


**SIERRA MADRE'S FARMERS MARKET!**  
 Wednesday 3- 7:30 pm  
 Fresh vegetables and seasonal fruits from California family farms. Specialty foods, vegetarian and vegan dishes, ethnic foods and hot food - Everything you'll find at the farmers market has been made or picked fresh, is pesticide-free and preservative-free. Free public parking on Mariposa.

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Where Your Community News Comes First  
**Mountain Views News**  
 Sierra Madre — Arcadia — Pasadena — Altadena — Monrovia  
 SATURDAY, NOVEMBER 14, 2009  
 VOLUME 3 NO. 46

# A Day For Honorable Men And Women From Sierra Madre To The Nation’s Capitol, America Says Thanks To Our Veterans



Post Commander Dave Loera of VFW Post 3208 speaks at Sierra Madre's Veteran's Wall in Memorial Park. City Councilmember Joe Mosca also delivered a speech reminding us to also remember our service men and women serving in Iraq and Afghanistan. Photo by Bill Coburn

## Tragedy Strikes In Bailey Canyon: Hiker Falls 100 Feet to His Death

Stephen Michael Sanders, 35, of Valley Village, California, was found early Tuesday morning by members of the Sierra Madre Search and Rescue team in Bailey Canyon.

According to Captain John Kades of the Los Angeles County Coroner's Office, Sanders death has been ruled accidental, the result of a fall from the hiking trail.

Sierra Madre Police Chief Marilyn Diaz told the Mountain Views News that late Monday

evening, as SMPD Officer Doyle was preparing to close the gate leading up to the hiking trails, she noticed an empty vehicle. Upon further investigation, it was concluded that the vehicle's owner was probably still in the canyon.

The Sierra Madre Search and Rescue team was notified and a search discovered the body early Tuesday morning.

Capt. Kades said the official time of death is 5:53 am when the body was located, "although it is quite

possible that he died sometime earlier."

According the Diaz, the portion of the hiking trail that Sanders fell from, "contains a series of switchbacks" (trails that turn back and forth). The trail from which Sanders fell is actually a mile north of Sierra Madre in the Angeles National Forest.

Diaz wants to remind all hikers that it is best to hike with other people, who, in the event of a mishap, may be able to call for help.

## Good Neighbors Making A Difference



The Kiwanis Club of Sierra Madre recently honored Tamara Kirby (center) and the staff of the Albertsons supermarket in Pasadena for outstanding volunteer service in Sierra Madre. The group has volunteered with clean-up at Bailey Canyon and the start up of Goldberg Park. They have made contributions to the Senior Center and much more. During last year's fire, Albertson's

parking lot was used as the Fire Command Center, and they supplied beverages to the firefighters.

Kiwanis President Susan Henderson (l) along with Treasurer Pat Birdsall(2nd l) presented the award at the club's weekly luncheon. Sierra Madre Environmental Action Committee Board Member, Albert Metzger (not pictured) also presented a Letter of Appreciation to Tamara and staff.

**RECIPES WANTED:**  
 Share your favorite Thanksgiving recipe for next week's edition. Send it via e-mail or fax. Send to: editor@MtnViewsNews.com or fax to 626-609-3285

## EDISON PLANS POWER OUTAGE FOR MONDAY, NOVEMBER 16TH

SCE is replacing a power pole in a portion of downtown Sierra Madre on Monday, November 16th and will temporarily interrupt electrical power to allow crews to safely perform their jobs. Scheduled Time: 8:00 AM - 5:00 PM

Power may be off for the whole period or may be turned off more than once. This Planned Outage may not begin exactly at the stated start time.

- To prevent loss of data and/or damage to your equipment, be sure to shut off or disconnect all sensitive electronic equipment, i.e. computers and fax machines, before the outage begins.

For more information on this outage, contact Edison at 1-800-655-4555 or go to <http://www.sce.com/PowerOutageCenter>

## SHORTAGE OF H1N1 VACCINE LEADS TO CLINIC CANCELLATION IN PASADENA

Due to vaccine supply shortages, a clinic scheduled Tuesday, Nov. 17, that was to be sponsored by the Pasadena Public Health Department has been canceled.

Influenza, including pandemic H1N1 flu, is a highly contagious illness that can spread rapidly from person to person through uncovered coughs and sneezes. The virus may also be spread by touching an infected object or another person's hand with the flu virus on it and then touching one's mouth, nose or eyes. People infected with flu can spread the virus to others.

Dr. Takashi Wada, Pasadena's public health officer, encourages everyone to continue using effective methods of protection such as washing hands, covering coughs and staying home from work or school when sick.

More information about H1N1, including clinics hosted by the Los Angeles County Department of Public Health for people in high-risk groups Saturday, Nov. 14, and Sunday, Nov. 15, can be found at [www.cityofpasadena.net/H1N1](http://www.cityofpasadena.net/H1N1) or by calling (626) 744-6012.

## Drug Bust On Windsor Lane

### Probation Sweep Leads To An Arrest On Drug Charges

By Susan Henderson

Friday the 13th turned out to be a particularly bad day for Javier Gonzalez Mendoza. On that day he was arrested by the Sierra Madre Police Department for a variety of drug charges including the unlawful possession of Methamphetamines and resisting arrest.

In an early morning "probation sweep", the Sierra Madre Police Department descended upon eight houses where persons either on parole or probation resided. Each residence was searched in accordance with the conditions of parole and/or probation under which the criminal defendant was released.

The arrest was made at a residence on Windsor Lane where SMPD officers found drugs in the possession of Mendoza, age 56.

According to Sierra Madre Police Captain Larry Giannoni, the Mendoza was arrested at the same address 39 Windsor Lane where a man barricaded himself for more than 8 hours in 2008. At that time, 36-year old Roberto Pancho" Funston, walked out the back door to his home, and upon seeing a SMPD detective refused to come out. The Detective, along with the LA County

Sheriff Department were there to arrest Funston on an outstanding warrant. By the time the stand-off ended in 2008, the incident involved more than a dozen police vehicles and utilized the resources of the SMPD Swat, the LACSD and the Pasadena Police Department. The suspect in that incident, was arrested and remains behind bars at this time.

It is not known what relationship Mendoza has with Funston, if any. Mendoza has initially been booked on charges of possession, but may face other charges when arraigned in Superior Court on Monday.

Initially, Mendoza fled the scene but was quickly apprehended by the Sierra Madre Police.

Mendoza is being held without bail at the Pasadena City Jail.



Windsor Lane during the SMPD standoff in 2008 Photo by D. Lee

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**Frostig Center's 14<sup>th</sup> Annual ElectroShop**  
**Saturday November 14<sup>th</sup>**  
**8:00 a.m. to 8:00 p.m.**  
**GREAT PRICES ON HOME ELECTRONICS**  
 ALSO, PLEASE VISIT [WWW.FROSTIG.ORG](http://WWW.FROSTIG.ORG) AND CLICK ON ELECTROSHOP  
 971 NO. ALTADENA DRIVE BETWEEN PALOMA AND WASHINGTON BLVD.

I get my Japanese erasers at Niko's! \$1 each!

☞ Lattes and Coffees  
 ☞ Sandwiches  
 ☞ Snacks  
 ☞ This week's specials:  
 ☞ \$5: Lox, cream cheese & bagel  
 ☞ Buy 1 coffee and get one 1/2 off of same!

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[www.nikoandfriendscafe.com](http://www.nikoandfriendscafe.com)

Read The Paper Online At: [www.mtnviewsnews.com](http://www.mtnviewsnews.com)



## Weather Wise

### 5-Day Forecast

#### Sierra Madre, Ca.

<b>Mon:</b>	Sunny	Hi 70s	Lows 40s
<b>Tues:</b>	Sunny	H 70s	Lows 40s
<b>Wed:</b>	Sunny	Hi 60s	Lows 40s
<b>Thur:</b>	Sunny	Hi 60s	Lows 40s
<b>Fri:</b>	Sunny	Hi 60s	Lows 40s

Forecasts courtesy of the National Weather Service

## Racetrack Driving Experience at Sierra Madre Kiwanis

The Sierra Madre Kiwanis Club meeting on Tuesday, Nov. 17, will feature Hank Landsberg presenting a program about his experience driving the Willow Springs racetrack. The racetrack, located in Rosamond, CA, is known as "The Fastest Track In The West". The program will explain how a novice driver can learn the skills required for high-speed performance track driving and auto racing. It will also feature an in-car "driver's view" video of Hank driving his 2008 Corvette Coupe on the Willow Springs racetrack at speeds up to 130 mph.

The meeting will be Tuesday, November 17 at noon at the Masonic Temple, 33 E. Sierra Madre Blvd. The public is invited. Lunch will be served. The cost is \$11 per person; reservations and exact change are required. For reservations, please contact Susan Henderson at 355-0728 no later than noon the preceding Monday.

## Our Staff Anxiously Awaits To Serve You!



Next time you stop by Sierra Madre's City Hall, say thanks to our staff for all their hard work. (FYI: The Ghost is Ricky)



## TAP CHICKS AT SIERRA MADRE PLAYHOUSE ON NOVEMBER 29

The Tap Chicks are seasoned tap dancers who dazzle with youthful energy. A favorite at the L.A. County Fair for many years, their previous performances at the Sierra Madre Playhouse have sold out.

The Tap Chicks were originally formed at Pasadena Senior Center. They are choreographed by Pam Kay, who also provides musical accompaniment, comedy and sings.

The fully costumed act dances to music ranging from Broadway tunes to 40s favorites to contemporary songs. The dancers are mature in years (ranging in age from 50 to 84) but young at heart. You don't have to drive all the way to Palm Springs to see an act like this. It's coming to Sierra Madre.

It's a good idea to reserve tickets. The Tap Chicks have a following and strong demand for tickets is expected. Their last six appearances have sold out. Sunday, November 29, 2009 at 7 p.m. The Sierra Madre Playhouse is at 87 W. Sierra Madre Blvd., Sierra Madre, CA 91024. Tickets are \$20 general, \$17 for seniors (65+), \$12 for children under 12. Reservations: (626) 355-4318. Online ticketing: [www.sierramadreplayhouse.org](http://www.sierramadreplayhouse.org)

## RAY BRADBURY'S MERRY CHRISTMAS 2116" AT FREMONT CENTRE THEATRE - STARTS DECEMBER 5

For several years now, the Fremont Centre Theatre has played host to a special Christmas show from Ray Bradbury. This year, fans of America's beloved Storyteller can see special advance preview performances of a new Bradbury musical, as well as share holiday-time memories with their literary hero, who will appear in person.

In "Ray Bradbury's Merry Christmas 2116," an aging couple approaching the 40th anniversary of their married lives together each decide to give their spouse a present. As coincidence would have it, Mr. Wycherly and Mrs. Wycherly each separately approach a maker of realistic, lifelike robots, called marionettes although they have no strings. Mr. Wycherly requests that Mr. Marionette manufacture a highly customized younger, more vital version of himself to please Mrs. Wycherly. The Missus, for her part, asks the robot-maker to fashion a young, hot, sassy, saucy version of herself for her Mister. When the new marionettes are each delivered to their designated recipients, the fun really begins.

This musical was first conceived fifty years ago for two Bradbury friends, the husband and wife team of Charles Laughton and Elsa Lanchester, with director James Whale attached. With Whale's sudden death, the project was set aside. Now, with a brand new musical score, "Ray

Bradbury's Merry Christmas 2116" will be shown to theatre audiences, including his legions of fans. Book and lyrics are by Ray Bradbury. In addition to the musical, the second segment of the evening will be a personal appearance by Ray Bradbury, sharing the reminiscences of a legendary life and career. He will also be available to sign books for his fans.

This is a special treat for fans of Mr. Bradbury: an advance look at his newest work for the stage. The musical will have its formal World Premiere for the press at Fremont Centre Theatre on Saturday, January 16, 2010, running through February 27.

It's a work of Bradbury's humor, warmth and joy, perfect for the season. "Ray Bradbury's Merry Christmas 2116." Book and lyrics by Ray Bradbury. Music by James Hoke. Directed and choreographed by Steve Josephson. Produced by Ray Bradbury and by Racquel Lehrman, Theatre Planners. Presented by Ray Bradbury's Pandemonium Theatre Company and Gallimaufry Performing Arts. At Fremont Centre Theatre, 1000 Fremont Ave. (at El Centro), South Pasadena, CA 91030. Saturdays at 8 p.m. on December 5, 12 and 19, 2009. Admission: \$20. Seniors, \$15. Students, \$10. Reservations: (323) 960-4451. Online ticketing: [www.Plays411.com/raybradbury](http://www.Plays411.com/raybradbury)

## Charles Phoenix Retro Holiday Slide Show

Charles Phoenix's Retro Holiday Slide Show - King of Retro Charles Phoenix returns to spread holiday cheer with a slyly entertaining, live comedy performance that celebrates mid-century holiday life and style. With his unstoppable enthusiasm and wry, eagle eye for the very best and most bizarre of his massive collection of found-Kodachrome slides, Phoenix supercharges the classic living room slide show into a hysterical/historical celebration of American holiday culture. It's a 1950s and 60s New Years, Easter, 4th of July, Halloween, Thanksgiving and Christmas Jubilee that's sure to get you in the mood for the all the holidays like you never have before! IN COLOR! Saturday, December 5 at 8 pm Neighborhood Church of Pasadena, 2 Westmoreland Place Pasadena, California 91103 (626) 449-3470

## Holiday Happenings

### Arts Commission Winter Excursion:

Join the Community Arts Commission for a special holiday excursion to see The Nutcracker performed by the Pasadena Dance Theater. Come experience this full-scale production, with lavish sets and costumes and a cast of more than seventy dancers! For more information or to make reservations, please contact the Community and Personnel Services Department at 626-355-5278.

Date & Time: December 12 at 2:00pm  
Location: San Gabriel Mission Playhouse  
Cost: \$27 per adult or \$22 per child

## "Under the Oaks 2009" Native Plant Sale California Native Plant Society, San Gabriel Mountains Chapter

The San Gabriel Mountains Chapter of the California Native Plant Society (CNPS) will host its "Under the Oaks 2009" annual native plant sale on Saturday, November 14, from 9:00 a.m. to 2:00 p.m. at the Eaton Canyon Nature Center, 1750 N. Altadena Drive, Pasadena, CA 91107.

A wide variety of California native plants and wildflower seeds will be available for sale, including many that are hard to find in most nurseries, and all are appropriate for gardens in the Los Angeles Basin. Knowledgeable Chapter members will be on hand to answer questions and offer recommendations. Only cash or checks will be accepted at the plant sale, and CNPS members will receive a discount.

Most residential gardens can be adapted for native plants and this is an excellent opportunity to learn about and buy natives at reasonable

prices. The use of natives in the garden is a good way to adapt to water restrictions brought about by years of drought and a growing population. Many drought-tolerant native plants will survive summers on less water than most garden plants. For optimal plant establishment in Southern California, it is best to plant natives during the cool, rainy months of fall and winter.

"Under the Oaks 2009" will feature a short, informative presentation related to gardening with native plants, and reference materials will also be sold. A free native gardening workshop will be held at Eaton Canyon Nature Center on the following Saturday, November 21, at 3:00 p.m. <http://cnps-sgm.org/PlantSources.html> has further information about the plant sale and the gardening workshop.

## SIERRA MADRE PLAYHOUSE

NOV 27 – DEC 20

## THE BEST CHRISTMAS PAGEANT EVER!

BY BARBARA ROBINSON

DIRECTED BY STAN KELLY

PURCHASE TICKETS ONLINE:  
[WWW.SIERRAMADREPLAYHOUSE.ORG](http://WWW.SIERRAMADREPLAYHOUSE.ORG)

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## WHAT PEACE MEANS TO ME Essay Competition For Grades 4-12

Pasadena POPS invites student writers in grades 4 through 12 to participate in an essay contest based on the theme: "What Peace Means To Me." Contest entrants could win a chance to recite their work onstage with the orchestra at the Holiday POPS concert on December 19, 2009 and win a pizza party for their class.

## Live from Burger Continental The Harvey Hyde Show

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6:00 pm - 7:00 pm  
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## Hal Dapper Field needs your help

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PONY UP!

## Raffle Auction & Dinner

Hot Dogs, Chili, Peanuts, Seeds and Apple Pie!

Saturday November 21, 2009

6:00 pm to 9:00 pm

Sierra Madre Room -- 611 Sierra Madre Blvd

\$20 PER PERSON

Reservations taken Saturdays 11/7 & 11/14

at Dapper Field -- 11 - 2pm

at Heasley Field -- 2pm - Closing

Or mail check to  
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Sierra Madre, CA 91024

For Donations or Info Please Contact  
Or E-Mail  
Dorothy Costello (626) 355-7414  
Dorothy @ DEC24601@AOL.COM

## SIERRA MADRE'S FARMERS MARKET!

Wednesday 3-8pm

Fresh vegetables and seasonal fruits from California family farms. Specialty foods, vegetarian and vegan dishes, ethnic foods and hot food - Everything you'll find at the farmers market has been made or picked fresh, is pesticide-free and preservative-free.  
Free public parking on Mariposa.



**Pasadena****Memorial Fund Established In Honor of James Knowles**

The Division of Engineering and Applied Science has established a memorial fund in honor of Knowles. The fund will support the James K. Knowles Lecture in Solid Mechanics at Caltech, to be delivered annually by an internationally recognized scholar chosen by the faculty. The lecture will be followed by a workshop on solid mechanics, which will be a daylong event of talks by selected current Caltech graduate students and postdoctoral scholars in the area of solid mechanics. The Knowles lecture and workshop will commemorate Knowles' contributions to solid mechanics, his love for Caltech, and his encouragement of young researchers. Jim was a great friend and mentor to all of us and we will miss him greatly. If you would like to donate to the Knowles Fund you can either do so online, or by mailing a check.

To make an online gift to the Knowles Fund: <http://giving.caltech.edu/>  
 1. Click on Make a Gift (top of left menu)  
 2. Click on "Special Gifts" and select the "Other" box  
 3. Click on Go to Step 2  
 4. Fill out the form and in the Comments Box at the end type: This gift is directed to the Knowles Fund  
 5. Continue with the form from there.

Mailing a check:  
 Please reference the Knowles Fund on the check and/or on an enclosed memo. Mail checks to:  
 California Institute of Technology  
 Development Office  
 Knowles Fund, MC 5-32  
 Pasadena, CA 91125

**ix-tapa Restaurant Celebrates Grand Opening**

Celebrating its Premiere Opening on November 18, ix-tapa Restaurant is opening its doors for the first time to guests of Hillsides, a foster care children's charity serving Los Angeles children and families in crisis. The third destination dining establishment offered by Pasadena restaurateurs Jack Huang and Karen Huang, ix-tapa arrives along Colorado Boulevard bearing the name of the popular Mexican beach resort. "This premiere opening is an opportunity for guests to take a break from the everyday and taste the fresh flavors of Mexico by celebrating Hillsides at ix-tapa, the new Urban Cantina in Old Pasadena," said Karen Huang. Joining the Huang dining collection, which includes the modern Spanish Restaurant, Bar Celona, and the classic Old World Italian offering, Villa SORRISO, ix-tapa brings a touch of class to a time honored cuisine. Featuring the classic, home cooked dishes of the region, ix-tapa offers a wide ranging menu selection, from familiar entrée favorites to a large offering of bar bites. With over 7,000 square feet of space grandly

appointed by LA based design firm AKAR Studios, ix-tapa boasts live music, dancing and a complete schedule of entertainment options. "We are excited that ix-tapa has selected Hillsides as its charity to benefit at this special evening in Pasadena," said John Hitchcock, the children's charity's executive director. "The Huangs are wonderful supporters of Hillsides and we are extremely grateful for individuals like them and businesses like theirs that have stepped up during this economic climate to help charities like ours." Tickets can be purchased at \$50 per person and will include signature cocktails, hors d'oeuvres and a sampling of ix-tapa's menu. To purchase tickets, contact Carrie Espinoza at Hillsides at 323-255-9005, ext. 254, [cespinoza@hillsides.org](mailto:cespinoza@hillsides.org), or visit the children's charity website at [www.Hillsides.org](http://www.Hillsides.org). To learn more about the foster care charity, visit [www.Hillsides.org](http://www.Hillsides.org).

**ix-tapa is located at 119 E. Colorado Boulevard, Pasadena, CA 91105. Phone: 626-304-1000 Website: [www.ixtapapasadena.com](http://www.ixtapapasadena.com).**

**Arcadia****Street Closures for Annual Festival of Bands Parade**

The City of Arcadia is hosting the 56th Annual Festival of Bands Parade on Saturday, November 21, 2009. Forty high school bands will compete in this prestigious event. There will be a number of street closures associated with the event that may affect vehicular travel. The parade will take place on Baldwin Avenue and Duarte Road in Arcadia on Saturday, November 21, 2009. Street closures will be as follows:  
 Baldwin Avenue between Huntington Drive and Naomi Avenue – CLOSED for vehicular traffic from 8:00 AM to 1:00 PM.  
 Duarte Road between Golden West and El Monte Avenue – CLOSED of vehicular traffic

from 8:00 AM to 1:00 PM.  
 Campus Drive between Santa Anita Avenue and Holly Avenue – CLOSED from 6:00 AM to 4:00 PM.  
 Residents living south of Huntington Drive, north of Duarte Road, east of Baldwin Ave, and west of Holly Ave are encouraged to use the intersection of La Cadena and Huntington Drive as the primary entrance and exit from the area. Other residents will be allowed into the surrounding areas with proof of residency.

**Robert P. Sanderson, Chief of Police**

# VOLUNTEERS NEEDED:

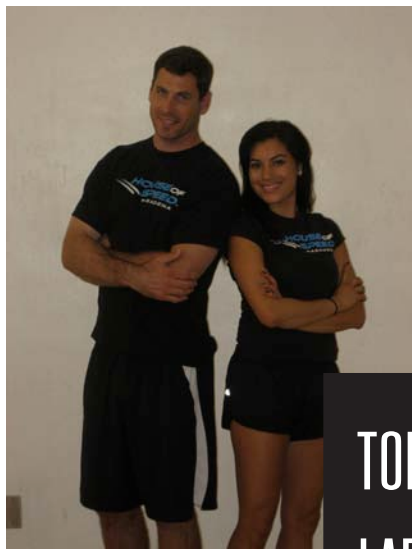
Sierra Madre's Dickens' Village needs volunteers to have fun while helping with sled rides, horse and buggy rides and the information booth.

**Date: Saturday, Nov 28, 2009**

Shifts are 2 hours long from 3-8 pm. A great way to earn High School Community service hours. Contact Tiffany at the Chamber office at 355-5111

**House of Speed Nov. 22 VIP Day postponed to VIP Speed Pass Day scheduled for Dec. 11**

*Calling All Athletes Ages 8-18 Looking to Improve Speed and Agility*



House of Speed's VIP Day originally scheduled for Nov. 22 has been postponed and expanded to include all interested athletes. On Friday, Dec. 11 from 5-7 pm House of Speed Pasadena will hold a Speed Pass Training where all interested athletes can participate in a 2 hour training session for FREE. Come and see what House of Speed training has to offer to improve your speed, agility and explosive power. Meet our trainers, Brock Livingston and Lidia Garcia, try out our specialized equipment and be ready to sweat. This special FREE 2 hour training will take place at Pasadena Nazarene Church 3700 E. Sierra Madre Bl. Pasadena 91107 in the beautiful Parker Gym. For more information call 818-248-FAST(3278) or log on to [www.houseofspeed.com](http://www.houseofspeed.com) to register and participate in this event. House of Speed trainers, Brock Livingston and Lidia Garcia (left)

**TONY ROMO. MICHAEL TURNER. LARRY ENGLISH.** 16<sup>TH</sup> OVERALL PICK 2009 NFL DRAFT SAN DIEGO CHARGERS



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are committed to bringing out the best in young athletes.

Brock Livingston is currently enrolled in the Kinesiology Department at Cal State Northridge, but his main passion is the game of lacrosse. He played three years of Professional Lacrosse with the Baltimore Thunder and Bridgeport Barrage.

Lidia Garcia brings over four years of personal and group fitness training, and a life time of athletic experience to House of Speed. In 2007, Lidia graduated from UC Riverside with her B.A. in Psychology. At UCR she began to pursue her passion for fitness as a personal trainer to students and faculty as well as a group Pilates, yoga, and boot camp instructor.



**Around Monrovia**  
by Pat Ostrye

**Hail to Monrovia's Top Cop, Chief Roger Johnson!**

Today, November 10th, Monrovia's New Horizon Senior Club was privileged and appreciative, having Monrovia's illustrious Top Cop, Chief Roger Johnson as the speaker for this week's program. If the members had their way, he would still be answering every possible question re: all phases of police work, catching the bad guys, maintaining peaceful neighborhoods and at the same time seeing that justice prevails for anyone who is a victim of a criminal's felonious behavior. Felonies could include burglary, robbery, rape or murder, to name a few.

One of the Chief's biggest concerns is the safety of children at all times but, particularly getting them to and from school. He stated from his own experience rearing two youngsters who are now adults, that the bottom line is that it's up to the parents to make sure their children are properly escorted to school because a child hasn't a chance against a devious and aggressive adult, no matter how many local government officials are patrolling, and/or rules of law are on the books.

The Chief also clarified many concerns regarding calls to 911 and the necessary questions being asked while the information is being transmitted to the police car in the area who immediately knows the caller's complete story and will be at the troubled spot in two and one-half minutes. Not known to many, there

are over 700 calls to 911 in one week, and as he emphasized, these operators are not robots, but human beings who are doing their best to keep up with an overwhelming number of calls.

Another grateful part of Monrovia's police work is the 98% favorable response they receive when each person taken care of by the department is sent card to fill out regarding the service received. Roger also gave all the minute details of why it is imperative that everyone have double-cylinder deadbolts on their doors, and do not give out any information to anyone coming to the door who isn't a well-known family member or friend, because of the endless scams and greed that is out there!

Chief Johnson has been with the Monrovia police department for 32 years, having started at age 18 so we can all do the math. I am old enough to have known Roger for umpteen years; it's all good and today, he was sensational!

One more thought today. Congratulations to a long-time friend, Martha Lang who is scheduled to receive a lifetime achievement award from the California Association of Health Facilities. Martha has been an active lifetime member of Quota International/ Monrovia and at age 97 is the owner of four nursing and convalescent hospitals in Southern California, still personally giving hands-on care at all of the facilities. Way to do it, Martha!!

**[postrye@netzero.com](mailto:postrye@netzero.com)**

**Arcadia****Breakfast with Santa and Holiday Snow Festival**

Get ready for the holidays and come join us for breakfast with Santa on Saturday, December 5<sup>th</sup> at the Arcadia Community Center. Breakfast with Santa is \$8 per person and includes breakfast, photos with Santa and holiday entertainment. There will be two options for breakfast: 8:30-9:30am (#2661) or 10:30-11:30am (#2662). Space is limited. Registration is now open! Just go on-line to the City of Arcadia's website: [www.ci.arcadia.ca.us](http://www.ci.arcadia.ca.us), to download the registration form or stop by the office, 375 Campus Drive.

The Holiday Snow Festival is free to the public and will also take place at the Arcadia

Community Center on the same day from 9am-2pm. This event will feature holiday entertainment, crafts, trolley train rides, dual sled runs and two snow play areas. In-n-Out Burgers will be available for purchase from 11:30am-1:30pm. Santa will only be present at the Breakfast with Santa Event. Parking will be available at Gate 3 of the Santa Anita Race Track. Shuttle service will be available to transport participants to and from the Community Center from 7:45am-3pm. In the event of rain, the Snow Festival will be held Saturday, December 12th. For more information please call 626.574.5113!

**Sierra Madre Chamber of Commerce**  
presents

**Dickens' Village**

**Saturday, November 28, 2009**

**3 p.m. – 9 p.m.**

**-Sled rides on real snow-  
 – Santa Claus-  
 -Horse and Carriage rides-  
 -Family Arts and Crafts Project-  
 -Holiday Music and Carolers-  
 -Tree lighting -**

**Rain or Shine**

For more information contact the  
**Sierra Madre Chamber of Commerce at:**  
**[www.sierramadrechamber.com](http://www.sierramadrechamber.com) or (626) 355-5111**

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## Sheriff Receive Grant for License Plate Recognition Technology

The Board of Supervisors approved last week a \$200,000 grant from the Office of Community Oriented Policing Services for the 2009 COPS Technology Program to implement the Automatic License Plate Recognition (ALPR) System.

The primary purpose of this program is to improve public safety by enabling Federal, State, and local law enforcement agencies to make more effective use of ALPR technology to investigate crimes, improve homeland security, and locate wanted persons and stolen vehicles.

## PCC Goes 2.0

### PCC Reaches Out via Social Networking

The Pasadena City College Office of Public Relations recently launched a number of social networking tools to improve communications with the student body and greater community. From special events to safety updates, those logged onto Twitter, Facebook, and “Lancer Life” (the official campus blog) will be the first to receive the inside scoop on PCC happenings. “The way that our students and the San Gabriel Valley community receive information is changing every day,” said Juan Gutierrez, PCC Director of Public Relations. “The PCC social networking sites will add to the avenues that the institution has to communicate important information on events, programs, and student service opportunities.” Twitter (@pccclancer) will be primarily used to report campus safety news and updates from Board of Trustees meetings. Facebook fans will be privy to exclusive photo collections and campus event invites including movie screenings and art installations. “Lancer Life” (<http://pasadenacitycollege.wordpress.com/>) will offer insider information regarding financial aid, campus life, and student affairs. In the near future, a YouTube channel will be launched. For more information, contact PCC Public Relations at (626) 585-7315.

## Pet of The Week



Little Lulu, a lovely, five year old tabby is looking for a new home. She is very affectionate, calm, and even more beautiful in person. Little Lulu is already spayed and ready for adoption today!

The regular cat adoption fee is \$70 which includes the spay or neuter surgery, microchip, vaccinations, and a free follow-up health check at a participating vet.

Please call 626-792-7151 and ask about A259422 or come to the Pasadena Humane Society & SPCA, 361 S. Raymond Ave , Pasadena CA , 91105 . Our adoption hours are 11-3 Sunday, 9-4 Tuesday, Wednesday, Thursday, and Friday, and 9-3 Saturday. Directions and photos of all pets updated hourly may be found at [www.pasadenahumane.org](http://www.pasadenahumane.org).

## Doo Dah Moved to May Day

By Dean Lee

Event organizers confirmed Thursday that this year’s zany 33rd Occasional Doo Dah Parade will take place May 1 2010 —a day know for political protests, celebrations and historically associated with various northern European neopagan festivals.

“Think about it, it makes sense?” Parade organizer Tom Coston said also making good on a promise last year not to be predictable.

He said all the details are still being worked out. In the last few weeks there had been no mention of a date or place on the official website [www.pasadenadoodahparade.info](http://www.pasadenadoodahparade.info).

Coston also said they had not decided if the parade route would be moved from Colorado Boulevard in Old Pasadena to somewhere in East Pasadena. Organizers did say the start



time would still be 11:30 a.m.-ish. There had been talk last year about moving the parade’s location.

“We have the whole new timeline worked out,” Coston said. “Including, a new date for the queen tryouts.” Which he said, at press time, will be made known in a few days. He also said parade entry forms will be made available.

In years past the Doo Dah Queen tryouts, the selection of a Grand Marshal and Thorny Rose have traditionally taken

place during November/December. The Thorny Rose is awarded to Pasadena’s most controversial citizen.

Two years ago the parade’s date was also changed from late November to mid January a move that Parade Spokesperson Patricia Hurley said dramatically increased the number of entries to over 100 making that year their largest parade to date.

Coston said they were not sure how the new changes may affect the parade.

## Veterans Appreciation Week



Pasadena City College looked more like a WWII military camp than a school Monday as the Military Vehicle Owners of Orange County were invited by the school’s Veterans Club to show off historic war memorabilia

including machine guns, uniforms and other army issued supplies.

“There’s about 60 of us [in the group] that own our own antique military vehicles,” said Nelson Reynolds a long time Military Vehicle Owners

of Orange County member. “We restore them; get into parades and car shows, our goal in life is to give veterans rides in parades.”

Nelson showed off his own 1942 Ford Jeep he said started out a rust bucket.

“I took it all the way down to the frame and completely restored it,” he said adding that it took him about a year and a half.

The jeep was also equipped with a M1919 Browning .30 caliber machine gun that was widely used during the Vietnam War.

Nelson said he served nine years in the National Guard between the Vietnam and Korean wars. “I was lucky enough to miss both of them,” he said.

by adding soap showing it was heavier than air. This he said explained what form water is thought to be at the poles on mars.

Organizers said the event was the brainchild of junior high school science teacher Beth Cohen, the science fair is a great “community event and we have been lucky and blessed to have these scientists come and give us an afternoon of their time. The kids just love it,” she said.

The fair covered a wide range of topics from astronomy to zoology.

## Buzz Aldrin Honored: ‘Astronaut Veterans Day’



**Buzz Aldrin**

In recognition of the 40th Anniversary of Mankind’s first walk on the moon, Supervisor Michael Antonovich joined Apollo 11 Astronaut Buzz Aldrin in honoring the hundreds of men and women of NASA and 24 Apollo astronauts who served this nation in the armed forces, and helped advance this nation’s space program.

ground without the contributions of countless veterans serving in our military and at NASA.”

Veterans played a vital role in every aspect of the Apollo program serving as flight controllers, engineers, back up crew members and as astronauts.

Home to Edwards Air Force Base, JPL and aviation giants Lockheed and Boeing, Los Angeles County continues to play a vital role in our nation’s space program with dedicated professionals in science and engineering pushing the boundaries of space flight technology.

## NASA: Photos Show Heart of The Milky Way

### NASA’s Great Observatories Celebrate International Year of Astronomy

A never-before-seen view of the turbulent heart of our Milky Way galaxy was unveiled by NASA Tuesday. This event commemorates the 400 years since Galileo first turned his telescope to the heavens in 1609.

In celebration of this International Year of Astronomy, NASA released images of the galactic center region as seen by its Great Observatories to more than 150 planetariums, museums, nature centers, libraries and schools across the country.

The sites unveil a giant, 6-foot-by-3-foot print of the bustling hub of our galaxy that combines

a near-infrared view from the Hubble Space Telescope, an infrared view from the Spitzer Space Telescope, and an X-ray view from the Chandra X-ray Observatory into one multiwavelength picture. Experts from all three observatories carefully assembled the final image from large mosaic photo surveys taken by each telescope. This composite image provides one of the most detailed views ever of our galaxy’s mysterious core.

The composite image features the spectacle of stellar evolution: from vibrant regions of star birth, to young hot stars, to old cool stars, to seething remnants of stellar death called black holes.

Images of the Milky Way galactic center region and a list of places exhibiting these images can be found at <http://spitzer.caltech.edu> and <http://www.nasa.gov/spitzer>.

## NEW MURAL AT VILLA PARK



Twenty youths who attended Villa-Parke Community Center’s day camp created something unusual in their arts and crafts class: a lasting work of public art.

On the south side of Pasadena Water and Power’s groundwater well building near the basketball courts is a new 20- by 30-foot mural of rabbits and patterns in the style of New Mexican Mimbres Indian art.

As part of their day camp curriculum, youths ages 10 to 18 learned the disciplined process of creating a mural including preparing sketches,

wall surfaces, paints and grids.

The idea began with former Recreation and Parks Commissioner Mark Persico, who suggested a mural while touring the community center at 363 E. Villa St .

The design was created by artist Akeke Carroll with input from Lilia Hernandez, both from Armory Center for the Arts which provides art classes throughout the year at the community center.

For more information call (626) 744-6523.

## Live DJ on Store’s Last Day

Local music artist DJ FX will spin live the latest sounds Saturday during the last day of operation at the Soul Assassins Store on Colorado Blvd. FX will be part of a

special event for L.A.C. clothing from 3p.m. – 8p.m., with free food and drinks. For more information visit [soulassassins.com](http://soulassassins.com).





## Environmentally Speaking, Did You Know? Being Green, For A Change

### Blue Penguin's New Generation of Cloth Baby Diapers

By LaQuetta Shamblee on Special Assignment

If you remember when cloth diapers, big plastic-tip safety pins and diaper pails were common, you will be absolutely amazed at the new generation of cloth diapers designed and manufactured by the Blue Penguin company. At an overall savings of more than \$500 per year when compared to using disposable diapers, more new moms and dads are jumping on the bandwagon after learning about some of the other benefits. A baby's skin doesn't come into contact with the chemicals used to whiten the interior material of disposable diapers, and parents can play an active role in helping the environment by reducing the third largest contributor to landfill waste – disposable diapers.

With initial interest inspired by her environmental concerns, Carol Stewart purchased the company in late 2004 after the previous owner had run her course with the enterprise. January 1, 2005 is noted as the "official" re-entry of Blue Penguin into the cloth diaper market as a retooled and reinvigorated company. Her commitment to customer service has proven to be the most effective marketing tool, driving sales of diapers and other related products through important word-of-mouth referrals for a small company with little to no advertising budget.

Blue Penguin sells throughout the U.S., with wholesale customers concentrated in the midwest, specifically Iowa, Michigan and Wisconsin. The internet supports international sales in Finland, Italy and Okinawa, with inquiries from every part of the globe. Wholesale activity accounts for the majority of orders; however the company maintains an online retail operation that offers free shipping for all U.S. ground shipments. Their diaper line is available in a variety of styles for the best possible fit, and they come in a choice

of exterior colors and patterns. Blue Penguin products are also available at the Rockin Kid Shop in Eagle Rock, CA near Pasadena.

Assisted by her husband, Carol has hands-on oversight of the design and production process from start to finish. Five seamstresses keep machines humming to meet the steadily increasing demand for cloth diapers projected to reach almost 20,000 units for 2009. Blue Penguin uses modern fabrics that combine soft cotton interiors for a baby's comfort, with the contrasting protection of moisture resistant and moisture proof exteriors. Velcro and snaps make diaper changes quick and easy. A special "flap and chute" design collects the baby's solid waste, making it easy to dangle and drop into the toilet. They also sell drip-proof diaper pail liners that can be used in virtually any size trash can.



Most of us are either unaware or simply ignore instructions printed on the packaging of disposable diapers to basically, "remove the human waste before placing soiled diapers in the trash." Annually, this translates into landfills stacked with more than 18 billion soiled diapers, made from more 82,000 tons of plastic and pulp from more than 250,000 trees. All these diapers end up in landfills, with our oceans as the final destination for an unknown quantity.

With each and every changing, washing and reusing of a cloth diaper, parents can save money while helping the environment on behalf of their infants, families and the global community. For information on Blue Penguin products and special diaper "try out" kits, visit [www.bluepenguin.biz](http://www.bluepenguin.biz).

## "Darkest Before the Dawn"



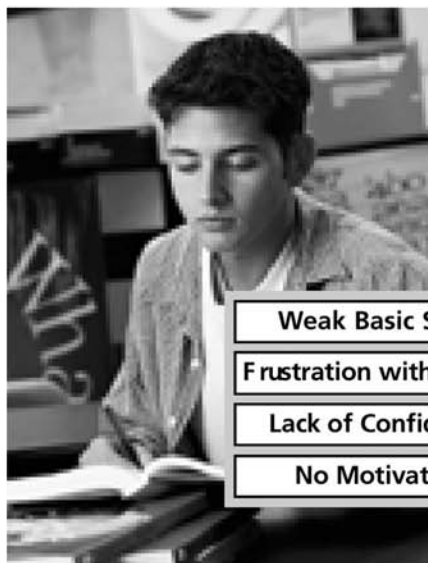
When life begins to feel like everything you value is being dismantled, lifting the horizon of your vision can provide perspective. The Lord foretold that things were going to get bad before they get better. It is always darkest just before the dawn. "I have told you this so that you may find your peace in me," said Jesus. Join us for worship and have your horizon lifted.

Come to the Christmas Mission Market, 9:00 am – Noon.

9:15 am Traditional Worship  
Choir, youth worship, Sunday school (K-5), childcare provided  
11:15 am "The Gathering" worship service  
Casual worship, multi-voice ensemble, childcare provided

San Marino Community Church  
1750 Virginia Road, San Marino, CA 91108  
For more information call: (626) 282-4181  
connect with us online: [www.smccpb.org](http://www.smccpb.org)

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## A Weekly Spotlight on Sierra Madre Volunteers

### Bonnie Colcher - Loquacious, Vivacious, Contagious

She's loquacious, vivacious and contagious.

Bonnie Colcher swept into Sierra Madre in 2002 and immediately became an active part of the community.

"Two weeks after we moved here (in November, 2002) I was at the recycling center in West Sierra Madre getting rid of the moving boxes. I saw all the activity (at the Rose Float Barn) and when I walked over to investigate, a woman said to me, 'And you can work on the float, too.'"

And working on the float was Bonnie's first volunteer job in Sierra Madre.

She and her husband, David, did "a little work" on the float that year but by the next year David was driving the float and Bonnie -- well, Bonnie -- had totally involved herself in the workings of the Sierra Madre Rose Float Association.

A year later, SMRFA President Bob Young appointed her volunteer coordinator of the Rose Float activities.

Although Bonnie wasn't a teacher by profession, her mother and sister were, and they taught her "to have eyes in the back of my head, how to talk quietly to get group attention and how to organize and delegate." That is why Bob Young tapped her to get the troops in order so the Rose Float could be finished in time.

Bonnie's volunteer Float activities are just one of her philanthropies. She volunteers at Huntington Library and Gardens (she has a Master's Degree in library science). She's a member of Sierra Madre Garden Club, is Float representative for the Chamber of Commerce, is Vice President for membersip



for the San Gabriel Valley Newcomer's Club as well as being part of their needlework group and book club. She's a member of the Friends of the Sierra Madre Library. Bonnie also belongs to the Brookly Botanical Garden (with a reciprocity to the local Arboretum). She volunteered for Meals-on-Wheels.

Bonnie was born n Brooklyn, N.Y., graduated from Boston University and received a Master's in library science from the University of Maryland.

She and David met while he attended MIT and they have been together ever since. They have a daughter, Mindy, who is married to Matt, and they have Josh, the Colchers' only grandchild. They live in Chicago. Their son, Daniel, and his wife, Katie, live in Washington, D.C.

When David took the job as a medical researcher at the City of Hope, the Colchers needed a place to live. David's boss said, "Look north of the 210 freeway and west of Duarte." That's pretty much the longitude and latitude of Sierra Madre. They bought their present home and have lived here since 2002.

Bonnie says her passion is people and she pours that passion into everything she does Bonnie's Mantra? "I don't care about awards...I'm in awe of people who can build our float...I have a lovely husband who supports me in the manner in which I've become accustomed. He puts up with a lot...Living here is a lucky break. I get to do what I love...I get up happy every day.

That's Bonnie Colcher. Loquacious, vivacious, with a contagious personality.

### City of Duarte Joins County Campaign to Promote Use of Reusable Shopping Bags Bag Giveaway at Ralphs Market

DUARTE, CA, November 5, 2009 -- Paper, plastic, or a free reusable bag? The City of Duarte is hoping to navigate residents toward taking the environmentally conscious option through its participation in a countywide campaign to encourage recycling of single use bags and a changeover to reusable shopping bags.

On Nov. 15, America Recycles Day, Los Angeles County will roll out its "Brag about your Bag" reusable bag campaign, teaming up with cities and major supermarkets over the next month to distribute more than 50,000 reusable bags to the public. The giveaway program will conclude on Dec. 17, a date designated as "A day without a bag".

In Duarte, Ralphs Market at 1193 Huntington Dr., will partner in the program. From 10 a.m. to 12 noon on Saturday, Nov. 21st, volunteers from Duarte's Promise – the Alliance for Youth and the Duarte Area Resource Team (D.A.R.T.) will be stationed outside the market to offer free "Brag about your Bag" reusable bags to individuals who bring to the

store five single use plastic bags for recycling.

"Changing over to reusable bags is a win-win proposition for all who share the planet," said Duarte Deputy City Manager, Karen Herrera.

"In Los Angeles County, residents use six billion plastic bags per year. That is the equivalent of 600 plastic bags per person per year that eventually become part of our waste stream, litter our streets, take up space in our landfills, and threaten marine life. Less than 5% of single use plastic bags are recycled. Using that same equation, Duarte's 22,000 residents are contributing more than 13 million plastic bags to the waste stream each year. A campaign like this increases public awareness and helps promote change," said Herrera.

Los Angeles Lakers NBA Champion Luke Walton has pledged his star power to the "Brag about your Bag" campaign. Walton will voice commercials on 710 ESPN radio and make appearances at various campaign events to promote public awareness about the benefits of using reusable shopping bags.

## Arcadia Police Blotter

*For the period of Sunday, November 1, through Saturday, November 7, the Police Department responded to 974 calls for service of which 132 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.*

Sunday, November 1:

A traffic stop was initiated at 1:46 a.m. at Second and California for a code violation. A 19-year-old male Hispanic driver was contacted and officers detected the odor of an alcoholic beverage from his person. A field sobriety test was conducted and it was determined that he was operating the vehicle while under the influence, and several bottles of beer were also found inside the vehicle. The driver was arrested at the scene without incident.

Shortly before 7:00 p.m., officers observed a man sprawled on the sidewalk at 130 West Huntington. The man was highly intoxicated and a record check revealed that he had a \$10,000 outstanding warrant. The 37-year-old Hispanic was taken into custody for disorderly conduct/drunken in public and outstanding warrant.

Monday, November 2:

Around 3:42 p.m., a traffic stop for an equipment violation was made at Santa Clara and Rolyn. A record check of the 36-year-old male African-American driver revealed that he had a suspended license and a no bail felony warrant. A search of the vehicle prior to impound was made and baggies containing a white crystalline substance resembling methamphetamine were discovered. The man was arrested for possession of a controlled substance, possession of narcotics for sale, sale/manufacture of controlled substance, suspended/revoked license, and outstanding felony warrant.

Units responded to the 1700 block of Orangewood around 12:06 p.m. in reference to an auto burglary that occurred between 10:00 p.m. on October 31 and 6:30 a.m. on November 1. Unknown suspect entered the locked vehicle by unknown means and stole a \$2500 digital camera.

Tuesday, November 3:

Around 1:15 p.m., units were dispatched to Serendipity School, 1111 Okoboji, regarding a grand theft that just occurred. The victim advised that she had taken off her diamond engagement ring to wash dishes and then the ring disappeared after a food delivery person arrived at the scene. He denied any knowledge of the ring, but when officers arrived at the scene, he recanted and returned the ring. A 20-year-old male Caucasian was taken into custody.

Between 10:30 a.m. and 12:30 p.m., unknown suspect(s) stole 15 sweaters from The Gap store located at Westfield Mall. The sweaters were placed on display racks near the entrance.

Wednesday, November 4:

Three residential burglaries occurred in the morning hours; one in the 600 block of Fairview and two in the 700 block of Fairview. In all the incidents, unknown suspect(s) either removed a window or broke a window to gain entrance. Once inside, the suspect(s) took cash and other property.

Around 5:00 p.m., a grand theft was reported at Westfield Mall. A victim returned to a restroom

to retrieve her purse that she had accidentally left behind. She then saw a young female Asian pick up her purse and ran out of the mall and towards the Oak parking garage.

Thursday, November 5:

A victim came to the station to file a fraud report around 10:39 a.m. She checked her bank statement and discovered that \$345 in unauthorized purchases was charged to her bank card.

A burglary was reported at Residence Inn, 321 East Huntington, around 3:53 p.m. The victim advised that he returned to his room and found the room ransacked and his laptop computer and digital camera were missing.

Friday, November 6:

Units responded to Duarte and El Monte around 1:35 p.m. in reference to an injury traffic collision involving multiple vehicles. Investigation revealed that a male driver lost control of his vehicle when traffic came to a sudden stop, struck two parked vehicles, and the force of the impact caused him to cross over the center median and collided with another vehicle head-on. The suspect then fled the scene on foot, but he later returned and identified himself as the driver. A baggie of green leafy substance consistent with marijuana was found, and he admitted to smoking the marijuana. A field sobriety test was conducted, and it was determined that he was operating the vehicle while under the influence. The 26-year-old Asian was arrested for DUI with bodily injury. Another driver sustained a broken hand and was taken to a nearby hospital for treatment.

Shortly after 10:00 p.m., officers responded to 46 East Huntington regarding a solo traffic accident. A car was found abandoned at the parking lot with the bumper detached from the vehicle but was caught on a chain that was used to secure the lot. An intoxicated 55-year-old female Caucasian was found nearby, and she initially denied any knowledge of the accident until a DMV check revealed that she was the registered owner of the vehicle. She was taken into custody for DUI.

Saturday, November 7:

Around 2:38 p.m., loss prevention personnel from H&M advised that they had detained a woman for theft. The 19-year-old Asian was seen hiding merchandise in a shopping bag and she left the store without making payment. A private person's arrest was made, and the woman was taken into custody for commercial burglary. Additional stolen property from JC Penney and Macy's were also recovered.

A victim came to the station around 7:12 p.m. to file an auto burglary and fraud report. He advised that he parked and locked his car on Diamond and went to play basketball at First Avenue Middle School. After the game, he discovered that his car key was missing. When he returned to his car, he found the car unlocked and his wallet, golf clubs, and other property were stolen. He contacted his bank to notify them of the theft and was told that his credit card was just used to charge approximately \$2100 in purchases from Macy's.



## Pasadena Children's Charity Receives National Recognition

(PASADENA, CA)—Year over year, the finalists for PR News' Nonprofit PR Awards raise the bar for doing well by doing good, and 2009 was no exception. This year's finalists, which represent industries and interests as diverse as organ/tissue donations, influenza preparedness and hunger prevention, overcame economic, social and political barriers to deliver results that exceeded even the loftiest of expectations. HillSides, a foster care children's charity serving families in Los Angeles County, including Pasadena, was among the winners at the Nonprofit PR Awards held at the National Press Club in Washington D.C.

"HillSides is extremely honored to be recognized in such a meaningful way. Foster Soles is the brainchild of dedicated staff and Board members who care deeply about the foster children in our care. Foster Soles is yet another way for HillSides to support our mission of creating safe places for children," said Nancy Garni, the children's charity director of development.

PR News' Nonprofit PR Awards Luncheon saluted the winners and honorable mentions of the Nonprofit PR Awards. This must attend industry event honored the most talented communicators and teams in the nonprofit sector. HillSides was the winner in the Event PR category and was a finalist in the PR on a Shoestring Budget category.

The statistics surrounding foster care in America are staggering: More than

500,000 children are in foster care nationwide, with more than 102,000 in California alone. What's more, 40% of former foster care youths end up homeless within 18 months of discharge. To combat this rampant problem, HillSides sought to generate interest within the entertainment industry. The hook: Foster Soles, an online auction in which the public would be able to buy shoes donated (and autographed) by a host of celebrities.

To generate interest in HillSides Foster Soles, the PR team conducted aggressive media outreach, with specific tactics including social media presences on MySpace and Face book, blogging, an e-mail newsletter and a landing page on the charity's web site, [www.HillSides.org](http://www.HillSides.org) with tracking identification. Each individual effort was fully optimized with strategic keywords.

Then, the team tapped into HillSides board members and volunteers who had celebrity connections. A board-sponsored kickoff event at Bar Celona in Pasadena was the crown jewel of promotion efforts.

"Thanks to a team effort and our effective communications strategy, HillSides Foster Soles received 68 pairs of autographed shoes from the likes of Elton John, Billy Joel and Denzel Washington. The efforts also resulted in a 76% increase in traffic to HillSides' Web site, and \$9,500 in funds for its residential program," said Marisol Barrios, the children's charity director of communications and advocacy.

According to PR News website, the communications professionals behind each and every one of these campaigns once again prove that the power of PR can transcend the most challenging limitations to help communities around the world.

To learn more about the Los Angeles foster care children's charity, visit [www.HillSides.org](http://www.HillSides.org).



## STUDENTS PARTICIPATE IN INTERNATIONAL Pennies for Peace



The students at Carden of the Foothills School in Monrovia, CA have joined hands with tens of thousands of other school children around the world who share the vision and dedication to empower communities through education in remote areas of Pakistan and Afghanistan. Carden of the Foothills' students are participating in a Pennies for Peace campaign to broaden their cultural horizons and become members of a global family dedicated to peace.

How can a penny bring peace? It doesn't buy much in Monrovia, but in the villages of Pakistan and Afghanistan, it can buy a

pencil, start an education, and transform a life. In a region where terrorist organizations recruit uneducated, illiterate children, that pencil can empower a child to read, write, and learn. The Pennies for Peace program goal is to encourage children, who are ultimately our future leaders, to learn the value of philanthropy by collecting pennies for global peace.

During October and November, Carden's students will have an opportunity to learn about the cultures of Afghanistan and Pakistan, learn to work and share together in their Pennies for Peace campaign, and come to understand their own capacity as philanthropists – one penny at a time. Students are also being given the opportunity to share their information about their own cultural heritage with their school community, gaining an appreciation for cultural diversity.

The pennies that Carden students collect can add up to make a real difference.

1 penny = a pencil  
2-3 pennies = an eraser  
15 pennies = one notebook  
\$20 = one child's school supplies for one year  
\$50 = 1 treadle sewing machine and supplies

\$100 = maternal healthcare supplies for one year  
\$300 = one advanced student's annual scholarship  
\$600 = one teacher's annual salary  
\$5,000 = support for existing school for one year  
\$50,000 = one school building and support for up to five years

Children in over 400 mountain villages in remote northern Pakistan and Afghanistan are on the waiting list, hoping to learn in a new school. Carden of the Foothills' students hope to help build a bridge of peace, one penny at a time, offering alternatives to the cycle of terrorism and war.

### About Pennies for Peace

The Pennies for Peace campaign is a program of Central Asia Institute (CAI), founded by Greg Mortenson, author of the #1 New York Times best seller, *Three Cups of Tea*. CAI is a registered 501(c)3 nonprofit organization that promotes and provides community-based education and literacy programs, especially for girls, in remote mountain regions of Central Asia. Founded in 1996, CAI has built, to date, nearly 100 schools in Afghanistan and Pakistan, which serve more than 28,000 students, 14,000 of whom are girls. Greg's story and more information about CAI can be found on the web at [www.ikat.org](http://www.ikat.org).

## Trish's Truth

By Trisha Collins

## Not Enough Hours in the Day...Literally.

I am not a fan of Daylight Savings Time, never have been. I actually like waking up and it's pitch black outside, dewy and cold. Makes me feel like the day hasn't begun; like at that point, the day could turn out anyway you want. Its nice when you can eat dinner with the curtains open and the light from the almost-fading sun can trickle through. Now, I completely understand the goal of Daylight Savings Time [DST] and I'm sure Benjamin Franklin wasn't taking the dewy mornings and sunlight dinners into consideration in his efforts to conserve energy. But does it really need to be dark and windy and cold at only 5 o'clock?

At my high school I am involved in numerous activities, most require after school involvement. It has been extremely odd to walk out of my campus and watch the sunset an hour or so after school ended. And it has been particularly

weird having to wake up with the sun, and not my alarm clock. While gazing at the night sky around 5:30 pm, I find myself wondering what the purpose of this "fall back" thing" really is.

Daylight Savings Time was created to save energy. The idea was that when it gets dark, people would get the picture and turn off lights, TVs, and go to bed. 50 years ago, people might have actually done that, but with today's technological advancements, it's safe to say that more electricity might be used at night anyway. It is a common sight to see lights on, TVs blaring, and appliances running late into the night. So how effective is Daylight Savings Time?

Obviously, it is somewhat effective, because throughout all these years, it still exists. And although the pitch black evenings and early sunny skies bother me, I can only wait to "spring forward" sometime next year.

## Area families to receive free life insurance, benefits children's education

Please consider an advance story to let working families know how they can apply for free life insurance at a public event hosted by CHARO Child Development Center in Whittier on November 19th, from 4:00PM – 7:00PM, 5777 Lockheed Ave, Whittier, CA. This program is open to readers in your coverage area.

WHO: CHARO Child Development Center is joining Massachusetts Mutual Life Insurance Company (MassMutual) to give away free \$50,000 term life insurance policies to benefit children of working families

throughout the various cities and towns across the Los Angeles metro area - MassMutual pays all insurance premiums on the policies as part of the company's philanthropic LifeBridge program.

The life insurance is for parents and legal guardians; if they die, their children receive \$50,000 for their education. The program is called LifeBridge and is a national free life insurance program for working families. The goal is to give away between five and ten million dollars worth of free life insurance to hundreds of families in the area.

WHAT: LifeBridge is strictly a philanthropic free life insurance program with no additional obligations or commitments from families who receive the insurance. MassMutual is the only company in the nation giving away life insurance as part of a charitable giving program.

WHERE: Eligible parents and legal guardians may apply for this coverage during a public event at CHARO Child Development Center, 5777 Lockheed Ave, Whittier, CA.

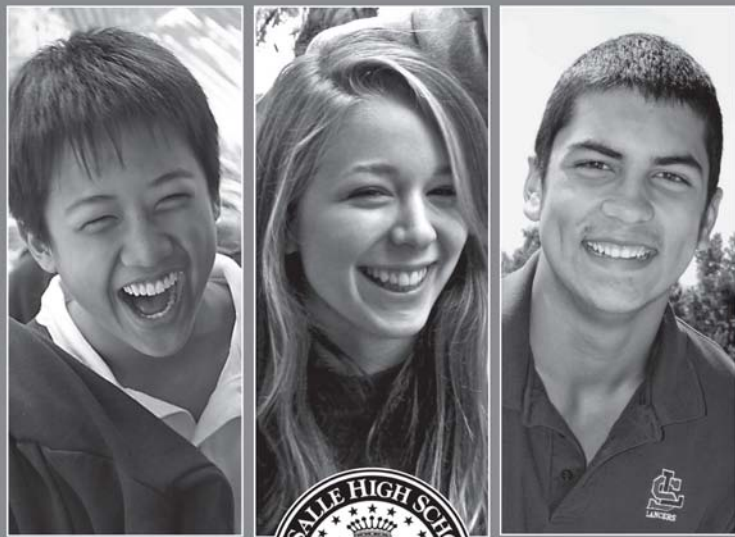
WHEN: November 19th, from 4:00PM – 7:00PM. Eligible individuals should call Carol at 562-699-3976 to schedule their 15-minute appointment.

### APPOINTMENTS ARE REQUIRED

ELIGIBILITY: Parents and legal guardians between the ages of 19 and 42 may apply. They must have one or more dependent children under the age of 18, be working full or part time with a total family income of between \$10,000 and \$40,000, and be permanent, legal residents of the U.S. They must also be in good health, as determined by normal MassMutual underwriting guidelines.

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(626) 355-3463 Head of School: Ann M. Gillick  
E-mail address: [agillick@alverno-hs.org](mailto:agillick@alverno-hs.org)

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180 Campus Drive Arcadia, CA 91007  
Phone: (626) 821-8370, Principal: David L. Vannasdal

### Arroyo Pacific Academy

41 W. Santa Clara St. Arcadia, Ca,  
(626) 294-0661 Principal: Phil Clarke  
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### Norma Coombs Alternative School

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E-mail address: [watkins12@pusd.us](mailto:watkins12@pusd.us)

### Odyssey Charter School

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

### Pasadena High School

2925 E. Sierra Madre Blvd. Pasadena, Ca.  
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### Pasadena Unified School District

351 S. Hudson Ave. Pasadena, Ca. 91109  
(626) 795-6981 website: [www.pusd@pusd.us](http://www.pusd@pusd.us)

### St. Rita Catholic School

322 N. Baldwin Ave. Sierra Madre, Ca. 91024  
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website: [www.st-rita.org](http://www.st-rita.org)

### Sierra Madre Elementary School

141 W. Highland Ave, Sierra Madre, Ca. 91024  
(626) 355-1428 Principal: Gayle Bluemel  
E-mail address: [gbluemel220@pusd.us](mailto:gbluemel220@pusd.us)

### Sierra Madre Middle School

160 N. Canon Sierra Madre, Ca. 91024  
(626) 836-2947 Principal: Gayle Bluemel  
Contact person: Garrett Newsom, Asst. Principal  
E-mail address: [gbluemel220@pusd.us](mailto:gbluemel220@pusd.us)

### Weizmann Day School

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

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300 S. Madre St. Pasadena, Ca. 91107  
(626) 449-7390 Principal: Ruth Esseln  
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**Publisher/ Editor**  
Susan Henderson

**City Editor**  
Dean Lee

**Sales**  
**Patricia Plunkett**  
626-325-3111  
626-818-2698

**Art Director**  
Allison Kirkham

**Production Assistant**  
Richard Garcia

**Photography**  
Jacqueline Truong  
Lina Johnson

**Contributors**  
Teresa Baxter  
Pat Birdsall  
Bob Eklund  
Howard Hays  
Paul Carpenter  
Stuart Tolchin  
Kim Clymer-Kelley  
Christopher Nyerges  
Peter Dills  
Hail Hamilton  
Rich Johnson  
Chris Bertrand  
Virginia Hoge  
Mary Carney  
La Quetta Shamblee  
Glenn Lambdin  
Greg Wellborn  
Ralph McKnight  
Trish Collins  
Pat Ostrye

**Editorial Cartoonist**  
Ann Cleaves  
**Webmaster**  
John Avery

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Letters to the editor and correspondence should be sent to:

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

**Mountain Views News**  
**Mission Statement**  
The traditions of the community newspaper 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.

## HAIL Hamilton



A friend sent this to me. It made my day; I hope it will make yours.  
“A lecturer ,when explain-ing stress m a n a g e - m e n t to an aud-ience, raised a glass of water and asked, ‘How heavy is this glass of water?’

“Answers called out ranged from 8 ounces to 16.

“The lecturer replied, ‘The absolute weight doesn’t matter. It depends on how long you try to hold it. If I hold it for a minute, that’s not a problem. If I hold it for an hour, I’ll have an ache in my arm. If I hold it for a day, you’ll have to call an ambulance. In each case, it’s the same weight, but the longer I hold it, the

## Very Sage Advice - Managing Stress

heavier it becomes.’

“He continued, ‘And that’s the way it is with stress management. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won’t be able to carry on.’

“‘As with the glass of water, you have to put it down for a while and rest before holding it again. When we’re refreshed, we can carry on with the burden.’

“‘So, before you return home tonight, put the burden of work down. Don’t carry it home. You can pick it up tomorrow. Whatever burdens you’re carrying now, let them down for a moment.

“‘So my friend put down anything that may be a burden to you right now. Don’t pick it up again until after you’ve rested a while.’

“Here’s some great ways of dealing with

the burdens of life:

Accept that some days you’re the pigeon, and some days you’re the statue. Always keep your words soft and sweet, just in case you have to eat them.

Always read stuff that will make you look good just in case you die in the middle of it.

Drive carefully. It’s not only cars that can be recalled by their maker. If you can’t be kind, at least have the decency to be vague.

If you lend someone \$20 and never see that person again, it was probably worth it.

It may be that your sole purpose in life is simply being kind to others.

Never put both feet in your mouth at the same time, because then you won’t have a leg to stand on.

Nobody cares if you can’t dance well, just get up and dance.

Since it’s the early worm that gets eaten by the bird, sleep late.

The second mouse gets the cheese.

Birthdays are good for you. The more you have, the longer you live.

You may be only one person in the world, but you may also be the world to one person.

Some mistakes are too much fun to only make once.

We could learn a lot from crayons... Some are sharp, some are pretty and some are dull. Some have weird names, and all are different colors, but they all have to live in the same box.

A truly happy person is one who can enjoy the scenery on a detour.”

Have an awesome day and know that someone has thought about you today... I did.



## STUART Tolchin On...LIFE Is the Whole World Crazy or is it just Me?

Well I missed it again. Every morning I look forward to walking

around the canyon at dawn and being enveloped by the ever-surprising and glorious sunrise. Well, of course part of the reason it’s ever- surprising is that I so rarely do it. No, the reason I miss it is not that I have trouble getting myself out of bed in time and no, the reason is not that I’m too lazy or that it’s too cold or that it’s too anything. Sunrises are just perfect as you probably know because they are now recorded and shown at more convenient times. No, I’m just kidding I think; but the problem for me really is about the advancements in technology make it really difficult to pay attention to my own life in real time.

What I’m talking about is my new-found addiction to e-mails and the internet. I know I’m still way behind the curve and unaware of the more sophisticated pleasures offered by the

computer. My friend Gene tells me that there are millions of people spending hours per day participating in a cyber-world through their avatars which can live a complete cyber-life without the person behind the avatar ever having to leave the house. HELP -- My problem (if it is a problem) isn’t quite that bad, yet. I wake up customarily before dawn - ready to put the leash on my dog and head out to the sunrise - but first I have to pass the computer. It will only take a second, I think. Let me just check the New York Times and my e-mails and before I know it an hour and a half has gone by. It’s already light outside, the sun has risen and time is getting short and I have to get ready for work.

Still, when I finally get outside with my dog and we start our walk, although not at the leisurely aimless pace that I would prefer but never quite manage, I am greeted outside by the startling experience of the new morning. As all early-risers know the early morning is glorious. It’s fresh and clean and

there are few other folk around. The other people, fellow morning-folk, that I encounter usually are similarly delighted by the new day and we exchange hellos. The only exceptions are the ear-phone wearing, blood pressure monitoring people who are so technologically encumbered that they miss the pleasures of encountering the world. I don’t imagine that these people really enjoy their mornings. Oh, I think they are out walking for some dreaded purpose - you know like losing weight, or getting in shape, or becoming more attractive or something.

Why do I say “dreaded” purpose? Well this is pretty important, I think. Although I fully admit that everything is connected to something elsem I think that when I do something for a specific purpose I completely miss out on the experience itself. If my morning walk is experienced only as part of some weight-loss or conditioning program it is as if the walk is being done on a pass-fail basis. It’s the same thing as asking a teacher if material that is being discussed at the moment is going to be on the test. If it’s not going to be on the test there’s no reason to pay attention - right?? No, WRONG!! I think, no I am sure, that activities should be enjoyed mainly for the joy of just doing them.



## RICH Johnson

My motivation to share highlights of actual dog letters to God was born out of a compelling need to avoid political incorrectness. In

a recent column I shared kids letters to God and I was afraid of slighting the entire animal kingdom. After all, in the greater scheme of things, the rest of life on this planet is as important, if not more important than the human population. And, I dare say, decidedly better than mankind. After all, when you think about it, no one has ever accused the animal kingdom of causing global warming. Oh, wait a minute: Someone’s blaming cows. Are they messed up or what? Someone call PETA and turn them in.

What? You think dogs writing letters to God is absurd? Hey, I’m certain God speaks dog! And I can prove it. My friend Cindy’s little canine fella Sparky shared with me some of his letters to God. So, let’s proceed:

Dear God: I don’t mean to complain

but humans name cars after the jaguar, cougar, mustang, stingray and even the puny little rabbit. Every four-legged creature but dogs. How many of those other animals do you see with their heads out the window on a Sunday afternoon drive? Why can’t Ford come out with the Mercury Maltese. Or Chrysler come out with the Dodge Doberman or something like that.

Dear God: More meatballs please, and less spaghetti.

Dear God: When dogs die and come back as humans, is that good or bad?

Dear God: I see people love to smell flowers but they never ever smell each other. What’s with that?

Dear God: When we get to heaven can we sit on the couch? Or is it the same old story?

Dear God: If a dog barks his head off in the forest and no one hears him, is he

## Dog Letter to God

still a bad dog?

Dear God: Are there dogs on other planets? I howl at the moon and the stars every night, but all I hear back is the Irish Setter across the street.

Dear God: Is it true that in heaven, dining room tables have on-ramps?

Dear God: We dogs have to learn and understand not only human verbal instructions, but hand signals, whistles, horns, beepers, electromagnetic energy fields and yes, even Frisbee flight paths. What do humans have to learn and understand?

And now for something completely different: The Friends of the Sierra Madre Library are putting together their elegant 40<sup>th</sup> Annual Wine and Cuisine Event at the Alverno Villa. Mark your calendars. The date is February 19, 2010.

Speaking of books! If book purchases are on your Christmas list, why not give



the business to Jeff and Sally at Sierra Madre Books? They can order most any books and have them

ready for pick up in just a few days. (626) 836-3200 is their number and they are at 52 West Sierra Madre Blvd. (the south side of the street.)

Finally, for heaven’s sake, if you haven’t stopped at Fresco’s on the weekend for one of their exotic waffles you are missing an epicurean delight. They are specially flavored waffles each week and are scrumptious. Yeah, I know Fresco’s is across the border in the Albertson’s shopping center on Michillinda and Sierra Madre Blvd in Pasadena. Someday I am going to ask our City Council to annex that corner of Upper Hastings Ranch just so Fresco’s will be in Sierra Madre. It should be easy.

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**CITY OF SIERRA MADRE  
NOTICE OF PUBLIC HEARING**

The City of Sierra Madre gives notice that the City Council will conduct a public hearing to consider adoption of Ordinance 1300, amending Title 15 of the Sierra Madre Municipal Code.

FIRST READING OF ORDINANCE 1300, ADDING CHAPTER 15.60 (ADOPTING WATER EFFICIENT LANDSCAPE REQUIREMENTS EQUIVALENT TO THE REQUIREMENTS SET FORTH IN THE STATE MODEL WATER CONSERVATION ORDINANCE) TO TITLE 15 (BUILDINGS AND CONSTRUCTION) AND AMENDING CHAPTERS 15.04 (BUILDING CODE AND PERMITS) AND 15.48 (EXCAVATIONS AND GRADING)

The additional Chapter 15.60 adds Water Conservation in Landscaping requirements to the Municipal Code, consistent with the State Model Ordinance as directed under the Water Conservation in Landscaping Act of 2006. The amended Section 15.04.120 will require the issuance of permits for certain landscaping projects. The amended Section 15.04.070 will provide for retention of stormwater runoff on individual properties. The amended Chapter 15.48 will prohibit cross-lot drainage, require the installation of pervious pavements, and provide for onsite retention of stormwater runoff.

DATE AND TIME OF HEARING	PLACE OF HEARING
City of Sierra Madre City Council Meeting Tuesday, November 24, 2009 Blvd. (Meeting begins at 6:30 p.m.)	City of Sierra City Council Chambers 232 W. Sierra Madre Sierra Madre, Ca. 91024

At the Public Hearing, the City Council will hear and consider oral and written testimony from any person interested in the proposed Ordinance.

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## HOWARD Hays As I See It

I was in my car as the emerging details from Ft. Hood came over the radio - how many dead, wounded, whether the shooter acted alone, others held for questioning, shooter himself killed (presumably), and finally the suspect's name: Nidal Malik Hasan. As the name was read, I could visualize the host shaking his head in front of the microphone as he muttered, "Oh, no. Here it comes."

And it didn't take long. An already horrific story of a career Army officer gone berserk morphed into hyper-ventilated tales of Jihadists having infiltrated the U.S. military, of Al Qaeda's follow-up to 9/11 - with much worse to come. Whatever Hasan's background, military record and medical history, whatever clues were investigated or ignored, the only salient factor in the commission of this mass murder became the suspect's identity as a Muslim. Two targets emerged; one was the Muslim faith itself, and the other the scourge of "political correctness" which prevented necessary actions from being taken out of fear of causing offense to sworn enemies.

Sean Hannity observed that perhaps "our government knew all about" Hasan "and did nothing because nobody wanted to be called an Islamophobe." "What does it say about Barack Obama and our government?" (Or of President Bush, who was in office during the investigations?) Pat Robertson suggested that Muslims be treated "as we would members of the Communist Party, or some fascist group." Rush Limbaugh reasoned that since Hasan was no doubt disappointed that campaign promises to withdraw from Iraq and Afghanistan hadn't been fulfilled, "we could almost say that this is Obama's fault." (At least he added the "almost".)

As details emerge, the blurrier the picture becomes. We know Hasan spent years at Walter Reed Medical Center where, as an Army psychiatrist, he heard hundreds of agonizing first-hand accounts from those emotionally and mentally scarred upon their return from deployment. He took special interest in addressing potential conflicts of conscience in our Muslim soldiers, and prepared a presentation for staffers and supervisors in which he warned of potential psychological problems in compelling Muslims through multiple deployments to repeatedly return to fight fellow-Muslims.

Nidal Hasan also seems to have had a pronounced interest in suicide, and how it is regarded in the Islamic faith. Much has been made of Hasan's communications with Anwar al-Aulaqi, the Imam from New Mexico who moved to Virginia and later to Yemen, and who allegedly at one time included two of the 9/11 hijackers among his congregants. U.S. investigators looked into the communications and concluded they were consistent with research Hasan was engaged in, as he questioned a number of Muslim clerics on differing views of suicide and martyrdom from the Islamic perspective. His conclusion was that martyrdom was seen as noble in terms of fighting to the death and being killed by the enemy, or of sacrificing oneself to save others (this is where that

allusion to falling on a grenade to protect fellow soldiers, often cited in recent news reports, came from). What Islam almost universally forbade, though, was the intentional taking of one's own life, whether or not the intent was to harm others in the process. The only opposition to this view was found in a small and isolated sect known as Al Qaeda.

It became clear that Nidal Hasan would do most anything to avoid his imminent deployment overseas. He was 39 years old and had put in 20 years of service, having joined right out of high school, but retained a lawyer and offered to pay the army back for his training in return for a discharge. The army, though, was in dire need of such specialties as Hasan's in psychiatry, so his deployment would proceed as scheduled. Suicide was forbidden under Islam, but not death at the hands of the "enemy". Some speculate that what happened at Ft. Hood was a horrible variation on what is referred to in civilian life as "suicide by cop".

As reported in the L.A. Times, 117 active-duty soldiers have committed suicide so far this year, including 10 at Ft. Hood, which has had 76 suicides since 2003. Ft. Hood's commander, Lt. Gen. Rick Lynch, testified before Congress that "I'm short about 44 (mental health personnel) of what I need at Ft. Hood that I just don't have."

In 1995 an army veteran from the first Gulf War had become a fan of the book The Turner Diaries, a favorite among white supremacists and the "militia movement". The book told of committing a terrorist act which would lead to the race war culminating in the downfall of the federal government that all true gun-loving Christian patriots yearned for. When Timothy McVeigh was arrested for the bombing of the Alfred P. Murrah building in Oklahoma City, federal prosecutors made the decision to focus on what it was, the mass murder of 168 innocent people, rather than offering any publicity or inadvertent glorification to whatever ideology was behind it.

In the case of the Ft. Hood murders, it appears the only ones emphasizing possible links to Islamic extremism are those on the right who never fail to see such tragedies as opportunities to score political points, and the Islamic extremists themselves, such as the aforementioned Imam al-Aulaqi.

Nidal Hasan will be tried for his crimes by the military. President Obama has ordered an intelligence review and Congressional hearings are being scheduled. Facts will be determined in this case, Nidal Hasan will be brought to justice and new attention will be brought to the dire and unmet mental health needs of veterans and active-duty personnel. As I see it, this should be done absent the sort of politically-motivated fear-mongering which, taken to the extreme, led us to two unnecessary wars while allowing true criminals such as Osama bin-Laden, Mullah Omar and Ayman al-Zawahiri to remain free. The victims of this tragedy, veterans and soldiers now serving, including some 3,000 of the Muslim faith, deserve nothing less.



## GREG Welborn Serious Matters Not Discussed

On November 5th, Malik Nadal Hasan willfully killed 13 people and seriously wounded 30 more. This was not a tragedy, it was not an accident, it was not a crime, it was not a psychotic act, nor was it any of the other excuses put forth to avoid calling it out for what it really was. It was a terrorist act perpetrated once again by an Islamic radical, who happened to wear the uniform of the United States Army. It occurred because we refuse to acknowledge the fact that serious and sizeable elements of Islam are advocating and waging a holy war against the west - and the United States in particular - in the name, and on behalf, of their religion. Plain and simple, we are in a war of civilizations, and we had better be prepared to win, or we will lose. There is no middle ground.

For those who would call me racist or bigot, consider that Hasan's attack is only the last in a long string of such attacks against us and our interests. In 1972, members of a New York mosque ambushed police and killed one officer. Throughout the '70s, the Nation of Islam let lose a tirade of kidnappings, rapes, and murders, including decapitations. In 1979, Iran took our embassy personnel hostage. In 1980, an Iranian dissident living in Bethesda, Maryland was assassinated by an American convert to Islam. In 1993, a Pakistani Mujahideen killed two CIA employees outside their office. In 1994, Islamists tried to take down the twin towers. In 1997, a radical Islamist shot seven people on top of the Empire State building. In 1998 Islamic suicide bombers attacked the U.S. Embassy in Kenya and Tanzania, killing 223. In 2000, the USS Cole was attacked by Islamic suicide bombers and seventeen sailors were killed. In 2000, an imam killed a deputy sheriff in Atlanta. In 2001, Islamic terrorists succeeded in taking down the twin towers, along with 3,000 innocent souls. In 2002, a Muslim extremist killed two people at the Los Angeles airport. In 2004, a Muslim father killed his wife and tried to kill his two daughters. In 2008, another Muslim father strangled his daughter. This year, a Muslim executive beheaded his wife, and still another ran over and killed his daughter for daring to become westernized.

I could go on, but I think the point is made. These are all signs of a war of cultures and civilizations that needs to be acknowledged and combated. For too many people, though, such an acknowledgement is unacceptable. It represents in their mind evidence of prejudice and bigotry, but it shouldn't.

Consider the fact that when we have witnessed even a hint of a pattern of purposely targeted violence by whites against blacks, we have had no problem calling it racism. If there has been even a whiff of a pattern of purposeful violence against homosexuals, we have called it homophobia. In fact, those labels have been too easily attached to violent acts when no real discernable "pattern" existed. But here in the case of overwhelming evidence of a pattern, our political and media elites bend over backward to use any explanation except the obvious and correct one. Even Major Hasan's shouts of "Allahu Akbar" while gunning down as many American soldiers as possible is

ignored in a hopeless attempt to paint him as psychologically damaged or a victim of stress. The reality is he is an Islamic terrorist in the middle of a long line of them.

You can't fight what you can't name. You can't defeat what you are unwilling to decry as evil. You can't raise and reinforce American resolve to stay the course over the long-haul if you can't point out that some ideologies, some cultures, some philosophies are morally dangerous and threaten our civilization. There are many good and decent, peace-loving Muslims around the world. About this there is no doubt. But there is also a particularly virulent form of Islam, call it Islamofascism or Islamic radicalism if you need to, which is bent on the destruction of America and the rest of Western society. Conservative estimates put the number at 10% to 20% of the Muslim population - at least 100 million people - who follow an evil philosophy which advocates killing innocents to make a point.

We must be able to acknowledge that enemy and fight them here or abroad. Yes tolerance is good - and normal - in a democratic society. But that shouldn't, nor has it ever, necessitated tolerating the vary enemy which seeks to destroy that democracy.

So when NBC, CBS and CNN can't point out the obvious motivations for Hasan's murderous attack, it's clear we're not taking this war seriously. When the Justice Department seeks to punish intelligence officers who acted in good faith, we're not taking this war seriously. When President Obama can't commit to winning in Afghanistan, we're not taking this war seriously. Our enemy, however, is all too serious about this war.

We came dangerously close to losing the war against communism because too many of our leaders sought to make accommodations with and excuses for an ideology which sought to push us on the ash heap of history. When the cold war ended, an insightful Harvard professor, Samuel Huntington, wrote that its end would give rise to civilizational wars, that "the conflict between liberal democracy and Marxist-Leninism is only a fleeting and superficial historical phenomenon compared to the continuing and deeply conflictual relations between Islam and Christianity."

The evidence is clear and continues to accumulate. For those who say that ideological, philosophical and cultural differences aren't important, the acts of Malik Nadal Hasan and of all those who preceded him beg to argue differently. These are serious matters, indeed, and we had better start discussing them in earnest.

*Gregory J. Welborn is an independent opinion columnist. He writes and speaks frequently on political, economic and social issues. His columns have appeared in publications such as The Los Angeles Daily News, The Orange County Register, The Wall Street Journal and USA Today. He can be reached at [g.welborn@mntvnews.com](mailto:g.welborn@mntvnews.com).*

### FICTITIOUS BUSINESS NAME STATEMENT

File No. 09-1705180

The following person(s) is (are) doing business as: **SPHINX INSURANCE SERV.**, 12408 INGLEWOOD AVE., HAWTHORNE, CA 90250. Full name of registrant(s) is (are) **BERTHA ABDELMALEK**, 13106 OAKWOOD LN., LA MIRADA, CA 90638. This Business is conducted by: **AN INDIVIDUAL**. Signed: **BERTHA ABDELMALEK**. This statement was filed with the County Clerk of Los Angeles County on **11/12/09**. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 06/08/05.

**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 Pub. 11/16, 11/23, 11/30, 12/07/2009

### FICTITIOUS BUSINESS NAME STATEMENT

File No. 09-1686818

The following person(s) is (are) doing business as: **VEGAN FOOD OF HEAVENLY LOVE**, 19857 CALLE GRANADA, WALNUT, CA 91789. Full name of registrant(s) is (are) **TSUO MIN LEE**, 19857 CALLE GRANADA, WALNUT, CA 91789. This Business is conducted by: **AN INDIVIDUAL**. Signed: **TSUO MIN LEE**. This statement was filed with the County Clerk of Los Angeles County on **11/09/09**. 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 Pub. 11/16, 11/23, 11/30, 12/07/2009

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### City of Sierra Madre

#### PUBLIC HEARING NOTICE

**To:** Property Owners within a 300-foot radius  
**From:** The City of Sierra Madre  
**Subject:** **CONDITIONAL USE PERMIT 09-03 (CUP 09-03)**  
**Applicant:** Derek Bushe and Teresa Mulroy

**Project Location:** **298-306 Mariposa Avenue**, in the City of Sierra Madre, County of Los Angeles, State of California

The City of Sierra Madre gives notice, pursuant to State of California law, that the Planning Commission will conduct a public hearing to consider a request for a Conditional Use Permit and Density Bonus to allow construction of a 4 (four)-unit, 2 (two)-story, 6,033-square-foot multi-family development at **298-306 Mariposa Avenue**. Pursuant to Sierra Madre Municipal Code Section 17.60.030(G), all developments in the R-3 Zone requires approval of a Conditional Use Permit. A Density Bonus to allow one additional unit (for a total of 4 units) may be permitted if the required findings can be made pursuant to the Sierra Madre Municipal Code Section 17.28.060(B)(2).

#### DATE AND TIME OF HEARING

City of Sierra Madre  
Planning Commission meeting  
**Thursday, November 19, 2009**  
(Hearing begins at 7:00 p.m.)

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

**ENVIRONMENTAL DETERMINATION:** The project qualifies for Class 3 Categorical Exemption, pursuant to Section 15303(b) of the California Environmental Quality Act (CEQA).

**APPEAL:** The decision of the Planning Commission is subject to a 10-business-day appeal period to the City Council. If in the future anyone wishes to challenge the decision of the Planning Commission in court, one may be limited to raising the issues that were raised or presented in written correspondence delivered to the Planning Commission at, or before, the scheduled public hearing. For further information on this subject, please contact the Development Services Department at (626) 355-7138.

By Order of the Planning Commission

Danny Castro, Director of Development Services

#### PLACE OF HEARING

City of Sierra Madre  
City Council Chambers  
232 W. Sierra Madre Blvd.  
Sierra Madre, CA

### City of Sierra Madre

#### PUBLIC HEARING NOTICE

**To:** Property Owners within a 300-foot radius  
**From:** The City of Sierra Madre  
**Subject:** **CONDITIONAL USE PERMIT 09-04 (CUP 09-04) and VARIANCE 09-01 (VAR 09-01)**  
**Applicant:** Kurt and Michele Miner  
**Project Location:** **435 Fairview Avenue**, in the City of Sierra Madre, County of Los Angeles, State of California

The City of Sierra Madre gives notice, pursuant to State of California law, that the Planning Commission will conduct a public hearing to consider a request for a Conditional Use Permit and Variance to allow construction of a 3 (three)-car, 600-square-foot garage, and a 361-square-foot addition to an existing 7,737-square-foot single-family residence located at **435 Fairview Avenue**. Per Code Section 17.20.125, the maximum allowable floor area for this property is 5,440 square feet. Pursuant to Sierra Madre Municipal Code Section 17.20.025(C), single-family residences that exceed 4,000 square feet of floor area require approval of a Conditional Use Permit. The proposed Variance is to allow construction of additional floor area that exceeds the maximum allowed.

#### DATE AND TIME OF HEARING

City of Sierra Madre  
Planning Commission meeting  
**Thursday, November 19, 2009**  
(Hearing begins at 7:00 p.m.)

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

**ENVIRONMENTAL DETERMINATION:** The project qualifies for Class 1 Categorical Exemption, pursuant to Section 15301(e) of the California Environmental Quality Act (CEQA).

**APPEAL:** The decision of the Planning Commission is subject to a 10-business-day appeal period to the City Council. If in the future anyone wishes to challenge the decision of the Planning Commission in court, one may be limited to raising the issues that were raised or presented in written correspondence delivered to the Planning Commission at, or before, the scheduled public hearing. For further information on this subject, please contact the Development Services Department at (626) 355-7138.

By Order of the Planning Commission

Danny Castro, Director of Development Services

#### PLACE OF HEARING

City of Sierra Madre  
City Council Chambers  
232 W. Sierra Madre Blvd.  
Sierra Madre, CA

### City of Sierra Madre

#### COURTESY NOTICE

**From:** The City of Sierra Madre  
**Subject:** **CITY COUNCIL CONSIDERATION TO EXTEND AN INTERIM MORATORIUM ORDINANCE REGARDING LAND GENERALLY IN THE CANYON AREA OF THE CITY OF SIERRA MADRE**

On October 13, 2009, the City Council adopted Ordinance No. 1299, An Ordinance of the City Council of the City of Sierra Madre, California Establishing an Interim Moratorium Ordinance Pursuant to Government Code Section 65858 Regarding Land Generally in the Canyon Area of the City and Declaring the Urgency Thereof (the "Ordinance"), to become effective immediately. The City Council found that the City's current zoning ordinance did not address the unique hillside topography, irregular lots, narrow winding streets, and rural character of the Canyon area of the City and that a separate zoning ordinance was needed. Therefore, the Ordinance prohibits certain subdivisions, use permits, variances, building permits, and other entitlements for use in the Canyon area while a separate zoning ordinance is being developed. The Ordinance will expire on November 27, 2009, and the City Council will consider extending it for an additional 10 months and 15 days.

All interested persons may attend this meeting and the City Council will hear them with respect thereto. If you have any questions, please contact Danny Castro, Director of Development Services at 626.355.7138.

#### CITY COUNCIL MEETING

City of Sierra Madre  
City Council Meeting  
Tuesday, **November 24, 2009**  
(meeting begins at 6:30 p.m.)

#### PLACE OF MEETING

City of Sierra Madre  
City Council Chambers  
232 W. Sierra Madre Blvd  
Sierra Madre, CA 91024

### City of Sierra Madre

#### PUBLIC HEARING NOTICE

**To:** Citywide  
**From:** The City of Sierra Madre  
**Subject:** **MUNICIPAL CODE TEXT AMENDMENT 09-03 (MCTA 09-03) Amending Chapter 17.60 (Variances and Conditional Use Permits) of Title 17 of the Sierra Madre Municipal Code Regarding Public Notices.**

The City of Sierra Madre gives notice, pursuant to State of California law, that the Planning Commission will conduct a public hearing to consider an amendment to the Sierra Madre Municipal Code. Section 17.60.100.B (Public Notices - Posting of Property) would be amended to increase the number of days for posting a notice of public hearing sign to 14 days prior to the scheduled public hearing, increase the size of the sign to 12 square feet, and to clarify other specifications including location, height, style, and contents of notice of public hearing sign.

#### DATE AND TIME OF HEARING

City of Sierra Madre  
Planning Commission meeting  
**Thursday, November 19, 2009**  
(Hearing begins at 7:00 p.m.)

#### PLACE OF HEARING

City of Sierra Madre  
City Council Chambers  
232 W. Sierra Madre Blvd.  
Sierra Madre, CA

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

**ENVIRONMENTAL DETERMINATION:** The project qualifies for Class 3 Categorical Exemption, pursuant to Section 15303(b) of the California Environmental Quality Act (CEQA).

**APPEAL:** The Planning Commission will automatically forward the proposed Code text amendment to the City Council. If

in the future anyone wishes to challenge the decision of the Planning Commission in court, one may be limited to raising the issues that were raised or presented in written correspondence delivered to the Planning Commission at, or before, the scheduled public hearing. For further information on this subject, please contact the Development Services Department at (626) 355-7135.

By Order of the Planning Commission

Danny Castro, Director of Development Services

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TABLE FOR TWO

By Peter Dills

The Ice House and Beyond

So many things to do in just a single block. If you are in your 30's you certainly remember Toes Tavern and if you are in your 50's you had to have gone to 'The Handlebar Saloon. And maybe if you are my age you remember both of them. 'Troy Boyle, formally of the Crown City Brewery has opened T. Boyle's in the aforementioned spot. It is a sports bar/tavern, a great place to gather with friends and watch a game. Too many TV's for this man to count. No food but a great place to enjoy a game of pool as well. I'll be back.

After my jaunt with beer it was time for a little upscale sophistication. Noir Restaurant is fascinating and new, the place is already in full stride!!!

It is located in a very modest space about the size of a postage stamp, on N. Mentor, shouldering up to the Ice House. Some have said that I lavish my praise too liberally. I like to believe I am progressive and I just wanted to be certain that I had not mischaracterized this restaurant. Let me start by saying, I love a place that lends itself to a personalized experience. A few candles flickering, the soft drone of others mingling and my lovely partner are all that I need to begin the perfect night. Label me a hopeless Romantic if you must but I derive a great pleasure in arriving at a place that is seeping in the landscape of irresistible romance.

On my first visit to Noir Restaurant I characterized it as,almost perfect. Had the initial charm faded; was I just flat wrong, maybe emotion had overcome on that first visit? In fact, I was not wrong at all. It is still as I saw it that first night. I think this place will be a guaranteed

blue ribbon winner during the holiday season. It is a secluded spot that is still unknown and you can still enjoy its inviting seclusion for a short period, at until it is inevitably discovered by the masses. The kitchen is cleverly handled by, Chef Claud Beltran. You may remember him from Madeleine's. The front of the restaurant is managed by the capable hands of Mike Farwell (not of MASH). Rather he is the surgeon that assembles the wine list. I encourage you to consult Mike for his insightful recommendations. There are wines available by the bottle or by the glass. I was taken away from the days worries with a sumptuous glass of Scharffenberger Sparkling Wine, for (\$9). For those that need to impress, they do offer a Duval-Leroy for (\$16) a glass, but the ladder is a better value. Don't bring your own wine here, as they have many great wines with which to surprise. My dining partner checked in with thumbs up on the Sextant Zinfandel at (\$8) a glass.

The Menu I mentioned before is a little reminiscent of Madeleine's. We started our meal with a bowl of The Summer Gumbo. I enjoyed the andouille and Monk Fish inside. Next we jumped right into a selection of three cheeses at (\$8), nice way to start we agreed. The seared Prime Hanger Steak, difficult to imagine that anyone could do it better. At (\$19) this is a tremendous value, The Shrimp Remoulade is poached with Gulf Shrimp in a classic sauce, which I am told is authentic. The prices are right and the wine list is arguably the best in Pasadena and who can argue against a small piece of paradise.

*Noir Restaurant 40 N. Mentor Pasadena (626) 795-7199*  
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## Looking Up

with Bob Eklund



### Scientists Examine Ancient "Stardust" That Existed Before the Sun Was Born

Dust samples collected by high-flying aircraft in the upper atmosphere have yielded an unexpectedly rich trove of relics from the ancient cosmos, scientists from the Carnegie Institution report. The stratospheric dust includes minute grains that likely formed inside stars that lived and died long before the birth of our Sun, as well as material from molecular clouds in interstellar space.

This "ultra-primitive" material likely wafted into the atmosphere after the Earth passed through the trail of an Earth-crossing comet in 2003, giving scientists a rare opportunity to study cometary dust in the laboratory.

At high altitudes, most dust in the atmosphere comes from space, rather than the Earth's surface. Thousands of tons of interplanetary dust particles (IDPs) enter the atmosphere each year. "We've known that many IDPs come from comets, but we've never been able to definitively tie a single IDP to a particular comet," says study coauthor Larry Nittler, of Carnegie's Department of Terrestrial Magnetism.

Comets are thought to be repositories of

primitive, unaltered matter left over from the formation of the solar system. Material held for eons in cometary ice has largely escaped the heating and chemical processing that has affected other bodies, such as the planets.

The IDPs used in the current study were collected by NASA aircraft in April 2003, after the Earth passed through the dust trail of comet Grigg-Skjellerup. The research team, which included Carnegie scientists Nittler, Henner Busemann (now at the University of Manchester, U.K.), Ann Nguyen, George Cody, and seven other colleagues, analyzed a sub-sample of the dust to determine the chemical, isotopic, and microstructural composition of its grains. The results are reported on-line in 'Earth and Planetary Science Letters'.

"What we found is that they are very different from typical IDPs" says Nittler. "They are more primitive, with higher abundances of material whose origin predates the formation of the solar system." The distinctiveness of the particles, plus the timing of their collection after the Earth's passing through the comet

trail, point to their source being the Grigg-Skjellerup comet.

The biggest surprise for the researchers was the abundance of so-called presolar grains in the dust sample. Presolar grains are tiny dust particles that formed in previous generations of stars and in supernova explosions before the formation of the solar system. Afterwards, they were trapped in our solar system as it was forming and are found today in meteorites and in IDPs. Presolar grains are identified by having extremely unusual isotopic compositions compared to anything else in the solar system. But presolar grains are generally extremely rare, with abundances of just a few parts per million in even the most primitive meteorites, and a few hundred parts per million in IDPs. "In the IDPs associated with comet Grigg-Skjellerup they are up to the percent level," says Nittler. "This is tens of times higher abundances than we see in other primitive materials."

You can contact Bob Eklund at: [b.eklund@MtnViewsNews.com](mailto:b.eklund@MtnViewsNews.com)



### MEET LOCAL BUSINESSWOMAN DESPINA ARZOUMAN: PRACTICING THE ART OF REFLEXOLOGY

By Christopher Nyerges

[Nyerges is the director of the School of Self-Reliance, and the author of "Self-Sufficient Home: How to Go Green and Save Money." He can be reached at Box 41834, Eagle Rock, CA 90041, or [www.ChristopherNyerges.com](http://www.ChristopherNyerges.com).]

Despina Arzouman practices the art of Reflexology here in Sierra Madre.

According to her newsletter, Reflexology is the art and science based on the theory that there is a map of the human body reflected on the feet, hands, and ears, and that by touching spots on the feet, hands and ears, the nerve endings send impulse messages to the brain, and the brain sends messages to the body parts. Reflexology, somewhat related to acupuncture, dates back to ancient Egypt, according to what can be seen in hieroglyphics.

The Chinese have proven (via acupuncture) that "points" reflected in the ear effect and balance one's health, and so reflexologists have adopted the use of the Ear acupuncture chart for reflexology. The Ear acupuncture chart has been accepted by western Medicine.

Though she began her Sierra Madre FootSmarts practice in 2002, her interest in the healing art goes back to her early 20s.

She discovered reflexology when she was a dancer. "I started dancing at age 19," says Arzouman. "From ages 23 to 30, I used a reflexology chart as a guide to direct energy through the areas in my feet up into the corresponding areas in my body. I discovered new levels of energy with this practice."

At the same time that she discovered dance, about age 19, she was diagnosed with cystic mastitis, which is a fibrous type of matter in the breast. "I attributed it to taking birth control pills when I was 17," explains Arzouman, who also read news reports claiming that many breast problems were, or were not, related to birth control pills.

"I started working as a legal secretary at that time," says Arzouman, "and my first job was typing a chronology of events for a client who had radical mastectomy. That these events coincided it alerted (and scared me) out of my wits. So I went to all the top physicians in New York for answers. One charged me \$350 for the initial visit -- that was 35 years ago! -- and I felt he treated me like I was nothing, like a piece of meat; but then, some conscious aspect of my mind told me that he has no clue who I am and no idea what's wrong with me, nor what to do."

Arzouman started to take care of herself. She began by reading Prevention magazine, and health-related magazines. She studied diet, exercise, supplements, and started making her own whole wheat bread, took dance lessons, and that set a new tone for her life. "I never took the pill again," adds Arzouman. "I stopped eating beef. I stopped eating all sandwich meats -- which are full of nitrates. I began to monitor my own body and mind. And I truly believe that if I listened to doctors and did not take action my own, I'd probably have had breast cancer by now."

According to Arzouman, everyone should be educated on how to care for their body and take some personal responsibility. The biology of the body should begin being taught at kindergarten level.

#### HOW SHE BEGAN HER BUSINESS

At around age 44-46, says Arzouman, "my personal life underwent several dramatic shifts, which forced me to reassess my life and reinvent it; and I knew I wouldn't go back to being a legal secretary." She saw an ad from the American Academy of Reflexology (located in Burbank)

and because was already intimate with the subject, decided to take their course in order to get certified as a reflexologist. She scored 98 on the written and "hands on" test, and then started her Sierra Madre practice in January of 2002.

"I learned by doing. Even though I intuitively knew the reflexology map by doing it myself, I had to shift my focus when I was working on others," explains Arzouman. "I had to shift how I was feeling energy through my hands. I had to approach each session as a blank slate to feel and monitor what was going on with this other person. This enabled me to develop a feeling of empathy."

Arzouman adds that she has had successful treatments where shoulder and knee pain have been greatly relieved. Plus reflexology has been successful in relieving stress and migraine headaches. "Reflexology is a great way to relieve normal aches and pains, and to reduce stress and prevent illnesses," says Arzouman.

In terms of how reflexology fits in to an overall integral self-health regimen, Arzouman figures that it accounts for about 8.5% of the total. The rest of the health regimen should include diet, exercise, self-esteem, emotional care, general mind-set -- which is all rooted in practicing self discipline. For example, she points out that we need to learn to feel into the ramifications of all our actions, so that we might begin to supersede the impulses of nature. Instead of a snacking on greasy fast food and drinking soda, we could eat an apple, or drink good water.

Arzouman quickly points out that she doesn't have any sort of "health care plan" except her own. "I'm against mandatory health care because I have been monitoring and taking care of my self the past 20 years," she explains. "I work to eat right, to watch my weight, and meditate and monitor my actions, and to then watch for signs following. I consciously observe my internal processes and try to be familiar with all my internal organs. I watch how my body

digests, how I think, my need for water, etc. And though I like Obama, some of the things he is introducing (such as the health care proposal) are too much like socialism in his effort to care for everyone. Mandatory health care is not the way," she explains, "and the existence of 'government health care' is not going to make me 'healthier.' She adds that each one of us should take far more time to educate ourselves in how our bodies work, and should self discipline to live in accord with healthy principles.

"You can't have bad habits and expect good health, and you can't take a pill to make bad choices go away," she explains. "Personally, I can't imagine how pharmaceutical chemicals running through my blood stream could make me feel better. As far as I'm concerned, drugs dull the senses as well as the mind, which is even worse than whatever the drug is supposed to be remedying!"

Arzouman quickly adds that catastrophic health care insurance is another matter. "Remember that the body is not going to live forever," explains Arzouman, "and life is supposed to be about personal struggle -- wrought with feeling, thinking, doing -- in order to grow mentally and otherwise. And struggle ought not be confused with misery."

Contact FootSmarts at (626) 355-3414, or [www.footsmarts-reflexology.com](http://www.footsmarts-reflexology.com).

### On Line By PJ Carpenter Locked Out of the (X)Box

Full Disclosure: I'm not a "gamer" of any sort and, other than the few times that I may have invested two or three quarters towards keeping a hot game of Galaga alive, I've never really had any kind of interest in video games. That being said, let it be known that what I do have is a keen interest in the development of Gaming as an online life-form, complete with its own unique environment, etiquette and realms of activity. As such, the gaming market has demonstrated that its own unique contributions to the advancement of computing as a whole have been substantial. Very similar to the way the consumer market selected VHS as the standard of choice during the VHS-Beta Wars of the late '70's by voting with their dollars, the gaming industry of today, both in its single-player and online embodiments, has made its preferences public in no uncertain terms. The market responded with a steady stream of technical innovations that served not only the gaming market specifically but the field of computing in general. Advancements in the science of video processing and technology have been felt in areas of computing as diverse as computer-aided molecular modeling and satellite imagery processing. In a way, this long trend of the big consumer gaming manufacturers giving the customer what they preferred, instead of dictating to the customer what they should have, sometimes lulled the consumer market into a false sense of empowerment and in some instances a sense of entitlement. Considering the "typical" user demographic of the hard-core gamer combined with a rabid devotion and a fairly intelligent user-base, there does exist the potential for friction between the users and suppliers in this scenario. The supplier is in

it first and foremost for the money. Their efforts in getting a superior product to market are made with an eye towards the profits that go along with product popularity and market-domination. The user community tends to be in it for the gaming experience. They want the best product that they can get and they want the one that delivers the most awesome gaming experience. Both players in this picture were set to meet one another's expectations with the release of "Call of Duty: Modern Warfare 2" earlier this month. This hot title is described as a 'first-person shooter game' where the player assumes the role a combat soldier and is deployed to any one of several hair-raising missions. The Xbox platform allows online play so that users of the same game and platform can interact as a unit during a shared game. The release of this title was hotly anticipated by the Xbox gaming community although early pre-release reviews of the game noted the lock-down features of the game. The release of the game was preceded by launch parties and a midnight release so that gamers could get started as soon as possible. For a large number of users their initial experience with the new title was not to be a good one.

A portion of the Xbox user community had taken to modifying their consoles, in breach of the Terms of Use agreement from Microsoft, and used the hacked consoles to play illegal copies of other Xbox titles. This is called 'modding' in the gamer community and is frowned upon (to say the least) by Microsoft. When users with 'modded' consoles got their new titles home and tried to login online to get started they were greeted with the words, "Your console has been banned from Xbox". Just like that their investments in the original purchase of the console, the modification costs (if any) and monies spent on games to play on their Xbox were gone. And in this case they had nowhere to turn for recourse. Estimates range as high as 600,000 accounts that have been locked out by Microsoft.

The other part of the market has spoken.



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## The Senior By Bruce Lamarche REVERSE MORTGAGE STORIES

The following are some real life stories from seniors who benefited from a reverse mortgage. This unique type of mortgage loan allows seniors over 62 to get cash from their equity with monthly installments or in lump sums, all with no monthly repayments to make. As a Senior Mortgage Specialist, I have been touched by the life changing results of these transactions. It's not about the money; it's about the positive effect it can have on lives of real people who happen to be seniors.

One 78 year old gentleman, who I'll call Mr. L, was living on a small retirement check and his Social Security money totaling \$824 per month. His mortgage payment was \$326 monthly. At the end of week three of each month, he was choosing between purchasing food or his meds. The reverse mortgage was able to give him a tax-free income of \$1,252 in addition to his existing income and paid off his mortgage. With no monthly payments to make on anything, Mr. L re discovered his dream of building an electric bicycle using his past engineering skills.

A very sweet lady of 72 years had lived in her home for 25 years. She had a very limited budget and had some serious deferred maintenance needed on her home. The floor was sagging in the living room for want of supports underneath and it needed painting inside and out. She loved her home but was depressed and feeling hopeless about her lack of money to make it the beautiful house it used to be. The reverse mortgage paid off her existing loan and provided \$25,000 necessary for various contractors to fix the things that were wrong with the house. The minute her loan was finished (in only three weeks), the work started. Within thirty days her home shined and was totally repaired. Her depression was gone and she called later to say how happy she was. She said she now felt much younger!

Mrs. H, was approaching foreclosure on her mortgage for lack of enough monthly income to

make the payments and meet her other bills. The reverse mortgage gave her freedom from all monthly payments after paying off the mortgage and all her bills. There was enough left over to provide her with an additional \$850 in monthly income for the rest of her life. With no other payments, her Social Security income the reverse monthly income allowed her to actually think of going on a vacation to see her family in New England.

Finally there is Mrs. M who was diagnosed with cancer and was given only six months to live. She took out a reverse mortgage, paid off all her bills, set up a fund for college for her two grandkids. She then told her two best girlfriends from elementary school that she was taking them on a trip to see Italy. The trip must have been therapeutic because she took this trip two years ago and has returned twice more. Obviously, she is in remission. Perhaps it was the power of positive thinking? Perhaps... the lack of stress and the realizing of a dream? Who can tell, but things are still working out well for her.

As a mortgage professional, specializing in helping seniors has been a life changing experience for me. It's not about the money. It's about what it can do for you and the reverse mortgage can unlock some of that money to make lives more complete and whole. While this type of transaction is not for everyone, it has allowed me to work with some amazing seniors whose lives have turned for the better.

*Got a question? Ask Bruce by phone-(626)335-3412 or e-mail: blamarche@verizon.net. This article is provided by Bruce Lamarche, a member of Society of Certified Senior Advisors\*, www.csa.us. Bruce's company, R & B Reverse Mortgage Services (Glendora) helps seniors make an informed decision about obtaining a reverse mortgage. www.LASeniorMortgage.com*

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**See the "Senior Spot" column weekly!**

## DR. VINCENT FORTANASCE TO SPEAK IN EAGLE ROCK

Board certified neurological rehabilitation specialist Dr. Vincent Fortanasce will present his prescription for Alzheimer's prevention on Monday, November 30, 9:30 a.m., at the 20th Century Club of Eagle Rock, 5105 Hermosa Avenue. Dr. Fortanasce blends his years of academia and clinical experience with the real-world insight gained while coping with his own father's dementia and his mother's cognitive decline. He has published three books

and numerous articles. All of his book profits are donated to the Fight Against Alzheimer's Foundation. His latest book, The Anti-Alzheimer's Prescription, includes his four-step plan and recipes.

His appearance is a part of the Fall Council presented by the San Gabriel Valley District of the General Federation of Women's Clubs International. The event is open to the public and includes an auction to benefit the non-profit Alzheimer's

Association. Dr. Fortanasce's most recent book, The Anit-Alzheimer's Prescription will be available for purchase. A catered lunch will be served for \$12.00 with advanced reservations necessary. Those interested in attending only the free program do not need reservations.

Call 626 /430-0058 for more information and/or lunch reservations.

## Healing Your Retirement: Part 2 of 5

by Kyle Davis, Financial Advisor  
The Ladera Group at Morgan Stanley Smith Barney

### Step Two: Save, Save and Save

If you are still working, perhaps you are thinking about freeing up some additional cash by putting a hold on your regular contributions to your company's retirement plan. However, ceasing to contribute to your retirement accounts would be short-sighted since the total amount you save is likely the biggest determinant of whether you can reach your retirement goals.



According to a new analysis, many employees are staying the course and maintaining a long-term focus on retirement saving by continuing to invest in their 401(k) plans.<sup>1</sup> However, the same analysis reveals that some employees are becoming more conservative in their investment choices, even forgoing equities completely.

Before you readjust your savings rate or investment choices, confirm that your retirement plan's asset allocation dovetails with your other investments so that your accounts remain in balance for your age and risk tolerance. Additionally, review whether your cash cushion outside of your retirement savings is adequate for those "what-if" situations that may affect you or your family.

<sup>1</sup>Hewitt Associates analysis of 2.7 million US employees (2008).

**Kyle Davis** is a Financial Advisor and a member of the Ladera Group at Morgan Stanley Smith Barney located in **Los Angeles** and may be reached at **213-486-7157** or **www.fa.smithbarney.com/laderagroup**

*Morgan Stanley Smith Barney LLC and its affiliates do not provide tax or legal advice. To the extent that this material or any attachment concerns tax matters, it is not intended to be used and cannot be used by a taxpayer for the purpose of avoiding penalties that may be imposed by law. Any such taxpayer should seek advice based on the taxpayer's particular circumstances from an independent tax advisor.*

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### Knott's Berry Farm Excursion

On Monday, November 30, 2009 come spend a day filled with wild rides and fun as the Arcadia Recreation and Community Services Department sponsors a supervised excursion to Knott's Berry Farm in Buena Park.

The fee for Juniors & Adults - 12 yrs and older is \$62.00; for children 11 years and under is \$54.00. Fee includes transportation, admission, lunch, supervision of children and unlimited use of Knott's Berry Farm Attractions. Check in at the Community Center Parking Lot at 8:30am; bus departs at 9:00am sharp and returns at 6:00pm. Registration will be taken on a first come, first-serve basis and will begin Monday, November 2<sup>nd</sup>. Go to: [www.cj.arcadia.ca.us](http://www.cj.arcadia.ca.us), under Recreation and Community Services Department or you can come by our office at 375 Campus Drive, Arcadia and our phone number is 626.574.5113.

## SENIOR HAPPENINGS

#### FYI:

**Identity Theft And Your Social Security Number**  
*Identity theft is one of the fastest growing crimes in America.* A dishonest person who has your Social Security number can use it to get other personal information about you; use your number and your good credit to apply for more credit in your name. Then, they use the credit cards and do not pay the bills. You may not find out that someone is using your number until you are turned down for credit or you begin to get calls from unknown creditors demanding payment for items you never bought.

**Identity thieves get your personal information by:**

Stealing wallets, purses and your mail (bank and credit card statements, pre-approved credit offers, new checks and tax information); Stealing personal information you provide to an unsecured site on the Internet, from business or personnel records at work and personal information in your home;

Rummaging through your trash, the trash of businesses and public trash dumps for personal data;

Posing by phone or E-mail as someone who legitimately needs information about you, such as employers or landlords; or

Buying personal information from "inside" sources. For example, an identity thief may pay a store employee for information about you that appears on an application for goods, services or credit.

**Be careful with your Social Security card and number**

Show your card to your employer when you start a job so your records are correct. Provide your Social Security number to your financial institution(s) for tax reporting purposes. Keep your card and any other document that shows your Social Security number on it in a safe place. **DO NOT** routinely carry your card or other documents that display your number.

#### Recipe of the Week:

##### Ingredients (serves 4)

1/4 cup balsamic vinegar  
1 tablespoon Dijon mustard  
2 tablespoons olive oil  
2 garlic cloves, crushed  
4 chicken Marylands (leg and thigh), trimmed  
1 lb. small red potatoes, halved  
Small container cherry tomatoes  
1 lemon, rind finely grated, juiced  
2 tablespoons flat-leaf parsley leaves, chopped  
100g arugula leaves

##### Directions

Place vinegar, mustard, 1 tablespoon oil, garlic and salt and pepper in a large snap-lock bag. Shake to combine. Place chicken in bag. Shake to coat. Seal bag and refrigerate for at least 4 hours. Preheat oven to 200°C. Tip chicken and marinade into a large roasting pan. Place potatoes, remaining oil and salt and pepper in a second roasting pan. Turn to coat. Place chicken in oven on top shelf and potatoes on shelf below. Roast for 30 to 35 minutes. Turn potatoes and add tomatoes. Roast chicken and vegetables for a further 10 minutes or until chicken is cooked through and potatoes are golden. Combine lemon rind and parsley. Sprinkle over vegetables. Place on plates with arugula and chicken. Drizzle with lemon juice. Serve.

### November Birthdays



Alberta Curran, Carmelo Frontino, Lena Zate, Anna Mary Hession, Valerie Howard, Janice Kacer, Joan Keppler, Flo Mankin, Dollie Morant, Mike Ruggles, Marge Smith, Lois Stueck, Jean Wood, Shirley Yergeau,

### Helpful Hints:

#### Tips To Help Avoid The Flu\*

*\*According to the Center for Disease Control, the best precaution against the Flu is to get a Flu shot*

- \* Wash hands with soap for at least fifteen seconds at a time, as often as possible and don't touch your face. When a person coughs or sneezes tiny flu particles get caught in the air and then are inhaled by people who walk through the area. The flu is also transmitted when a person touches a household object, such as a door handle, that has been touched by an infected person and then fingers are placed on the face, mouth and eyes, where the virus is then contracted. This is why it is essential to wash hands and not place them near the face where the virus may be ingested.
- \* Don't spend time around others with the flu if this is possible. If you feel you are getting sick, rest immediately and drink plenty of water to prevent it from worsening and to help your immune system fight off the virus.
- \* Talk to your doctor about getting the flu vaccine. In many circumstances it is easier to be vaccinated rather than risk a disruption to health or work.
- \* Keep your immune system strong during winter by taking the daily recommended dose of vitamin C and take echinacea at the first sign of a flu. Garlic is a natural antibiotic and may also be taken during winter to keep your immunity strong. Be sure to consult your doctor before taking any supplements.
- \* Drink lots of water to flush excess toxins from your body. Adding a splash of lemon to your water will also help to keep your internal organs strong and healthy so that elimination of toxic build up is easier.

#### Pasadena Highlands Sponsors Bingo Prize

Pasadena Highlands, an independent and assisted living community, is proud to provide a special gift basket on the first Tuesday of each month. Bingo takes place every Tuesday at 1:30 pm in the Hart Park House / Senior Center in Memorial Park. The game begins at 1:30 pm but those wishing to play must arrive 10 minutes before to secure your Bingo cards. Join us on the first Tuesday of each month for your chance to win this special prize and learn more about the Pasadena Highlands.

#### Activities:

*Unless listed differently, all activities are at the Hart Memorial Park (Senior Center) 222 W. Sierra Madre Blvd., Sierra Madre*

**Lunch Program:** Monday- Friday at the Intervale Café -12:00 Noon-Call (626) 355-0256 to make your daily reservation. Suggested donation \$2.00 for seniors (60+) and \$3.75 for visitors.

**Monday:**  
1:00 pm to 1:45 pm: Strength training with Lisa Brandley. FREE class of stretching with light hand weights while you sit.

**Tuesday:**  
2nd Tuesday of each month FREE blood pressure checks by Methodist Hospital; 11 am to 12 noon  
3rd Tuesday of each month FREE financial consulting; 10 -12 noon call 355-7394 for an appointment  
1:30 pm to 3:30 pm: BINGO; cards are only 25 cents each so stop by & play  
5:30 pm to 7 pm: Yoga; \$7.00 - 50 & over. Please call 355-5278 for more information

**Wednesday:**  
11 -11:45 am: Balance Class with Teryl. FREE class designed to improve balance & refresh the joints  
2nd Wednesday of the month: FREE Legal

Consultations: 10-11:30 am. Appointments call 355-7394

Wii Wednesday - 1:00 pm or call the senior desk at 355-7394 to arrange another time & day to learn how to play. No previous **experience or skills required and it is great exercise.**

**Thursday:**  
1:00 to 3:30 pm: **Game Day. Join us for UNO and Poker with Bridge on the 2nd & 4th Thursdays; so please call for more information.**  
5:00 pm to 6:30 pm: Yoga; \$7.00 - 50 & over. Please call 355-5278 for more information  
**Friday:**  
1:00 pm: **Ping Pong**  
**Saturday: 11:30 am: Senior Club brown bag lunch and BINGO at 12:30 pm**

**Free Lawn Bowling Lessons:** The Santa Anita Bowling Green Club will have beginning lawn bowling lessons each Saturday morning starting at 10:00 AM. Located just north of the golf course at 405 S. Santa Anita Ave.< free parking>  
For information call Gene at 626.351-5327.



### Senior Excursions

Thursday, November 19th - Nixon Library & Museum - 10 am to 3:30 pm  
Cost is \$26 per person and includes transportation, lunch & driver's tip  
Thursday, December 17th - Christmas Show - 10:30 am to 4 pm Join us at the Candlelight Pavilion Theatre in Claremont Cost per person is \$51.00 for lunch, show, transportation & tip.

To register for future excursions, please call (626) 355-7394. \*Payment required to reserve space\*

### Meals-On- Wheels



Meals are delivered to homebound seniors by volunteer drivers through the YWCA Intervale Lunch Program M-F (with frozen meals for the weekend.) \$2.00 suggested donation per day. Call Susan Garcia at (626) 858-8382 for more information.

**MEALS-ON-WHEELS NEEDS VOLUNTEERS TO DELIVER MEALS TO OUR HOMEBOUND NEIGHBORS \*\*ONCE A MONTH OR WEEKLY\*\***  
**Please contact Darlene Traxler at 626.355.0256.**

## SIERRA MADRE WOMEN'S CLUB INVITES THE COMMUNITY TO PRAYER

Wednesday, November 18, 2009

This All Faith Prayer Breakfast will be held at the SMWC's Essick House located at 550 W. Sierra Madre, Sierra Madre.

The event begins very promptly at 8:00 am. Guests are encouraged to arrive at 7:45. There is no charge for this sit down breakfast. Reservations needed - Call: 626-355-4908.

### SIERRA MADRE'S FARMERS MARKET!

Wednesday 3-8pm

Fresh vegetables and seasonal fruits from California family farms. Specialty foods, vegetarian and vegan dishes, ethnic foods and hot food - Everything you'll find at the farmers market has been made or picked fresh, is pesticide-free and preservative-free. *Free public parking on Mariposa.*





## One Of A Kind:

*Featuring unique homes & gardens and the people who create them*  
Story and Photos By Chris Bertrand

### Japanese Friendship Garden in Downtown Phoenix

Just seven years ago, Phoenix's Japanese Friendship Garden opened atop the Interstate 10 tunnel cutting through downtown. Similar to Seattle's I-90 lid project on Mercer Island which created new park areas above the freeway tunnels, Phoenix decided to marry the neighborhoods on one side of the freeway with the downtown area when the tunnel was built.

A new Margaret Hance Park was created there, with three and a half acres dedicated to a Japanese Garden. Phoenix's "devoted and friendly" sister city relationship with Himeji, Japan was instrumental in the garden's development, initially proposed by Himeji mayor, Matsui Totani, in 1987. When it was approved, Himeji donated funds, expertise the stone lanterns and statuary to help make the garden a reality. The design and construction process included sixty trips by Himeji landscape architects trained in this 1500 year old specialization, fifty of which contributed to its design.

The garden's Japanese name, Ro Ho En, reflects the relationship between the two municipalities. Ro, the Japanese word for heron, is a bird symbol of Himeji Castle, Japan's largest and best preserved palace. Ho is the Japanese word for the phoenix bird, and En means garden.

In this short time, the garden has matured beautifully and quickly. I never expected such a young garden to appear so complete, though the teahouse and surrounding tea garden was completed earlier, in 1996. After some initial hesitancy by the Japanese architects, all 1500 tons of landscape rock was quarried within Arizona, except for the meticulously arranged, equally shaped, smooth river rock along one shore of the pond.

Designed to be a stroll garden, Ro Ho En is already a soothing place of "beauty and tranquility as an escape from the everyday pressure of life for meditation and relaxation and to enrich and restore the body, mind and spirit," per their website. It amazed me to review my photos, seeing many features and subtleties that were never on my radar, during my first visit.

The "hide and reveal" style of the garden means that only portions of the garden are visible from any one location. As you enter the garden, the ten foot Kasuga lantern appears massive, anchoring the rest of the landscape vista behind it. On the return through this clockwise stroll through Ro Ho En, that same Kasuga lantern appears almost minute, gently blending in a beautiful profile, but not calling attention to itself.

Each gentle turn of the path reveals a slightly new, carefully orchestrated vista and sound. In fact, every rock, plant, walkway and pattern of pruning is carefully planned to please the eye and foster quiet reflection and harmony. The interplay of shade and sun play an enormous part of the magic of this place.

Again, it's amazing to me that so much has been accomplished in a few short years, in a basically flat environment. Only twelve feet separate the pond level from the highest point in the garden, the mountain region section represented with alpine-similar conifer trees.

The sound of rushing water is so innately pleasing, recreated here beginning with mountain "rapids" through narrow chasms, gradually slowing to a calmer pace until it enters the pond, through small elevation changes and gradually smaller boulders and rocks.

300 koi have free reign of the 5/8 acre waterways and pond, with protective hiding places under bridges and lily pads. The representative seashore includes a short lantern, Yukimi doro, perched on the edge of the su hama cobblestone beach.

Since the Phoenix desert climate doesn't allow all the plants typically used in a Japanese garden, necessary substitutions were made. For instance, maroon-leaved, flowering plums substitute for the delicate white flowering cherries usually included in a garden of this type, though even these are subject to a short life span of about fifteen years in this desert climate.

As we completed our tour, I was once again impressed at the careful planning of every bit of the garden, including the bathroom building. A round shaded window brings soft, filtered natural light into what is normally a utilitarian function building. Inside, the water faucet design resembles a Japanese garden fountain spigot. A glance at the ceiling made me call my family members inside for an appreciative view of the intricate cross beam work and lantern installations. Well done, I must say.

I'm so pleased a family reunion visit took us to Phoenix last month, and I extend my thanks to family member and docent, John Enright, and executive director, Diana Larowe for their sharing their insights, enthusiasm and passion for this little place of beauty. What an impact Ro Ho En offers as a quiet place of refuge, just blocks from the hubbub of downtown business. I'll always treasure my visit.

*Ro Ho En, Japanese Friendship Garden is located at 1125 N. 3rd Avenue, Phoenix, Arizona. For more information, Visit their website at [www.JapaneseFriendshipGarden.org](http://www.JapaneseFriendshipGarden.org) or call 602-256-3204.*



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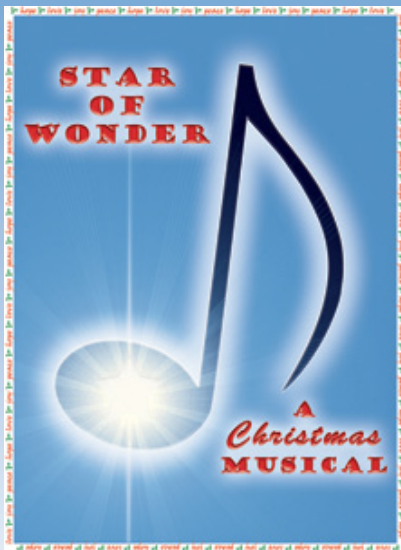


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## SIERRA MADRE'S FARMERS MARKET!

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*Free public parking on Mariposa.*

Please Join Us!

Open House:  
Nov. 22, 2009  
1:00-3:00 p.m.

Entrance Exams:  
Dec. 5, 2009 and  
Jan. 9, 2010

Contact Candace Siegle:  
csiegle@alverno-hs.org

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