practice their motto “So Long as there are Veterans, the Elks will Never Forget Them” throughout the year, the Arcadia Elks, and every other Lode, reaffirm their commitment to Veterans during November each year.

On November 5, 2025, the Arcadia Elks Lodge 2025 was honored and pleased to host the U.S. Department of Veterans Affairs San Gabriel Valley VA Clinic Open House. The event was attended by over 250 Veterans who received a wealth of useful informative. There were tables set up so Veterans could get information from the Veterans Benefits Administration and sign-up on the spot for benefits, National Cemetery Administration, Disability Claims, Women Veterans Health Care, Patriots and Paws, and the Homeless Virtual Health Resource Center. In addition, there was information on Apps Veterans can use to schedule their appointments and get support and information. At this booth, there were specialists to assist Veterans on the spot with putting the Apps on their phones.

There were many agency represented sharing information: These included Mindful Veterans, which had a kid's corner at the event, the VFW and American Legion had tables and were letting the Veterans know what their members do and why they should join.

In addition, the event included lunch for all the Veterans in attendance and flu shots.

The Arcadia Elks Lodge was happy to host the Veterans and help them get this valuable information. For more information on the Arcadia Elks Lodge, please email the Lodge at [artemp2025@aol.com](mailto:artemp2025@aol.com) or call the Lodge at (626) 445-2025.

### EATON FIRE RESIDENTS REPORT TOXINS PERSIST AFTER CLEANUPS

ALTADENA (CNS) - Eaton Fire-area residents are urging Gov. Gavin Newsom and elected officials representing Altadena to ensure properties undergo robust remediation to address contaminants, following a recent report that found many homes continue to test positive for asbestos and lead following initial clean up.

On Friday, members of Eaton Fire Residents United -- a group of Altadena residents who were impacted by January's blaze -- conducted a news conference to discuss the results of their report. A survey of about 50 homes found that 50% of them received access to asbestos testing and 90% of homes had lead testing.

Of those 50 homes, 25 of them tested positive for asbestos, or about 36%, post-remediation. Meanwhile, 45 out of 50 homes, about 96%, tested for lead post-remediation.

The organization says that the laboratory findings highlight that thousands of homes in the Altadena area are unsafe for families and people to return to.

“We're here today, 10 months to the day since the Eaton Fire, on behalf of thousands of residents whose homes are still standing,” Jane Lawton Potelle said, founder of Eaton Fire Residents United. “We deserve not just to return to our homes, but to be safe in our homes. And right now, our homes are not safe. They're full of dangerous poisonous contaminants left over from the fire.”

“We're asking for something very simple, clearance before occupancy,” Potelle added.

The organization is calling on Newsom, Insurance Commissioner Ricardo Lara and elected officials representing Altadena to ensure that each home that survived the fire should be required to achieve “comprehensive clearance status” before residents are moved back in.

“Public officials promised we would be able to return home safely,” Potelle said. “We're asking them to follow through with their promise and force insurance and companies to finish the job properly so that we can come home safely.”

The results are similar to findings of a Los

Angeles Times investigation that was published in May, which found toxins remained in the soil despite federal clean up crews removing about seven feet of topsoil, and other remediation efforts.

The Times arranged for sampling of 40 properties, of which 20 had survived and 20 were cleaned up by federal crews in Altadena and Pacific Palisades. Soil taken from those properties was tested for 17 toxins.

Nicole Maccalla, an Altadena resident of 11 years, is a faculty member at USC. Her home suffered structural and smoke damage from the Eaton Fire.

“We've analyzed a sample of 50 homes that were tested after remediation. These are homes that have supposedly been cleaned up, but the data shows that the majority of homes are not safe to return to,” Maccalla said, who is also the director of data science and educational outreach for the advocacy group.

“Six out of 10 remediated homes remain uninhabitable due to lead and or asbestos. Asbestos is a highly carcinogenic substance known to cause lung disease and lung cancer,” Maccalla added.

She also warned that lead can result in serious health problems, especially in children and pregnant women. Powell noted only one in four homes was tested for ash, soot and char contamination post-remediation of those homes.

“We know most standing homes are not being comprehensively tested for contaminants that can cause severe illness or death,” Maccalla said.

“This has to change. It is essential that everyone understand that achieving clearance status may require more than one round of remediation.”

Several homeowners and members of Eaton Fire Residents United shared their experiences of having their claims delayed or denied by their insurers.

They urged insurance companies to cover housing expenses for impacted homeowners until their homes have successfully passed comprehensive testing.

Rep. Judy Chu, D-Monterey Park, in a statement said she was “deeply alarmed” by the findings released by the Eaton Fire Residents United.

“It is unacceptable that, as many survivors of the Eaton Fire see their compensation for temporary housing deplete, many of our neighbors are being forced to decide between a roof over their heads or risking exposure to deadly toxins,” Chu said in her statement.

Chu urged Newsom, Lara and the Los Angeles County Board of Supervisors to immediately adopt a so-called “Clearance Before Occupancy” standard to ensure fire survivors can feel safe from exposure to toxins before returning home.

She called on Lara to hold insurance companies accountable and ensure they cover testing and allow multiple remediation rounds until homes are cleared.

Chu recommended that Newsom declare an “Ash Zone” to provide a formal recognition of homes outside of a fire's direct burn zone but impacted by ash and smoke.

“This designation would protect the health and wellbeing of our community members, as well as make it easier for impacted households to demonstrate the impact they've experienced following a fire and receive the compensation and assistance needed,” Chu said in her statement.

State Farm, one of the largest insurers in California, has maintained it is helping customers recover from the fire.

“Our hearts and thoughts go out to the people and communities affected by these fires,” according to a statement from State Farm.

According to the company's webpage dedicated to California customers impacted by wildfires, State Farm has received more than 13,500 claims as of Thursday, and has paid almost \$5 billion to state customers.

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E-mail address: [jharabedian@alvernoheights.org](mailto:jharabedian@alvernoheights.org)  
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Preschool - TK - 8th Grade  
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website: [www.acsilions.com](http://www.acsilions.com)

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[bforsee@ausd.net](mailto:bforsee@ausd.net)

Arroyo Pacific Academy  
41 W. Santa Clara St. Arcadia, Ca,  
(626) 294-0661 Principal: Phil Clarke  
E-mail address: [pclarke@arroyopacific.org](mailto:pclarke@arroyopacific.org)

Assumption of the Blessed Virgin Mary School  
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Barnhart School  
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website: [www.barnhartschool.org](http://www.barnhartschool.org)

Bethany Christian School  
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Principal: Jonathan Hawes  
website: [www.bcsilions.org](http://www.bcsilions.org)

Clairbourn School  
8400 Huntington Drive  
San Gabriel, CA 91775  
Phone: 626-286-3108 ext. 172  
FAX: 626-286-1528  
E-mail: [jhawes@clairbourn.org](mailto:jhawes@clairbourn.org)

Foothill Oaks Academy  
822 E. Bradbourne Ave., Duarte, CA 91010  
(626) 301-9809  
Principal: Nancy Lopez  
[www.foothilloaksacademy.org](http://www.foothilloaksacademy.org)  
[office@foothilloaksacademy.org](mailto:office@foothilloaksacademy.org)

Frostig School  
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(626) 791-1255  
Head of School: Jenny Janetzke  
Email: [jenny@frostig.org](mailto:jenny@frostig.org)

The Gooden School  
192 N. Baldwin Ave. Sierra Madre, Ca. 91024  
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Head of School, Jo-Anne Woolner  
website: [www.goodenschool.org](http://www.goodenschool.org)

High Point Academy  
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Pasadena, Ca. 91107  
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website: [www.highpointacademy.org](http://www.highpointacademy.org)  
La Salle College Preparatory  
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(626) 351-8951 website: [www.lasallehs.org](http://www.lasallehs.org)  
Principal Ernest Siy

Monrovia High School  
325 East Huntington Drive, Monrovia, CA 91016  
(626) 471-2800 Principal Darwin Jackson  
Email: [schools@monrovia.k12.ca.us](mailto: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](http://www.odysseycharterschool.org)

Pasadena High School  
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[mcmaster@st-ritaschool.org](mailto:mcmaster@st-ritaschool.org)  
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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](mailto: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](mailto:newsom.garrett@pusd.us)

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(626) 797-0204  
Lisa Feldman: Head of School

Wilson Middle School  
300 S. Madre St. Pasadena, Ca. 91107  
(626) 449-7390 Principal: Ruth Esseln  
E-mail address: [resseln@pusd.us](mailto:resseln@pusd.us)

Pasadena Unified School District  
351 S. Hudson Ave., Pasadena, Ca. 91109  
(626) 396-3600 Website: [www.pusd@pusd.us](http://www.pusd@pusd.us)

Arcadia Unified School District  
234 Campus Dr., Arcadia, Ca. 91007  
(626) 821-8300 Website: [www.ausd.net](http://www.ausd.net)

Monrovia Unified School District  
325 E. Huntington Dr., Monrovia, Ca. 91016  
(626) 471-2000  
Website: [www.monroviachools.net](http://www.monroviachools.net)

Duarte Unified School District  
1620 Huntington Dr., Duarte, Ca. 91010  
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Website: [www.duarte.k12.ca.us](http://www.duarte.k12.ca.us)



Maybe your family would enjoy... ...learning about the Cherokee Nation.

# Newspaper Fun!

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## Cherokee Nation (Eastern Band)

Did you know that archaeologists think the first people to live in North America were the Paleo-Indians? At the end of the last Ice Age (around 12,000 years ago) these people moved from Asia into North America on a land bridge that existed then. It is believed that they lived in small family groups and moved constantly to **hunt** animals like the mastodon (an elephant-like animal that is now extinct) and to **gather** foods like berries and nuts. Arrowheads for spears and other tools mark places where they lived.

In the Archaic period (8,000 to 1,000 BCE), families had homes with wooden poles covered with hides, which could be **moved**. In the spring they would move to the river valleys to **fish** and **collect** shellfish. In the fall they would move to the forest to hunt deer or turkey and gather nuts and berries. Archaeologists have studied **tools**, soapstone bowls, burial grounds and pottery to understand these people's ways.

In a more recent period, Woodland Indians, people are thought to have had villages as well as seasonal camps. **Corn**, a key part of the Indian diet, was introduced. The first evidence for the bow and arrow were found. It is believed that people were **trading**: salt, beads, shells, fish, pottery and animal skins.

During the next period, Mississippian Indians, settlements became more permanent. Squash, corn and beans, known as the **Three Sisters**, were important and foods from hunting and gathering were now added to the foods harvested from gardens. Beautiful **jewelry** and pottery were created too.

After 1650, when Europeans arrived, there were years of both peace and fighting. In 1836, the U.S. Senate accepted a **treaty** signed by a small group of **Cherokee** to sell their land and the Cherokee were forced to leave the east to be **resettled** in Oklahoma. They were expected to walk 1,000 miles to get there! On this hard walk, now called the Trail of Tears, an estimated 4,000-8,000 people died. Some Cherokee refused to move and **hid** in the mountains. Many of their descendants now live on Qualla Boundary, a preserve.

### WELCOME CHEROKEE INDIAN RESERVE

About 15,000 Cherokee Indians live in North Carolina, mostly on tribal land. The town of Cherokee is in the Great Smoky Mountains.

Find the 14 words or phrases in **bold print** in Forest's story. Fit them into the crossword.

**Forest's story:**

The Cherokee people lived in the mountains of the Southeast. They were skilled hunters and farmers. They used tools made of stone and bone. They lived in small family groups. They moved from place to place. They hunted for food. They gathered berries and nuts. They used arrowheads for spears. They used tools to make pottery. They traded goods with other tribes. They lived in villages. They used bows and arrows. They used corn. They used squash. They used beans. They used jewelry. They used pottery. They lived in the mountains. They hid in the mountains. They were resettled in Oklahoma. They were forced to leave the east. They walked 1,000 miles. They died. Some Cherokee refused to move. They hid in the mountains. Many of their descendants now live on Qualla Boundary, a preserve.





EAT LOCAL THIS HOLIDAY SEASON

By Peter Dills

You know, every November I start wondering about something. Do more people visit us during the holidays, or do more of us leave town? It's one of those questions that hits you while you're sitting at a stoplight — usually right about this time of year — when the mornings get cooler and the Christmas decorations start appearing before the Thanksgiving leftovers are even cold.

We live in a part of Southern California that practically sells itself in December. Sure, the Rose Parade brings in its share

of visitors, but what about now, in these quieter weeks leading up to it? Are folks staying put and enjoying our local restaurants, or are they standing in line at the airport wondering if their flight to Phoenix will be delayed again?

Just this past week — before the rain — I was driving down Sierra Madre Boulevard and noticed something we don't talk about much: empty tables. A few of my favorite spots looking quieter than they deserve to be. And not because the food changed or the service slipped... but because it's November. People are distracted. They're busy. They're saving up for the “big meal,” whatever that means.

Seeing those empty tables took me back for a moment. I remember, years ago, when our family would drive up to Santa Barbara and visit Brett's. It was set in a Victorian house — the kind of place that practically came with its own holiday soundtrack. Warm lighting, friendly faces, the whole classic atmosphere. Brett's is long gone now, I'm sorry to say, but the memory stays with me. It reminds me that restaurants are more than places to eat; they're where families store memories like ornaments in a box waiting for next year.

Which leads me to what I'm getting at, hands folded in front of me like Andy Rooney himself: our local restaurants need us right now.

The chains will be just fine. They always are. They have budgets the size of small countries. But the mom-and-pop places — Casa Del Rey, Lord Empanada, Little Provence, Moffett's, and so many others — those are the places that feel it when half the town disappears or decides to start “cutting back” for the holidays.

*So here's my gentle nudge: Eat local. Once. Twice if you can manage it.*

You don't need to make a big production out of it. Stop in for a bowl of soup on a cool night. Pick up a couple of empanadas. Have breakfast before shopping. Grab a taco plate or sit quietly at a neighborhood bar with a martini while the world rushes around you. These aren't grand gestures. They're simple acts that keep our community alive.

IN SUMMARY

As the Dining Doctor, here's my November prescription:  
Support your local restaurants.  
The chains will survive without your help.  
Our neighborhood favorites could use the visit.  
Now if you'll excuse me while I clear my throat...

Next week: my lecture on holiday tipping And trust me — some of you may want to take notes. Email me at thechefkonws@yahoo.com

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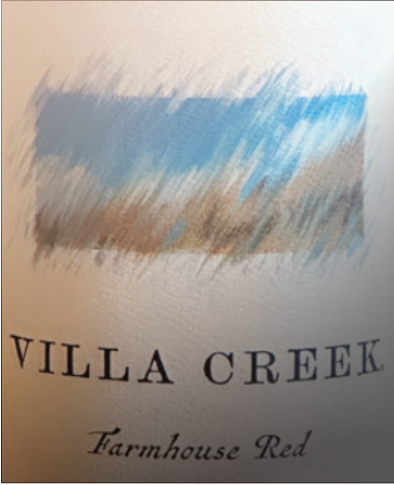
On rainy days we naturally close early, so please call first.

THE TASTING ROOM - Natural Wines

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

You've probably tasted “natural wines” in the last few years, and more than likely you weren't impressed. I felt the same way a few years ago, a lot of the natural wines being made were made by winemakers who didn't know what they were doing. There's still too many of them that still don't know what they're doing. However, there are more winemakers who know how to make wine that produce natural wine, and the one I have for you today is an excellent example. They don't make a big deal of making natural wine, they just make damn good wine without all the hype.

Natural wines are usually categorized as wines that are made with minimal intervention and with organic or biodynamic grapes. They utilize very minimal sulfites or no sulfites at all. They use native yeasts and usually are unfinned and unfiltered. Natural wines should taste good. They shouldn't have an aroma of hamster cage or taste like kombucha. If it tastes like vinegar, don't let anyone tell you that is the way natural wine is supposed to taste. This shouldn't be an exercise in The Emperor's New Clothes.



Villa Creek is a winery in Paso Robles that has embraced biodynamic, organic, and regenerative organic practices. They are stewards of the land they farm on. Cris and JoAnn Cherry founded the winery in 2001 and have become one of the top wineries in Paso Robles. Sadly, JoAnn passed away in 2024. Cris and his son and daughter have carried on with the winery since and have continued to produce some of the best wines coming out of that area.

Oliver Mikkelsen is the winemaker and vineyard manager. He along with Cris produced the 2023 Villa Creek Farmhouse Red. It is a blend of 50% Grenache, 20% Syrah, 20% Zinfandel, and 10% Petite Sirah. It is Certified Organic. They used native yeast, and the wine was aged in French oak for 18 months. It's a bold red wine, but it is balanced with acidity and minerality. It's juicy, fresh, and savory. You get notes of fig, red berry, and licorice. It's hedonistic without the high alcohol and sweetness that poorly made red wine from Paso Robles can sometimes have. I'd take this wine over anything from Daou or Justin. This

is an incredible red wine.

The wine is available at The Bottle Shop. The regular price is \$21.99. Mention you saw the wine in the Mountain View News and the special price of \$19.80. This special price is good through Monday, November 17<sup>th</sup>.

NEWS FLASH! Beaujolais Nouveau is arriving at The Bottle Shop this Thursday, November 20<sup>th</sup>. I am super excited about the arrival of the Domaine Dupeuble Beaujolais Noveau! This wine IS NOT the same as the cheap, bad, God-awful Beaujolais Noveau you get at the grocery stores - dabarf or whatever it's called - this is the real deal. Domaine Dupeuble has been around since 1512 and is now managed by the brother and sister team of Ghislaine and Stéphane Dupeuble. They do not use any synthetic fertilizers or chemicals. If you are looking for a “Natural Wine” that tastes damn good, look no further. They don't call themselves natural winemakers, they just make damn good wines just as they have been making for hundreds of years.

I'll be pouring the 2025 Domaine Dupeuble Beaujolais Nouveau on Thursday, November 20<sup>th</sup> at The Bottle Shop Tasting Room along with other incredible value wines under \$25 for your Thanksgiving table.

Until next time – Salud!

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

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More Info: <https://www.sierramadrecal.org> 626-355-5278

A black and white portrait of a man in clerical attire, identified as Rev. James Snyder.

OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

DID I REALLY SAY THAT?

As far back as I can remember, I wanted to be a writer. My maternal grandmother wrote poems and would read one at the family gathering. I don't know if that's where I got it, but I got it.

I wrote poems as a teenager, although I never shared them with anybody. Back then, I did not have a computer, so all my poems were on paper. I had a stack of them, but when I moved away to college, for some reason, I left them behind and have not seen them since.

In high school, I was failing English—if you can believe that—and my teacher said if I gave him a poem each week, he would make sure I passed and graduated. That set me off writing poems; I only wish I knew what those poems were. At least I graduated.

Writing was a priority in my life, and I was around 16 when I got my first typewriter for Christmas. That was a very wonderful Christmas for me. I used that typewriter almost every day. Years later, I was able to get an electric typewriter, which made all the difference in the world to me.

I like to create words and phrases in my head and practice them before writing. One of my favorite writers at the time was James Thurber, who wrote the famous short story, "The Secret Life of Walter Mitty." Later on, it was made into a movie. James Thurber was blind, and his work schedule was to write his stories in his head at night, then dictate them to his secretary in the morning. That always impressed me.

It encouraged me to make things up in my head and think it through before I wrote them down.

I could create words and phrases and assemble them in sentences that really made sense. As I got older, however, my tongue and my brain had a falling-out. I could think of things in my head, but my stubborn tongue would never get them right. This caused me a lot of trouble. I think my tongue did it on purpose.

Most of the trouble was with The Gracious Mistress of the Parsonage. One of her infamous questions to me is, "What are you thinking?"

That is one of the most challenging questions I have to answer. Do I tell her what I'm actually thinking or make up a story that would make her happy? Usually, I would give a quick response that would satisfy her at that moment. To tell her what I was thinking would take several hours—who has time for that? Not her.

Sometimes I'll be thinking about something and start chuckling to myself. The Gracious Mistress of the Parsonage is there with me and asked, "What's so funny?" I look at her quite seriously and say, "I was just thinking about a joke. Why was 6 afraid of 7? Because, 7 8 9."

She might have believed me the first time I said that, but never after. Sometimes, when you speak your mind, you either confuse the other person or get yourself in trouble. That's been my experience throughout the years. Often, when watching TV at night, I'm thinking about my sermon for the week-end. I will go over and over the elements of that sermon and work it out in my mind.

I'm not paying too much attention to what we're watching on TV. But, The Gracious Mistress of the Parsonage will say, "Did you see that? Wasn't that amazing?" At the time, I had no idea what she was talking about. But I go along with her and say, "That certainly was amazing." Then, much to my shock, she replies, "Tell me what was the most amazing part of that scene?"

Now I am in a situation I can't get out of. She has caught me many times in this kind of situation.

It is not that I can't pay attention; I'm just thinking about something altogether different. I'm working it out in my head so I can put it all in writing in the morning. That's just the way I work.

We'll be driving across town in her Sissy Van. She's behind the wheel, and I'm sitting in the passenger seat, thinking about a project I'm working on. That's a great time for me to think through some project I'm working on. "Oh, my," she said very excitedly. "Did you see that?"

Now I'm in a pickle jar, and not sure what she saw. Most of the time, I respond, "Yes, that was really something." She will glance at me and say, "I was referring to the dead raccoon on the road back there."

I will never get it right. I can spend the first few moments in the car chatting back and forth, but sooner or later, my mind will focus on a project, and I won't hear or see anything around me.

It's not my mind that gets me into trouble; rather, it is my tongue.

I can't help but think of a verse in the Bible that deals with the tongue. "Even so the tongue is a little member, and boasteth great things. Behold, how great a matter a little fire kindleth!" (James 3:5).

Most of my trouble stems from my tongue. If I can control my tongue, my life would be a better experience.

Dr. James L. Snyder lives in Ocala, FL with the Gracious Mistress of the Parsonage. Telephone 1-352-216-3025, e-mail [jamesnsnyder51@gmail.com](mailto:jamesnsnyder51@gmail.com), website [www.jamesnsnyderministries.com](http://www.jamesnsnyderministries.com)

CONVALESCENT AID SOCIETY:  
THE BEST KEPT SECRET FOR OVER 100 YEARS!

The Convalescent Aid Society, or "CAS" has been quietly transforming lives across the community one hospital bed, wheelchair, ramp and walker at a time. Founded in 1923, the nonprofit provides free loans of durable medical equipment to residents in need, ensuring that mobility and independence remain within everyone's reach. What began as a small community effort in Pasadena has grown into a trusted local resource with over 30,000 pieces of free equipment on loan.

From knee scooters to shower chairs and lift devices, their lending program fills a critical gap for individuals recovering from surgery, managing chronic conditions or caring for loved ones at home. Entirely supported by donations, CAS relies on local partnerships, foundations and the goodwill of neighbors to maintain and distribute its inventory. Items are refurbished and sanitized for reuse, keeping valuable equipment out of landfills and in the hands of those who need it most.

As CAS celebrated its 100 year anniversary, they looked ahead and expanded their outreach efforts. In addition to their facility in Pasadena serving all of San Gabriel Valley, they opened a second facility in Burbank and now serve all of the San Fernando Valley as well.

CAS serves everyone, regardless of income, age, medical conditions, and don't ask for insurance. Their only requirement is that clients reside in SGV or SFV. The process is simple: apply online for the needed equipment and you will be contacted to arrange a pickup at your nearest CAS facility or have equipment delivered.

CAS gladly accepts donations of equipment, monetary donations and even offers planned giving options for those who would like to support their mission. All donations are tax-deductible.

For more information, visit their website at: [www.cas1.org](http://www.cas1.org) or call customer service at: 626-793-1696.

100

CONVALESCENT  
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LOAN OF MEDICAL EQUIPMENT

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WHAT ARE THE EARLY SIGNS OF PARKINSON'S DISEASE?

Dear Savvy Senior,  
What are the early signs of Parkinson's disease? My husband was recently diagnosed after noticing a slight thumb tremor but we're wondering if we missed any other early warning signs. Curious Wife

Dear Curious,  
Recognizing the early signs of Parkinson's disease is challenging because the symptoms are often subtle and/or similar to those in other health conditions, which means they can easily be overlooked, dismissed or misdiagnosed.

Parkinson's disease, which afflicts around 1 million Americans, is a degenerative disorder that occurs when the brain's dopamine-producing neurons die or become impaired. This happens in the part of the brain that controls movement, which can cause tremors, stiffness, and difficulty with walking, balance, and coordination.

The symptoms usually begin gradually and get worse over time, and the progression of symptoms is often different from one person to another. Some people with Parkinson's become severely disabled, while others may experience only minor motor disruptions.

While the cause of Parkinson's disease is unknown, scientists believe genetics and environmental factors (exposure to certain toxins) play a key role. Most people with Parkinson's first develop the disease around age 60 or older, and men are more likely to develop it than are women.

**Early Warning Signs**  
Parkinson's disease is difficult to diagnose because there's no definitive test to confirm it. Doctors, usually neurologists, will do an examination and evaluate a combination of warning signs, but symptoms can vary greatly by patient which often leads to confusion and misdiagnosis. That said, here are some of the key signs and symptoms everyone should be aware of.

**Restless sleeping:** Talking in your sleep, sleepwalking and/or acting out your dreams by kicking or jerking. This is a REM sleep behavior disorder and one of the strongest and earliest pre-diagnostic symptoms of Parkinson's disease.

**Loss of smell:** Not being able to smell certain foods very well like bananas, dill pickles or licorice. This early symptom occurs in around 70 to 90 percent of Parkinson's patients.

**Constipation:** Problems with digestion and bowel movements are a big problem for people with Parkinson's, and an early sign that can occur up to 20 years before this disease is diagnosed.

The logo features the words 'THE SAVVY SENIOR' in a bold, serif font. To the right is a cartoon illustration of an elderly man in a suit holding a newspaper.

**Changes in handwriting:** Writing may become harder to do, and your handwriting may appear much smaller than it has in the past.

**Soft voice:** According to the Parkinson's Foundation, 89 percent of people with Parkinson's will have speech and voice disorders, which often shows up first in volume of the voice, meaning that you may speak more softly.

**Tremors:** Slight shaking or tremor in your finger, thumb, hand or chin. The tremor usually happens at rest, and when you move the extremity, it may disappear. This is the most common and recognizable outward sign of Parkinson's disease, but by the time tremors start, the brain has already lost more than half of its dopamine-producing cells.

**Slowed movement:** Over time, Parkinson's disease can slow movements, making simple tasks difficult and time-consuming. Your steps may become shorter when you walk. It may be difficult to get out of a chair. You may drag your feet as you try to walk.

**Masked Face:** The muscles in the face experience the same gradual stiffening as in the rest of the body, which results in lack of smiling and facial expressions.

**Impaired posture and balance:** Stooping, leaning or slouching when you stand, and/or balance problems can all be an early sign of Parkinson's.

Having these symptoms doesn't necessarily mean that a person has Parkinson's disease. But if you are experiencing any of them, and you're over age 60, you should consider talking with your doctor, who may order a DaT scan or Syn-One (Skin Biopsy) Test to help diagnose it. Early detection leads to earlier treatment, which can improve a person's overall quality of life.

For more information, visit the Parkinson's Foundation at [Parkinson.org](http://Parkinson.org).

Send your questions or comments to [questions@savvysenior.org](mailto:questions@savvysenior.org), or to Savvy Senior, P.O. Box 5443, Norman, OK 73070.

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CHRISTOPHER Nyerges

[Nyerges is an educator and author. His many books can be seen at [www.SchoolofSelf-Reliance.com](http://www.SchoolofSelf-Reliance.com).]

SCOUTING BUILDS CHARACTER:  
Local Scout leader

Francisco Loaiza is kneeling over the campfire circle holding a piece of steel in one hand and a chunk of flint in the other. He begins to whack the flint with the C-shaped piece of steel while a group of teenaged Boy Scouts watches with full attention. A shower of sparks shoots out from Loaiza's hands and the Scouts say, "Wow," and move in closer to watch.

Loaiza puts a piece a steel wool in his left hand, strikes the flint again, and the steel wool begins to burn. Loaiza smiles as the scouts shout their approval. The steel wool goes into the fire pit, a few Scouts add pine needles and begin to blow, and soon the pine needles start to burn.

Loaiza sits back and smiles as the Scouts coax the small fire into a fire big and hot enough to cook their evening meal. One by one, the boys try to make fire with the ancient method of flint and steel as Loaiza watches and offers advice.

Loaiza proves that Scouting is about far more than making knots.

Loaiza is one of the thousands of Scout leaders nationwide who volunteers his time in America's oldest scouting movement, now 102 years old.

Loaiza explains that the founder, Baden Powel, wanted to preserve the Indian scout skills for future generation, and find a way to keep young boys on the right track. Loaiza, who works in the Pasadena area, is a leader of a Montebello Troop, taking them on backpacking trips, educational day hikes, and works with other teachers and parents to keep the Scouts focused on learning new skills and achieving merit badges.

"It requires persistence, planning, and cooperation to earn each merit badge," says Loaiza, "and those are skills that stay with you all life long.

"The entire merit badge process teaches Scouts how to think, and how to plan, and how to work with others," says Loaiza, pointing out that these are all valuable life-long skills. Additionally, boys are often required to make presentations to other Scouts, which is similar to the training in public speaking that an adult might get from the Toastmasters organization.

Loaiza was not a Boy Scout as a youth, though he does remember attending several Cub Scout meetings as a young boy. He smiles and adds that his parents simply could not afford the costs of the uniform and supplies.

In 2004, his own son Benjamin joined Cub Pack 476 and Loaiza became fully involved. Benjamin eventually went on to become an Eagle Scout, the highest one can achieve in Scouting.

"Yes, there is a dollar fee to be a Scout and participate in Scouting, but it's really the volunteer effort of the parents and volunteers that makes it all work," he explains.

For example, Loaiza's troop meets 1 1/2 hours per week every Tuesday night, and they also do at least three outings per month. A typical week-end hike will last about 5 hours, and they'd go to a destination such as Henninger Flats where'd they'd also be able to practice their campcraft. The troop might do a backpacking trip once a month, typically beginning early Saturday morning through Sunday late morning. Locally, there are dozens of good hiking and backpacking spots within a half-hour drive. "It's really about putting in the time with boys, more than about money," he explains. But does it cost much to be a Scout?

"Yes, and no," says Loaiza. "Initially, I needed to buy all of my camping equipment like sleeping bag, jacket, cooking supplies, good boots, heavy duty clothing, and other camping supplies. Each boy, or their parents, must do the same. But now when we go on outings, I just buy some food. Since I already invested in my camping gear, I just pack it all up. I always try to get the parents to also chip in with costs, and we are always trying to get donations from local organizations. Plus, we have some fund-raising throughout the year as well" explains Loaiza, since there are usually more expenses than just camping expenses.

To Loaiza, one of the rewards of being a Scout leader is to see a young boy begin to develop into a young man and a leader. "We provide the opportunities and the experiences for the older boys to lead the younger boys and we teach them the ideals of Scouting.

When we start to see the development of the boys, I realize that all of my volunteer hours are worth it. Last year, we had two of our Scouts earn their Eagle Rank. They were my first Eagle Scouts in the Troop under my leadership!" Eagle is the highest rank that a Scout can achieved, and it requires performing a community project which involves many other individuals.

Loaiza wants people to realize that Scouting works! "It is a great character- building organization. Scouts are taught to be prepared and do a good deed daily. These are some of the laws and ideals of scouting. Can you imagine how different our country would be if more of us followed these ideals?"

NOTE: These days, Loaiza is retired as a Scouting leader, but continues to assist others as time permits.



Loaiza makes acorn pancakes

Katnip News!



MEET BONNIE & CLYDE – THE DYNAMIC DUO!

This adorable bonded pair, age about 11 months, was found roaming the streets of Palmdale at just 4 months old, but you'd never guess it now—they're two happy, healthy, and incredibly loving pups! Bonnie (the sleek black beauty) and Clyde (the handsome black-and-white charmer) are truly inseparable.

They love to play—a lot! Whether it's chasing toys, romping around the yard, or goofing off together, their joy is contagious. When playtime's over, they're just as happy to snuggle up for cuddles and treats. Both are spayed/neutered, in excellent health, and ready to bring endless fun, laughter, and love into their forever home.



If you're looking for double the love and double the smiles, Bonnie & Clyde are the perfect match for your family!

See more at <https://www.lifelineforpets.org/bonnie--clyde.html>, or use the qr code.



So Cute!

Bonnie & Clyde

Pet of the Week

Maximus is a 9-year-old brown pit bull mix at Pasadena Humane who is all heart and ready for a new beginning. An Eaton Fire survivor who lost his home, this gentle giant hasn't let hardship dim his spirit. Calm, affectionate, and well-mannered – according to his beloved foster family - Maximus is potty trained, sleeps soundly through the night, and is a perfect gentleman in the house.

He enjoys leisurely walks, relaxing in the sun, and soaking up affection from everyone he meets. Maximus would do best as the only dog in the home, where he can be the center of attention and love.Come meet Maximus at Pasadena Humane — and take him (or another senior sweetheart) home for free this November during Senior Pet Month!

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

Walk-in adoptions are available every day from 10:00 – 5:00. View photos of adoptable pets at [pasadenahumane.org](http://pasadenahumane.org).

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

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



PASADENA PETS

Pasadena Waiving Adoption Fees for Older Pets

PASADENA (CNS) - The Pasadena Humane Society is waiving all adoption fees for pets aged 5 and older in November in honor of National Adopt a Senior Pet Month, officials said today.

The fee waiver is being offered thanks to the sponsorship of the Mericos Foundation, and aims to highlight the benefits of adopting older pets.

"Senior pets tend to be calmer, often house-trained, and ready to settle in right away -- but what really sets them apart is their capacity for love," Pasadena Humane President and CEO Chris Ramon said. "They may be older, but they have just as much love to give. In return, you'll gain an affectionate, devoted companion."

All dogs and cats available for adoption are spayed or neutered, microchipped, and have received age-appropriate vaccinations.

New adopters will also receive a complimentary wellness exam with a partner veterinarian, along with a packet of information on pet care.

Throughout November anyone interested in meeting adoptable senior pets is encouraged to visit [pasadenahumane.org](http://pasadenahumane.org) or visit the shelter during adoptions hours daily from 9:30 a.m. to 5:30 p.m.

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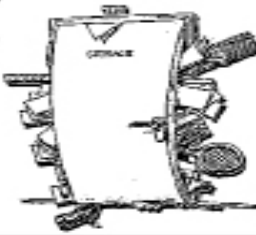
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## LA SALLE GIRLS' TENNIS CAPS PLAYOFF RUN WITH QUARTERFINAL FINISH



The La Salle girls' tennis team's season came to an end Monday afternoon after a hard-fought 8-10 loss to Segerstrom in the CIF Southern Section quarterfinals. The defeat capped an impressive postseason run that saw the Lancers battle through adversity, win two tough playoff matches, and reassert their reputation as one of the most resilient programs in the area.

Just two days earlier, La Salle earned a thrilling 10-8 win over Norwalk in the second round—a match that showcased the team's composure and competitive edge. "Man, that Norwalk match was tough," said Coach Javier. "They were slightly better than us on paper, so I was nervous. Our singles played amazing and won us that match. Both Zoey and Sima won all of their sets, which meant we only needed four sets from doubles—and we got just that. But the doubles line up was tough. We were fortunate enough to win two tiebreak sets. That ended up winning us the match."

The win over Norwalk advanced La Salle to the quarterfinals against Segerstrom, where the Lancers once again played short-handed but full of heart. "We've been down a player all season," said Coach Javier. "We've been playing at level 10 all season, and I think we just ran out of gas. We got behind early which made rounds 2 and 3 tougher than they should have been. In the end, my team played hard all the way through, and that's all I can ask for."

Despite the loss, the 2025 season was a testament to the Lancers' culture and character. "What I'm most proud of is how well everyone connected, bonded, and truly put their teammates' needs before their own," Coach Javier reflected. "As a coach, I care more about raising caring players—ones who will make a difference in this world—and I feel like I accomplished that the most this season."

Looking ahead, the future is bright for La Salle tennis. With seven of eight players returning next season, the Lancers are poised to make another deep run. "My lineup is so deep—I'm already looking forward to next year," Coach Javier said. "I'll be honest, I was a bit discouraged in the beginning of the season with all the setbacks we had. But this group of young ladies made me feel like this season was worth all the sacrifices. I'm so happy with how well they did."

Through every challenge—short rosters, lineup changes, and long playoff drives—the 2025 La Salle girls' tennis team proved that their foundation of teamwork, perseverance, and heart can withstand anything. And with nearly the entire roster returning, the Lancers are already building toward something even greater.

La Salle finishes the 2025 season with a 6-4 record and a CIF Quarterfinal appearance.

## UNLOCK YOUR LIFE



Lori A. Harris

### FREE YOUR MIND AND YOUR BUTT WILL FOLLOW!

*Tools of Transformation: Simple, but not easy. Start with the discipline of decision.*

Black people make up just 3% of California's licensed attorneys. Nearly all of us have one man to thank for helping us cross the finish line of the California Bar Exam: Attorney Al Jenkins, affectionately known as Bar Daddy. Thirty-six years ago, he said something I've never forgotten: "You can't just have a hand-waving interest in this. It requires precision." He was talking about the bar exam. But that lesson has followed me through every transformation since.

We can't be kinda interested in life. We can't approach our dreams with casual commitment. We have to take a stand. We have to get precise.

These days, I'm applying that same precision to my own life, not through willpower or hustle, but through something simpler and more challenging: the discipline of decision-making.

One of the biggest shifts? A time audit. Learning where my hours actually go and how I honor my most precious commodity: life itself.

The science backs this up: recent research from Timewatch found that 94% of people agree that better time management increases productivity. Those who track their time report being in control of their schedule five days a week, compared to just 26% of those who don't track at all.

Adam Leipzig, Academy Award-winning producer, early TED speaker, and friend of over thirty years, was the first to tell me: "Control your calendar, control your life." Coming from arguably the most productive person I know, that hit differently.

I resisted that wisdom for years. My mentor, Mary, reinforced this for nearly a decade, insisting that my calendar could be my most powerful tool for transformation. But calendars reminded me of my J.O.B., of being controlled rather than free. So I pushed back. If 2024 was one of the most challenging years of my life, it was also one of the most transformative. In 2025, I finally decided to honor my calendar, not for a boss or external expectations, but for myself.

I tried it imperfectly. Informally. Some weeks, I followed it religiously. At other times, I ignored it completely. But even im-

perfectly done, 2025 became calmer, more directed, more mine.

Now, as I map out 2026, I'm energized in a way I haven't been in years. I'm building my calendar around my big rocks—the non-negotiables that make life worth living:

Spirit. Family. Fun. My salons and retreats. I'm attending two big graduations: Howard University School of Law and Pepperdine University School of Law. These anchor my year. Everything else gets evaluated against them.

Stephen Covey, who popularized the "big rocks" time management philosophy in his landmark book *The 7 Habits of Highly Effective People*, taught that if you don't put your most important priorities, your big rocks, into your schedule first, they'll never fit. The urgent will always crowd out the important. By scheduling what matters most first, everything else falls into place around it.

When opportunities appear now—and they always do—I can see at a glance: Will this create expansion, growth, or joy? Or will it constrict and deplete me? Does it align with my core values, or am I saying yes out of obligation, fear, or old programming?

That's what precision looks like in real life. Not perfection. Not rigid control. But clear, intentional decision-making about how I spend my irreplaceable hours. And here's what I've discovered: that's what freedom feels like.

Bar Daddy was right all those years ago. You can't have a hand-waving interest in passing the bar—or in living a life you love. It requires precision. It requires deciding what matters most and building your days around that truth.

Here's my invitation: Make your calendar a partner in the life you love. Not someday. Now. Start with one week. Put your big rocks in first, the things that feed your soul, strengthen your relationships, and align with your values. Then see what happens when everything else has to fit around what truly matters.

Free your mind from the tyranny of other people's urgencies. And watch your whole life follow.

*Lori A. Harris is an Integrative Change Coach and Life Mastery Consultant. Learn more about her at [loriaharris.com](http://loriaharris.com).*

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## ALL THINGS by Jeff Brown

### THE AMERICAN REVOLUTION AND THE FATE OF THE WORLD BY RICHARD BELL

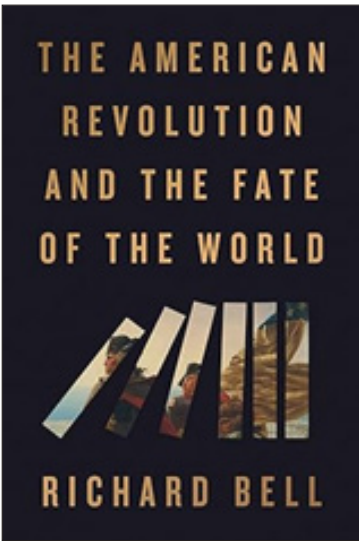
A prize-winning historian's fascinating and unfamiliar recasting of America's war of independence as a transformative international event

In this revelatory and enthralling book, award-winning historian Richard Bell reveals the full breadth and depth of America's founding event. The American Revolution was not only the colonies' triumphant liberation from the rule of an overbearing England; it was also a cataclysm that pulled in participants from around the globe and threw the entire world order into chaos. Repositioning the Revolution at the center of an international web, Bell's narrative ranges as far afield as India, Africa, Central America, and Australia.

As his lens widens, the "War of Independence" manifests itself as a sprawling struggle that upended the lives of millions of people on every continent and fundamentally transformed the way the world works, disrupting trade, restructuring penal systems, stirring famine, and creating the first global refugee crisis.

Bell conveys the impact of these developments at home and abroad by grounding the narrative in the gripping stories of individuals—including women, minorities, and other disenfranchised people. The result is an unforgettable and unexpected work of American history that shifts everything we thought we knew about our creation story.

Richard Bell teaches Early American history at the University of Maryland. He has received several teaching prizes and major research fellowships including the National Endowment for the Humanities Public Scholar Award.



## FITNESS FOR LIFE



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

average American spends around seven hours a day looking at screens, and it's not just our eyes that pay the price. Poor posture doesn't just make us look tired or older. It can actually make us feel that way, too.

We often think emotions shape posture — slumped when sad, upright when confident — but the reverse is also true. Research has shown that when people simply sit or stand taller, they feel more alert, confident, and even happier. Good posture opens the chest, deepens breathing, and activates muscles that make you feel grounded and strong.

Slouching, on the other hand, does the opposite. When your head is forward and shoulders are hunched, your lungs can't expand fully, and you get less oxygen. That can make you

## STAND TALL

feel more tired, anxious, or even down. It's no wonder many people report that they feel more sluggish after a long day on their devices. Their body is literally stuck in "rest" mode.

Your head weighs about 10 to 12 pounds. That's about the same as a bowling ball. When it's centered over your shoulders, that weight is easy for your muscles to support. But for every inch your head juts forward, the strain on your neck doubles. It's like carrying that bowling ball at arm's length for hours every day.

Over time, the muscles in the front of your body, like your chest and neck, tighten, while the muscles in the back, including your upper back, shoulders, and spine, weaken. This imbalance leads to pain, stiffness, and that all-too-familiar "tech neck." The good news is you can reverse it with a few key movements done consistently.

Start with a chest opener. Stand tall and clasp your hands behind your back, straighten your arms, and gently lift them while opening your chest. Years of hunching make these muscles short and tight, and this stretch reopens the front of your body, letting your shoulders return to their natural position. Many people feel the difference immediately — like taking a deep breath after being stuck in a box.

Next, try the chin tuck. Sit or stand tall and gently pull your chin straight back, as if making a double chin. Hold briefly and repeat several times. This exercise strengthens the small neck muscles that keep your head aligned over your shoulders. It can reduce tension in the neck and even improve your breathing and vocal quality, since your airway opens when your head is neutral.

For your upper back and shoulder stabilizers, resistance band rows are highly effective. Secure a band around something that is at chest height and stable, like a door handle, sturdy pole, or railing. Hold the ends, and step back to create tension. Pull your elbows straight back, squeezing your shoulder blades together, then return slowly. Doing 12 to 15 repetitions strengthens the muscles that pull your shoulders into proper alignment, counteracting the forward slump from scrolling. Strong back muscles also make everyday movements, like lifting, reaching, and standing tall, feel easier and more comfortable.

To keep your spine mobile, the cat-cow stretch is excellent. On hands and knees, round your back up like a cat, then slowly arch it down, lifting your chest and tailbone. Repeating this 10 times keeps the spine flexible and awakens the muscles that support your core and back.

Finally, the glute bridge strengthens your glutes and lower back, which often weaken from prolonged sitting. Lie on your back with knees bent and feet flat on the floor. Lift your hips until your body forms a straight line from shoulders to knees, hold briefly, then lower slowly. Doing 15 repetitions activates these muscles, supporting your lower back and hips, and making it easier to maintain good posture when standing or walking.

Improving posture isn't about looking like a soldier or walking stiffly. It's about finding balance — where your body works efficiently and comfortably. When your head, shoulders, and hips line up naturally, movement feels easier. You breathe better, digestion improves, and you look more energetic without trying. Every time you lift your head, roll your shoulders back, or engage your back and glutes, you're addressing the fact that posture is often overlooked but one of the most important and simplest things to correct



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Mission Statement

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

STUART TOLCHIN



THE PRESENT IS A GIFT I GIVE TO MYSELF

I am making a conscious effort to expand my world. I tell myself I want to relieve my feelings of isolation and inaction. Consistent with that desire I was presented out of the blue with the opportunity to join a softball game played by men and women in their 70's and 80's. My wife agreed to drive me to Santa Anita Park near the appointed time, and we managed to find the field where a softball game was in progress. I was invited to take a turn at bat, and it was a disaster. I was handed a bat and a woman about my age lobbed twenty underhand very slow pitches to me. I was completely unable to contact the ball even once. My wife watched the disgraceful exhibition from behind a fence, and I was embarrassed and humiliated.

Worse yet I watched the other players, 70 and 80-year-olds and perhaps 90-year-olds running from base to base. They weren't flying around, but they were actually moving with a jogging gait at a speed faster than walking. After failing to hit the ball I went to the side of the field and for that moment I felt pretty miserable.

Nevertheless, another coincidental meeting, another gift, occurred last week. Out of the blue a conversation began between with a man who lives just around the circle from me. I learned that his wife was a Cantor and a Rabbi who led services in Pasadena. Now, please understand that I have never been to religious services in my entire life. Oh, maybe I was in a synagogue once or twice attending friend's or relative's Bar or Bat Mitzvahs, but that's it. I think of myself as Jewish and my parents and grandmother, the people who raised me, were Jewish but we never talked much about what that meant.

I heard stories from both sides of the family about having to escape from the Ukraine and Lithuania in fear for their lives. My father told me that Jews were not allowed to go to School in the Ukraine. He would sit outside under a window and try to hear what was being taught even though the teaching was in a language he did not understand. My mother told me she never graduated High School after her father died as there was no money for bus fare.

What a different privileged

PUT THE LIGHTS ON

world has been gifted to me. This has been my present and consistent with that present and privilege I have always taken reading and education very seriously. My room surrounds me with books that I have read and forgotten. This connects with my meeting with the Rabbi's husband. Last week he and his wife went out of town, so our Friday service attendance scheduled for last week was cancelled. Last week while watching the morning news I viewed an interview with Angela Buchdahl, a woman with a Korean mother and a Jewish father. She is presently the Rabbi and Cantor and the leader of a large New York Congregation. Last week I decided to read her 327-page memoir entitled HEART OF A STRANGER before I attended religious services this Friday.

I completed reading the book last night and was up almost all-night thinking about it. I am still thinking about it. Of course, I have been an atheist my whole life but lately I have been having some different thoughts. Among other things the book explains that God is not something out there; but is something already inside of us already at birth which influences our lives and attitudes. Perhaps this does not make much sense to you, but to me it answers some questions and perhaps explains the source of my values and powers and interests.

Another point that I thought about all night is the declaration that our present is everything. It is where we live, and this present is the cumulative result of everything that has already happened to us and includes our fears, imaginations, and thoughts about the future.

The very important point is that we can choose to focus our attention in any one of many directions. We can successfully adapt to each new present if we choose to. I could begin strength training or begin to jog if that is of importance to me. The important point that Rabbi Buchdahl emphasizes is not to not allow ourselves to be seduced by comfort. It is our responsibility to be aware of the positive choices around us in each ever-changing present.

Another thing I notice right now is my need for acknowledgment. I would very much welcome any response from a reader to my email at stuarttolchin@gmail.com.

Any response would be a gift to my present.

RICH JOHNSON

USELESS FACTS ENDING WITH A TITTLE



There is so much information out there that is critical our need to know (for example the importance of the letters "E" and "F" on our dashboards fuel gauge). For all we know the letter "E" on our dashboard's gas gauge could stand for "enough". How about some useless information we can read and don't really need to know? I believe I perform a truly valuable service.

I specialize in information we can forget and have it not really matter. I research my columns (really, I do... believe it or not), submit them, my gracious editor prints them knowing my columns certainly qualify under the Supreme Court's 1957 ruling established in Roth v. United States, that obscene works are "utterly without redeeming social value". So far anyway. Here goes:

1. No number from number 1 to 999 includes the letter "a" in its word form. You won't find an "a" anywhere.
2. Looking at a pair of dice, the opposite sides of a "die" will always add up to 7.
3. Golf balls tend to have 336 "dimples"
4. The King of Hearts is the only King in a deck of cards without a mustache (He is also known as the "suicide king". Why? Look at what his left hand is doing.
5. According to Oxford Dictionaries "dreamt" is the only word in the English language that ends with the letter "MT". \*MT is also a synonym for my head.
6. The little round metal studs on your pair of jeans have a purpose. They are called rivets and Levi Strause & Co. put those there for ex-

tra support avoiding rips and wear outs.

7. A Greek Canadian invented Hawaiian pizza. Sam Panopoulos was born in Greece, moved to Canada at age 20 and in 1962 had to clever idea to add pineapple to pizza.

8. Cats cannot taste sweet things because of genetic defect. As you probably know cats lack 247 base pairs of the amino acids that make up the DNA of the Tas1r2 gene. Sorry no sweets.

9. A group of hippos is called a "bloat". Juliana Berners, a 15th century English Benedictine prioress wrote "The Book of St. Albans" which came up with the term and also a "swarm of bees" and a "gaggle of geese".

10. And the perfect factoid to end this column: The average adult spends more time on the toilet than they do exercising. 3 hours, 9 minutes on the porcelain pony and 1 hour, 30 minutes exercising.

11. We will end our "bakers dozen" with this bit of useless information. Montpelier, Vermont, is the only U.S. capital without a McDonald's. (Doesn't have a Burger King either).

12. And finally, the little dot above a lowercase "i" and "j" has a name. We're told the English language has only two letters that include a "diacritic dot". The "dots" are called a "tittle".

Looking to have someone else do Thanksgiving cooking? Moffett's in Arcadia (their number is (626) 447-4670). And Nano Cafe's in Sierra Madre. Their number is (626) 325-3334. Moffett's is takeout only and Nano's will be serving Thanksgiving meals from 10:00 to 3:00 in addition to takeout.



AI Regulation in the US

As it currently stands, the United States relies on laws and guidelines currently on the books at the Federal, State, and Local levels. The current situation, depending on one's skin in the game, looks quite different when evaluated from the outside.

With some well-placed lobbying efforts, the AI Leaders stand to profit from unfettered access to American data and physical resources, most likely at taxpayer expense. For the consumer, the prospect is not so bright. There will be lots of giving with very little getting. The prevailing sentiment from the administration has been one that can best be described as permissive.

Both the previous administration and the current one have published their versions of Executive Orders that aim to allow leading AI companies to do whatever they must in order to ensure American Dominance in the AI sphere. This already seems like a challenge, as many leading companies have a transnational business structure that allows different operations under their respective umbrellas to operate in different countries.

A typical transnational often conducts operations in more than one country while considering no single country its corporate home. Most often, the glue that associates companies such as these in the mind of the consumer as belonging to one country or another is the marketing from the early days of its foundation. They may have started in a garage somewhere down the street decades ago, but that's not where they live now.

This structure has its advantages for global operations, including decentralization, specialization, brand localization, knowledge sharing, and tax benefits for ownership.

When this model works as designed, production and delivery to the marketplace happen almost invisibly.

The companies that comprise the list of AI Leaders in the US have been quite successful and have the results to prove it. They are also transnationals with operations in dozens of countries.

The main challenge we face in the US concerning AI Regulation that makes sense for our country and our form of government is defining what we require to protect what we have from AI. Not far behind that challenge is finding the will and means to enforce it in a transnational world.







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### NOV. 8, 2025 Solutions

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# November Events Around Town!

Brought to you by Sue Cook

### One Time Events

**November 1**  
**Bones, Skulls, and Marigolds at the Arboretum** - Celebrate the Day of the Dead as you paint skulls & examine bones. 4pm – 5:30pm

**November 1**  
**Flower Arranging: Fall Succulents at The Huntington** - Make a stunning autumnal floral design. 10am – 12pm & 1pm – 3pm

**November 1**  
**Pasadena Walking Film Tour** – Learn about the movies and TV shows filmed here. 10am – 12pm

**November 8**  
**Pasadena Symphony and Pops: Symphonie Fantastique! At Ambassador Auditorium** - Berlioz's symphonic storytelling, Ravel's Piano Concerto, Jim Self's Tour de Force. 2pm and 8pm

**November 9**  
**Chamber Music Society of Lincoln Center Performs at Caltech's Beckman Auditorium** - A unique "Viola Celebration" includes works by Beethoven, Mozart and more. 3:30pm – 5pm

**November 15**  
**Drone Art Show at the Rose Bowl** – Enjoy timeless masterpieces as over 500 synchronized drones light up the sky. 7pm

**November 22**  
**Nutcracker! A Magical Christmas Ballet at Pasadena Civic Auditorium** - This holiday ballet with an international cast. 3pm and 7pm

### Ongoing Events

**November 1, 2**  
**Día de los Muertos at Kidspace Museum** - Join in a celebration of life that includes music, dance, and art.

**November 1, 2, 5, 6, 7, 8, 9**  
**hahahahahahaha at the Pasadena Playhouse** - This wildly unpredictable solo comedy show delivers side-splitting theater.

**November 2**  
**Pasadena City College Flea Market** - Over 400 vendors attend the PCC Market. 8am – 3pm

**November 3, 10**  
**Music in the Rose Garden at The Huntington** - Enjoy live performances by musicians while strolling through the Rose Garden. 1pm – 3pm

**November 7, 8, 9, 13, 14, 15, 16, 20**  
**Broadway Gamble Ramble at the Gamble House** – Dance, theatre, and narrative reflecting the evolution of Broadway. 7pm

**November 9**  
**Rose Bowl Flea Market** - The world's most unusual flea market.

**November 13, 14, 15**  
**A Christmas Carol at Arcadia Performing Arts Center** – A modern adaptation presented by the award-winning Arcadia Stage Theater Program.

**November 16 – January 4**  
**Enchanted Forest of Light at Descanso Gardens** – The garden is transformed into whimsical, and dramatic botanical artscape.

**November 29 – December 24**  
**Los Angeles Christmas Market at ROWDTLA** - This open-air market blends European holiday traditions with a cool LA twist.

**November 29, 30, December 6, 7, 13, 14**  
**A Victorian Holiday at the Queen Anne Cottage** - Step back in time with Victorian entertainment, themed refreshments, crafts, and a holiday marketplace. 11am – 2pm

**November 21 – December 28**  
**Enchant Christmas LA at Santa Anita Park** - Experience a light-maze, ice-skating trail, artisan markets, and plenty of food and drink options.


**November 30 – December 24**  
**A Christmas Carol at A Noise Within** - This timeless story of redemption is filled with music, merriment, and good cheer.



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FOR SALE

481 WEST HIGHLAND AVENUE, SIERRA MADRE

7 BED • 7 BATH • 7,890 SF • 53,963 SF LOT • BUILT IN 1910

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FOR SALE

487 WOODLAND DRIVE, SIERRA MADRE

15,541 SF LOT • \$235,000



SOLD

487 WOODLAND DRIVE, SIERRA MADRE

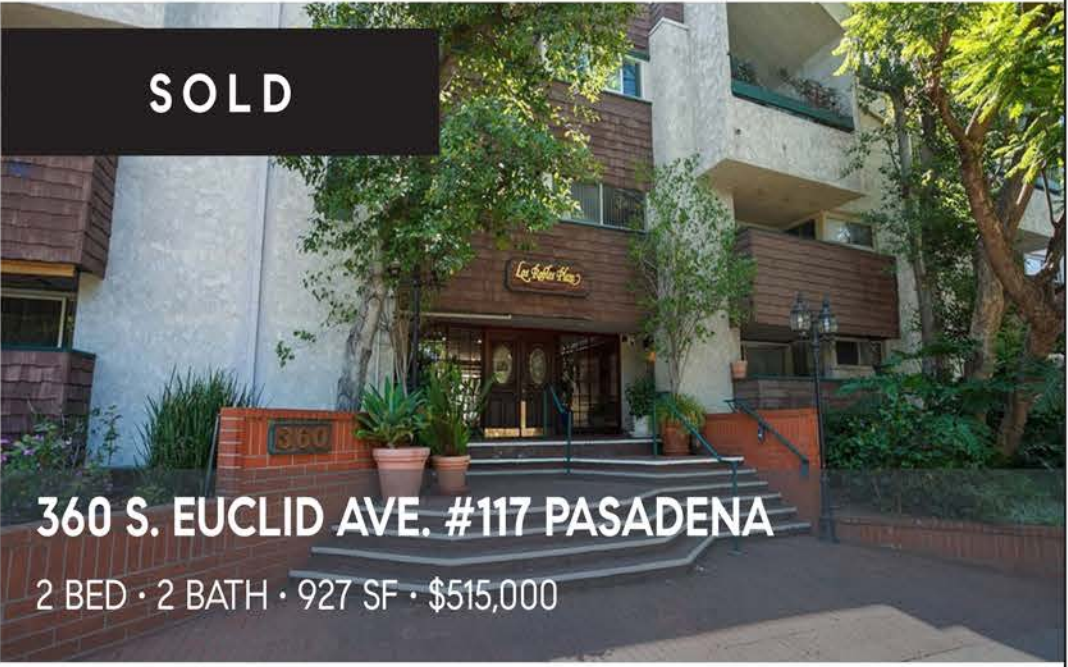
2 BED • 2 BATH • 1,403 SF • BUILT IN 1978 • \$1,100,000



SOLD

24420 W. NICKLAUS DRIVE, J-1, SANTA CLARITA

3 BED • 2 BATH • 1,148 SF • \$589,000



SOLD

360 S. EUCLID AVE. #117 PASADENA

2 BED • 2 BATH • 927 SF • \$515,000



SOLD

2437 FLORENCE AVENUE, ARCADIA

3 BED • 2 BATH • 1930 SF • \$1,580,000



SOLD

5026 FLORINDA AVENUE, TEMPLE CITY

3 BED • 1.5 BATH • 920 SF • \$835,000



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