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SATURDAY, OCTOBER 17, 2026

SIERRA MADRE DECLARES EL NIÑO EMERGENCY - Approves \$100,000 in Storm Preparedness Funding

By Kevin McGuire

With another potentially dangerous winter storm season approaching, the Sierra Madre City Council unanimously approved two resolutions on Tuesday, October 13, declaring a threatened local emergency and allocating \$100,000 to help the City respond to potential flooding, mudslides, and debris flows associated with the developing 2026–2027 El Niño weather pattern.

Resolution No. 26-93 establishes a local emergency declaration in anticipation of severe winter weather, while Resolution No. 26-94 authorizes a \$100,000 supplemental appropriation from the City's General Fund Reserve for storm-related supplies, materials, equipment, and emergency services.

City Manager Michael Bruckner presented the recommendations during the meeting, based on a staff report prepared by Fire Chief Brent Bartlett.

The actions follow a statewide emergency proclamation issued by Gov. Gavin Newsom on September 21 and a similar declaration by Los Angeles County, which the Board of Supervisors ratified on September 29, 2026.

Bruckner told the Council that at least 10 California cities and eight counties had already taken formal emergency actions related to the anticipated El Niño event, including Malibu, Rancho Palos Verdes, and Monterey Park. "The common approach has been to prepare before a significant storm occurs rather than wait until an emergency is already underway," Bruckner said.

Eaton Fire Increases Storm Concerns

Sierra Madre faces particular risks because it sits at the base of the San Gabriel Mountains, where steep terrain and natural drainage patterns can contribute to flash flooding, landslides, and debris flows. Those concerns intensified following the January 2025 Eaton Fire, which destroyed vegetation in portions of the watershed above the community.

Heavy rainfall in February 2025 sent mud, rocks, and debris into parts of Sierra Madre, damaging homes and vehicles, forcing road closures and evacuations, and placing significant demands on emergency personnel.

Wildfire-damaged hillsides are particularly vulnerable to erosion and debris flows because burned vegetation and altered soil conditions can increase runoff during heavy rainfall. These risks can persist for several rainy seasons as vegetation and soil conditions recover.

According to Bartlett's report, another season of severe or prolonged storms could result in localized flooding, blocked streets, fallen trees and power lines, damage to public infrastructure, interruptions to water and sewer services, and additional evacuations. Bruckner used the analogy of building Noah's Ark to say that Sierra Madre is preparing for heavy rain events, if they should come.

The City Manager emphasized that Sierra Madre's location and proximity to the Eaton Fire burn scar make advance preparation especially important. He also noted that rainfall the week before the Council meeting reminded everyone that the rainy season was already beginning.

Emergency Funding Intended for Immediate Response

Although the Council approved \$100,000 in emergency funding, Bruckner clarified that the money would not necessarily be spent immediately. Councilmember Edward Garcia asked whether the appropriation would support additional evacuation planning and public education or primarily fund responses to storm damage.

Bruckner explained that the appropriation would be reserved for situations requiring additional resources, such as clearing debris basins after heavy rainfall or installing protective barriers, such as K-rails, in vulnerable neighborhoods.

"This would be a responsive fund," Bruckner stated, noting that the City isn't just going to go out and "buy a bunch of stuff." For example, the City could use the funding to remove debris from a basin after a storm if additional rainfall is forecast, reducing the risk of overflow or further damage. The City could also install additional concrete K-rail barriers in canyon areas or other locations experiencing runoff and debris-flow problems.

The emergency declaration would also provide an administrative framework for coordinating with Los Angeles County, the California Governor's Office of Emergency Services, neighboring communities, utility providers, and emergency contractors. Under Sierra Madre Municipal Code Section 2.08.140, the City Council may proclaim a local emergency, or the threatened existence of one, when potentially dangerous conditions could exceed the capabilities of normal municipal services. The declaration does not mean that a major disaster is currently occurring. Instead, it recognizes the possibility of severe conditions and allows the City to prepare before an emergency develops.

State law requires the Council to review the continuing need for the declaration at least once every 60 days and terminate it when emergency conditions no longer warrant it.

Council Discusses Evacuation Planning

During the discussion, Garcia raised concerns about whether Sierra Madre has a sufficiently detailed evacuation plan, particularly for neighborhoods that could become difficult to access during severe storms or other emergencies. He praised the City's emergency personnel for their response during the Eaton Fire but suggested that additional planning and public education could improve future evacuations. "We did a pretty good job during Eaton Fire, but we could always improve on that," Garcia said.

The councilmember specifically mentioned emergency notification systems, including Nixle, Genasys Protect, and Smart911, and questioned whether the City could do more to educate residents about evacuation procedures and how warnings are communicated.

Mayor Kristine Lowe suggested considering a separate, more comprehensive evacuation-planning initiative, potentially using grant funding rather than the City's General Fund. Bruckner noted he and Chief Bartlett had already discussed the issue and that it was among the responsibilities being considered for an incoming deputy chief.

Mayor Lowe also recommended exploring new ArcGIS geographic information system software that could (continued on pg. 4)

PEDESTRIAN STRUCK AND KILLED ON TUESDAY BY METRO TRAIN IN PASADENA

(CNS) - One person was struck and killed by a Metro train in Pasadena, officials said Tuesday. The pedestrian was struck by an A Line train on the tracks south of the Fillmore Station near the intersection of Glenarm Street and Arroyo Seco Parkway, a Metro spokesperson said.

Pasadena Fire Department personnel responded to the scene and confirmed the fatality, officials said.

A bus bridge was set up between the Filmore and South Pasadena stations to transport passengers. The 75 passengers who were on the train at the time were safely evacuated. No further injuries were reported.

Service between the Filmore and South Pasadena stations was temporarily halted following the collision.

Trains heading to Long Beach were turning back at South Pasadena and trains heading to Pomona-North were turning back at Filmore Station. A Line service resumed with no interruptions as of 2:30 a.m. Tuesday.

"Metro reminds all riders to stay behind the yellow safety line, remain aware at rail stations and never walk on or near train tracks, even when they are designated as safe crossings," Metro said in a statement.

No further information on the cause of the pedestrian's death or their identity was immediately available at press time

LEGENDARY BINGO

October 24
Doors open at 6 PM

Food Drinks Prizes

All ticket sales are final and non-refundable
No outside food or drinks allowed

Tickets online only at www.smrfa.org

Tickets on sale Sept. 21

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Sierra Madre, CA 91026

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LEGENDARY BINGO

October 24
Doors open at 6 PM

Food ★ Drinks ★ Prizes

All ticket sales are final and non-refundable
No outside food or drinks allowed

Tickets online only at www.smrla.org

SIERRA MADRE ROSE FLOAT ASSOCIATION

YMCA Sierra Madre Room
611 E. Sierra Madre Blvd
Sierra Madre, CA 91024

★ 18 and over ★



October Events Around Town!

Brought to you by Sue Cook

One Time Events

October 3
Bob Baker Marionettes Halloween Spooktacular Show at One Colorado This family-friendly revue features performances from Dracula, witches, the Purple People Eater, and more. 10am and 1:30pm

October 3
Montrose Oktoberfest 2026 Enjoy authentic German fare, beer, live music, dancing, carnival rides and games. Honolulu Avenue 12pm – 10pm

October 3
Pumpkin Fairy Gardens at the Arboretum Children can explore pumpkins and succulents as they create a living fairy garden inside a real pumpkin. 1pm – 2:30pm & 3pm – 4:30pm

October 9
ArtNight Pasadena Pasadena's museums and cultural institutions open their doors for free and offer special programming. 6pm – 10pm

October 10
Flower Arranging: Oaks and Fifth Season Florals at the Huntington Make vibrant floral designs inspired by oak landscapes. 10am – 12pm & 1pm – 3pm

October 10
Barks and Boos at the Arboretum Stroll with your dog and enjoy craft brews, adoptable pets, costume contest, delicious bites and beers. 11am – 4pm

October 24
Kabuki in Motion: The Lion Returns at The Huntington Celebrate one of Japan's great performing art traditions as you enjoy live music and dance-drama. 4:30pm – 6:30pm

October 25
Arroyo's Edge: An Exploration of Architecture with Nature as Inspiration Explore the remarkable architecture, history, and ecology of the arroyo led by a Gamble House docent and One Arroyo Foundation guide. 9am – 10:30am

October 31
Hometown Halloween Festival in Sierra Madre Dress up for a pumpkin patch, trunk-or-treat, spook zone, entertainment & food vendors. 10am – 2pm

Ongoing Events

September 18 – October 31
Halloween at Kidspace Pumpkin bowling, a parade, monster-making & more.

October 2 – November 1
Carved at Descanso Garden Festive fall celebration filled with glowing Jack-o'-lanterns, giant carved pumpkins, and seasonal surprises.

October 3, 4, 5, 7, 8, 9, 10, 11
Autumn Festival at The Huntington Celebrate the arrival of autumn at the Japanese Heritage Shoya House with an exhibition of court dolls and Ikebana floral arrangements. 12pm – 4pm

October 10, 11
Explore JPL 2026 NASA's Jet Propulsion Laboratory celebrates its 90th anniversary with a free open house. 9:30am – 4pm

Weekends October 10 – 31
Pumpkinfest at Cal Poly Pomona Explore Pumpkin Hill, The Marketplace, Jr. Farmers Discovery Zone, a petting farm, a train, and more! 10am – 7pm

October 10, 11
Cat-Con at Pasadena Convention Center Celebrate cats and pop culture with cat experiences, over 150 exhibitors and more. 10am – 5pm

October 11-18
Craftsman Week 2026 – Pasadena Heritage Explore local homes and landmarks as you join in a celebration of Pasadena's architectural legacy and the artists and craftspeople who continue these traditions today.

October 24, 25, 31
Pumpkin Patch and Fall Fun Fest at Santa Anita Park Celebrate the spooky season and explore a straw maze, enjoy a train ride, pony ride, pumpkin painting and more. 2:30 pm – 6pm

October 30, 31
Strange Science at The Huntington Celebrate the tenth thrilling year of The Huntington's annual Halloween bash, a bewitching night of tales, live performances, dancing, drinks and bites. 6pm – 10pm

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SIERRA MADRE HALLOWEEN WINDOW PAINTING IS BACK!

Sierra Madre Civic Club is calling all creative kids ages 9–17 who live in Sierra Madre to participate in our annual Downtown Halloween Window Painting!

It's FREE to participate, thanks to the Sierra Madre Civic Club!

Rules & applications are attached and also available at www.sierramadrecivicclub.org

Let's fill downtown Sierra Madre with spooky, creative fun! Painting takes place during the afternoon on Friday, October 23rd and the morning of Saturday, October 24th. The awards ceremony takes place on Saturday, October 24 at 12pm in Kersting Court.

Proudly sponsored by the Sierra Madre Civic Club, a women's nonprofit organization that has been volunteering, fundraising, and supporting the Sierra Madre community



CREATIVE ARTS GROUP

ART FESTIVAL

Join us for the 2026 Art Festival! Featuring the work of 60 artists, showcasing ceramics, painting, jewelry, and more. Enjoy live art demonstrations and chat directly with creators about their work.

NOVEMBER 7-8
10:00am-4:00pm

STUDENT SALE
NOVEMBER 14, 10:00am-4:00pm

CREATIVEARTSGROUP.ORG/ART-FESTIVAL



CITY OF SIERRA MADRE

HOMETOWN HALLOWEEN FESTIVAL

SATURDAY
OCTOBER 31, 2026
10:00 AM - 2:00 PM

PUMPKIN PATCH
TRUNK OR TREAT
KIDS' SPOOK ZONE
LIVE ENTERTAINMENT
FOOD VENDORS
SIERRA MADRE DANCE CENTER PERFORMANCE 10:30 AM

Memorial Park
222 W Sierra Madre Blvd
Sierra Madre, Ca 91024

FREE FAMILY EVENT
FOR MORE INFORMATION PLEASE CALL 626-355-5278

Be sure to dress up and join in on the fun!

CITY OF SIERRA MADRE COMMUNITY SERVICES



2026 SIERRA MADRE

SCARECROW Festival

September-October

JOIN THE FUN!
BUILD A SCARECROW

THE SCARECROW FESTIVAL IS A FREE FAMILY-FRIENDLY FALL TRADITION THAT CELEBRATES THE CREATIVITY, IMAGINATION, AND COMMUNITY SPIRIT THAT MAKE SIERRA MADRE SO SPECIAL.

SCARECROW KITS ARE AVAILABLE NOW UNTIL SUPPLIES LAST!
DROP BY THE CAG OFFICE TO PICK ONE UP.

CREATIVEARTSGROUP.COM/SCARECROW

SIERRA MADRE

ARCADIA

PASADENA

ALTADENA

MONROVIA

Weather Wise

6-Day Forecast Sierra Madre, Ca.

Sun

Mon:

Tues:

Wed:

Thur:

Fri:

Showers

Showers

Sunny

Sunny

Sunny

Sunny

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Lows 60s

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Lows 60s

Forecasts courtesy of the National Weather Service

SIERRA MADRE CITY COMMUNITY MEETING

October 27, 2026 6:00

The Brown Act provides the public with an opportunity to make public comments at any public meeting. As an alternative, public comment may be submitted by e-mail to publiccomment@sierramadrecal.gov by 3:00PM on the day of the meeting. Emails will be acknowledged at the City Council meeting and filed into public record.

A copy of the posted agenda and a live video stream of the meeting can be found on the City’s website at sierramadrecal.gov on Foothills Media website at foothillsmedia.org sierramadrecal, 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@cityofsierramadrecal.com.

Sierra Madre Woman’s Club

550 W. Sierra Madre Blvd, 91024

Why have you not yet joined Sierra Madre Woman’s Club?

We’re NOT “Little Old Ladies” playing Bridge at Tea!

We offer: Tuesday Morning Chair Yoga (10-11) w/ Paul Hagen (members only).

We enjoy 2nd Wednesday Luncheons or Teas w/ with interesting programs!

We host Nov. 18th’s Annual Community Interfaith Prayer Breakfast and our July 4th Pre-Parade Lawn Social (w/ Continental Breakfast)

Visit Our Booth during: Winter Village, Wistaria Festival, Trail Races

Wistaria Thrift Shop is our biggest fundraiser!

Shop is open: 1st Thursday in September through Last Saturday in May M, Th, F – 10 am – 3 pm; Saturdays 10 am – 1 pm

Join our weekly Tues / Wed Prep Crew: Jul – May.

Fundraisers : October Pumpkin Decorating & March Murder Mystery

AND: We annually award 8 Scholarships and donate to 20+ Charities!

Join Now! Call Lynette at 626-836-7715

SierraMadreWomansClub.org 626-355-4379

COMMUNITY EFFORT TO HELP LONGTIME RESIDENT AND VOLUNTEER ALAN TIERNEY FIGHT THE BATTLE OF HIS LIFE

For years you’ve seen Alan around town, helping wherever he could - at Little League, numerous community events and much more. Now he needs our prayers and support. Please scan the QR code below and join Team Alan.

SCAN TO DONATE

https://gofund.me/14ff454ee

PLEASE HELP ALAN AND HIS FAMILY THROUGH HIS CANCER FIGHT.

NOTICE OF PUBLIC HEARING

CITY OF SIERRA MADRE COMMUNITY FACILITIES DISTRICT NO. 2026-1 (THE MEADOWS AT BAILEY CANYON)

Date of Public Hearing: Tuesday, October 27, 2026

The City of Sierra Madre gives notice that on September 22, 2026, the City Council adopted Resolution No. 26-89, entitled as follows:

RESOLUTION OF INTENTION OF THE CITY COUNCIL OF THE CITY OF SIERRA MADRE WITH RESPECT TO ESTABLISHMENT OF PROPOSED CITY OF SIERRA MADRE COMMUNITY FACILITIES DISTRICT NO. 2026-1 (THE MEADOWS AT BAILEY CANYON), LOS ANGELES COUNTY, STATE OF CALIFORNIA AND TAKING OTHER ACTIONS RELATED THERETO

The Resolution was adopted pursuant to the Mello-Roos Community Facilities Act of 1982, Sections 53311 et seq., of the California Government Code (the “Act”). Reference is hereby made to the Resolution which is on file with the City Clerk for further particulars. Further, the following summary of the Resolution does not purport to be comprehensive or definitive, and reference should be made to the Resolution for full and complete details.

In the Resolution, the City Council states its intention to establish City of Sierra Madre Community Facilities District No. 2026-1 (The Meadows at Bailey Canyon), Los Angeles County, State of California (“CFD No. 2026-1”) in order to provide funds to pay for the maintenance and lighting of parks, parkways, streets, roads, and open space; flood and storm protection services, including, but not limited to, the operation and maintenance of bio-retention basins and storm drainage systems; and any other services authorized to be financed pursuant to the Act, together with the incidental and administrative expenses related thereto (the “Services”), through the annual levy of special taxes on taxable property within CFD No. 2026-1, which is subject to a public hearing and landowner election proceedings, all as provided in the Act. Copies of the boundary map, the rate and method of apportionment of the special tax, and the Resolution of Intention relating to CFD No. 2026-1 are on file in the office of the City Clerk.

On Tuesday, October 27, 2026, at 5:30 p.m., or as soon as possible thereafter, in the Council Chambers of the City Council located at 232 W. Sierra Madre Blvd., Sierra Madre, California 91024, the City Council will hold a public hearing on the proposed establishment of CFD No. 2026-1, and the levy of special taxes therein, to finance the Services.

At the hearing, the testimony of all interested persons (including all property owners in CFD No. 2026-1) for and against the establishment of CFD No. 2026-1, the extent of CFD No. 2026-1, and the levying of special taxes within CFD No. 2026-1 will be heard. If you wish to legally challenge any action taken by the City on the above matter, you may be limited to raising only those issues you or someone else raised at the public hearing described in this notice, or in written correspondence delivered to the City at, or prior to, the public hearing. Written comments may be submitted prior to the public hearing to the City Clerk at the above address.

If 50 percent or more of the registered voters, or six registered voters, whichever is more, residing within the territory proposed to be included in CFD No. 2026-1, or the owners of one-half or more of the area of the land in the territory proposed to be included in CFD No. 2026-1 and not exempt from the special tax, file written protests against the establishment of CFD No. 2026-1, and protests are not withdrawn so as to reduce the value of the protests to less than a majority, no further proceedings to create CFD No. 2026-1 or to authorize the special tax shall be taken for a period of one year from the date of the decision of the City Council.

The voting procedure with respect to the establishment of CFD No. 2026-1 specified by the Resolution of Intention and the imposition of the special tax shall be by hand delivery or mailed ballot election.

Dated: October 15, 2026
Laura Aguilar
_____/s/_____
LAURA AGUILAR, City Clerk

CITY OF SIERRA MADRE

SUMMARY NOTICE

FROM: The City of Sierra Madre

SUBJECT: Ordinance No. 1500 Amending Chapter 16.18 (Urban Lot Splits) of Title 16 (Subdivisions) and Chapters 17.20 (R-1 One-Family Residential Zone), 17.30 (R-C Residential Canyon Zone), and 17.59 (Ministerial Design Review Permits) of Title 17 (Zoning) of the Sierra Madre Municipal Code

APPLICANT: City of Sierra Madre

PROJECT LOCATION: Properties in the City of Sierra Madre, County of Los Angeles, State of California

SUMMARY: On October 13, 2026, the City Council of the City of Sierra Madre adopted the subject ordinance. The purpose of this Ordinance is to update the objective zoning, subdivision, and design standards that promote the orderly subdivision of parcels and development of housing in accordance with the Housing Opportunity and More Efficiency (HOME) Act, also known as Senate Bill 9 (SB 9). On April 12, 2022, the City implemented the requirements of the HOME Act under Ordinance No. 1452. Since then, the HOME Act was amended by Senate Bill No. 477, Senate Bill No. 450, Assembly Bill No. 1061, and Senate Bill No. 1426. The HOME Act aims to increase housing supply across California by streamlining lot splits and two-unit residential developments of lots located in any single-family residential zone (R-1, R-C, or H). This summary is published pursuant to Government Code Section 36933(c)(1) and a full and complete certified copy of the text of Ordinance No. 1500 is available at the Sierra Madre City Clerk’s Office located at City of Sierra Madre City Hall, 232 W. Sierra Madre Blvd., Sierra Madre, CA. Ordinance No. 1500 becomes effective on November 12, 2026. For further information on this subject, please contact the Planning and Community Preservation Department at (626) 355-7138.

ENVIRONMENTAL DETERMINATION: Pursuant to Public Resources Code section 21080.17 this project is exempt from CEQA because it is a local ordinance regulating the construction of accessory dwelling units.

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

The Episcopal Church of the Ascension

PRESENTS

Benny Yi-Bing Chu, Cellist

Stephen Marshall, Pianist

CONCERT

Sunday, October 25, 2026 4:00PM

featuring the music of J. S. Bach, Tchaikovsky, and Schubert

The Parish Hall

25 E Laurel Avenue - Sierra Madre, CA 91024 - 626.355.1133

Generous Donations greatly appreciated to benefit the Parish Music Fund

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SIERRA MADRE

ARCADIA

PASADENA

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MONROVIA

ASM. HARABEDIAN RECEIVES ARMENIAN NATIONAL COMMITTEE OF AMERICA-WESTERN REGION’S 2026 LEGISLATOR OF THE YEAR AWARD

Recognition honors his legislative work on Armenian American inclusion, advocacy for Armenian prisoners and displaced Artsakh Armenians, and efforts to strengthen California-Armenia ties



Assemblymember John Harabedian (D-Pasadena) received the Armenian National Committee of American-Western Region's (ANCA-WR) 2026 Legislator of the Year Award at the organization's annual gala on Sunday, October 11 in Los Angeles. As the only Armenian American currently serving in the California State Legislature, Harabedian has brought these issues directly to the Legislature. His connection to this work is also personal. His great-grandparents survived the Armenian Genocide, and their experience

continues to inform his promise to preserving Armenian history and identity and advocating for human rights.

“Our history is not something we inherit simply to remember. We inherit it with a responsibility to carry it forward. For me, that means using the seat I hold in the California Legislature to make sure Armenian Americans are seen in our laws, that the rights and dignity of Armenians are defended, and that the relationship between California and Armenia continues to grow. I’m honored by this recognition from the ANCA-Western Region. The Armenian community has spent generations making sure our history is never forgotten. I see my work as part of that same responsibility,” said Assemblymember John Harabedian (D-Pasadena).

The award recognizes Harabedian’s legislative work and advocacy on issues affecting Armenian Americans, Armenia, and Artsakh. In 2025, Harabedian passed AB 91, the MENA Inclusion Act, into law. The legislation expanded demographic data collection to better reflect California’s Middle Eastern and North African communities, including Armenian Americans.

Harabedian has also advocated for the release of Armenian prisoners of war, hostages, and political prisoners held in Azerbaijan, as well as the right of return for Armenians forcibly displaced from Artsakh. In April 2026, he led a bipartisan letter signed by more than 25 members of the Legislature calling for action on these issues. Earlier this year, Harabedian also chaired the newly established Assembly Select Committee on California and Armenia Mutual Trade, Art, and Cultural Exchange. The committee examines opportunities to strengthen economic, educational, and cultural ties between California and Armenia.

Harabedian represents California’s 41st Assembly District, which includes communities across the San Gabriel Valley and portions of Los Angeles and San Bernardino counties. He serves as Chair of the Joint Legislative Audit Committee, Chair of the Armenian Legislative Caucus Foundation, and Chair of the Assembly Select Committee on California and Armenia Mutual Trade, Art, and Cultural Exchange.

SIERRA MADRE FIRE DEPARTMENT SELECTS FIRST DEPUTY FIRE CHIEF

October 14, 2026 – The Sierra Madre Fire Department has selected Daniel Sifuentes as its first Deputy Fire Chief. Sifuentes brings more than 20 years of California fire service experience, with a background in fire prevention, emergency management, and emergency response.



The City Council approved the new position as part of the Fiscal Year 2026–27 budget in response to the Eaton Fire and the need to strengthen the City’s emergency preparedness and Fire Department leadership. The fire reinforced the importance of preparing for major emergencies, reducing risks before an incident occurs, and having sufficient command staff to manage a prolonged response while maintaining daily operations.

“The creation of this position represents an important step forward for our Department and our commitment to protecting the community,” said Fire Chief Bartlett. “Daniel brings the experience, leadership, and collaborative approach needed to strengthen our prevention efforts and build lasting community partnerships. I am excited to welcome him to Sierra Madre and look forward to working together to build a safer, more resilient community.”

As the Department’s second-in-command, Sifuentes will support Fire Chief Bartlett and lead the Department’s Community Risk Reduction efforts. His responsibilities will include fire prevention, public education, emergency preparedness, and coordination with residents and regional partners.

Sifuentes’ experience also includes code enforcement, fire engineering, program development, and mentoring personnel. He helped establish an emergency food distribution program in Torrance during the COVID-19 pandemic and coordinated damage assessment efforts following the March 2023 tornado in Montebello.

Sifuentes lives in Whittier with his wife and two children. He enjoys supporting his children’s activities and maintaining an urban garden established in honor of his late father.

WALKING SIERRA MADRE: The Social Side by Deanne Davis

“Anyone could see that the wind was a special wind this night, and the darkness took on a Special feel because it was All Hallows’ Eve.” Ray Bradbury

“Witches wail and werewolves howl, ghosts say ‘boo!’ and Monsters scowl. Jack-o-lanterns grin all night as children shiver with delight.” Nicholas Gordon

We are in the middle of October and Halloween is just two weeks away. Exactly two weeks from today! Even though we’ve had some rain, it’s still warmer than we really want to be. Many of us are still wearing shorts, for pity’s sake!

- O...Oh please, oh please, let it cool off. Let us feel chilled, shiver, reach for a sweater.
- C...Cider. Hot apple cider, with a cinnamon stick in it. In a hot steamy mug. Fragrant, delicious.
- T...Time to watch for scarecrows, think of goblins, imagine witches flying across the moon.
- O...Out! Go out and find pumpkins to carve and create awesomely awful faces.
- B...Be outrageous and try Pumpkin Wine or Pumpkin ale with a cinnamon sugar rim.
- E...Explore all over town and see how many scarecrows you can find. Even better, stuff your own and make it scary or cute or an alien being.
- R...Read a scary story: “Something Wicked This Way Comes,” by Ray Bradbury or take your pick from the thousands available on Amazon.



The picture this week is one of the fabulous window paintings from last Halloween. Now I ask you, doesn’t this just totally creep you out? It’s awesome.. If you haven’t signed up for window painting, you should do that and display your hidden inner creepy talent.

The scarecrow competition is heating up all over town and you might not have an accurate description of a scarecrow: “a scarecrow is an object made to resemble a human figure, set up to scare birds away from a field where crops are growing.” Also, “an object of baseless fear.” We could certainly apply the term “scarecrow” meaning ‘an object of baseless fear’ to an awful lot of what is going on in our world currently, but I digress!

A scarecrow’s meant to scare you, to make you go away,
If you’re a crow and think you’ll steal the seeds that we just planted.
A scarecrow standing anywhere, could make you run away.
His clothes are a fashion nightmare, the colors just plain scary.
His face a bony skeleton mask with a creepy toothy smile.
The hat he wears won’t match his coat, but neighbors have a care!
For when the moon is full and bright, like it just might be tonight,
This scarecrow standing on the corner, can cause an awful fright!
For maybe when it’s midnight, he can move and dance and sing,
He might be more than a creepy guy, standing on your neighbor’s lawn,
He might just be a living, breathing, terrifying thing!

“I would rather sit on a pumpkin, and have it all to myself, than be crowded on a velvet cushion.” Henry David Thoreau

More and more pumpkins are appearing just about everywhere you look and there’s something about them that makes you smile. Yes, it’s definitely Fall.

October always makes me think of Charles Schulz and his immortal comic strip, “Peanuts.” Linus is probably already out there in his pumpkin patch, hoping that this year the Great Pumpkin will decide that Linus has, indeed, created the most sincere pumpkin patch, and will rise up and scatter presents all over the place. Charlie Brown will be kind but disbelieving, Lucy will be scornful, but Linus will always believe.

“Always remember you are braver than you believe, stronger than you seem, smarter than you think, and loved more than you know.” Winnie the Pooh

October is here, it’s officially Fall and you might find a scarecrow around town that sends your imagination flying!

My book page: Amazon.com: Deanne Davis
There are treasures there! Trust me!
Including “Just Desserts” A Fall Fantasy of Pumpkins Gone Wrong!
Featuring the amazing Emma Gainsworth!

EL NINO (cont. from page 1)

assist with evacuation planning during disasters. The discussion highlighted the importance of preparing residents before emergencies occur, particularly in neighborhoods with limited access routes.

FEMA Reimbursement Concerns

Councilmembers also discussed how the emergency declaration could affect the City’s ability to document expenses and seek reimbursement for disaster-related costs. Kelly Kriebs initially questioned the direct benefits of the declaration but said Bruckner’s presentation helped address those concerns.

“I do think, you know, the more prepared we can be, the better,” Kriebs said. She supported having emergency funding available and noted that advance planning could improve the City’s ability to account for expenses that might qualify for reimbursement. Kriebs also suggested that some of Sierra Madre’s previous reimbursement difficulties following the Eaton Fire may have resulted from addressing expenses after the fact rather than establishing the necessary administrative framework beforehand.

Mayor Lowe expressed frustration with the City’s efforts to obtain reimbursement from the Federal Emergency Management Agency for damage from the February 2025 debris flows. I know that FEMA didn’t reimburse us because we didn’t have the declaration of emergency for the land, for the mudslides. We only had it for the fire,” Lowe said. She added that FEMA had repeatedly denied reimbursement requests related to the debris flows.

Garcia responded that he had previously advocated including mudflows and debris flows in the City’s emergency declaration. Kriebs also expressed frustration with the overall

reimbursement process, noting that the City had yet to receive reimbursement for other disaster-related expenses.

The discussion underscored another potential benefit of declaring an emergency before severe weather occurs: establishing a clearer record of emergency conditions and related expenditures that could support future reimbursement requests. However, an emergency declaration does not automatically guarantee reimbursement from FEMA or other agencies.

City Expanding Storm Preparations

Sierra Madre has already undertaken substantial emergency preparedness work following the Eaton Fire and subsequent debris flows. Previous efforts included inspecting and clearing storm drains and debris basins, distributing thousands of sandbags, installing more than 500 feet of concrete K-rail barriers, and removing substantial quantities of debris from the Sierra Madre Dam and debris basins managed by the City and Los Angeles County.

Bruckner reported that Public Works personnel have continued inspecting and clearing storm drains and drainage easements, removing accumulated sediment and debris, installing erosion-control measures, and monitoring vulnerable areas. Sand and sandbags have also been made available to residents at City facilities. In addition to physical preparations, the City has been strengthening its emergency response capabilities. Bruckner said the City conducted two Emergency Operations Center training sessions in recent weeks, with another practical emergency-scenario exercise scheduled.

The exercise will help City personnel evaluate coordination among Police, Fire, Public Works, and other departments during a hypothetical severe storm and post-Eaton Fire debris-flow event. Other preparations include

reviewing emergency equipment, contractor availability, evacuation procedures, emergency communications, staffing plans, and temporary shelter arrangements.

These activities will continue throughout the rainy season and may be adjusted as weather forecasts and conditions change.

Residents Urged to Prepare Before Storms Arrive

City officials encourage residents to take precautions now rather than wait until severe weather approaches. Homeowners should clear leaves and debris from gutters, downspouts, and drainage areas; inspect roofs; secure outdoor belongings; and make sure water drains away from structures.

Residents living near hillsides, drainage channels, or areas previously affected by mudflows should pay particular attention to their property’s vulnerability.

Los Angeles County Public Works provides property-specific information about potential mudflow hazards through its Mudflow Hotline at (800) 933-0930.

Households should also maintain emergency supplies, including food, water, medications, important documents, clothing, phone chargers, and other necessities. Emergency plans should account for pets, family members requiring additional assistance, and alternative evacuation routes.

Bruckner particularly emphasized the importance of residents receiving emergency notifications. “We strongly encourage residents to sign up for Nixle emergency alerts by texting their zip code to 888-777,” he said. Nixle provides information about emergencies, road closures,

weather conditions, and other public safety concerns.

Residents should also familiarize themselves with Genasys Protect, identify their evacuation zones, and monitor official evacuation warnings and orders. Officials emphasized that residents should evacuate promptly when ordered because emergency responders may be unable to safely reach homes during an active debris flow.

Property owners are also encouraged to review their insurance coverage before the rainy season. Standard homeowners’ insurance policies generally do not cover flood damage, and National Flood Insurance Program policies typically have a 30-day waiting period before coverage takes effect.

Preparing Before Disaster Strikes

The Council’s unanimous approval of Resolutions 26-93 and 26-94 reflects an effort to address potential storm-related threats before they develop into a larger emergency.

Although the severity and timing of potential El Niño storms remain uncertain, Sierra Madre’s experience following the Eaton Fire has demonstrated the dangers associated with heavy rainfall on fire-damaged hillsides.

By establishing an emergency-management framework and setting aside additional funding, City officials hope to improve response capabilities, reduce potential property damage, protect critical infrastructure, and avoid some of the financial and administrative difficulties encountered during previous disasters.

The City plans to continue providing storm preparedness information, emergency notifications, sandbag availability updates, and evacuation guidance throughout the 2026–2027 rainy season.



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Pasadena Adaptive Sports Festival Returns

The City of Pasadena Parks, Recreation and Community Services Department (PRCS), in partnership with Triumph Foundation, announced they will host the annual Pasadena Adaptive Sports Festival on Saturday, Nov. 7, 2026, from 9 a.m. to 2 p.m. at Brookside Park, 360 N. Arroyo Blvd.

This free, inclusive event welcomes individuals of all abilities to experience a variety of adaptive sports and fitness activities, including pickleball, tennis, rugby, adaptive archery, disc golf, boxing, basketball and dance. The festival will also feature a resource fair and an interactive art workshop.

All equipment will be provided, and trained coaches and instructors will be available to assist participants. Lunch will be provided to registered attendees.

“Every individual deserves the opportunity to experience the joy, confidence and sense of belonging that sports can bring,” said Koko Panossian, director of Parks, Recreation and Community Services. “The Adaptive Sports Festival helps break down barriers to participation, connects individuals and families with valuable resources, and celebrates the strength and abilities of our community.”

Triumph Foundation is currently seeking participants, volunteers, sponsors, and community partners to help make this event a success.

To register, participate, or volunteer, visit the Triumph Foundation at Triumph-Foundation.org/ASF or email info@triumph-foundation.org. And to watch videos of previous years' events, please visit Triumph-Foundation.org/ASFvideos.

Celebrate Dia de Los Muertos (Day of the Dead)



Join friends and neighbors October 30 at Villa Parke Community Center to celebrate Dia de Los Muertos (Day of the Dead). The event runs from 5:00 p.m. - 8:00 p.m.

Commemorate the centuries-old holiday with dance performances, arts and crafts, food available for purchase and “ofrendas,” altars honoring the lives of the deceased.

Villa Parke is located 363 E Villa.

For more information, please call (626) 744-6530.



Proclamation Recognizes National Domestic Violence Awareness Month

At the Pasadena City Council meeting Tuesday night, Pasadena Mayor Victor Gordo presented a proclamation recognizing October as National Domestic Violence Awareness Month (“DVAM”). Representatives from the Commission on the Status of Women, the Parks, Recreation and Community Services Department, and the City Attorney/Prosecutor's Office participated in the recognition (pictured above). Members of the Pasadena Police Department's Special Victims Unit (“SVU”) were also present to show their support. Representatives from Shepherd's Door and Peace Over Violence joined the event to receive the proclamation and demonstrate their commitment to supporting survivors and raising awareness of domestic violence.

The proclamation encouraged the community to increase awareness of domestic violence, acknowledge its impact on individuals and families, and support those affected. National Domestic Violence Awareness Month honors victims who

have lost their lives, recognizes the strength of survivors, and highlights the importance of access to safety, resources, and support.

This year's national campaign theme, “With Survivors, Always,” calls on individuals and communities to turn awareness into meaningful action by promoting survivor safety, offering support, and standing in solidarity with those impacted by abuse.

According to officials, local and confidential support is available. Peace Over Violence provides services to individuals affected by sexual assault, intimate partner violence, and stalking. Residents in the West San Gabriel Valley region can contact Peace Over Violence at 626-793-3385. The Los Angeles Rape and Battering hotline offers confidential, nonjudgmental emotional support, advocacy, information, and referrals 24 hours a day for individuals affected by sexual assault or intimate partner stalking.

Shepherd's Door also supports individuals in the Pasadena

community. The organization can be reached by phone at 626-765-9967 or by email at sd@shepherddoor.org. Their listed office hours are Monday through Thursday, 9 a.m. to 4 p.m.

Cultural Thursday at the Pasadena Senior Center

Legends of Lore of Haunted Architecture

Get ready for Halloween with an exploration of spooky sites and haunted houses in ‘Legends of Lore of Haunted Architecture,’ a virtual Cultural Thursday event at the Pasadena Senior Center on Thursday, October 22 at 2 p.m. via Zoom.

This journey into the unknown will be led by presented Eleanor Schrader, an award-winning educator, lecturer and author. The event will explore some of America's most infamous haunted sites, visiting the eerie architecture that houses lingering spirits and unexplainable events. Haunts include the RMS Queen Mary, the Winchester Mystery House, the Trans-Allegheny Lunatic Asylum, the Pink House Restaurant, and many more. Schrader will also share how architectural styles and history intertwine to create spaces filled with mystery and supernatural lore.

The event is free for Pasadena Senior Center members and only \$5 for non-members, and reservations are required to receive the Zoom link. To register or for more information, visit pasadenaseniorcenter.org, then click on Lectures & Classes, then Cultural Thursdays.

Eleanor Schrader is an award-winning educator, lecturer, and author. She lectures worldwide on the history of furniture, decorative arts, architecture, and interiors and leads art and architecture tours throughout the world. She has been named a Distinguished Instructor at UCLA Extension, where she teaches history of architecture, interior design, furniture, and decorative arts. She is also Professor Emeritus of Art and Architectural History at Santa Monica College.

To learn more visit: pasadenaseniorcenter.org or call 626-795-4331.

Pasadena Police to Host Boo Bash with the Badge



The Pasadena Police Department, in partnership with the Pasadena Police Foundation and Day One, are inviting the community to their annual Trunk or Treat Halloween Extravaganza October 29 at Centennial Square. The event is set to run from 5 p.m. – 8 p.m. “Bring your little ghosts and goblins to trick-or-treat safely among creatively decorated police vehicles and community trunks. There will be games, music, activities, and of course tons

of treats.”

This family-friendly event was created to give children and young adults a safe, healthy, and happy place to celebrate Halloween.

This is one of Pasadena's most boo-tiful community events of the year. Join members of the Pasadena Police Department and the community for a frightfully fun evening. For more information, contact Community Services Officer Hilda Jurado hjurado@cityofpasadena.net.

Barger Urges Residents to Prepare for Wildfire Risk

Los Angeles County Supervisor Kathryn Barger is urging residents to prepare for heightened wildfire risk as the National Weather Service forecasts a Red Flag Warning through tonight. Strong Santa Ana winds, low humidity, and warm temperatures could contribute to rapid fire spread, while Public Safety Power Shutoffs and weather-related power outages are also possible.

The Los Angeles County Emergency Operations Center and Joint Information Center are now activated and stand ready to coordinate preparedness efforts, response resources, and public information.

“Residents need to take these conditions seriously and prepare now,” said Supervisor Kathryn Barger. “Strong winds can cause fires to spread quickly, leaving little time to react. Have your emergency supplies ready, keep your devices charged, and be prepared to evacuate if necessary.”

Supervisor Barger encourages residents to sign up for Alert LA County, monitor official updates, and prepare a go-bag with medications, important

documents, and essential supplies for their families and pets. Residents should identify evacuation routes and be ready to leave immediately if ordered. With potential power shutoffs, households should also charge phones and backup batteries, stock drinking water and nonperishable food, and make backup arrangements for medical equipment that requires electricity.

“The Fifth District is home to some of the most fire-prone communities in Los Angeles County, from the foothills to the Antelope Valley and the Santa Clarita Valley,” added Supervisor Barger. “We know how quickly these conditions can turn dangerous, and we know that preparation saves lives. I urge every household to treat this warning as a call to act today.”

Residents can find wildfire preparedness guidance, evacuation information, and emergency checklists at Ready LA County. Residents should continue monitoring official County and local city communications for updates and follow all evacuation instructions from emergency officials.

Sierra Madre CERT
COMMUNITY EMERGENCY RESPONSE TEAM

Are You Ready for the Big One!

Join Wes Carson for an informative discussion on earthquake preparation and emergency readiness. Learn practical steps to protect your family, home, and community before, during, and after an earthquake. We will cover emergency supplies, evacuation planning, communication strategies, home preparedness, and simple actions that can reduce risks and improve your ability to respond to the Big One!

The public is welcome to attend!

Sierra Madre CERT General Meeting
Thursday, September 24th 7:00 PM
Hart Park House - Memorial Park
222 W. Sierra Madre Blvd.

SIERRA MADRE UNITED METHODIST CHURCH

Sunday worship 9:30 a.m.

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SCHOOL DIRECTORY

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CS Arts	Providence
Damien	Ramona Convent
Don Bosco	San Gabriel Mission
EF Academy	Sequoia
Flintridge Prep	St. Francis
Flintridge Sacred Heart	St. Lucy
Fusion Academy	St. Monica
Immaculate Heart	Waverly
La Salle	Westridge

The event will be held on the
school's terrace.Alverno Heights Academy
200 N. Michillinda Ave
Sierra Madre

All are Welcome to Attend!

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@acsions.com
Principal: Cindy Harmon
website: www.acsions.com

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

Assumption of the Blessed Virgin Mary School
Robert Bringas, Jr., Principal
2660 East Orange Grove Blvd.
Pasadena, Ca 91107
626-793-2089
https://school.abvmpasadena.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

Bethany Christian School
93 N. Baldwin Ave.
Sierra Madre, Ca. 91024
(626) 355-3527
Preschool-TK-8th Grade
Principal: Jonathan Hawes
website: www.bcsions.org

Clairbourn School
8400 Huntington Drive
San Gabriel, CA 91775
Phone: 626-286-3108 ext. 172
FAX: 626-286-1528
Marianne Ryan
administration@clairbourn.org
E-mail: jhawes@clairbourn.org

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

Frostig School
971 N. Altadena Drive
Pasadena, CA 91107
(626) 791-1255
Head of School: Jenny Janetzke
Email: jenny@frostig.org

The Gooden School
192 N. Baldwin Ave.
Sierra Madre, Ca. 91024
(626) 355-2410
Head of School, Jo-Anne Woolner
website: www.goodenschool.org

Holy Angels School
PK-8th Grade
360 Campus Drive
Arcadia, CA 91007
626-447-6312
office@holyangelsarcadia.org
Principal: Aimee Dyrek
holyangelsarcadia.net

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

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 W. Altadena Dr.
Altadena, Ca. 91001
(626) 229-0993
Head of School: Lauren O'Neill
website: www.odysseycharterschool.org

Pasadena High School
2925 E. Sierra Madre Blvd. Pasadena, Ca.
(626) 396-5880
Principal: 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

Sierra Madre Elementary School
141 W. Highland Ave.
Sierra Madre, Ca. 91024
(626) 355-1428
Principal: Dr. Jodi Marchesso
E-mail address: marchesso.jodi@pusd.us

Sierra Madre Middle School
160 N. Canon Sierra Madre, Ca. 91024
(626) 836-2947
Principal: Garrett Newsom
E-mail address: newsom.garrett@pusd.us

Walden School
74 S San Gabriel Blvd
Pasadena, CA 91107 (626) 792-6166
www.waldenschool.net

Weizmann Day School
1434 N. Altadena Dr.
Pasadena, Ca. 91107
(626) 797-0204
Lisa Feldman: Head of School

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

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

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

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

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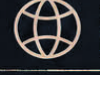
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into the history of Route 66 in Monrovia.Refreshments provided...
what else? Popcorn!

THE POSITIVE APPROACH TO CARE: LEARNING FROM TEEPA SNOW WHEN CARING FOR SOMEONE WITH DEMENTIA

Caring for a loved one with dementia can be challenging, emotional, and exhausting. As memory fades and communication becomes more difficult, families often struggle to understand how to respond to changing behaviors. Fortunately, there are techniques that can help make caregiving more compassionate and meaningful.

One valuable resource is Teepa Snow, a nationally recognized dementia care educator and the founder of Positive Approach to Care (PAC). Her philosophy focuses on understanding the person behind the diagnosis rather than concentrating only on what the person can no longer do. The Positive Approach to Care encourages caregivers to change the way they communicate, interact, and respond to someone living with dementia. Instead of correcting a loved one or arguing when they remember something incorrectly, caregivers can learn to enter their world, acknowledge their feelings, and provide reassurance.

For example, if a loved one repeatedly asks to go home, explaining that they already live in a safe place may not ease their anxiety. Instead, try asking what they miss about home or offering comfort and companionship. Often, the emotion behind the question matters more than the words themselves. Teepa Snow also emphasizes the importance of body language, facial expressions, tone of voice, and approaching someone from the front rather than startling them from behind. Giving a person time to process information, using short and simple sentences, and offering one choice at a time can make everyday interactions less stressful.

Another important lesson is to preserve dignity and independence. Even when someone needs assistance, allowing them to participate in familiar activities can help maintain confidence and a sense of purpose.

Families can learn many of these techniques for free on YouTube. Search for “Teepa Snow Positive Approach to Care” to find helpful demonstrations on communication, personal care, managing difficult moments, and understanding dementia-related behaviors.

As someone who understands the challenges families face when a loved one needs additional care, I encourage caregivers to seek education, support, and help when needed. You do not have to navigate this journey alone.

Courtesy of Safe Path for Seniors LLC- Assisting families with their care journey- (626) 999-6913



OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

DO I HAVE A LICENSE TO DRIVE MY WIFE CRAZY?

In the news recently, there was a story about a man involved in an automobile accident, which wasn't his first time. I can't remember how many accidents he was involved in, but it turned out he never had a driver's license.

How can people get in a car, drive across town, and not have a driver's license?

I couldn't wait until I turned 16 to get my driver's license. It was one of the most memorable days of my life. What a privilege it was to drive a car.

But now I'm hearing about someone who never had a driver's license, was driving a car, and was involved in several accidents. How foolish can a person be?

While watching the news story, a thought hit me. I'd never thought this before, and it was rather interesting.

Since there's a license for everything in the world, do I need to get a license to drive my wife crazy? I must come clean and say that for the last 55 years I have been driving The Gracious Mistress of the Parsonage crazy. I own up to it and take responsibility.

The important issue that I had to work out was: where did I get my license to drive my wife crazy? I thought a lot about this question because much of my life rests on it.

After several days of pondering this query, I finally concluded I did get my license to drive The Gracious Mistress of the Parsonage crazy.

You might say, “Where did you get your license?”

I got my license to drive The Gracious Mistress of the Parsonage crazy 55 years ago, in a church, before a minister I said, “I do.” That is all the license I need.

I only wish I'd thought of this years ago, but I'm not going to waste my time regretting what I haven't done. Instead, I'm going to focus on driving her crazy. After all, I've had a lot of practice through the years developing this driving skill. I will not brag, but I believe that I have become a professional driver in this area.

Although it took me a long time to figure all of this out, I'm not going to be wasting any more time in the future. I know I have my license, so I am going to do as much driving as I can. I'm going to make good use of my license.

I'm not sharing this information with The Gracious Mistress of the Parsonage because I want to get away with as much as possible.

My license has not expired, so it is legitimate. I love it when a plan comes together. I now need to get my game in order and figure out how to drive her crazy. At least crazier than she is already.

Now that I know I have this driver's license, I can make the most of it. The one thing I need to be careful about is not letting her know I have a license to drive her crazy.

Oh, this is going to be so much fun.

This demands quite a bit of planning on my part. I certainly don't want to get caught.

I spent several hours looking back over the years, figuring out how I have driven her crazy in the past. At the time, I didn't know I was doing it. Now, I can do it and know that I am doing it. Does life get any better than that?

One thing I need to consider is that when I am driving her crazy, I'm in the passenger seat. So, I need to be very careful in planning. I certainly don't want anything to go wrong. After all, I'm going to have a lot of fun with this.

Right after we were married, I taught her how to drive a car. She didn't have a license when we got married, so I helped her learn to drive and then took her to get her driver's license. So I have experience along this line that I want to use for my personal fun.

I need to organize my plans carefully around this. I don't want her to know that I am the person behind this “crazy.” If I can make it seem like it's anybody else's fault but mine, I'm going to get away with it.

The one thing that really drives her crazy is a cockroach. They seem to be very plentiful around our house. So, I like to get one and put it where she will notice it. And when she notices a cockroach, she goes crazy trying to find a broom in the house to get rid of it. I'm going to make the brooms a little harder to find, which will stretch out her “crazy.”

That's just one ingredient in my plan to drive her crazy. I'm just getting started; I have a lot more to do. My plan was coming together, and I was anxious to get it rolling.

Then I remembered a Bible verse.

“But to do good and to communicate forget not: for with such sacrifices God is well pleased” (Hebrews 13:16).

Looking at my plan, I asked myself a serious question. Will this plan of mine really please God? Spontaneously driving my wife crazy is one thing, but deliberately planning to drive her crazy is completely different. God always comes first in my plans.

Dr. James L. Snyder lives in Ocala, FL with the Gracious Mistress of the Parsonage. Telephone 1-352-216-3025, e-mail jamesnyder51@gmail.com, website www.jamesnyderministries.com.

HAPPY BIRTHDAY! OCTOBER Birthdays*



Gloria Schauer, Janda Ferris, Darlene Traxler, Margit Johnson, Sole Krieg, Mary Jane Baker, Dixie Coutant, Jill Frank, Cathleen Cremins, Adie Marshall, Susan Gallagher, Maggie Ellis, Gloria Giersbach, Ellen O'Leary, Jenny Piangenti, Anita Thompson, Linda Boehm and Angela Stella *

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

EXERCISE AS MEDICINE: HOW PHYSICAL ACTIVITY HELPS MANAGE CHRONIC DISEASE

(HealthDay News) — Chronic diseases such as diabetes, heart disease, high blood pressure, arthritis and certain types of cancer are leading causes of disability and death worldwide. Traditionally, these conditions have been managed through medication, dietary changes and medical interventions.

However, there is a growing recognition of the pivotal role that regular physical activity plays in both the prevention and management of chronic disease — a concept often referred to as “exercise as medicine.”

Physical activity exerts a multitude of beneficial effects on the body. For individuals with type 2 diabetes, exercise improves insulin sensitivity and helps control blood glucose levels, reducing the risk for complications.

Patients with cardiovascular disease who exercise benefit from improved heart function, lowered blood pressure and reduced cholesterol levels. In those with arthritis, regular movement helps maintain joint flexibility, reduce pain and improve overall mobility.

Beyond disease-specific benefits, regular exercise combats systemic inflammation — a key driver in many chronic conditions. It also supports weight management, which is important as obesity is a major risk factor for several chronic diseases. Exercise also enhances mental health, reducing symptoms of depression and anxiety that often accompany chronic illnesses.

There are several reasons that exercise leads to these benefits. On a cellular level, physical activity improves mitochondrial function, your body's ability to process oxygen and convert substances from the foods you eat into energy. It also improves circulation and promotes the release of endorphins and other neurochemicals that boost mood and reduce pain perception.

Importantly, exercise prescriptions should be tailored to each individual's needs, abilities and medical history. For some, this may mean structured aerobic or resistance training, while for others, gentle activities like walking, swimming or yoga may be more appropriate. Even small increases in daily movement can yield significant health improvements.

Healthcare providers are increasingly recognizing the importance of including exercise guidance in treatment plans. Initiatives such as “Exercise is Medicine,” a global movement launched by the American College of Sports Medicine, encourage clinicians to assess and promote physical activity as a standard part of care.

Exercise is a powerful, accessible and cost-effective tool in the management of chronic disease. By adopting physical activity as a cornerstone of therapy, individuals can improve disease outcomes, enhance quality of life and reduce the need for medication. In the modern era of medicine, exercise is not just an adjunct — it is a vital prescription for long-term health and well-being.

More information

Find out more on exercise as medicine from the American College of Sports Medicine.

BEST FRIENDS FABULOUS FOUR!

No, we don't expect you to adopt all four (although it has been done). Just one or two would suffice.

Mix n match! There's the one girl, Dottie, a real “girly girl” who loves to be petted. Ollie is one of the boys, playful and social.

Then there's Sammy, sweet and loving.

Last but not least is Rocky, who is very confident and loves attention. These four are fully vetted and healthy.

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CHICKEN WINGS, FOOTBALL AND MY SILENT PARTNERS

Darn it! The Dodgers lost. But my beloved UCLA Bruins still have plenty of football to play, and I'm not giving up on them yet.

Football season is here. The Rams, Chargers and the rest of the NFL are battling it out, fantasy football owners already think they know more than the coaches, and somewhere between Sierra Madre and Arcadia, somebody is ordering a plate of chicken wings. Football and chicken wings. They go together like peanut butter and jelly.

I've been reviewing restaurants for more than 20 years. I live, eat and preach Eat Local. I'm constantly telling people to support neighborhood restaurants instead of automatically heading for the big national chains. So I contacted a few restaurants, explained that I was writing about chicken wings and wanted to give them a little free publicity. You would think I was asking for their firstborn.

I've spent years listening to restaurant owners tell me they need more customers. Then you call and say, "I'd like to write about you for free," and suddenly everyone gets very busy. Maybe I should have told them I was calling about their extended warranty. Apparently, giving away free publicity is harder than getting a food-cart permit at City Hall. Oh, I forgot. That's easy.

Fortunately, I have spies. I call them my Silent Partners. These are friends, readers and fellow food lovers who tell me where they're eating and what they're ordering. No advertising agencies. No press releases. Just people who appreciate a good meal.

And speaking of Silent Partners, I have my eye on a potential recruit right here in Sierra Madre. My buddy Dan Bell. Dan has deep roots in Sierra Madre. He's the grandson of Mary Perkins of the legendary Mary's Market, and he just happens to be the longtime partner of Sierra Madre Mayor Kris Lowe.

Now, I don't expect Mayor Lowe to issue an executive order declaring the best chicken wings in town. Although, come to think of it, that might be one City Council meeting I'd actually attend. But Dan, here's your assignment. Find me a plate of chicken wings worthy of the Mountain Views News. And Kris, if you're reading this, feel free to help him out. No politics, no campaigning and absolutely no recounts. Just chicken wings.

After all, somebody has to look out for the hungry voters of Sierra Madre.

Let's start right in the heart of town. At Kersting Court, you'll find Lucky Baldwin's Delirium Pub. It's the kind of neighborhood gathering place that makes Sierra Madre special. A comfortable pub, familiar faces and a place to talk about the game long after the final whistle. And yes, chicken wings are on the menu, with Buffalo or barbecue sauce.

Sounds like a good place to start my homework. Then there's Sierra Madre Pizza Company on Sierra Madre Boulevard. Pizza and wings are practically a football tradition. You order a pizza for the family, add some wings, turn on the game and suddenly nobody wants to leave the house.

Now let's head east to Arcadia. My friend Mike Freeman knows a little something about food. He owns Zelo Pizzeria, and when Mike recommends another restaurant, I listen. His nomination? Hot Wings Cafe over

in Pasadena.

When a restaurant owner recommends somebody else's restaurant, that's what I call legit. Hot Wings Cafe has been around the Los Angeles area since 1986. Buffalo, mild, hot, extra hot, barbecue and lemon pepper. This is old-school wing territory. And the 25-piece combo certainly looks like it means business. Anybody remember Bill's Chicken? Of course you do.

But Arcadia has a few contenders of its own. Twozone Chicken on Baldwin Avenue brings Korean-style fried chicken into the conversation. That's one of the things I enjoy about the San Gabriel Valley. We don't have to settle for one style of cooking. Traditional Buffalo wings are wonderful, but there's a whole world of flavors out there.

And over on Huntington Drive, BJ's Restaurant & Brewhouse offers another game-day option. Yes, I know. BJ's is a chain. I'm not turning in my Eat Local membership card.

Good food is good food, and I'm not going to pretend otherwise just to make a point. But I will always encourage readers to give the neighborhood-owned restaurant the first opportunity to earn their business.

Here's where I get to exercise the best part of having my own column. My opinion counts, too. I have some pretty definite ideas about chicken wings.

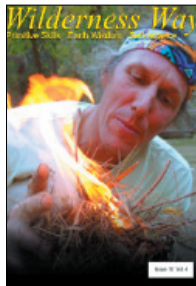
First, they should arrive hot. Not warm. Not something that's been sitting under a heat lamp waiting for the quarterback to call an audible. Hot.

Second, I want a little crispness. The sauce should complement the chicken, not disguise it.

And third, there needs to be enough meat on the bone so I don't need a magnifying glass to find the chicken.

I'm also a traditionalist. Give me the bone-in wing. Flats and drums. Ranch or blue cheese on the side. I'm not interested in something that looks like a chicken nugget wearing a Buffalo sauce costume.

My father, Elmer Dills, taught me the simplest restaurant rule I've ever heard: Hot food hot. Cold food cold. You'd be amazed how many restaurants still can't pass that test. Now, did I find the undisputed chicken wing champion of Sierra Madre and Arcadia? Not yet. I've got a few promising contenders, some good recommendations and a little more eating to do before I hand out the championship trophy. Besides, that's half the fun of being a restaurant reviewer. I don't just want to tell you where to eat. I want to take you along for the ride. And I know how this works. The minute this column appears, somebody in Sierra Madre will tell me I've overlooked their favorite place, and somebody in Arcadia will insist that the best wings are right around the corner. Good! That's exactly what I want to hear. Because whether you're cheering for UCLA, the Rams, the Chargers or just hoping your fantasy quarterback throws three touchdowns, remember that our neighborhood restaurants need fans, too. If I missed your favorite chicken wings, don't call City Hall. Leave a comment. And remember, there's always a good reason to Eat Local. Peter Dills has been reviewing Southern California restaurants for more than 20 years. His mission is to support local restaurants, share their stories and bring readers along for the experience.



CHRISTOPHER Nyerges

BOOK REVIEW

“THE ADVENTURES OF HERMAN: A VERY SPECIAL PARROT,” by Rand S. Rubin

Nearly 30 years ago when was conducting Hiking Classes for Pasadena City College, I met Rand Rubin who was one of the hiking students. I learned that he was a Burbank judge, and I found him so intriguing that I interviewed him for the local paper, exploring his ideas about crime, justice, and restitution. We got along well, and we had a lot of common interests.

I recall when he told me that, prior to hiking with me in the Angeles National Forest, that he believed that this near-wilderness was a dangerous place, full of gang members and bootleg burial grounds where mobsters bury their enemies. I laughed. I too have read horror stories about the Angeles National Forest where the writer, who lived far away, strung together every bad thing that ever happened up there, and made the Forest sound like it was worse than hell.

Rubin began to realize that just the opposite was true, that the forest was large and places existed where you could take a nature walk with your family and listen to birds and picnic, often without seeing many other people.

Rubin has since retired as a judge, and is now the author of a delightful book for children, “The Adventures of Herman: A Very Special Parrot.” This is an all-color, full size, hard cover book, something every child—and parent – will love.

It's the true story of how Rubin found a young parrot that had fallen out of its nest, and rescued it, and nursed it back to health, though it was never able to fly. Rubin named the parrot Herman. The story is all written in poetry, which is a great touch. We learn about the adventures of Herman, the parrot who cannot fly, through Herman's view. Herman dreams about flying, and he flies into space, in his mind. He wants to swim with sharks and he does it – but he's actually swimming with the goldfish in the fishbowl. He dreams about surfing. Imagine a parrot who surfs! He figures out how to play the guitar, and Herman makes friends with a butterfly.

Rubin awakened my childhood sense of adventure and the rekindled the memories of my mother telling me bedtime stories. However, the Grimm stories my mother told me were designed to scare me to sleep. Rubin's tale of the disabled parrot is uplifting, telling the reader to be compassionate, to have forbearance, and to act kindly towards everyone, even those who have a disability. Herman shows children that they should be kind.

According to Rubin, “Herman is not a fictional character. He is a real parrot who fell from his nest as a baby and survived after being rescued and hand-fed by my family. Because of his injuries, Herman never learned to fly. Watching him adapt, thrive, and enjoy life despite his disability inspired a story with a simple but important message: Sometimes the very thing that makes us different is what makes us special.”

It's a great story, a timeless book for family book shelf.

Written for children four to eight, and their parents, this 8 ½ x 11 hardcover is published by Byte Book Publishing, Safari Hat Publications, 2026. Available from Amazon.

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THE TASTING ROOM A DAMN GOOD MALBEC.



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

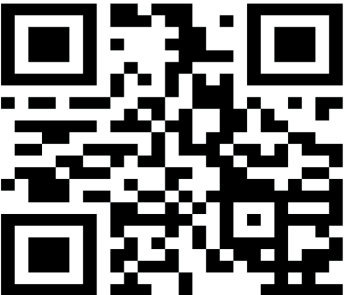
Who doesn't like a damn good Malbec? With the weather cooling off and fall in the air, it's the perfect time to uncork a bottle of Malbec from Argentina. I happen to have one just for you Malbec lovers. It's the 2023 Zolo Reserve Malbec from Mendoza



Zolo was founded by Patricia Ortiz in 2003. The winemaking team is headed by Fabian Valenzuela and renowned Petrus winemaker Jean Claude Berrouet. Yep, that Petrus. The El Jarillal estate vineyard (elevation 3,444 feet), in Alto Agrelo aka “The Land of Malbec”, is certified organic. The grapes were harvested by hand, fermented in stainless steel, and then aged for 14 months in French and American oak.

The 2023 Malbec Reserve is delicious. Red and blue fruit, strawberry, blueberry, floral notes, and subtle notes of chocolate and a bit of smokiness on the finish. Poorly made Malbecs can be rough around the edges, this one is a superbly made Malbec, with elegance and style. It's also a helluva deal at \$19.99.

This wine is available at The Bottle Shop. Until next time – Salud!



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COOL IT

When the temperature starts to drop, most people head indoors. The gym gets crowded, and the couch starts to look more and more inviting. But believe it or not, cooler weather might actually be the best time to take your workout outside.

Exercising in crisp fall air does more than wake you up — it can boost your metabolism, clear your mind, and help you burn a few extra calories without even trying. Your body loves cool weather.

When it's chilly, your body has to work a little harder to keep your core temperature stable. That means it's burning extra energy just to stay warm, even before you start moving. Your heart pumps a bit faster, your muscles tighten slightly, and your internal "furnace" kicks on. This process helps increase calorie burn naturally. You don't need to be shivering to get the benefit, either. Moderate cool weather — between 45 and 60 degrees — is often ideal for outdoor activity.

If you've ever gone for a brisk walk on a cool morning and felt more energized than usual, that's your metabolism doing its job. The bonus? Cooler air helps you stay comfortable longer, which means you may walk, jog, or move more without feeling tired or overheated. Cold-weather workouts feel easier, but your body is actually working harder. Even walking at the same pace can burn slightly more calories in cool air compared to a warm day. That doesn't mean you need to push yourself harder, it just means nature is giving you a gentle edge.

You'll also sweat less, which helps you stay hydrated and comfortable. Many people find they can stay active longer without that sticky, overheated feeling that summer workouts bring.

There's something refreshing about breathing in cool, clean air. It seems to wake up your brain and sharpen your focus — and there's real science behind that feeling. Cool air increases oxygen flow, and that extra oxygen helps your brain function more efficiently. You may notice better concentration, quicker thinking, and a calmer mood after even a short outdoor workout.

Exposure to natural light also plays a big role. During fall and winter, many people struggle with lower energy or mild "winter blues" due to shorter days. Getting outside for just 20 minutes of daylight exercise can improve mood, help balance hormones, and help you sleep better at night.

While there are lots of benefits to exercising in the cold, a few smart steps can help keep you safe and comfortable, especially if you're older or recovering from an injury,

- 1. Warm Up Before You Step Outside**
Cold muscles are tight muscles. Spend 5 to 10 minutes doing gentle movement indoors before heading out. Arm movements, leg swings, or light marching in place can all help push blood to cold muscles and prepare you for your exercise routine. A proper warm-up reduces the risk of strains or joint pain.
- 2. Dress in Layers**
Wear moisture-wicking fabric closest to your skin, then a light layer for warmth, and finish with something wind-resistant if needed. Layers trap heat but also let you remove clothing as your body warms up. Avoid cotton, which holds sweat and can make you cold once you stop moving.
- 3. Protect Hands, Feet, and Ears**
Your body naturally sends more blood to your core to stay warm, so your fingers, toes, and ears can get cold fast. Lightweight gloves, warm socks, and a headband or hat make a big difference.
- 4. Watch Your Step**
Cool mornings can mean wet grass, slick leaves, or even light frost. Choose shoes with good traction and walk on clear paths. If balance is a concern, consider using walking poles for extra stability.
- 5. Check the Air Quality**
Cool weather often means clearer air, but sometimes pollutants get trapped close to the ground on still days. If you have asthma or lung issues, check your local air quality index before heading out.

Cool-weather workouts can be a great option for people recovering from joint replacements, surgery, or chronic pain issues. The cooler temperature can reduce inflammation and swelling,



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WE HAVE WHAT IT TAKES: *The Power of One Good Action*

As people who care about our community, our planet, and the people we love, we sometimes struggle to remember how powerful we really are. We might say to ourselves: "But I'm only one person. What can I do? How can I help? I wouldn't know where to start."

Here's what I want you to know: We have what it takes. Not just for climate change. For everything. And when we respond to the desires of our hearts to do good, the world transforms before our eyes.

When We Paused, the World Breathed

Remember the spring of 2020? When the global pandemic forced us to stop, to pause, to stay home? Something remarkable happened.

Air pollution dropped dramatically, particulate matter decreased by 43% in cities around the world. In Europe's most populated cities, nitrogen dioxide concentrations fell by 45-54%. The sky turned blue again. Rivers ran clearer. And the animals, oh, the animals.

Peacocks strutted through towns. Road mortality rates for wildlife dropped by 50%. Nature pressed the reset button, simply because we stopped.

We saw, in real time, how quickly the world responds when we change our behavior. It wasn't about grand plans or billion dollar programs. It was about millions of people, simultaneously, doing something different. Or rather, not doing, what they usually did.

It's Not Always What We Do, Sometimes It's What We Stop Doing

This is crucial to understand: Goodness multiplies not just through our actions, but through what we choose "not" to do.

When we don't waste food, we're doing more than saving money. Food waste generates 8-10% of global greenhouse gas emissions, almost five times the total emissions from the aviation sector. The world wastes one billion meals every day while 783 million people go hungry. Every time you use that leftover chicken, finish that banana, or freeze those vegetables before they spoil, you're part of solving this.

When we don't share rumors or spread negativity, we're choosing to turn down the volume on darkness. Think about it: Negativity doesn't need our help. It will spread just fine without us. But kindness? Hope? Encouragement? Those need champions. Those need you.

The Math Still Works for Everything Good

You are one of 8.2 billion people. If all 8.2 billion of us say "I'm just one person," then collectively, we surrender our power. But if all 8.2 billion of us act, if we help a neighbor, smile at a stranger, save our leftovers, switch one light

bulb, refuse to pass along gossip, we change everything.

One Small Move That Matters

Here's something beautifully simple you can do this week. Choose one:

Replace one light bulb with an LED. A single 18-watt LED used in place of a 75-watt bulb will prevent half a ton of CO2 from entering the atmosphere over its lifetime.

Use up something in your fridge before buying more. Plan one meal around what's already there. Those wilting vegetables? They're begging to become soup.

Help someone without being asked. Hold a door. Carry groceries. Send an encouraging text. Notice someone who seems invisible and see them.

Stop one negative habit. Don't forward that inflammatory post. Don't join the complaint session. Don't add fuel to someone else's fire.

Pick one. Just one. Then watch what happens.

What Would Happen If...

Imagine this: What would happen if everyone in the world did the very thing, that very good thing, that lit them up, that made them come alive?

I want to suggest to you that we would change the world.

We, the good readers of the Mountain Views News, good people of Earth, all 8.2 billion of us, have the power to create the world we want to see. Not someday. Not when conditions are perfect. Now. Today. With what we have.

The pandemic showed us: When we pause, nature flourishes. When we change, the world responds. When we care, it matters.

Who Can Stop You?

What can I do? The better question is: Who can stop you?

Don't believe the lie that you are small and insignificant. Don't believe that your one choice, your one kindness, your one decision to do good or stop doing harm doesn't matter.

It does.

You matter. Your choices multiply. Your goodness spreads.

We have what it takes, not just for climate change, but for everything. Daily kindness. Refusing to waste. Choosing encouragement over criticism. These aren't small things. These are the things that, when multiplied by billions, transform our world.

Let's go.

Lori A. Harris helps her clients get award-winning results. You can learn more about her at Loriaharris.com.

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

STUART TOLCHIN



other twosome were younger men who played much better than I did. Let's be honest. I rarely hit the ball solidly or straight and after a stroke I had a great deal of trouble even locating my ball.

As we moved to the last section, the final three holes, the other men realized that they had something else important to do and off they went. By this time, I was so discouraged that I basically just stopped playing. On one hole I had hit the ball into a sand trap and walked into the trap to try and hit the ball onto the green. I don't recall what happened to my shot, but I realized I could not walk forward out of the trap without falling. I felt scared and humiliated and realized that my golfing days were over.

I stopped even trying to play and just drove along on the electric cart and attempted to carry on a conversation with my partner. Unfortunately, my hearing is so bad that I really was incapable of carrying on a conversation. I felt like a burden to him and to myself. After he completed his round, I suggested we go someplace for lunch and ask my wife to meet us. I explained that this would save my friend the trouble of driving me home but privately I realized that if my wife was present conversation could take place. My wife joined us and everything seemed fine except I was uncomfortable with my own inabilities.

I guess this experience is connected to "ageing" and is a lot better than the alternative. As I note my own thoughts, I realize that I have little interest in doing anything meaningful for myself or the world. I should point out that my wife and I spend significant hours at my son's hospital bedside being present as he suffers. Every day we look for improvement and question the Medical Staff. I care about my son's welfare much more than I care about myself or anything else. I observe my wife and daughter as they place towels on his forehead and bring him ice chips and raise and lower his head. Basically, I just sit there and observe and want things to improve but do little to make any difference. Occasionally my son will acknowledge my presence and say "hello, Super Dad". He is able to accept me more than I am able to accept myself.

So what am I complaining about and why am I bothering you with my complaints. I am creating this article recognizing I have written a weekly article for almost twenty years. Where would you and I be without my articles—I am afraid that we will soon find out. What motivates me now is simple curiosity. Other than caring about the welfare of my son, wife, daughter and close relatives, I don't care about much. What about my values of equality, and opportunity, and deep understanding. What about inflation, and water rights and the overall health of everybody? What will be the consequences of the mid-term elections. Will humanity survive? Will artificial intelligence and machines create some sort of Brave New World? I am curious to know about the future and hope that I am around to see it. But when I honestly experience myself, I realize that I am mostly concerned about my personal comfort and being warm.

Recently, my wife bought me a new phone and over the past couple of days I have had satisfying conversations with friends. I can hear now and these conversations have allowed me to feel a kind of intimacy with other people. A friend recommended a book to me, The Rise and Fall of the Artificial State by Jill Lepore and yesterday, while my son slept, at his bedside I was able to read the book for a couple of hours. It had been quite a while since I was able to read and focus for enough time to experience myself absorbing and learning something, but I still yearn to make use of some greater understanding and look beyond my own personal concerns.

Let's face it. Underneath everything, we all do care. We all have values and memories and probably want to see value in our own lives. Let's keep trying—maybe voting and staying aware is connected to something important, other than simple curiosity. Creating this article has been of value to me and it is my hope that thinking about the struggles described in the article will be of value to you.



"... for his extraordinary efforts to strengthen international diplomacy and cooperation between peoples . . . the USA is now playing a more constructive role in meeting the great climatic challenges the world is confronting. Democracy and human rights are to be strengthened. . . captured the world's attention and given its people hope for a better future . . . now the world's leading spokesman." – the Nobel Committee on awarding its Peace Prize to President Obama in 2009

"The Nobel Peace Prize has been forever discredited by a handful of radical ideologues who are anti-democracy and really enemies of civilization" – President Trump, on not being awarded the Peace Prize in 2026

This is the second year in a row Trump's been snubbed for the award he felt entitled to. Last year's Peace Prize went to Maria Corina Machado, for her "tireless work promoting democratic rights" and "struggle to achieve a just and peaceful transition from dictatorship to democracy" in Venezuela. Accepting the prize, Machado said it should rightfully go to Trump (knowing how much he had his heart set on it) – for his efforts in isolating Venezuela's ruler Nicolas Maduro. After Maduro's ouster the following January, Machado presented Trump with the award itself (though the Nobel Committee made clear the gesture was purely symbolic).

Trump then dismissed her as "a very nice woman, but she doesn't have the respect".

To replace Maduro, Trump installed the dictator's number-two, Delcy Rodriguez. The objective wasn't restoring democracy; but to have somebody who'd cede control over Venezuela's oil to Trump in return for their own protection. Rodriguez grabbed the opportunity, while Machado felt Venezuela's resources belonged to Venezuelans. A White House source, though, was quoted in the Washington Post that had Machado simply refused to accept that Nobel Prize in 2025, declaring it rightfully belonged to Trump, "she'd be the president of Venezuela today".

Navanethem "Navi" Pillay was born in South Africa 85 years ago to Indian/Tamil parents. While a non-white in apartheid South Africa, she got her law degree and opened her own practice at age 26. Pillay told Agence France-Presse, "I always had a sense of confidence about who I am and how you confront any kind of discrimination - Open your mouth and speak up, condemning it." Among her clients was another future Nobel Peace Prize laureate, Nelson Mandela. In 1995 she became the first non-white woman on South Africa's High Court.

Navi Pillay led the International Criminal Tribunal on Rwanda. It established mass sexual violence as a "crime against humanity". Pillay explained, "Rape had

PUT THE LIGHTS ON CURIOSITY

So far this has been a really tough day. All I have left right now is some curiosity as to how things are going to turn out. In the morning my wife drove me to the golf course to join my regular golfing partner. As we played we were joined by another twosome and my partner spent all his time talking with the other people. This was certainly understandable and predictable as the

other twosome were younger men who played much better than I did. Let's be honest. I rarely hit the ball solidly or straight and after a stroke I had a great deal of trouble even locating my ball.

As we moved to the last section, the final three holes, the other men realized that they had something else important to do and off they went. By this time, I was so discouraged that I basically just stopped playing. On one hole I had hit the ball into a sand trap and walked into the trap to try and hit the ball onto the green. I don't recall what happened to my shot, but I realized I could not walk forward out of the trap without falling. I felt scared and humiliated and realized that my golfing days were over.

I stopped even trying to play and just drove along on the electric cart and attempted to carry on a conversation with my partner. Unfortunately, my hearing is so bad that I really was incapable of carrying on a conversation. I felt like a burden to him and to myself. After he completed his round, I suggested we go someplace for lunch and ask my wife to meet us. I explained that this would save my friend the trouble of driving me home but privately I realized that if my wife was present conversation could take place. My wife joined us and everything seemed fine except I was uncomfortable with my own inabilities.

I guess this experience is connected to "ageing" and is a lot better than the alternative. As I note my own thoughts, I realize that I have little interest in doing anything meaningful for myself or the world. I should point out that my wife and I spend significant hours at my son's hospital bedside being present as he suffers. Every day we look for improvement and question the Medical Staff. I care about my son's welfare much more than I care about myself or anything else. I observe my wife and daughter as they place towels on his forehead and bring him ice chips and raise and lower his head. Basically, I just sit there and observe and want things to improve but do little to make any difference. Occasionally my son will acknowledge my presence and say "hello, Super Dad". He is able to accept me more than I am able to accept myself.

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HOWARD HAYS As I See It

"... for his extraordinary efforts to strengthen international diplomacy and cooperation between peoples . . . the USA is now playing a more constructive role in meeting the great climatic challenges the world is confronting. Democracy and human rights are to be strengthened. . . captured the world's attention and given its people hope for a better future . . . now the world's leading spokesman." – the Nobel Committee on awarding its Peace Prize to President Obama in 2009

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always been regarded as one of the spoils of war. Now it is a war crime, no longer a trophy of war." She was U.N. High Commissioner for Human Rights, a judge on the International Criminal Court and led the International Commission that found Israel committed genocide against Palestinians in Gaza. She's now on the International Court of Justice, investigating accusations of Myanmar's genocide against its Rohingya population.

The Nobel Committee called Navi Pillay "a person who with exceptional courage and integrity . . . has been instrumental in ensuring that war crimes, crimes against humanity and genocide are prosecuted", recognizing "her efforts to promote peace and international law. . . Her independence, expertise and steadfastness have made her one of the most respected international jurists of our time." It described how in a time of "challenges - including more wars and conflicts than the world has seen in a long time - international law is no longer just a supplement to peace and security. It is an absolute necessity", reminding that "as these same judges are sanctioned, and their institutions are attacked, we need people of courage, vision and determination - qualities that Navi Pillay demonstrates in her work on the bench."

Navi Pillay's commitment to justice and human dignity is a source of hope and inspiration to all who seek to bring about a more peaceful world."

Trump responded, "I know nothing about this woman, and neither does anyone else! In fact, to the best of my knowledge, no one ever heard of her other than the fact that she, very obviously, hates Israel." He argued he himself has already done "far more than necessary to win the Nobel Prize", and has "saved more lives than anyone in History." He then imposed "crippling" new sanctions on the International Criminal Court.

Navi Pillay got the news of winning the 2026 Nobel Peace Prize while at a conference in Courtroom 600 at the Nuremberg Palace of Justice, where Nazi leaders were tried for crimes of WWII. To reporters and others surrounding her after the decision was announced, she said, "If you clap a little bit more, I may share this prize with Trump."

If the president wants to know what it takes to win a Nobel Peace Prize, maybe he could learn something from recent history. Maria Corina Machado was awarded the prize for fighting for democracy in her country; Navi Pillay for a lifetime commitment to international justice. Maybe Trump could learn something from where our country was under President Obama, when the Nobel Committee recognized, the "USA is now playing a more constructive role."

Unless Trump can bring our country back to where we're "playing a more constructive role" again, he shouldn't count on that Peace Prize next year, either.

RICH JOHNSON



never removed from a lit stove. When dinner was done the cook simply topped off whatever was left in the pot with more ingredients and kept warm. Folks at CalTech or MIT would call this kitchen oddity a "perpetual stew".

Potpourri definition number 2. Possibly to counter the odor of the "rotten pot" the second type of potpourri contains the following ingredients: Dried roses, lavender, cinnamon sticks, cloves, pinecones, and citrus peels. There are a few more ingredients, but I'll leave that to your own research. And it is meant to leave a pleasant fragrance. All this to tell you for purposes of this column, the third type of potpourri is defined as unconnected trivia. Under my definition the word is used to describe random tidbits of fascinating factoids guaranteeing a stimulating dialogue with the person next to you at a party, on a bus, or even in line at a checkout counter.

What's the value of potpourri you may ask. Well, since you asked I'll tell you. Let's say you are at a dinner party and you want to start a fascinating conversation with the person next to you. Turn to the individual and say), "Did you know an octopus has 9 brains?" A central brain in the little critter's head and 8 little mini brains in each of its 8 arms. Oh, and by the way, if you run into an octopus with only six legs, you should identify it as a hexapus.

So, let's gird you up with other "fascinating" bits of rotting stew, errr useful trivia: Did you know Oprah Winfrey's real name is actually a typo. A misspell. Really. Her birth certificate was supposed to read "Orpah" after a Biblical figure in the Book of Ruth.

You should remember the name Jeannette Rankin. Why. She was elected to Congress four years before women could vote. She was elected in 1916 to represent Montana in the U.S. House of Representatives.. After two years she, apparently, needed a break and didn't run again until 1940 (she wanted to really think about being re-elected). She won.

Speaking of women of power, I bet you never knew there were female gladiators in Ancient Rome. Yep, they were called gladiatrices (singular was gladiatrix). If you were one of pharaoh's servants in ancient Egypt, you were very likely smeared with honey so the flies would flock to you and not his royal highness.

Looking back at my ancestors, the Vikings, you see most of them adorned with blonde hair. It wasn't their original color. Lars and Eric would dye their hair possibly to strike terror in their enemies.

The shortest war on record was between Britain and Zanzibar. Referred to as the Anglo-Zanzibar War it began on August 27, 1896 and ended on August, 27, 1896. It lasted somewhere between 38 and 45 minutes. (I'm waiting for the movie version of this war).

There is evidence galloping crocodiles inhabited the Sahara Desert 100 million year ago.

Thomas Edison held over 2,332 patents over the course of his life. He might have made it to 3,000 but between 500 and 600 of his applications were abandoned or rejected.

If you ever drive through Montana and want to count the population, stick to people. Montana has three times as many cows living there than people.

Random quote: "I like long walks, especially when they are taken by people who annoy me." Noel Coward

And finally, for those of you who enjoyed the TV series "The Big Bang Theory" you should know it was originally entitled "Lenny, Penny, and Kenny".

Crass Commercial Plug. Yet another reminder that my birthday is coming up on Halloween. And my rock band is playing at Nano Café in Sierra Madre, Saturday, October 31st, 6:30-9:30pm. 322 W. Sierra Madre Blvd. (626) 329-3334. Come for fun rock from the 1960s. 70's and early 80's. Dancing is encouraged. Costume is optional. I'll be attending as a rock star lol.

LEGAL NOTICES

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File No. 2026211776

The following person(s) is (are) doing business as: MARIELAS CLOTHING & LAUNDRY SERVICES 922 N ALVARADO ST STE F LOS ANGELES, CA. 90026. Full name of registrant(s) is (are) MARIELA JALCANTAR RODRIGUEZ 922 N ALVARADO ST STE F LOS ANGELES, CA. 90026. This Business is conducted by: AN INDIVIDUAL. Signed: MARIELA JALCANTAR RODRIGUEZ/OWNER. This statement was filed with the County Clerk of Los Angeles County on 10/05/2026. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News ES Dates Pub: OCT 17, 24, 31, Nov. 7, 2026

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File No. 2026201628

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File No. 2026217323

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File No. 2026219278

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