

SATURDAY, NOVEMBER 29, 2025

VOLUME 19 NO. 48

ETERNALLY THANKFUL FOR HIS SERVICE.....

Sierra Madre Veteran Ken Anhalt Receives Centennial Honor



Just before the Thanksgiving holiday, the Honorable Kenneth J. Anhalt, received another military honor for his outstanding service to America.

Ken was inducted into the relatively exclusive club of Centennial Veterans (over 100 years of age). At age 102, he was presented with the prestigious Centennial Coin for his service as a B24 Liberator Gunner with over 22 flight missions in the US Army Air Corp during World War II.

The U.S. Secretary of Veteran Affairs Douglas A. Collins noted in his written acknowledgement of Ken, "You are a part of this country's 'Greatest Generation' for your legacy of patriotism and honor"

The presentation, which was attended by family and friends including his son and daughter and grandchildren (pictured on the left) was held at the VA Outpatient Health Center in Arcadia. Another reminder of the many things we should be Thankful for - our Veterans who sacrificed so that we could remain free.



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Santa's Looking For The Best Decorated House in Sierra Madre! 2025

THE MOUNTAIN VIEWS NEWS WILL ONCE AGAIN SEND OUR PHOTO SANTA TO LOOK FOR THIS YEAR'S BEST DECORATED HOME.

Make certain you have your decorations up by: DECEMBER 16, 2025.

NO REGISTRATION REQUIRED Photo Santa will drive all over town looking for the very best! YOU CAN ALSO CAST A VOTE FOR THE PEOPLE'S CHOICE! Just email the address of your choice to: editor@mtnviewsnews.com. **SUBJECT: BEST**

WINNERS WILL BE ANNOUNCED IN THE DECEMBER 20th EDITION OF THE PAPER!

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We Are Bringing Out The Big Dogs To Help Make Your 2025 Real Estate Dreams Come True.

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

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

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Let's Celebrate Together & Buy Local!
**2026 SIERRA MADRE'S HOLIDAY
 WINTER VILLAGE FESTIVAL &
 TREE LIGHTING (6PM)**
SATURDAY, DECEMBER 6, 2025



Buy Local



Join us for Sierra Madre's most beloved holiday tradition.

A magical event for families, friends & our community to
kick off the holiday season!

Santa Claus, Music, Forecast of Snow & More!

Buy Local in town all day

Festivities

12 - 8 pm

Visit Crafters & Vendors~ throughout downtown
 Family Fun & Live Music in Memorial Park –
 including the Snow Sledding Hill
 Live Music at Montecito & Baldwin
 & Sierra Madre Blvd & Auburn
 & Kersting Court

DECEMBER

06

12- 8:00 PM

**Family Fun & Live Music in Memorial Park –
 including the Snow Sledding Hill**

| | | |
|----------------|---|----------------------------|
| 12 – 1 pm | ~ | Hallow Trees |
| 1 – 1:30 pm | ~ | St. Rita's School |
| 2 – 3:00 pm | ~ | Sierra Madre Middle School |
| 4 – 4:45 pm | ~ | School of Rock |
| 4:45 – 5:40 pm | ~ | 63 Degrees |

Live Music at Montecito & Baldwin

| | | |
|----------------|---|-----------------------|
| 12 – 1:30 pm | ~ | Ukulele Orchestra |
| 2 – 3:00 pm | ~ | New World Old Music |
| 6:30 – 8:00 pm | ~ | Dusty & Sonny |
| 4:00 – 5:30 pm | ~ | Wild Mountain Mystics |

Live Music Sierra Madre Blvd & Auburn

| | | |
|-----------------|---|-------------------|
| 12:00 – 1:30 pm | ~ | Richard Bellikoff |
| 2:00 – 3:00 pm | ~ | Dusty & Sonny |
| 4:00 – 5:30 pm | ~ | Sonny & Emma Rose |
| 6:30 – 8:00 pm | ~ | The Nextdoors |

Live Music at Kersting Court

| | | |
|----------------|---|------------------------|
| 5:00 – 6:00 pm | ~ | Remember When Carolers |
| | | 6:00 pm |

Santa & Mrs. Claus Comes to Town with the
 2026 Sierra Madre Rose Princesses &
 the lighting of the Christmas Tree

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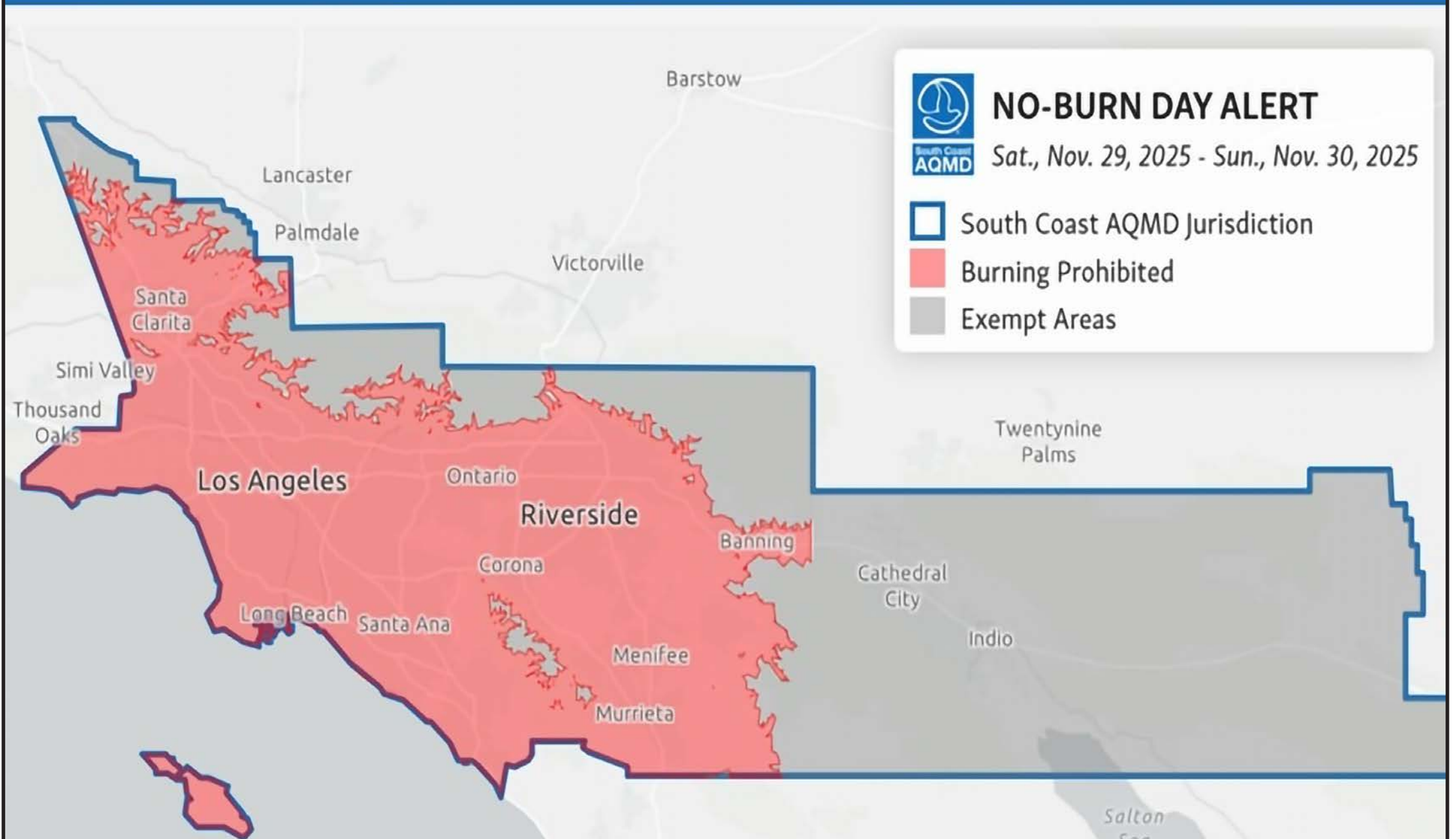
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ALTADENA

MONROVIA

No-Burn Alert Extended through Sunday: Mandatory Wood-Burning Ban in Effect

Residential wood burning prohibited on Saturday and Sunday



FRIENDS OF LIBRARY BOOK SALE

The Friends of the Sierra Madre Library announce their December Book Sale is coming up fast. It will be held on Friday, December 5 (3:00-7:00 p.m.) and Saturday, December 6 (10:00 a.m.-2:00 p.m.) Featured this time will be a number of NEW gifts and holiday books, CDs and DVDs! Look for 2025 Fiction and Non-Fiction books suitable for gifts as well as large-format books on Art, Cooking, Culture and History. A special collection on Craftsman and Bungalow houses will be for sale; also a large collection of children's books on the American Revolution, just in time for the country's 250th birthday.

Don't forget our WONDERFUL \$5.00 Bag Sale on Saturday. Choose from all of our Bargain books and Media to place in a large grocery bag for only \$5.00!

This will be the last Book Sale for a few months as we work to fill the empty shelves of our BRAND-NEW Friends' Bookstore in the remodeled main library. Look for our special Grand Opening in June 2026.

JOIN US IN PLANNING FOR THE FUTURE OF SIERRA MADRE'S PARKS, OPEN SPACES, AND CONSERVATION PRACTICES!

The City of Sierra Madre is updating the Open Space & Recreation, and Conservation Elements of the General Plan. These updates will guide how our community preserves, protects, and expands our parks and natural resources.

We need your input to ensure these plans reflect our community's needs and values!

There will be a short presentation at 6:30 PM followed by an open house format meeting.

Wednesday, December 10th
6:30 PM - 8:00 PM
at the Hart Park House

222 W Sierra Madre Blvd.
Sierra Madre, CA 91024



Participate in our ongoing Community Survey by going to the website below or scanning the QR Code
<https://cvent.me/8VOVQ0>



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6-Day Forecast Sierra Madre, Ca.

| | | | | |
|--------------|-----------|----|-----|----------|
| Sun | Ptly Cldy | Hi | 60s | Lows 50s |
| Mon: | Sunny | Hi | 70s | Lows 60s |
| Tues: | Sunny | Hi | 70s | Lows 60s |
| Wed: | Sunny | Hi | 70s | Lows 60s |
| Thur: | Sunny | Hi | 70s | Lows 60s |
| Fri: | Sunny | Hi | 70s | Lows 60s |

Forecasts courtesy of the National Weather Service



SIERRA MADRE CITY COUNCIL MEETING

December 9, 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 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 and broadcast on Government Access Channel 3 (Spectrum)..

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

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

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

Your event must:

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

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



Sierra Madre Public
LIBRARY
Read • Discover • Connect

This week at the
**Sierra Madre
Public Library**

December 1— December 6**Monday****Baby Rhyme Time — Library at 9:00am****Preschool Storytime — Library at 10:00am****Wednesday****Stitch & Share— Hart Park House at 5:30pm****Thursday****Intergenerational Storytime —****Kensington at 10:00am****Friday****Best Used Book Sale — Library Parking Lot
from 3:00pm - 7:00pm.****Saturday****Best Used Book Sale — Library Parking Lot
from 10:00am - 2:00pm.**

Read, Discover, Connect
@ Sierra Madre Public Library
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*“Gratitude turns what we have into enough, and more.”
“If the only prayer you ever said in your entire life was ‘thank you,’ it would be enough.
“Gratitude makes sense of our past, brings peace for today,
And creates a vision for tomorrow.”
“When I started counting my blessings, my whole life turned around.
We often take for granted the very things that most deserve our gratitude.”
Willie Nelson*

We've done it again, friends and neighbors, celebrated another Thanksgiving. One of the things we celebrated is how much wonderful food can be had by bringing home goodies other people have prepared and heating them up in the microwave.

Gone are the days when I would buy a 30 lb. turkey, brine it for a couple of days and then roast it in a slow oven overnight. Memories of those incredibly moist, delicious, succulent turkeys linger in my memory and I thank our gracious Lord that I don't need to do that anymore. This year we had an equally delicious succulent turkey breast that the fine folks at Target supply in their freezer case. It's all done up, marinated, seasoned and ready for the oven in a cooking bag. It couldn't be better and, best of all, I can lift it!

We had fabulous mashed potatoes with sour cream and chives, sweet potatoes, macaroni and cheese, creamed spinach, and cranberry sauce. All prepared by someone else and waiting for us in the deli case.

I did make Helen's Lime Jell-O Salad and it was just as delicious as ever. I also took the leftover cranberry sauce and made cranberry sauce muffins. As everybody ends up with leftover cranberry sauce, I'll give you the recipe and you can make some of these easy muffins, too.

Cranberry Sauce Muffins

1/2 cup milk
1/3 cup olive oil
1-1/4 cups leftover cranberry sauce
1/3 cup brown sugar, or a little more if the cranberry sauce is very tart
1 egg
1 TB baking powder
1 tsp. baking soda
1/2 tsp. salt
1/2 tsp. ground cinnamon (generous)
1/4 tsp. ground nutmeg
1-1/2 cups all-purpose flour
1 cup oatmeal (I used granola)
1/4 cup chopped pecans (if you like nuts)
Preheat oven to 400 degrees. Grease a 12cup muffin tin.
Combine milk, olive oil, leftover cranberry sauce, brown sugar, and egg in your electric mixer. Mix baking powder, baking soda, salt, cinnamon, nutmeg, flour and oatmeal in a separate bowl. Gradually add to milk mixture and blend into a smooth mixture. Don't overdo the blending as too much can make your muffins tough instead of melt in your mouth tasty.
Spoon batter into the prepared muffin cups. Sprinkle with the chopped pecans.
Bake in your preheated oven 21 minutes. Cool in the muffin tins for about 10 minutes.
Transfer to a wire rack to cool completely.
Enjoy with a cup of coffee or maybe even a cup of your leftover eggnog.

Think thankful thoughts and, like Willie Nelson, start counting your blessings: God's grace and mercy, family, home, peace, and leftover turkey

Do not let the fact that Christmas is just a few weeks away intrude upon your peaceful leftover cranberry sauce muffin and cup of eggnog moment.

*“Christmas, it's almost here,
Our favorite, favorite time of year!
Think mistletoe and holly,
Children's faces...jolly!”*

My book page: [Amazon.com: Deanne Davis](https://www.amazon.com/Deanne-Davis/e/B000APR004)
Christmas is just a few short weeks away and my book:
“Sunrises and Sunflowers Speak Hope”
Would be a really nice gift for everyone you know. It's on Amazon.com
“Star of Wonder” a delightful Christmas Kindle story is there, too.

WALKING SIERRA MADRE The Social Side

by Deanne Davis



Santa Parade

SATURDAY | 13 DECEMBER | 6:15 PM

SIERRA VISTA PARK

Meet & Greet Santa

AT SIERRA MADRE FIRE DEPARTMENT | 6:30 PM

NOW ACCEPTING
DONATIONS FOR

THROUGH 12/15.

AT FIRE DEPARTMENT AND CITY HALL



Pasadena Altadena

News From Your Community For Your Community

Eaton Fire Survivors Insurance Workshop

Residents of Altadena and Pasadena who were impacted by the Eaton fire are invited to attend a new workshop to help them create an inventory of their home contents for insurance claim purposes on Saturday, Dec. 6 from 9:00 a.m. to noon, onsite at the Pasadena Senior Center.

At this hands-on workshop, representatives from nonprofit United Policyholders will help you make progress with your home content insurance claim and home inventory. The goal is to help fire survivors reduce stress, save time, and empower them to make informed decisions as they work towards financial recovery.

The event is free to the public and reservations are suggested. To register or for more information, visit: pasadenaseniorecenter.org and click on Lectures & Classes, then Workshops, or call 626-795-4331.

The 'Contents Workshop' will cover the following:

- California Claim Regulations and Laws: how they impact your contents claim
- Strategies: preparing your inventory, pricing, and valuing your items
- Sources of Help: where to go when things get overwhelming
- Next Steps: how to push back, fix mistakes, add items, re-submit, etc.
- Attendees are encouraged to bring a laptop. We will work in groups to help you establish inventory pricing and help you value your items.

The 'Contents Workshop' is presented by United Policyholders, a non-profit whose mission is to be a trustworthy and useful information resource and a respected voice for consumers of all types of insurance across the United States.

This workshop is just one of many initiatives of PSC's Eaton Fire Community Support resources that were provided to the community within days of the devastating Eaton Fire. Additional resources can be found under the Resources menu on pasadenaseniorecenter.org.

For more about the Pasadena Senior Center visit: pasadenaseniorecenter.org or call 626-795-4331.

Celebrate African American Heritage Through Kwanzaa

The Pasadena Alumnae Chapter of Delta Sigma Theta Sorority, Inc. and the Pasadena Public Library invite all to join them at the La Pintoresca Branch, December 27 at 11 a.m., for their 37th annual Kwanzaa celebration full of music, storytelling and youth presentations, including Bluesman Brother Yusef and other special guests. The sorority will provide children's books and refreshments. Celebrate heritage and tradition with family, friends and the whole community.

The La Pintoresca Branch library is located 1355 N Raymond Ave. For more information visit: cityofpasadena.net/library.



South Pasadena Police Chief to Retire

City of South Pasadena officials recently announced the retirement of Police Chief Brian Solinsky who will conclude a 32 year career in law enforcement, including four years as the South Pasadena Police Chief.

His last day with the city will be Friday.

According to officials Solinsky joined the South Pasadena Police Department on October 12, 1993, beginning a career marked by professionalism, dedication, and steady leadership.

In a public statement they said Solinsky progressed through the ranks of the department, serving in a wide range of leadership and operational roles, including Police Officer, Detective, an assignment with Taskforce for Regional Auto Theft Prevention, Corporal, Sergeant, Captain, Deputy Chief, Police Chief, and a short term as Interim City Manager. His extensive experience and deep institutional knowledge have been instrumental in supporting the department's ongoing growth, operational excellence, and long-term success.

During his tenure as Chief of Police, Solinsky led the department through a period of significant innovation and progress. Under his leadership, the department achieved several major milestones, including the transition to a fully electric

police fleet, the first of its kind in the nation, demonstrating the City's strong commitment to sustainability and environmental responsibility.

Solinsky also oversaw the deployment of a state-of-the-art Computer-Aided Dispatch (CAD) system and the integration of an advanced network of license plate recognition cameras. He implemented a bias-based policing tracking system, established a co-response team to address mental health and homelessness, and created an internal Critical Incident Review Board to enhance transparency and accountability.

In addition, Solinsky reestablished the Department's Office of Professional Services to oversee accountability and policy management. He also introduced the Purple Communications Interpreting Program, enabling officers to communicate in real time with individuals who are deaf or have speech impairments, an important advancement in accessibility and inclusion within law enforcement services.

Solinsky will be formally recognized by the City Council during their regular Wednesday Council Meeting. Members of the public, community partners, and fellow law enforcement professionals are invited to

attend and join the city in expressing appreciation for his years of dedicated service and significant contributions to the South Pasadena community.

For more information visit: southpasadenaca.gov.

Friends of the South Pas Library Bookstore Holiday Sale

The Friends of the South Pasadena Public Library's annual Book Holiday Sale will be held in the Library Community Room December 5, 6, and 7.

The best, brightest, and most beautiful donations were set aside all year for the Friends Holiday Sale, an event that has been a community favorite for years. There will be thousands of books representing all genres and a wide variety of subjects, plus fiction bestsellers, children's books, collectible books, and much more. Sunday, December 7th, will feature a local artisans' marketplace—a big hit last year and sure to be popular again. Support the Library, satisfy your craving for books, and get into the spirit of holiday giving, all at the same time! Complimentary gift wrap is available while supplies last.

Dates and Times:
Friday, December 5 at 6 p.m. to 8 p.m.

Friends members at the \$20 level and up get early admission at 5p.m. -join online
Saturday, December 6 at 11 a.m. to 3 p.m.
Sunday, December 7 at 1 p.m. to 4 p.m.

Special Features:
Complimentary gift wrapping (while supplies last)
Sunday Marketplace featuring local artisans, including Cyndi Bemel, Vanora Savig, Germaine Defendi, Riva Weinstein, Cathy Perlmutter, and The South Pasadena Community Garden

South Pasadena Library Community Room is located at 1115 El Centro Street, South Pasadena.
The Bookstore Holiday Sale will continue throughout December on the library's second floor. Do not miss this festive shopping experience.

For more information including membership visit: friendsofsopaslibrary.org/membership

Bootleg Meg Crowned this Year's Queen of Doo Dah



Bootleg Meg, otherwise known as Meghan Kanyer, stunned the royal judges Sunday Queen with a moving original number called "Tripping on Mushrooms and Heartache" to become the next Doo Dah. The song referred to the challenging year that's gone by. Kanyer arrived clad in a long rainbow sequined dress, complete with purple and gold star necklaces and a silver star headdress.

This year's queen came to the Doo Dah Takeover with no designs on the crown whatsoever, but the moment that she arrived, mobs of Doo Dah lovers encouraged her to throw her hat in the ring. Newly crowned Bootleg Meg celebrated her coronation by immediately breaking into a rip-roaring rendition of Grateful Dead's "Shakedown Street" with Ashton Slater's Grateful Get-Down.

Eight contestants vied for a chance at the crown, including the swashbuckling Shanty Wench, new mother Doo Dah Baby Mama, the exuberant Jolly Green Queen, the usual hippie rainbow Fakeoke Dennis, a cheerful Shelley No Name, and the fabulously dressed Dr. Bobbs and Princess Cory in matching opulent golden attire. The crowd was entertained by impassioned speeches, stand-up, dance, singing, and intermittent musical performances from other musical guests in attendance. Former queens caucused at the DogHaus before the whole entourage moved a wacky processional down Big Bang Theory Way to the Old Towne Pub.

Live music from Count

Smokula, MA the Band, Señor Groucho, StOnYaTtI, The Rock and Roll Preservation Society, Robby Ravenwood and the Funhouse Porcupines, Bone Creek, and 2024 Doo Dah Queen Sparrow Dena delighted the crowd in between queen tryout performances, culminating in the queen's announcement and coronation at The Old Towne Pub, where Ashton's Slater's Grateful Get-Down brought the house down for an evening of more live jams.

This year's elaborate and bedazzled Queen crown was handcrafted by Doo Dah Preservation Society's co-founder Veronica Andrade. It was presented by Sparrow Dena, 2024 Queen of the Doo Dah Parade, after a ukulele rendition of Simon & Garfunkel's "59th Street Bridge Song (Feelin' Groovy)" to bid the reigning crown goodbye and celebrate their love of Pasadena.

Meghan Kanyer has been involved with Doo Dah since 2012, running with bands Soul Fuzz and the Rock and Roll Preservation Society. She lives in Altadena, where she has been for 15 years and had the good fortune to survive the fire earlier this year. In the future she hopes to start an outlaw country band as her stage persona Bootleg Meg.

Natalie Lydick from Light Bringer Project, producers of the Pasadena Doo Dah Parade, told the audience that this "enormous and joyous turnout for the Doo Dah Takeover" bodes well for the return of the parade in 2026, when they plan to bring satirical fun back to the Old Pasadena streets once again.

Pasadena Rent Stabilization Department Open House

The City of Pasadena's Rent Stabilization Department (RSD) invites the community to its Annual Holiday Open House on Tuesday, December 16, from 4:00 to 5:30 p.m. at the Los Robles Building, 199 S. Los Robles Ave., Suite 350. Residents, property owners, and community members are encouraged to stop by, meet the team, and enjoy an afternoon of seasonal cheer.

The Holiday Open House offers a warm and festive environment for attendees to learn more about the services RSD provides year-round, including rental registry support, tenant and

landlord resources, hearings and compliance information, and more. Guests will enjoy warm refreshments, sweet treats, and holiday music, creating a welcoming space to connect with staff and celebrate the season.

Helen Morales, Director of the Rent Stabilization Department said "we welcome every member of the community to join us on December 16 to meet our team and join in on some holiday cheer. We look forward to seeing you!"

The event is free and open to the public. For more information, visit: CityOfPasadena.net.



SIERRA MADRE UNITED METHODIST CHURCH

Sunday worship 9:30 a.m.

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ALTADENA CHAMBER CELEBRATES ITS 'BACK IN BUSINESS' VOLUNTEERS

Last week, the Altadena Chamber of Commerce toasted its dozens of volunteers that fuel Back in Business, Neighbors Supporting Altadena's Business Community, its labor-intensive outreach program aimed at helping businesses recover after the devastating Eaton Fire.

The Volunteer Appreciation Party was hosted by real estate advisor Kate Amsbry, who serves on the program's Task Force, and held at the offices of Engel & Völkers in Pasadena.

Congresswoman Judy Chu, Pasadena City Councilmember Rick Cole, and representatives for CA State Senator Sasha Renée Pérez and Assemblymember John Harabedian provided congratulations and certificates of recognition. Also on hand were Vannia De La Cuba, Deputy to Pasadena Mayor Victor M. Gordo; Aziz Amiri, CEO, San Gabriel Valley Regional Chamber of Commerce; and Judy Matthews, President, Altadena Chamber of Commerce.

The Significance of Back in Business

In late January under the leadership of Dr. Julianna Delgado, Pasadena Planning Commissioner and Bungalow Heaven Neighborhood Association Past President, through the backing of Councilmember Rick Cole, a team of local experts – planners, architects, lawyers, and community activists--came together to provide what no other operation was contributing to business recovery. The team would focus on reaching out pro-actively to owners, many of whom had also lost their homes and were grappling with unfathomable challenges. They would listen to owners' needs, help to resolve their issues, and match them with new workspaces so they could get back in business. "Businesses are an essential part of a community," says Program Director Delgado, an urban planner with disaster recovery experience.



Top Row (left to right): David Delgado, Esq.; Program Director Julianna Delgado, PhD, FAICP; Karin Liljegren, FAIA
Bottom Row (left to right): Gail Price, Esq.; Planning Commissioner Carol Hunt Hernandez; Altadena Chamber of Commerce President Judy Matthews; Bungalow Heaven Neighborhood Association President Annette Yasin

"Their return—through compassion, commitment, and cooperation--- is at the very core of successful rebuilding." The team understood that without business recovery, Altadena would have no future.

Bungalow Heaven Supplies Workforce

With City and County personnel stretched thin, Back in Business has contributed the missing ingredient, the much-needed human capital for a successful outreach effort. An army of willing volunteers were trained to reach out to the business community to provide free one-on-one assistance. Most of them are neighbors from Bungalow Heaven, Pasadena's oldest and largest historic district located just below the Eaton Fire's southern edge and thankfully spared from devastation. The neighborhood association decided to forgo this year's Annual Home Tour and pivot instead to focus on fire recovery efforts.

Back in Business Success

Since the January tragedy, Back in Business has developed partnerships with City and County staff and local organizations, but has focused narrowly on a simple outreach mission, contacting over 170 impacted Altadena businesses. By listening and assessing their needs, outreach volunteers learned that relocation was out of reach to many, as rates for nearby leaseable space found through commercial listings could be sky high. In response, the program

soon mobilized and trained its workforce who participated in a weeklong "Walkabout." Volunteers took to North Lake, Lincoln, and Fair Oaks Avenues and Washington Blvd, knocking on doors and talking to business and property owners --and finding over 30 commercial spaces that could be donated, shared, or offered at affordable rates.

Back in Business's volunteer service continues to support Altadena's recovery and rebuilding though needs assessment and workspace matching. One of its biggest triumphs was moving the Bunny Museum and its thousands of items to safety to the basement of the Boys and Girls Club on Fair Oaks Avenue, made available at no cost to the Museum until they can move back home. As director Delgado explained at Thursday's celebration, "There are dozens of other less dramatic but equally significant, untold stories involving a caring volunteer, a neighbor with a kind heart and sympathetic ear who if nothing else was willing to reach out and listen to help a survivor feel less alone."

To learn more, get involved, or offer available space contact: Julianna Delgado, PhD, FAICP, Program Director, Back in Business julianna.delgado@sbcglobal.net, 626-354-8797

Judy Matthews, President, Altadena Chamber of Commerce, <https://www.altadenachamber.org>, 626-794-3988

DISNEY COMMITTED TO REOPENING OF ALTADENA'S CHARLES WHITE PARK



A rendering of the reopened Charles White Park in Altadena

ALTADENA (CNS) - The Walt Disney Co. announced today it will invest \$5 million for the reopening of Altadena's Charles White Park, which was heavily damaged in the Eaton Fire, with the company's "Imagineers" designing a playground and other features "infused with Disney magic."

The funds are part of a \$15 million commitment the company has made for fire recovery efforts, according to Disney.

"Los Angeles has been home to The Walt Disney Company since its founding more than a century ago, which is why we felt a special responsibility to help this community rebuild in the aftermath of the devastating wildfires earlier this year,"

Disney CEO Bob Iger said in a statement. "I'm incredibly proud of our Imagineers who are volunteering their time and talents to help reimagine cherished public spaces like Charles

White Park. Their work is not only a testament to Disney's creative spirit, but also to our deep commitment to our neighbors throughout this region. We hope this effort brings comfort, joy, and a sense of renewal to the Altadena community for years to come."

Enhancements at the park will include Disney-designed play areas inspired by Altadena's Deodar Cedar pinecones, a splash pad, bridges, boulders,

slides and swings, and an amphitheater. According to Disney, the company's Imagineers have been working with county staff on the playground design, site planning and landscape architecture not only at Charles White Park, but two other Altadena parks that were damaged in the fire.

"Knowing that Disney's Imagineers will pour their time, talent, and compassion into Altadena's recovery is truly inspiring," county Supervisor Kathryn Barger said in a statement. "Their work on Charles White Park and other community spaces is more than restoration. It is a gift of hope, joy, and healing for families who have endured so much this year."

Disney officials said the company will also be supporting Altadena's annual Christmas Tree Lane Lighting Ceremony and Winter Festival on Dec. 6, including appearances by Disney characters. The company will also donate more than 1,000 toys to the community's annual toy drive.



LA FIRE SURVIVORS URGE FOR THE RESIGNATION OF STATE INSURANCE COMMISSIONER

ALTADENA (CNS) - Survivors of the Eaton and Palisades fires to-day urged Gov. Gavin Newsom to call for the resignation of California Insurance Commissioner Ricardo Lara -- a request that comes on the heels of a new report that found a 2023 plan struck between the commissioner and in-surers resulted in more policyholders being dropped ahead of January's emergency.

On Thursday morning, a group of fire survivors led by the Eaton Fire Survivors Network gathered outside Good Neighbor Bar in Altadena to discuss the report. Fire survivors requested immediate aid from Newsom as they navigate recovery and face barriers from insurers.

The network consists of more than 8,500 people who were im-pacted by January's wildfires -- mainly from Altadena, but the organization has gained some members from Pacific Palisades as well.

"Families can no longer buy or renew coverage, and those who still have it can't access the benefits they've already paid for," Joy Chen, executive director of the network, said. "Californians can't afford another year of failed oversight. This crisis now sits on the governor's desk. Gov. Newsom should call for Commissioner Lara to resign and install leadership that enforces the law and restores public trust."

The New York Times published a report Tuesday detailing how the deal changed the insurance landscape.

In 2023, various insurance companies had announced plans to depart from California's market. Lara reached a deal with insurers, which incentivized insurers to remain in the state in exchange for future rate hikes. The agreement sought to ensure insurers would write policies in fire-prone areas at a rate equal to at least 85% of their market share across the state.

The report examined data after those rules were enacted, finding that enrollment in the state's FAIR Plan doubled as insurers dropped far more policyholders in fire-prone areas than promised.

Companies dropped policyholders in "distressed" zipcodes while writing policies for homeowners located in lower-risk neighborhoods inside larger high-risk fire-prone areas, and still qualified for rate increases, according to the report.

Homeowners who signed up for the state's FAIR Plan often paid more for less coverage. The state's plan is a fire insurance program created in 1968, giving homeowners coverage who cannot find private market insurance.

Lara's office issued a statement Saturday, calling the report a "welcomed story," highlighting how insurance companies and outside groups are attempting to manipulate new regulations. His office noted that more action may be needed to reduce the FAIR Plan's growth.

The office also noted Lara and the California Department of Insurance collaborated with The New York Times for months for the report, and provided extensive background information, interviews and access to data and research.

"All eyes are on insurance companies right now, including mine. We build the Sustainable Insurance Strategy with an understanding that insurance companies and intervenors would prod and probe for loopholes they think they can exploit," Lara said in a statement. "This is not a surprise to anyone that has dealt with them. If it is, welcome to Earth."

Five insurers have committed to stay and expand in California, with rate increases averaging 6.9%. The department is expected to review these rate filings in a public, transparent process so Californians do not pay more than is required, state officials said.

Consumer Watchdog Executive Director Carmen Balber criticized Lara and his "secret deal," which she said could only be resolved by Gov. Newsom.

"When the regulator becomes the industry's business partner, consumers lose," Balber said. "Commissioner Lara's deal with insurers gave them a reason to abandon California families and double the size of the FAIR Plan."

"Despite Lara's promises, insurance companies will get big rate hikes but don't have to sell a single new policy in wildfire-risk areas," Balber added. "Gov. Newsom must step in and appoint a commissioner who will stand up to the insurance industry, enforce the law, and get consumers the benefits they've paid for."

Meanwhile, fire survivors pleaded for Newsom to assist them and step in to address insurance issues by appointing a new commissioner. Several of them reported negative claims experiences, and yet rate hikes for insurers were approved.

"After the fire, I thought we were protected -- we'd paid State Farm for 25 years. But the real disaster was the endless maze of delays and denials," Jill Spivack, said a longtime Pacific Palisades resident, whose home burned down in January.

"I had to put my business on hold just to fight for what we'd already paid for. Governor Newsom, your words gave us hope. Now we need your actions to make that hope real. Californians deserve an insurance commissioner who protects families, not the insurers doing the most harm," Spivack added.

Branislav Kecman, an Eaton Fire survivor, said he had paid premiums to State Farm for 12 years before being dropped months before. He eventually signed up with the state's FAIR Plan.

"That was painful enough," Kecman said. "But what's truly devastating is learning that our own insurance commissioner secretly cut a deal that encouraged insurers to drop families like ours. We thought we could trust the system. We never imagined we'd be betrayed by the very person elected to protect us."

The Eaton Fire Survivors has documented what they say is nearly 500 firsthand accounts of insurer misconduct. The group also delivered a five-step enforcement plan to Lara to stop insurers' bad behavior.

Fire survivors launched a petition in an attempt to persuade Gov. Newsom to replace Lara, which can be viewed online at larare-sign.org.

"California cannot afford another year of Ricardo Lara. We call on Gov. Newsom to act now: urge Commissioner Lara to resign, and install new leadership that enforces the law and rebuilds a functioning insurance market," Chen said in a statement.

AROUND SAN GABRIEL VALLEY

DUARTE PUBLIC SAFETY ASSISTS IN SUCCESSFUL RESCUE OF STRANDED TEEN HIKER

The City of Duarte Public Safety Department is sharing information regarding a successful multi-agency rescue that took place on Thursday, November 20, in the foothills above Bradbury Canyon.

At 6:33 PM on Thursday, November 20, a 15-year old hiker called 911 after becoming stranded in deteriorating weather conditions. The teen had set out earlier in the day but was unable to make his way out as rain and cold weather intensified.

The Duarte Public Safety drone team deployed immediately and located the teen on a ridge approximately half a mile northeast of Bliss Canyon Road using thermal imaging. This rapid identification allowed responding crews to focus their search area and coordinate an effective response.

Sierra Madre Search and Rescue, SMSR, along with the Los Angeles County Sheriff's Department, deployed resources and moved through heavy brush and unstable terrain to reach the teen. SMSR teams arrived at approximately 8:30 PM, conducted a medical assessment, and determined he was mildly hypothermic. Crews provided dry clothing, warming measures, and assisted him downhill to an extraction point. A Los Angeles County Fire Department helicopter then hoisted the teen from the ridge for further medical evaluation. SMSR personnel later hiked out safely.

"This rescue showed the strength of coordinated public safety response," said Larry Breceda, Director of Public Safety for the City of Duarte. "Our new drone program proved essential in quickly locating the hiker and giving ground crews the information they needed. I'm proud of the teamwork between our Public Safety staff, the Los Angeles County Sheriff's Department, Sierra Madre Search and Rescue, and LA County Fire. Their quick actions ensured this young man received the help he needed."

Public Safety officials also commended the teen for calling 911 immediately and sheltering in place, which helped rescuers locate him efficiently in challenging conditions.

SUPPORT SMALL BUSINESSES IN YOUR AREA BY SHOPPING AT THE PASADENA RESTORE!



The holiday sales at the Pasadena ReStore are starting soon, and you don't want to miss out on supporting local small businesses this holiday season!

After wrapping up Black Friday shopping, head over to the San Gabriel Valley ReStore to support local small businesses. On November 29, shoppers will enjoy 30% off donated items from the ReStore as part of the Small Business Saturday celebration.

The Pasadena ReStore is more than a shopping destination it's a hub for creativity, community, and connection. With more than 20 local vendors and artists, visitors can browse vintage finds, upcycled goods, and handcrafted pieces perfect for holiday gifting. Selected vendors will also offer exclusive discounts ranging from 15%–50% off.

At the Pasadena ReStore local retailers are featured in the Vendor Marketplace, which offers local businesses a vibrant space to share their creativity and connect with the community. It's a unique opportunity for artists to showcase handcrafted pieces and repurposed treasures. Their creations help make the ReStore a destination filled with character, purpose, and local pride.

Rebecca, from Los Angeles Bohemian Decor in Booth B7 at the Pasadena ReStore, shared what makes this space so special:

"As a vendor at the Pasadena ReStore, I love being part of a space where creativity, community, and second-life treasures come together, there's truly no better place to shop small and shop with purpose."

There are plenty of reasons to join the Small Business Saturday sale: a portion of proceeds supports affordable housing across the San Gabriel Valley, and every purchase uplifts local entrepreneurs.

Skip the holiday mall crowds and discover meaningful, one-of-a-kind gifts at the Pasadena ReStore while supporting your community at the same time.

Store Information:
Pasadena ReStore
Phone: 626-387-6900
Address: 32 N. Sierra Madre Blvd, Pasadena, CA
Store Hours:
Tues–Sat: 10:00 AM – 6:00 PM
Sun: 12:00 AM- 5:00 PM

About Habitat for Humanity ReStores

Habitat for Humanity ReStores are nonprofit home improvement stores and donation centers that sell new and gently used furniture, appliances, home accessories, building materials, and more to the public at discounted prices. Proceeds support Habitat's mission and local work. To shop, donate or volunteer, visit sgvrestore.org

About San Gabriel Valley Habitat for Humanity

Driven by the vision that everyone needs a decent place to live, a small group of committed volunteers founded San Gabriel Valley Habitat for Humanity in 1990. Fueled by the generosity of volunteers and donors, we've served over 400 families in our local community and abroad. Families and individuals partner with Habitat to build or improve a place they can call home. Through financial support, volunteering or adding a voice to support affordable housing, everyone can help families achieve the strength, stability, and self-reliance they need to build better lives for themselves.

Habitat for Humanity has a strong reputation and a long history of helping communities recover from disasters, including hurricanes, floods, and wildfires. Habitat is committed to the long-term rebuilding and will work to ensure families, particularly those most vulnerable, impacted by the Eaton Fire have a safe and affordable place to call home. To learn more, visit sgvHabitat.org.

LOS ANGELES COUNTY TREASURER AND TAX COLLECTOR REMINDS PROPERTY OWNERS OF UPCOMING FIRST INSTALLMENT DELINQUENCY DATE

ELIZABETH BUENROSTRO GINSBERG, Los Angeles County Treasurer and Tax Collector, reminds property owners that the first installment of the 2025-26 Annual Secured Property Taxes becomes delinquent if not received by 5:00 p.m. Pacific Time or United States Postal Service (USPS) postmarked on or before Wednesday, December 10, 2025. "To avoid late penalties, property owners should not wait until the last day to make payment; please pay early" says Treasurer and Tax Collector Buenrostro Ginsberg.

Mrs. Buenrostro Ginsberg advised, "Property owners may find it difficult to reach an agent on the telephone. However, property owners may view the 2025-26 Annual Secured Property Tax Bill, make online electronic check (eCheck) payments, or obtain tax payment history for the past three fiscal tax years on the Los Angeles County Property Tax Portal at propertytax.lacounty.gov. Property owners may also submit inquiries at ttc.lacounty.gov/ public-inquiries or call the toll-free Property Tax Information Line at 1(888) 807-2111, where automated information is available 24 hours a day, 7 days a week."

PROPERTIES IMPACTED BY THE JANUARY 2025 WILDFIRES

For property owners impacted by the wildfires, the Governor signed Executive Orders (EOs) suspending penalties, costs, and interest on late property tax payments for properties located in Zip codes 90019, 90041, 90049, 90066, 90265, 90272, 90290, 90402, 91001, 91024, 91040, 91103, 91104, 91106, 91107, 91367, 93535, or 93536. The EOs remain in effect until April 10, 2026.

PAYMENT OPTIONS

PAYMENTS – The Treasurer and Tax Collector (TTC) only accepts U.S. currency drawn on U.S. based financial institutions.

PARTIAL PAYMENTS – TTC recommends property owners pay the total amount due. However, if property owners are unable to do so, TTC accepts partial payments, which reduce the amount of penalties imposed.

PAY ONLINE – Go to propertytax.lacounty.gov to make online payments 24 hours a day, 7 days a week up until 11:59 p.m. Pacific Time on the delinquency date. All online payment options provide immediate email confirmation. Please note that TTC does not accept online payments for installment plans (Four-Pay and Five-Pay Plans).

AUTOMATED MONTHLY PAYMENTS – TTC has partnered with an independent platform that enables property owners to make automated monthly payments toward property taxes. The service is designed to help property owners spread payments into manageable installments. There is no cost to pay by bank account through Automated Clearing House (ACH). Credit and debit card transactions incur a 1.99 percent service fee. For assistance, please contact the platform's support team at support@easysmart-pay.net.

PAY BY ELECTRONIC CHECK – There is no cost to property owners for eCheck payments. The Annual Secured Property Tax Bill contains the Assessor's Identification Number (AIN) needed to complete the transaction. Each eCheck transaction is limited to \$2,500,000.00.

A step-by-step video on how to make an eCheck payment is available at ttc.lacounty.gov/pay-your-property-taxes. The video is accessible in multiple languages. When paying by eCheck, the bank account must be ACH-enabled, meaning the transaction can settle through the ACH Network. If the bank account has a debit block to prevent unauthorized organizations from debiting the account via ACH, property owners must notify banks to authorize ACH debits from Los Angeles County with a debit filter with the Company Identification Number of 0 0 0 0 0 7 9 1 6 1.

PAY BY CREDIT OR DEBIT CARD ONLINE – Pay online by using major credit cards or debit cards. Each online credit/debit card transaction is limited to \$99,999.99, including a cost, currently 2.22 percent of the transaction amount (minimum \$1.49 per transaction).

PAY BY CREDIT OR DEBIT CARD OVER THE TELEPHONE – TTC accepts major credit and debit card payments over the telephone for current year taxes only. To pay by telephone, call toll-free 1(888) 473-0835. The Annual Secured Property Tax Bill contains the AIN, Year, and Sequence needed to complete the transaction. Each credit/debit card transaction is limited to \$99,999.99, including a cost, currently 2.22 percent of the transaction amount (minimum \$1.49 per transaction). Please note that TTC does not accept payments for defaulted taxes or installment plans (Four-Pay and Five-Pay Plans) over the telephone.

PAY BY MAIL – Please use the envelope(s) enclosed in the Annual Secured Property Tax Bill and include the payment stub from the tax bill. If paying both installments, please include both payment stubs. Do not mail cash or attach staples, clips, tape, or correspondence. Mail property tax payments to the Los Angeles County Treasurer and Tax Collector, Post Office Box 54018, Los Angeles, CA 90054-0018. Do not mail payments to any other address.

Propertytax payments must be received or USPS postmarked by the delinquency date to avoid penalties. To "Avoid Penalties by Understanding Postmarks," visit ttc.lacounty.gov/avoid-penalties-by-understanding-postmarks.

PAY IN PERSON – TTC accepts cash, check, money order, cashier's check, and major credit cards and debit cards at 225 North Hill Street, First Floor Lobby, Los Angeles, CA 90012, between 8:00 a.m. and 5:00 p.m. Pacific Time, Monday through Friday, excluding Los Angeles County holidays. Each in-person credit/debit card transaction is limited to \$75,000.00, including a cost, currently 2.22 percent of the transaction amount (minimum \$1.49 per transaction).

ONLINE BANKING OR BILL PAYMENT SERVICES – TTC DOES NOT recommend using these services to pay property taxes. The USPS does not postmark the envelopes these firms use to mail the payment. In the absence of a postmark, TTC determines penalties based exclusively on the date TTC receives payment.

THIRD PARTY NOTIFICATION PROGRAM

Property owners can designate a third party (e.g., a friend, family member or agency) to receive a copy of past due notices. While third parties are not responsible for paying the property tax bill, they can remind property owners that their property taxes may be in default, or of the need to take action to prevent loss of the property in the event of a tax sale. Senior citizens, individuals with language limitations, and others who require special assistance may benefit from this program. To enroll, visit ttc.lacounty.gov/third-party-property-tax-notification-program.

EMAIL NOTIFICATION SERVICE

To receive property tax-related emails regarding special notices and upcoming events, such as annual property tax deadline reminders, property owners may subscribe to Email Notification Service at ttc.lacounty.gov/eNotify.

Catch breaking news at:
mtnviewsnews.com



ST. RITA FLAG FOOTBALL TEAM MAKES HISTORY WITH FIRST-EVER CHAMPIONSHIP WIN!

The seventh time was definitely the charm for the St. Rita Raiders! On Saturday, November 22nd, parents, faculty and students gathered together on the stands at Bishop Mora Salesian High School, to cheer on our athletes as they competed in the CYO Invitational Flag Football Championship game against St. Cornelius. Both teams went head to head in a tight, competitive battle, but our Raiders stayed locked in and after a history of falling short in first, six times, the Raiders secured a victory, marking the first time ever that the program has brought home the title!

Adding a unique layer of tension, was the fact that St. Rita’s own principal, Jon McMaster, previously worked at the opposing school. This connection only amplified the competitive spirit from the stands. From kickoff, the game was thrilling and the back-and-forth battle kept everyone on the edge of their seats.

The St. Rita athletes were phenomenal! They were focused, worked hard and played smart, bringing them to that big win! Coach Danny Peters adds, “The boys are just resilient. We didn’t have the regular season we had hoped for, but for them to rally like they did come play-offs and play some of the best football we’ve had all season, just shows their true character. I couldn’t have asked for a better group.” First year coach, and St. Rita alum, Danny Peters had the Raiders playing their best football of the year. The Raider defense gave up only 19 points through the four game playoff. Danny was assisted by fellow St. Rita School alums, Colin Gala and Sean Peters. Their leadership, determination, and ability to keep the team poised under intense pressure played a significant role in every score, proving that the St. Rita legacy is in great hands.

Congratulations to the St. Rita Flag Football team on making history!

HELPING KIDS PROTECT THEIR DEVICES

By BCP Staff

Online safety starts with protecting your kids’ devices from hackers and scammers.

Here are some steps to keep kids safer while they’re on a phone, tablet, or laptop. Consider taking these steps on your kids’ behalf and, as they get older, teaching them how to secure their devices and build good online habits.

- Set automatic updates on phones, tablets, and laptops to protect your kids’ apps, web browsers, and operating systems.
- Use strong passwords. Make sure your kids’ accounts and devices are protected by unique passwords. Consider helping teenagers set up and use a password manager, or the device’s password generator — and remind them not to leave devices unattended in public places.
- Secure your home wi-fi network. To protect your home network — for your own benefit and your kids’ — change your router’s default name and password. Turn off remote management, and log out as the administrator once the router is set up.
- Use parental controls to help reinforce good online habits and create safer spaces for kids to learn and play online. And, to have a better handle on what kids might be spending online, consider using parental controls to disable in-app purchases or require a password for all purchases on phones or tablets.

Learn more information about protecting kids online while enhancing their safety, privacy, and healthy development at ftc.gov/KidsOnline.

▶▶▶ BE A STUDENT COMMISSIONER

Are you 13 - 21 years old and interested in taking a City Leadership role?
Are you able to attend meetings in City Hall Council Chambers?

The City of Sierra Madre is recruiting student commissioners for Planning Commission, Community Services Commission, Natural Resources Commission, Library Board of Trustees, and Senior Community Commission.

✓ Civic Leadership

✓ Impact of Local Government

✓ Make new friendships

✓ Build your college application and job resume

For Information about the Student Commissioner Program and each Commission go to <https://www.sierramadrecalifornia.gov/cityhall/commissions>

Scan the QR Code for the Student Commissioner Application

For questions email: cityclerk@sierramadrecalifornia.gov

Scan Me!

SCHOOL DIRECTORY

| | |
|--|--|
| Alverno Heights Academy 200 N. Michillinda Sierra Madre, Ca. 91024 (626) 355-3463 Head of School: Joanne Harabedian E-mail address: jharabedian@alvernoheights.org Arcadia Christian School 1900 S. Santa Anita Avenue Arcadia, CA 91006 Preschool - TK - 8th Grade 626-574-8229/626-574-0805 Email: inquiry@acslions.com Principal: Cindy Harmon website: www.acslions.com | High Point Academy 1720 Kinneloa Canyon Road Pasadena, Ca. 91107 Head of School: Gary Stern 626-798-8989 website: www.highpointacademy.org La Salle College Preparatory 3880 E. Sierra Madre Blvd. Pasadena, Ca. (626) 351-8951 website: www.lasallehs.org Principal Ernest Siy |
| Arcadia High School 180 Campus Drive Arcadia, CA 91007 Phone: (626) 821-8370, Principal: Brent Forsee 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 | Monrovia High School 325 East Huntington Drive, Monrovia, CA 91016 (626) 471-2800 Principal Darvin Jackson Email: schools@monrovia.k12.ca.us Odyssey Charter School 725 N. Altadena Dr. Altadena, Ca. 91001 (626) 229-0993 Head of School: Lauren O’Neill website: www.odysseycharterschool.org |
| Assumption of the Blessed Virgin Mary School Ms. Rose Navarro, Principal 2660 East Orange Grove Blvd. Pasadena, Ca 91107 626-793-2089 https://school.abvmpasadena.org/ | Pasadena High School 2925 E. Sierra Madre Blvd. Pasadena, Ca. (626) 396-5880 Principal: Dr. Eric Barba website: http://phs.pusd.us St. Rita Catholic School 322 N. Baldwin Ave. Sierra Madre, Ca. 91024 Principal: Jon McMaster (626) 355-6114 mcmaster@st-ritaschool.org Website: www.st-ritaschool.org |
| Barnhart School 240 W. Colorado Blvd Arcadia, Ca. 91007 (626) 446-5588 Head of School: Tonya Beilstein Kindergarten - 8th grade website: www.barnhartschool.org | Sierra Madre Elementary School 141 W. Highland Ave, Sierra Madre, Ca. 91024 (626) 355-1428 Principal: Dr. Jodi Marchesso E-mail address: marchesso.jodi@pusd.us |
| Bethany Christian School 93 N. Baldwin Ave. Sierra Madre, Ca. 91024 (626) 355-3527 Preschool-TK-8th Grade Principal: Jonathan Hawes website: www.bcschools.org | Sierra Madre Middle School 160 N. Canon Sierra Madre, Ca. 91024 (626) 836-2947 Principal: Garrett Newsom E-mail address: newsom.garrett@pusd.us |
| Clairbourn School 8400 Huntington Drive San Gabriel, CA 91775 Phone: 626-286-3108 ext. 172 FAX: 626-286-1528 E-mail: jhawes@clairbourn.org | Walden School 74 S San Gabriel Blvd Pasadena, CA 91107 (626) 792-6166 www.waldenschool.net |
| Foothill Oaks Academy 822 E. Bradbourne Ave., Duarte, CA 91010 (626) 301-9809 Principal: Nancy Lopez www.foothilloaksacademy.org office@foothilloaksacademy.org | Weizmann Day School 1434 N. Altadena Dr. Pasadena, Ca. 91107 (626) 797-0204 Lisa Feldman: Head of School |
| Frostig School 971 N. Altadena Drive Pasadena, CA 91107 (626) 791-1255 Head of School: Jenny Janetzke Email: jenny@frostig.org | Wilson Middle School 300 S. Madre St. Pasadena, Ca. 91107 (626) 449-7390 Principal: Ruth Esseln E-mail address: resseln@pusd.us |
| The Gooden School 192 N. Baldwin Ave. Sierra Madre, Ca. 91024 (626) 355-2410 Head of School, Jo-Anne Woolner website: www.goodenschool.org | Pasadena Unified School District 351 S. Hudson Ave., Pasadena, Ca. 91109 (626) 396-3600 Website: www.pusd@pusd.us Arcadia Unified School District 234 Campus Dr., Arcadia, Ca. 91007 (626) 821-8300 Website: www.ausd.net |
| | Monrovia Unified School District 325 E. Huntington Dr., Monrovia, Ca. 91016 (626) 471-2000 Website: www.monroviaschools.net |
| | Duarte Unified School District 1620 Huntington Dr, Duarte, Ca. 91010 (626)599-5000 Website: www.duarte.k12.ca.us |

SUBMIT YOUR ENTRIES TO THE MARTIN LUTHER KING JR. ESSAY AND VISUAL ARTS CONTESTS AND WIN PRIZES!!

2026 Contest Theme Is: “Resilience and Renewal: Social Justice, Equality, and Community Empowerment”

As we enter 2026, we reflect on the vision conveyed by Rev. Dr. Martin Luther King Jr. in his “I Have a Dream” speech given August 28, 1963, during the March on Washington. More importantly, we should analyze that vision, while thinking about the current state of our society. Giving emphasis to racial integration, war, poverty, and economic and employment inequalities, we must ask ourselves, “Are we living the dream and what are we doing to help bring it to fruition?”

In his book Where Do We Go From Here: Chaos or Community Dr. Martin Luther King Jr. states, “In any social revolution, there are times when the tailwinds of triumph and fulfillment favor us, and other times when strong headwinds of disappointment and setbacks beat against us relentlessly. We must not permit adverse wins to overwhelm us as we journey across life, mighty Atlantic; we must be sustained by our entrance of

courage in spite of the winds. This refusal to be stopped, this 'courage to be,' this determination to go on 'in spite of' is the hallmark of any great movement.”

“Resilience and Renewal: Social Justice, Equality, and Community Empowerment”

This theme recognizes Dr. King's commitment to nonviolent action in pursuit of justice and equality. It's a call to action to protect the values that elevate humanity, and to work together to ensure freedom, justice, and democracy are safeguarded.

Your submission should reflect ways to recover quickly from difficulties, trials and tribulations and respond to the challenges facing the country today, e.g. wildfire, immigration, threats to democracy, in line with the writing of Martin Luther King.

All in Grades 4th through 12th may Enter All submissions are due to the Pasadena MLK by: Friday, December 8, 2025

The event will take place Monday, January 19, 2026 at

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Peter A. Dills
<https://podlink/1116885432>

POST-THANKSGIVING KITCHEN CHECKUP.

+ *Rest in Peace Amedeo*

By Peter Dills – Dining with Dills

Thanksgiving is over, and now we enter that familiar phase in the Dills household—the annual moment when the refrigerator looks more like a food museum than a working appliance. The turkey is wedged next to the gravy, the pies are holding on for dear life, and the stuffing... well, stuffing has a very short life expectancy.

So let me offer a little expert guidance, straight from years of restaurant experience and plenty of trial-and-error at home.

LEFTOVERS IN THE DILLS HOUSEHOLD

Here’s how long things truly last once the long weekend ends.

Turkey
Three days. That’s it. If it wasn’t wrapped tightly or someone took too long to put it away after the football game, it’s already auditioning for trouble.
Stuffing
A two-day item, even in my house. Stuffing turns quickly—delicious on day one, suspicious by day three.

Mashed Potatoes
Three days if sealed well. If they start to resemble a grout project, that’s your sign.

Gravy
The first thing we throw away. Forty-eight hours is the absolute limit. When it starts to wobble more than it should, we say our goodbyes.

Cranberry Sauce
The survivor. Seven to ten days thanks to the sugar and acidity. It may outlast some relatives.
Pies
Pumpkin and custard: four days.
Fruit pies: up to five days if wrapped.
If the topping looks “extra decorative,” it’s time to part ways.

THE WINE RULES (THE PART I TAKE SERIOUSLY)

Sparkling Wine
Twenty-four hours. Champagne is wonderful, but it has no patience for being saved.

White Wine
Cork it and refrigerate it—good for forty-eight hours. After that, it’s apologizing for existing.

Red Wine
Since it wasn’t refrigerated before opening, it gets a 36-hour grace period. Past that, oxidation takes over.
And yes, you could cook with it... but why would you?

WHILE YOU’RE AT IT: THE PANTRY CLEANUP

Post-Thanksgiving is the perfect moment to reevaluate what’s hiding behind the pasta and canned tomatoes.

What We Toss in the Dills Household:

- Oils that smell warmer than they should
- Spices that have faded to “mystery brown”
- Nuts that taste like the container they came in
- Baking soda older than a campaign sign
- Anything you bought because you were “going to try a new recipe” but never did

This is not spring cleaning—it’s winter reality.

THE FREEZER: THE DILLS TIME CAPSULE

The freezer is where good intentions go to nap indefinitely.
What Stays:
Labeled soups and broths, chicken within six months, vegetables that still look like vegetables.
What Goes:
Anything with enough frost to qualify as a snow globe.
Unlabeled containers we can’t identify even after thawing.
Ice cream that’s turned into an icicle.
If you’re squinting trying to figure out what something used to be, it’s gone.

FINAL THOUGHT

A clean refrigerator, pantry, and freezer give you a fresh start heading into the holidays. This is the time of year when we reset, take stock, and get ready for December cooking. And after writing all this?

I took one look at my own refrigerator, threw out half the produce drawer, and realized I had officially become the patient in my own column. I’m now headed to the market to buy not one but two Arm & Hammer baking sodas—one for the fridge and one for the freezer.

If that doesn’t say “post-Thanksgiving clean-up,” nothing does.

Sad Note:
Our friend Amedeo Constantino of the Stoney Point Fame has recently passed, anyone that visited the Stoney Point in the past 25 years knew Amedeo, you’ll be missed.

Please check out my podcast it’s updates every week or so



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GETTING BACK TO YOUR DIET AFTER THANKSGIVING

Thanksgiving is a time for celebration, connection, and—let’s be honest—indulgence. Between savory stuffing, creamy casseroles, and irresistible desserts, it’s completely normal to enjoy more than your usual share.

The good news? One big meal—or even a whole holiday weekend—won’t derail your long-term health goals. What matters is how you reset afterward. Here’s how to get back to your diet with confidence and without guilt.

1. Let Go of the All-or-Nothing Mindset
The biggest barrier to returning to your routine is often the feeling that you’ve “blown it.” In reality, progress comes from consistency, not perfection. Instead of punishing yourself with extreme restriction, simply shift back into your normal habits.

2. Rehydrate and Rebalance
Thanksgiving meals tend to be high in sodium, which can leave you feeling bloated. Start your post-holiday reset by drinking plenty of water. Herbal teas and water-rich foods—like cucumbers, berries, and leafy greens—can also help restore balance.

3. Focus on Real, Whole Foods
Return to meals built around lean proteins, colorful vegetables, whole grains, and healthy fats. Eating nutrient-dense foods not only helps your body recover, but it also stabilizes energy levels after a weekend of heavy dishes and sugar-filled treats.

4. Get Moving Again
A brisk walk, yoga class, or light workout can boost

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your mood and jump-start your metabolism. Don’t overdo it; the goal is to reestablish your routine, not compensate for calories consumed.

5. Plan Your Week
Prepare simple meals, write out a grocery list, or pre-portion healthy snacks. Having a plan removes decision fatigue and helps you ease back into your rhythm.

6. Show Yourself Grace
Getting back on track is less about discipline and more about self-compassion. Celebrate the memories, enjoy the leftovers mindfully, and trust yourself to return to the habits that support your long-term health.

With a gentle reset and a positive mindset, your diet can be right back on track—no stress required.

How To Prepare Your Online Accounts Before You Die

Dear Savvy Senior,
I recently had an estate plan drafted, including a will, power of attorney and advance directive, but I’m not sure what to do about all my online accounts – email, banking, and social media. What can I do to make sure my family can access what they need and protect my digital information after I’m gone.
Almost 80

Dear Almost,
In addition to creating an estate plan, you should also make a “digital will” that lists all your online accounts and login information. This will help your loved ones access your electronic devices and on-line accounts more easily so they can manage your electronic affairs, according to your wishes, after you’re gone.

Montana State University offers a Digital Assets Inventory Worksheet (see Montana.edu/estateplaning/digitalsssetsworksheet.pdf) to help you get started. Or consider purchasing a “password book” on Amazon for a few dollars. This will let you record and organize your online account information alphabetically. Here are a few other tips to help you prepare your digital life for your survivors.

Apple: If you’re an iPhone, iPad or Mac user, you should nominate a “legacy contact” who can access your Apple account’s data after you die. This is a secure way to give trusted people access to photos, files and messages. To set it up you’ll need an Apple device with a fairly recent operating system. iPhones and iPads need iOS or iPadOS 15.2 and MacBooks need macOS Monterey 12.1.

For iPhones, go to settings, tap Sign-in & Security and then Legacy Contact. You can name one or more people, and they don’t need an Apple ID or device.

You’ll have to share an access key with your contact. It can be a digital version sent electronically, or you can print a copy or save it as a screenshot or PDF.

Take note that there are some types of files you won’t be able to pass on – including digital rights-protected music, movies and passwords stored in Apple’s password manager. Legacy contacts can only access a deceased user’s account for three years before Apple deletes the account.

Google: Google takes a different approach with its Inactive Account Manager (see Support.google.com/accounts/answer/3036546), which allows you to share your data with someone if it notices that you’ve stopped using your account.

When setting it up, you need to decide how long Google should wait – from three to 18 months – before considering your account inactive. Once that time is up, Google can notify up to 10 people.

You can choose what types of data they can access – including emails, photos, calendar entries and YouTube videos.

There’s also an option to automatically delete your account after three months of inactivity, so your contacts will have to download any data before that deadline.

Facebook and Instagram: If you’re on Facebook or Instagram, both of which are owned by the parent company Meta, you can have your accounts either memorialized or deleted after you die if the companies get a valid request from a family member or friend. See Facebook.com/help/1111566045566400 or Help.Instagram.com/264154560391256 for details.

Meta also strongly recommends Facebook users add a legacy contact to look after your memorial accounts – see Facebook.com/help/1070665206293088. Legacy contacts can do things like respond to new friend requests and update pinned posts, but they can’t read private messages or remove or alter previous posts. You can only choose one person, who also must have a Facebook account.

Passwords: If you use a password manager – a service that creates, saves and manages passwords for all your online accounts – see if it has an emergency access feature. Some services, like Keeper, Bitwarden and NordPass, allow users to nominate one or more trusted contacts who can access your keys in case of an emergency or death.

Send your questions or comments to questions@savvysenior.org, or to Savvy Senior, P.O. Box 5443, Norman, OK 73070.

ONLINE SCAMS:

How to avoid an online shopping scam this holiday season

by BCP Staff

Does it feel like the holidays come around faster and faster every year? If you’re looking to save time by avoiding the crowds and doing some holiday shopping online, know that scammers camp out online all year long. So if you’re planning to shop online for holiday gifts, how can you avoid accidentally running into a scam?

Scammers are everywhere online — ESPECIALLY on social media. They sometimes impersonate real companies and run ads for brand-name products at unusually low prices. But if you click the link in the ad, it could send you to a scammy website designed to take your money in exchange for a counterfeit item, something that looks completely different from the picture in the ad, or nothing at all.

When you’re shopping online, here are some ways to protect yourself during the holidays and year-round:

- Do some research. Before you buy, search online for the seller’s name and the website URL the ad sends you to, plus words like “review,” “complaint,” or “scam” to see what others have to say.
- Pay by credit card, when possible. If you’re charged twice, billed for something you never got, or get a wrong or damaged item, you can dispute the charge with your credit card company. And if the seller says you can only pay with a gift card, wire transfer, payment app, or cryptocurrency, it’s probably a scam.
- Keep records. If something goes wrong, having your receipt and order confirmation number can help you get your money back from the seller. Also, sellers have to ship your order by the time they or their ads say they will — or give you the chance to get your money back.

Visit ftc.gov/OnlineShopping to learn more. And if you spot a scam, tell the FTC at ReportFraud.ftc.gov.

SENIOR HAPPENINGS

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OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

THE TURKEY IS MY GOBBLE GOBBLE WISH LIST

What I enjoy the most about holidays is the “eating frenzy.” It gives me opportunity to get away with a lot behind The Gracious Mistress of the Parsonage’s back, which is a great challenge. I’m not always successful, but I try and I have my family to thank for that.

In the last few years, I have had some health issues, beginning with a heart attack, which was not that bad because I survived without any issues. Other issues concerning my health have developed over the years, requiring me to be on health pills.

Nobody knows more about that than The Gracious Mistress of the Parsonage. She oversees my medical pills daily. When I wake up in the morning, my medications are ready for me to take. Maybe I’ve become a drug addict!

I can handle all of these pills as long as they keep me healthy. What I have a hard time handling is my diet. The Gracious Mistress of the Parsonage has me on a very strict diet that eliminates sugar in every category. I’m not allowed to have sugar or any foods that contain it. I really didn’t know how many foods had sugar. She is quite overseeing in this regard for me. I have no idea what pills I am taking, but I leave that in the very qualified hands of The Gracious Mistress of the Parsonage. She knows medicine better than the doctors I know. She goes with me on every doctor’s visit and communicates with the doctor regarding my medicines.

Although my diet is very strict in this regard, the holiday season enables me to compromise it just a little behind the back of you know who.. When we have a family gathering around the dinner table with that big Turkey in the middle, there are all kinds of sugar-saturated foods there, much to the chagrin of The Gracious Mistress of the Parsonage. Being a family holiday gathering there is little she can do about it. They all bring their favorite food and much of it has sugar in it. Usually, we have around 12 family members at these dinners, including several infants full of energy, which is a distraction and makes my sneaky plan more possible and easier to pull off.

If I eat something with sugar in it, and The Gracious Mistress of the Parsonage doesn’t see me eat it, I’m off free and that sugar is at my most gracious disposal. During the last 10 years following my heart attack, I have worked on this to perfect it. I’m not there yet but I’m working on it..

Throughout this family Thanksgiving celebration, I keep boasting about the turkey and how delicious it is, and I get others around the table to talk about it in order to divert attention from my plan. Now, The Gracious Mistress of the Parsonage is actively involved in the serving of this meal.

My plan is to sneak a sugar-laden cookie or two from the table when she is distracted. With doughnuts, cookies, and pies all around, I couldn’t be in a better place.

When I want to pick up a cookie, I will cause a little distraction and talk about how delicious that turkey was, and whoever made that turkey is a genius. Everybody will laugh and point to the person who baked that turkey, none other than The Gracious Mistress of the Parsonage. Everybody will be laughing while behind the laughing I sneak a few cookies and slide them onto my plate.

After all, how can I get caught eating something somebody in our family baked? It would be very rude for me not to eat something that someone in our family brought to the meal. That is, everything but broccoli.

Those Thanksgiving dinners are some of the most wonderful times of the year. Yes, I love and enjoy the turkey. But if I can use the turkey to create a shield to sneak several cookies, it is that much more delicious.

After the meal when everybody has gone, I usually go and sit down in my easy chair and relax a bit and reflect on our time around the Thanksgiving table. It is then that The Gracious Mistress of the Parsonage will come and say, “I know you didn’t eat any cookies during the meal so I thought I would bring you one in appreciation of your faithful abstinence.”

Nothing feels more wonderful than when a plan comes together. I’m not sure who is tricking whom here. Did I tricked her, or is she tricking me into believing that she didn’t see me take some cookies off the table?

I look at her and say very cheerfully, “You know those pies on the table today looked so delicious and I was so tempted when looking at them.”

“Well,” she said, “maybe I will let you have a small piece of pumpkin pie tonight for supper.”

Refusing her offer would be stupid; I munched her cookie, dreaming of the pumpkin pie I’d enjoy later-life’s perfect moment.

As I was thinking of our family celebration I was reminded of a Bible verse, Psalm 127:3, “Lo, children are an heritage of the Lord: and the fruit of the womb is his reward.”

Thinking about my family at our Thanksgiving celebration caused me to remember how blessed I am. My goal is not to take this blessing for granted but thank God each day for it.

Dr. James L. Snyder lives in Ocala, FL with the Gracious Mistress of the Parsonage. Telephone 1-352-216-3025, e-mail jamessnyder51@gmail.com, website www.jamessnyderministries.com.

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CHRISTOPHER Nyerges
[Nyerges is an educator and author. His many books can be seen at www.SchoolofSelf-Reliance.com.]

**PROFILES FROM THE ALTADENA FIRE:
RAND VANCE**

Rand Vance moved to Altadena with his family when he was six years old. They lived near Glenrose and Figueroa, and Vance went to Jackson Elementary. Six years later, they moved to Loma Alta Avenue, where they lived until the fire. He graduated from John Muir High School. Vance began his electrical training at Muir H.S., became an electrical contractor, and worked at that profession until he retired in 2002. In his retirement, he enjoyed fixing up his home with his son, and was generally experiencing a comfortable retirement. Until January 7.

On Tuesday, January 7, his power was out because workers were replacing the power poles in front of his house. They finished the job around noon, and the power came back on. Around that time, a strong wind began kicking up.

The wind started blowing debris around, and Vance's main concern was that now he'd have to clean up the yard again, just after he had a friend clean up the branches and debris from the yard. "Then the wind steadily got worse and worse, very strong, and I got a call around 4 p.m. from my cousin, who was up at the Zorthian Ranch where she took care of animals, and she told me there was a fire that started in Eaton Canyon. It wasn't yet dark, and I figured the fire-fighters would put it out, as they usually do. I'm thinking, no worries. I have witnessed fires go across the hills, all the way across, going west, so I didn't think much of it," recalled Vance.

But Vance reported that the fire just kept going on, and he was beginning to smell the smoke. Vance and his neighbor, retired fireman Geoge Baxter, drove east across Altadena to inspect the progress of the fire. They took at least four trips to check the progress of the fire. "We saw houses burning east of Maiden Lane, and the fire was blazing especially over by Altadena Drive. And it was moving westward, closer to our home. Still, the fire seemed mostly in the hills, not so much yet on the houses. At the top of Lake Avenue, we saw big bull dozers on trucks. We were just trying to see how close the fire might be getting to our homes," said Vance.

Vance's son and son's wife evacuated around 10 p.m., with the 3 grandchildren, but Vance stayed. "I didn't think I would need to evacuate, plus I had my dog. My son works for Brookside Country Club, and he told me to go to his office if I had to evacuate," explains Vance.

Vance and Baxter kept going back and forth to check on the fire, and the fire hadn't reached Lake Avenue yet. "We saw the fire glowing in the east," says Vance, and around 1 or 2 a.m., our power went out, even though the Loma Alta street lights were still on. And Kevin, another retired fireman who lived across the street from me, said to me that our power is about to go out."

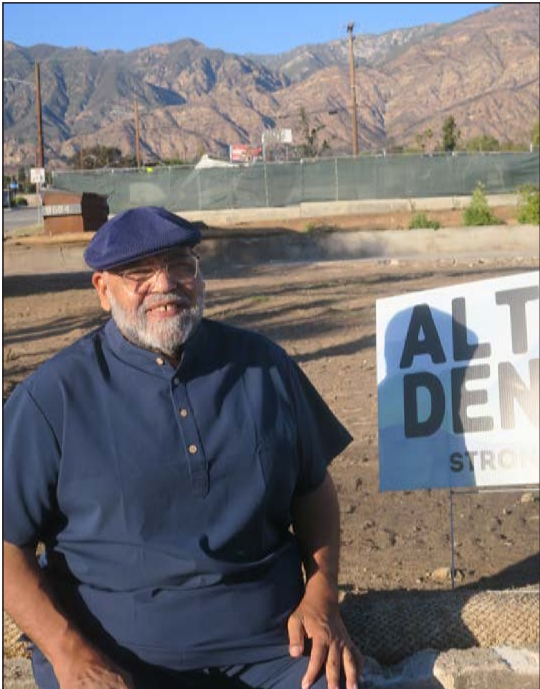
Vance went back inside. He had no power but had his batteries that were charged. He brought his dog inside because the wind was so strong. He went and laid down for a bit, and he didn't think the situation was urgent. "But then, there was so much smoke, so I decided to leave to my son's job site."

However, Vance had forgotten his medication, and so he drove back to get them. It was around 2 or 3 a.m., and he drove north on Windsor, and east on Figueroa to Glen Rose, and then north to his place. There was no power anywhere. When he got to Lincoln and Figueroa, "I saw a guy walking a sheep and llama on a leash, walking them down Figueroa to evacuate. I thought to myself, wow, this is really crazy," explained Vance.

He drove north on Glen Rose, before Altadena Drive, and saw a huge glow in the middle of the block. It was a house fully engulfed in flames. Vance said, "I thought, what is the fire doing down this far? And not a single fire truck in sight."

As he drove towards his house, he saw another house fully engulfed in flames, with grass and shrubs burning, and embers flying everywhere. "But no houses on my street were on fire," he adds.

He got to his house, grabbed his medication and some clothes, and the wind was blowing so hard could the he could hardly get back to the car. "Embers were flying all around, hitting me and hitting the pine trees. I felt that we were not going to make it out of this one." When Vance returned to his son's office, he got a phone call from George Baxter, who was putting out fires in the neighborhood, and trying to save things. Baxter called backed in a while to tell Vance that two of his neighbor's house across the street were on fire, and that Vance's carport and tree were on



fire. "I knew my house would burn," said Vance with sadness.

Baxter later told Vance that Vance's house caught fire, and the fire spread to the house next door. Baxter was trying to put out fires with a hose, and his own motor home caught on fire. Soon, Baxter's own house caught on fire. Baxter could hardly breath from the heavy smoke in the high winds, so he drove to a closed restaurant down the street to escape, and eventually Baxter's brother took him to Emergency due to his breathing problems.

Vance pauses in his recollection and points out that not once did he see a fire engine during the entire night. "There were at least 8 to 10 sheriff cars going up and down street with their lights on, though there was no broadcasting of an evacuation order."

"I only was able to take my dog and medication, and only 3 pajama bottoms," he adds. He left his leather coats, pictures, everything of value to him. "There were embers flying everywhere when I came back but I really had no idea that the fire would get that far." Vance never had a "go bag" because he never thought he would need it. "We've been through wind storms in the past, and never thought that anything like this would happen."

During the first night, he only briefly stayed at his son's office in the Arroyo Seco. About 4:30 a.m., he went to Jack in the Box to get some hamburgers for his dog. His plan was to spend the night at his uncle's recording studio in Alhambra, but other relatives also showed up at the studio and there wasn't room for everyone.

"I then drove east on Valley from Fremont all the way to El Monte and I finally found a vacant place, which was a terrible little place, with unclean towels, but I was exhausted so I checked in. I got up about 5 a.m. to let my dog out, and the card didn't work when I tried to go back into the room." Vance describes how it was "freezing" outside, and it took the owner about 20 minutes to get the door open. He quickly took his dog and drove away. Vance then drove to a hotel in Azusa where his friend Ceasar was staying (who also lost his house), and rented a room there. He then got an AirBnB in Azusa for a week, and then another in Arcada. In all, he moved 7 times until he found a place on Mountain in Pasadena where he is living with his family: his sone Rand II, daughter in law Jessica, and his three grandchildren, Carter Ray, Rand III, and youngest Hunter Wayne.

Vance reports that nearly everything was destroyed in the fire, though workers were able to find his mother's ashes. And a member of Samaritan's Purse found his father's old western gun.

Vance has insurance money, which will last until February. He plans to rebuild, though because the original owner's additions were not permitted, he cannot build the size house he would like to. So he plans to build an ADU on his property where he will live, and the family will live in the main house. "But I will still need financial assistance. I was under-insured, and we'll be short about \$200,000." He figures that it will be at least a year before he gets back to his new home, though the construction hasn't even started yet.

Coincidentally, Vance's neighbor is film documentarian Ondi Timoner, who made a film about the Altadena fire called "All the Walls Came Down." Vance is featured in that film, and as a result, has also done some media interviews about the fire. "I'm a spiritual person," says Vance, thinking about all that has happened to his family and his community. "I think that there is a reason for everything, and I think that God has a bigger plan for us."

Katnip News!



Meet ALLEY!

Alley, age 1.5, is a precious sweetheart! She's a resilient, playful, and quietly affectionate young cat with a heart of gold. Once found



desperately trying to get food from a garbage can, she arrived at her foster home painfully skinny and truly starving. Over the last year, she has transformed into a healthy, spirited girl who's ready for a loving forever home. If you're looking for a gentle, playful cat with a touching rescue story and a soft, tender personality, Alley would love to meet you — especially if you have another young cat ready to be her friend. Please take a look at our page telling you all about this wonderful girl: <https://www.lifelineforpets.org/alley.html>, or use the qr code.

Pet of the Week

Meet Roxy - a 10-year-old Siberian Husky at Pasadena Humane who is ready to spend the holidays in a loving, forever home! This sweet senior girl has been through a lot, as she first came to Pasadena Humane during the Eaton Fire for emergency boarding. When her owner sadly could no longer care for her, Roxy was surrendered into the shelter's care. Despite everything, she remains the gentlest soul. During a recent adoption event, she was the star of the show, happily accepting treats and pets from everyone who stopped by. She is often described by staff as a "perfect girl".



Roxy recently underwent a surgery to repair a severe knee tear that had made everyday movement painful. Thanks to an incredible outpouring of support, her surgery was a success, and she's now healing beautifully in her foster home. She's expected to make a full recovery and enjoy a future of pain-free walks, cuddles, and playtime. Now all she needs is her forever family. Roxy's adoption fee is waived through the month of November in honor of Adopt a Senior Pet Month, so if you're looking for a gentle, grateful, holiday-ready companion, please consider adopting sweet Roxy, for free! 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.

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.



**DECEMBER 3rd is
Member Appreciation Day**

**Members
receive 20%
off in the
gallery!**

VISIT OUR HOLIDAY GALLERY ALL MONTH!

**WISHING YOU
A HAPPY
THANKSGIVING**

We're thankful
for our CAG
Community!

**WINTER SESSION
CLASSES
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LYMPHATIC CARE MATTERS

When people think about their health, they often focus on their heart, lungs, or brain. However, there's a lesser-known system quietly working behind the scenes to keep your body functioning at its best—the lymphatic system. This network of vessels, tissues, and organs is essential for maintaining your immune system, removing waste, and keeping your body's fluids in balance.

At its core, the lymphatic system acts as the body's drainage system, carrying lymph—a clear fluid rich in white blood cells—throughout the body. This fluid collects waste, toxins, and harmful invaders like bacteria and viruses, transporting them to lymph nodes. Found in areas like the neck, armpits, and groin, lymph nodes filter these harmful substances and help your immune system eliminate them. Think of your lymphatic system as a sanitation crew that not only cleans up but also protects you from potential threats.

Disorders of the lymphatic system, such as lymphedema, aren't always caused by lifestyle or injury. In some cases, they have a hereditary component. If you've ever noticed an older relative with persistently swollen ankles, you've seen the effects of a possible lymphatic disorder. Imagine an elderly woman decades ago, sitting quietly with her feet slightly swollen and tucked into sturdy black shoes. For many, such swelling results from inherited traits that affect the lymphatic system's ability to drain fluid efficiently.

Hereditary lymphedema occurs when structural abnormalities in lymphatic vessels run in families. Swelling often begins in the legs or feet and may remain unnoticed until triggered by events like surgery, pregnancy, or even an insect bite. Knowing your family's health history can offer valuable clues. If lymphedema runs in your family, pay close attention to swelling or discomfort in the limbs. Seek medical advice early to make a significant difference. Early treatment can prevent complications such as cellulitis, fibrosis, pain, reduced mobility, fungal infections, and even cancer.

The lymphatic system doesn't just prevent swelling; it's also vital for immune health. By circulating white blood cells and delivering essential nutrients, it supports the body's defense against illness. The system can be compromised by hereditary issues, illness, or lifestyle factors. At that point its protective role diminishes.

Physical activity is one of the best ways to support your lymphatic system. Unlike the circulatory system, which has the heart to pump blood, the lymphatic system relies on muscle movement to push lymph fluid through the body. Gentle activities like walking, swimming, or yoga stimulate lymph flow and help it move efficiently. Deep breathing exercises are particularly effective, as they create chest pressure that aids lymph movement. Even small daily actions, such as stretching or climbing stairs, can positively impact your lymphatic health. This is especially important during the holidays, when indulgent meals, travel, and stress can disrupt healthy routines and impact your immune system.

Hydration also plays a vital role. Without enough water, lymph fluid can stagnate, increasing the risk of swelling. Aim for at least eight cups of water a day and include water-rich foods like cucumbers, watermelon, and leafy greens in your diet. Proper hydration not only supports lymphatic flow but also helps the body flush out toxins and maintain overall balance.

A healthy diet also plays a crucial role in supporting lymphatic health. Foods high in antioxidants, such as citrus fruits, berries, and leafy greens, reduce inflammation and keep the lymphatic system functioning optimally. Healthy fats from sources like avocados and walnuts can improve the system's efficiency, while fermented foods like yogurt or kimchi contain probiotics, which benefit the gut—closely linked to the lymphatic and immune systems.

Advancements in lymphatic medicine have brought hope to people with lymphatic disorders. Treatments such as manual lymphatic drainage (a specialized massage technique) stimulates lymph movement and reduces swelling. Compression garments help maintain fluid balance, particularly for individuals with chronic lymphedema. In severe cases, surgical procedures can reroute or repair damaged lymphatic vessels, providing long-term relief for those struggling with significant complications.

If you think you might have a lymphatic issue, it's crucial to seek a specialist who understands this system. A practitioner certified in lymphedema management or lymphatic medicine can provide targeted care and help you navigate treatment options. Look for someone with training in therapies like manual lymphatic drainage, as this technique requires specialized skills and should be performed by an expert. Asking for referrals from your doctor or reading patient reviews online can guide you to a qualified professional.

With growing awareness of lymphatic health, more resources and specialists are available to help you maintain balance and well-being. Prioritizing your lymphatic system is an investment in your long-term health, enhancing your body's ability to stay strong, resilient, and energized.

UNLOCK YOUR LIFE

WHAT OCTAVIA BUTLER'S DAILY PRACTICE TEACHES US ABOUT BUILDING THE FUTURE



Lori A. Harris

Octavia E. Butler, who lived in Altadena for decades, looking at the same San Gabriel Mountains you see every day, wrote science fiction that reads like prophecy. This week on Unlock Your Life with Lori Harris (Episode #111), I sat down with Pasadena author and journalist Lynell George, whose book *A Handful of Earth, A Handful of Sky* draws from Butler's archives at the Huntington Library to reveal something most people never get to see: what Butler actually did, daily, to become the visionary writer who changed literature forever. Lynell has spent years in those archives, right here in our community, uncovering not mystery or magic, but method. The System Behind the Magic Butler used her calendar religiously, blocking time for her writing like it was sacred, because it was. She wrote affirmations and posted them where she could see them: "I will be a bestselling writer." Not "I want to be" or "I hope to be." She claimed it before it happened. She journaled constantly, ideas, observations, fragments that would become entire worlds. And perhaps most importantly, she was incredibly discerning about who she shared her dreams with. She protected her life and creative vision from people who couldn't hold it. As Lynell told me in our conversation, "Octavia became a persona she put on in order to fully realize the person she came here to become." That persona wasn't about pretense. It was about discipline and devotion to her own becoming. Here's what strikes me after a decade of coaching high-achieving women: Butler wasn't magical because she dreamed big. She was magical because she had a system. And that system is replicable. Community as Strategy The other thing Butler understood, both in her novels and in her life, is that no one survives alone. In our conversation, Lynell spoke about the community of Black women writers and mentors Butler built around herself. Even as a solitary writer, she knew she needed people who could hold her vision with her. This resonates deeply with what I'm seeing right now. As Lynell put it: "We're all having the same conversation: What's next? This structure isn't working. It wasn't built for us." Black women across sectors are recognizing that existing systems weren't designed with us in mind. So the question becomes: What are we building together? Butler's Parable novels show us that community isn't built after the crisis passes; it's built in the midst of it, around shared values and shared purpose. That's not just fiction. That's a blueprint for right now. The Blueprint Butler Left Us In the full podcast episode, Lynell and I go deep into Butler's practice and what it means for us now. We talk about:

- How to protect your dreams while you're building them
- The power of writing things down (all of them, even the fragments)
- Why your calendar is your most important creative tool
- Building a personal ecosystem of support
- The courage it takes to start before you're ready

Butler didn't talk about doing it. She did it. That's the real inheritance she left us, right here in the San Gabriel Valley. Your Invitation If you're carrying a vision that feels bigger than the structures around you, if you're wondering how to build something new while the old systems crumble, this conversation is for you. Listen to Episode #111 of Unlock Your Life with Lori Harris, available on Apple Podcasts, Spotify, and everywhere you listen to podcasts. Search "Unlock Your Life Lori Harris" or visit loriaharris.com/podcast. And here's your nudge assignment this week: Write down one dream you've been protecting. Put it somewhere you can see it. Then ask yourself: Who is in my "what's next" circle? Who helps me imagine the future I want to build? Even one intentional step honors the blueprint Octavia left us. All love and ever grateful, Coach Lori

Lori A. Harris is an award-winning Integrative Change Coach and host of "Unlock Your

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

STUART TOLCHIN



was born on November 28, 1972 but that November 28th was not Thanksgiving, but November 28, 1974 was.

A two-year old's birthday shouldn't be much of an obstacle, but something else very important was going on. Believe it or not, my wife was due to be delivering our second baby that very same day. We had already gone to the hospital, and they had sent us away saying it was way too soon. We returned to her parent's house where I was happily watching the football game assuming it would be a long time before we'd have to go back to the hospital.

In fact, I assumed we wouldn't need to return until the next day or the day after. Two years earlier, it had taken her three grueling days to deliver. I remember my wrist being very sore from trying to assist her. Now, she demanded that she go back to the hospital again. Farewell football game, farewell son on his birthday. We got to the hospital, and I quickly changed clothes to wear in the delivery room. It probably took me all of five minutes, but by the time I got to the delivery room, the baby was already coming.

Maybe this adventure was indicative of the fact that we did not communicate very well. Within two years of my daughter's birth, my wife and I were seeing a marriage counselor who said these exact words: "If you don't want to be there and you don't want him there then he should leave!" Leave, I did and lived alone on Venice Beach visiting the kids on Tuesdays and Thursdays, generally falling asleep under the couch. Leaving the marriage did not end my parental adventures. It turned out that my son was developmentally disabled and that was very hard for my ex-wife, who also had our infant daughter to tend to along with her teaching job and surprisingly, she asked that I take over custody of my son. Soon he and I were living in Sierra Madre where there was a school nearby that specifically catered to children with disabilities. Now I was a single-parent living with my son, but other changes arose. For reasons I never understood my ex-wife became disillusioned living in Los Angeles. One day when I came to visit my daughter my ex told me that she was moving to New Mexico and that I would also have to assume custody of my daughter. You might think this made me unhappy but instead I was thrilled. My daughter was now six or seven and the very moment I recall is when I came to see her and explained that she would now come to live with her brother and me. She took the information very calmly but explained to me that this would not be necessary as her grandma and grandpa could come and take her to and from school and that the neighbors in the apartment building where she and her mom had lived could help her out.

I told her that this was not possible as her grandparents would be moving to a place called Leisure World that did not allow children. She then explained that at the school she was going she had been selected to attend Special classes for advanced students. I told her that I would make sure that she would be allowed to attend special classes in Pasadena and with a whole lot of effort I was able to keep that promise. To make this happen it was necessary that I take her to one School, then take my son to another School, then return and pick her up and deliver her to regular School----- then I could go to work lawyering.

I have shared these memories with you mainly because this Thanksgiving weekend is what has occupied my mind. My kids are now in their mid-fifties. On Sunday, my wife and I are scheduled to attend the Bob Barker Marionette presentation at the Sierra Madre Playhouse. Probably well over 45 years ago my kids and I had attended a similar Bob Barker marionette presentation, but I don't remember much about it. It would be nice if my daughter could join us but as a busy immigration attorney representing wrongly detained people, she has little time for entertainment. Life is unpredictable and unexpected. Hooray for at least momentarily predictable and enjoyable life in Sierra Madre, but change might come at any moment, and we need to know we will be strong enough to do whatever becomes necessary to do. At least that is what I keep telling myself.



HOWARD HAYS As I See It

"This is the most incompetent and idiotic Administration in history. Who's in Charge?" Missouri Congressional Candidate Fred Wellman

If there's a common thread to events last week, it's the question of whether this Administration knows what it's doing. This goes beyond a debate over what they're trying to do; it's rather the lack of competence in doing it.

It's no surprise a majority of Americans oppose ICE's actions in our cities. What's surprising is agents' not having the competence to realize that if you're wearing a bodycam, you shouldn't be giving sworn testimony at odds with the footage you'd been recording. And likewise, if citizens are showing up to record, you shouldn't be surprised when they show up with those recordings in court.

This was made clear in a Chicago courtroom, when a federal judge heard agents testify under oath that they only used minimal force as necessary for their own safety. Then the judge, in the opinion she handed down, described footage the AP reported as "scenes of agents launching tear gas without warning, aiming rubber rounds at reporters, tackling protesters and laughing as blood oozed from a demonstrator's ear". There were flash-bang grenades fired at fleeing protestors, kicking them on the ground, pointing guns at residents and intentionally trying to rile up the crowds.

This lying under oath wasn't just by new-hires who thought they could get away with it. The judge cited the officer in charge of the operation, Greg Bovino, as being "evasive" and "outright lying". The head guy himself was lying even though knowing that bodycam footage would be reviewed. It was this footage that the judge said resulted in "undermining all of Defendant's claims".

On the "diplomatic" front, there were questions of competence raised in not knowing who's in charge, who's leaking what and why. President Trump announced there was a new peace plan for Ukraine, and said he expected an answer from Ukrainian President Zelensky by Thanksgiving (giving him a week to decide).

The plan had Ukraine ceding to Russia not only the 20% of Ukraine already occupied, but additional areas it still controlled. There'd be limits on Ukraine's military and ability to defend itself, and a permanent ban on joining NATO. Russia would be absolved of liability for whatever war crimes and destruction in Ukraine.

Reuters reported concerns that "many senior officials inside the State Department and inside the National Security Council were not briefed." Nor were our European allies, Ukraine itself or even Secretary of State Marco Rubio until late in the game.

The plan came from meetings between Trump's special envoy Steve Witkoff joined by son-in-law Jared Kushner, and Russian businessman Kirill Dmitriev. Witkoff is a real estate developer who depends on people with money to invest. Kushner runs a

PUT THE LIGHTS ON MOMENTS I REMEMBER

By the time you read this article, Thanksgiving will have passed, but I am taking this opportunity to share some unforgettable moments in my life with you lucky readers. The most memorable Thanksgiving for me was November 28, 1974. On that Thursday UCLA was playing USC in a College Football Game at the Los Angeles Memorial Coliseum. The same teams are playing Saturday in the same stadium, but now I don't care very much. Then I did care very much even though it was my son's two-year birthday. Yes, he

was born on November 28, 1972 but that November 28th was not Thanksgiving, but November 28, 1974 was.

A two-year old's birthday shouldn't be much of an obstacle, but something else very important was going on. Believe it or not, my wife was due to be delivering our second baby that very same day. We had already gone to the hospital, and they had sent us away saying it was way too soon. We returned to her parent's house where I was happily watching the football game assuming it would be a long time before we'd have to go back to the hospital.

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RICH JOHNSON

REGRETS? TOO FEW TO MENTION



If you are wondering why I would write a column on "regrets", the weeks leading up to the Christmas season are the perfect time to realign our priorities. What is really important to us?

"Regrets. I've had a few; but then again, too few to mention." The aforementioned lyric is a gift to us from singer/songwriter Paul Anka. Paul rewrote a French song entitled, "Comme d'habitude" and entitled it "My Way". He had Frank Sinatra in mind when writing his version and as those of us a certain age or older remember as Frank's defining song.

I'm inviting all of us to listen to the song (Oldsters, get your grandchildren to show you how to get on "YouTube" or "Spotify", take the message to heart, and alter your life's course just a little bit making life more enjoyable for you (and more importantly, those around you)! Regrets have one purpose...as momentary self reflections that bring about course corrections in life.

Last week my brilliant editor, Susan, reran one of my favorite columns. If you read it, it shared the episode when Michael Jordan, (arguably professional basketball's greatest superstar,) quit basketball to fulfill a dream of being a major league baseball player. He was good at both and his father always wanted him to be a baseball star.

Michael traded a basketball for a baseball bat and glove and stepped down to a minor league team to start. Michael will tell you, in his own words, he learned success isn't always guaranteed, and (GET THIS) the greatest rewards come from the journey itself!

Michael may consider himself the worst professional baseball player of all time. He has the statistics to back up his lack of success at baseball. After a year he announced to the world and the National Basketball Association, "I'm back!" and then led the Chicago Bulls to 3 more championships and solidified his legacy as the greatest basketball player of all time.

Let's all agree going forward to use regrets to improve the quality of our individual lives!

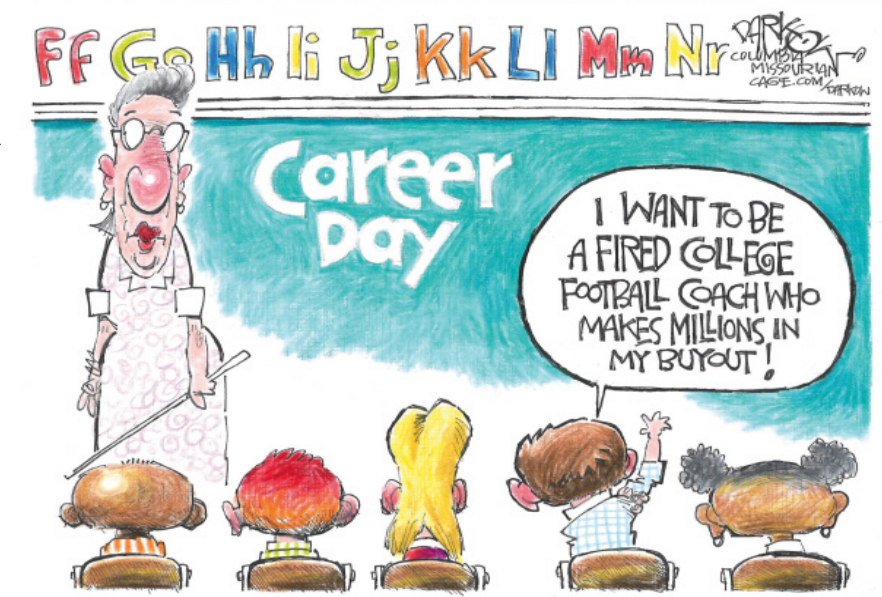
Writer Stephen King faced so much rejection that he threw his manuscript away. We suspect his wife fished it out of the trash as the manuscript was titled "Carrie" and ultimately became a best seller making Stephen rich and famous!

Edna St. Vincent Millay, an American poet and playwright wrote: "I am glad that I paid so little attention to good advice; had I abided by it I might have been saved from some of my most valuable mistakes."

And finally, the best perspective on dealing with failure and regret: Thomas Edison on his 1,000 unsuccessful attempts inventing a successful light bulb. His problem was the right material to act as a filament (the thread that lights up). Edison tested over 6,000 substances to find the right filament. Edison really learned success is often built on a foundation of failure.

And finally, if you can't sleep tonight, fire up the old computer and ask Google how many businesses and entities worldwide are named after Thomas Edison? Prepare to be up for hours if not days.

Think of regrets as mental invitations to consider life course adjustments. No matter what age you are: Finding success at what age? Colonel Sanders 62, Ray Kroc (McDonalds founder) 52, Sam Walton 44 lol, Charles Darwin 50, Stan Lee 40, Ian Fleming 44, John Pemberton, founder of Coca-Cola at 55, Grandma Moses (artist) 70's, Joseph Campbell (Campbell's Soup), 78. Your turn!



1 MILLION LIKES by Paul the Cyberian

PROJECT BLUE - WHEN THE BIG GUY IS TOO BIG

Project Blue is a hotly contested Amazon proposal for a 290-acre data center complex in the Tucson, Arizona area. At an estimated cost of \$4 billion, Amazon has deployed significant resources to ensure this project comes to fruition.

The Project Blue FAQ can be found on the Pima.Gov Economic Development page, and even a cursory reading of the document shows the foresight and concern for the environment that Amazon and the developer, Beale Infrastructure, put into ensuring that this massive venture will fit into the existing environment as seamlessly as possible.

The very real promise of Economic Growth, Tax Revenue, Job Creation, and Commercial Opportunities for businesses supporting the new datacenter is enough to launch at least a few political careers on its own. However, the Tucson City Council remains unconvinced that the benefits received will outweigh the environmental cost to the community. Primary among their concerns is the millions of gallons of water the new data center will require for regular operations. Estimates for operations of the size proposed under Project Blue, a typical hyperscale-sized datacenter, run into the millions of gallons.

This fact is of particular concern for the Tucson area, which is currently experiencing drought conditions. They do not have the water, on that scale, to share. And only one of the parties can do without it. In late July 2025, a virtual Town Hall featuring presentations from Tucson Utilities officials to address citizen concerns about Project Blue.

In early August 2025, the Tucson City Council voted unanimously to reject Project Blue. This did not spell the end for Project Blue, as the Pima County Board of Supervisors had earlier voted in June of 2025 to sell the 290 acres of land needed for Project Blue to Beale Infrastructure. The deal included a requirement that the city of Tucson annex the property to supply the water required to run the datacenter. Despite the apparent setbacks that would have kiboshed nearly any other business deal, Beale Infrastructure is moving forward with its plans under Project Blue.

The developer and utility officials filed a request to lock in power needs for the initial stages of Project Blue, with plans to address the water issues at a later date.

Unless the regulatory bodies at the top of the chain agree with the Tucson City Council, the people will have spoken. And it wasn't enough.

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December Events Around Town!

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ONE TIME EVENTS:

- December 5**
Charity Dance Show at the Arcadia Performing Arts Center - Arcadia High School Dance presents exhilarating performances 7pm

December 6
Breakfast with Santa at Arcadia Community Center - Photos with Santa, breakfast, crafts, and games 8:30am & 10:30am

December 6
Snow Festival at Arcadia Community Center Enjoy snow sledding, crafts, & games 9am – 2pm

December 6
Family Workshop: Handmade Greeting Cards at The Huntington - Create handmade holiday cards using collage & other styles 10am – 1pm

December 6
Children's Holiday Wreath Making at the Arboretum - Children build enchanting holiday wreaths using materials from the Arboretum & the LA Flower Mart 2pm – 3:30pm

December 7
Vroman's Bookstore: Annual Gingerbread House Decorating Party - Decorate a house you can take home! 12pm – 5pm

December 7
Gloria: Christmas Sounds of Worship & Praise Celebrate the sounds of Christmas with the Lake Avenue Choir, Orchestra, Handbells, and guest soloist Jamal Sarikoki 4pm – 5:30pm

December 13
Holiday Fair in Downtown Arcadia – A fun day of entertainment, kid's activities, visits with Santa, Mrs. Claus's story time, & food 11am - 4pm

December 14
Castle Green Holiday Open House - Explore the Castle's turn-of-the-century charm. Entertainment, refreshments, games 11am – 3pm
- December 14**
The Lettermen at the Arcadia Performing Arts Center - Christmas concert celebrating the season & smooth three-part harmony 2pm – 4pm

December 20
Flower Arranging: Holiday Centerpieces at The Huntington - Create a winter holiday centerpiece 10am – 12pm & 1pm – 3pm

ONGOING EVENTS:

- November 7 – January 11**
Winter Frolic at Kidspace Museum – Sock skating, dress-a-snowman, build ice forts & more

November 16 – January 4
Enchanted Forest of Light at Descanso Gardens - Light, color & music transform the garden into whimsical botanical artscapes

November 21 – December 28
Enchant Christmas LA at Santa Anita Park This holiday events offers a light-maze, ice-skating trail, artisan markets, food and drink

November 29 – December 25
A Christmas Carol at A Noise Within This timeless Dicken's story is filled with music, merriment, and good cheer

December 6, 7, 13, 14
A Victorian Holiday at the Queen Anne Cottage - Tours of the Queen Anne Cottage with a holiday marketplace, carolers, dancers, kids' crafts, and visits with Santa

December 12, 13
Pasadena Symphony and Pops Holiday Candlelight Concert - Savor an array of holiday choruses in Pasadena's All Saints Church

December 20 – 21
A Jet Set Christmas at Sierra Madre Playhouse - Matt Johnson and the New Jet Set perform a foot-tapping show of festive music in swing, bebop, and big band arrangements 8pm



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Grateful Hearts, Happy Homes

This Thanksgiving, join us in taking a moment to appreciate the little things that enrich our lives - whether it's for family, friends, or the moments that bring us joy. Together, we can cultivate a culture of gratitude that lasts beyond the holiday season.

Wishing you & yours a
*Happy
Thanksgiving*
Luther & Georgina



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