



Who Has The Best Decorations? Is It You? Or Your Neighbor?

We'll drive to the nominated addresses in our service area on Monday evening, December 14, between dusk and 9 p.m. Then we'll choose two from each community we serve, Sierra Madre, Arcadia, Pasadena, Altadena, Monrovia and Duarte. Winners will be featured in the special Christmas Edition of the paper, so get up on those rooftops with your Holiday Lights, then send us your, or your neighbors, address! Santa also has something nice for the winners! For more information contact Chris Bertrand or call 626-355-2737.

Where Your Community News Comes First

Mountain Views News

Sierra Madre — Arcadia — Pasadena — Altadena — Monrovia

SATURDAY, DECEMBER 5, 2009

VOLUME 3 NO. 49

Eminent Domain On April Ballot?

Sierra Madre City Council To Consider Options By Susan Henderson

At the request of Sierra Madre Mayor Mary Ann MacGillivray, the city council will consider placing on the April municipal election ballot a measure prohibiting the use of Eminent Domain for private purposes in Sierra Madre.

For years, rumors have been rampant that the city possessed the power to use eminent domain for the taking of private property for private commercial development. The city, through its Redevelopment Agency Plan already prohibits such use of eminent domain. According to City Manager Elaine Aguilar, that prohibition is not limited to redevelopment in the downtown area.

The issue of property rights has been of concern to people in this country since its inception. To some extent, most Americans have been affected by the use of 'eminent domain' whether it is through government institutions built on land previously privately held, or, as the more recent trend has been, commercial development by private developers.

The most common use of eminent domain is when the government, federal, state or local, seize private property by force for essential public uses such as schools, fire stations, roads, and to eliminate threats to public health and safety. The public generally accepts such necessity for legitimate public uses. It is an activity that is protected by the 5th Amendment of the U.S. Constitution

which prohibits the taking of private property, "except for public use".

The second most commonly recognized use of eminent domain that is the basis for widespread concern in this state, is when the local Redevelopment Agency turns over land to another private entity for their private financial gain. Since 1954 the U.S. Supreme Court has allowed expansion of the meaning of public use to include economic development, but Sierra Madre included a prohibition against such use in its Redevelopment Agency Plan.

Four years ago, the United States Supreme Court added fuel to the fire on the matter when it ruled in favor of the city of New London, Connecticut. In 1999 New London moved to seize 90 acres in a working class neighborhood by eminent domain for a luxury waterfront development of offices, condominiums and a four-star hotel. Nearly 80 mostly elderly property owners gave up their homes, but the remaining seven put up signs "This house not for sale" and fought eminent domain seizures all the way to the Supreme Court. They lost their battle in the first challenge to eminent domain laws before the court in over 50 years.

While the basis for use of eminent domain is public use and/or the 'economic interests' of the town, emotions run high when it comes to the application of the law for most citizens.

There are currently no plans that we have uncovered to exercise the power of eminent domain in Sierra Madre, however, the possibilities do exist. There are currently two commercial sites that have been the subject of much controversy over the years. The home of Taylor's Meats on the corner of Baldwin and Sierra Madre Boulevard and the site of the old Skilled Nursing Center across from City Hall on Sierra Madre Boulevard are potential sites for eminent domain disputes.

While the argument until now has primarily been whether or not the proposed projects exceed the limits of Measure V, both sites are bordered by property, some residential, that hypothetically could be seized should the developers convince city officials that expansion is necessary.

The question would then become whether or not using the power of eminent domain would be justified, i.e., in the economic best interest of the town. Currently, that question would be answered by city staff and the council.

Should a ballot measure be passed, there is the potential that it would prevent such decisions being made by staff. And, even if an election yields such a law, current State and Federal laws will still prevail.

The council will discuss the matter on Tuesday, December 8, 2009, 6:00 p.m., at its regularly scheduled meeting.

Snow In Sierra Madre Hundreds of Children Line Up For A Ride



The Sierra Madre Chamber of Commerce, in an effort to support local businesses and give a jump start to the Holiday Season, once again sponsored Dickens Village in the city's downtown. For just about six hours last Saturday, center city was transformed to a magical place complete with the annual Christmas Tree Lighting. Snow, Horse and Buggy rides and of course, Santa. Hundreds of residents and visitors lined the streets as vendors and local organizations displayed gifts and goodies.

Photos by Bill Coburn

SMRFA's California Girls - 'Sailing To Completion'

Submitted by Bonnie Colcher

The Sierra Madre Rose Float Association's entry in the Tournament of Roses Parade, "California Girls", is "sailing" to completion. Construction is nearly done, with the main elements, trees, sun, sailboat, and windsurf boards in place. We are ready to "embark" to prepare the dry materials and flowers to transform our entry into the spectacular float for which Sierra Madre is renowned.

Our float will "sail" down Colorado Blvd to the accompaniment of the coastal sound of our own native boys, The Beach Boys, with the song that put California living and our local surf culture on the map, "California Girls!"

While we have the great fortune to welcome lots of volunteers who offer their time between Christmas and New Years, what we need and welcome is volunteers to help us now. The dried materials can be applied as soon as the structures are completed, so



Artist's rendition of California Girls



Photos By Dean Lee/MVNews

tickets right on Orange Grove, a premier location. A parking pass is also included. Raffle tickets are a bargain for \$1 each or 6 for \$5. The winner will be announced on Dec 18th. Raffle tickets can be purchased at the float barn at 587 E Sierra Madre Blvd.

So, come on down, help with the float, and buy your raffle ticket now!

The Rose Float Princesses help Santa during Dickens Village as advisor Leslie Hinton looks on.





New Japanese erasers have arrived!



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Weather Wise



5-Day Forecast

Sierra Madre, Ca.

Mon: Rain Hi 50s Lows 40s
Tues: Sunny H 50s Lows 40s
Wed: Sunny Hi 50s Lows 40s
Thur: Rain Hi 50s Lows 40s
Fri: Showers Hi 50s Lows 40s

Forecasts courtesy of the National Weather Service

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



Chamber Mixer to Benefit Sierra Madre Rose Float Association

The Sierra Madre Chamber of Commerce invites you to join them for their December

Mixer on Thursday, December 10 at the Sierra Madre Rose Float Association (SMRFA) Barn, 611 E. Sierra Madre Blvd., from 5:30—7pm. Admission is \$10 for members, \$15 for non-members, and admission fees will be donated to SMRFA. Get a preview of this year's float "California Girls."

Holiday Happenings

Redlands Community Chorus Concert December 13 at St. Rita's



All are welcome to take a little time from harried shopping and back-to-back holiday parties to rejuvenate the spirit in the true meaning of Advent and Christmas at St. Rita's Church in Sierra Madre!

The Community Chorus of Redlands will once again perform their **Advent Concert of Lessons & Carols** at St. Rita, this year on Sunday, December 13 at 5 p.m. The 80 member chorus, which has toured extensively, will perform their moving choral and instrumental music, with seasonal anthems, readings and carols, joined this year by Ensemble XXI, a camerata of 20 voices. Director Jeffrey Rickard, longtime choral director at University of Redlands, grew up here in Sierra Madre, and was the Ascension Episcopal Church organist during the 1960's. Freewill offering benefits the chorus. The concert will take place at St. Rita Church, Baldwin at Grand View in Sierra Madre.

Several other annual events will also take place at St. Rita's during December include the **8th Annual Men's Club Pancake Breakfast and Visit with Santa**, a Sierra Madre holiday tradition! Breakfast will be followed by a low key visit with Santa for the little ones on Sunday, December 13 from 8 a.m.-Noon in O'Malley Hall, on the lower level of the church. Tickets at the door: Adults \$10, Children 6-13 \$5, Under 6 Free. Discounted presale tickets will be available before December 11..

St. Rita School presents their annual **Christmas Pageant**, an all-school musical production plus a beautiful, live "tableau" presentation of the Nativity on Thursday, Dec. 17, at 6 p.m. in the church. All ages are welcome. No charge.

Candlelight Walk and Christmas Caroling is an interfaith Sierra Madre tradition! Bundle up, bring a sturdy candle in a cup, and meet on the steps of St. Rita's. The group gets larger block by block as hundreds carol down Baldwin. At Kersting Court's Nativity scene, readings and more carols conclude this wonderful evening, Sunday, December 20. Meet on St. Rita Church steps at 6:45 p.m.

Christmas Eve Masses will include the 4 pm Children's Mass., where families invited to bring an unwrapped children's gift donation; 10 pm Carols and meditations will be followed by the 10:30 pm Vigil Mass with Full Choir and Brass. On Christmas Day, Masses will be at 8:30 and noon.

For more information, call 626-355-1292 or visit the St. Rita website: www.St-Rita.org/

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
December Sierra Madre					4	5
6	7	8	9	10	11	12
	Pearl Harbor Remembrance Day	City Council Meeting	Arts Commission Meeting	Barks and Books		Sierra Madre Little League Registration
13	14	15	16	17	18	19
				Third Thursday Book Club		Arts Commission Excursion
20	21	22	23	24	25	26
	Community Services Commission Meeting	City Council Meeting	Library Board of Trustees Meeting	Planning Commission Meeting		First day of Hanukkah
27	28	29	30	31		
	Winter Solstice		Tree Advisory Commission Meeting	Christmas Eve	Christmas Day	Last day of Hanukkah
				New Year's Eve		First day of Kwanzaa

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
December Arcadia					4	5
6	7	8	9	10	11	12
Holiday Decoration Award Judging	Holiday Decoration Award Judging	Holiday Decoration Award Judging	Recreation Commission Meeting			Breakfast with Santa
	Pearl Harbor Remembrance Day	Senior's Holiday Breakfast Planning Commission Meeting	Foreign Film Evenings			Holiday Decoration Award Judging
13	14	15	16	17	18	19
	Special Teen Program	City Council Meeting	Santa Squad Visits Tonight	Teen Movie Matinees		Brag About Your Bag
20	21	22	23	24	25	26
	Winter Solstice	Modification Committee Meeting		Christmas Eve	Christmas Day	First day of Hanukkah
27	28	29	30	31		
		Teen Zone		New Year's Eve		First day of Kwanzaa

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
December Monrovia					4	5
6	7	8	9	10	11	12
	Golden Age Club	Time for Two's Santa Visit	Munchkin Visit Santa			How to Thrive (Not Just Survive) During Changing Times
	Pearl Harbor Remembrance Day	Community Services Commission	Planning Commission	Blue Star Families	Family Festival	First day of Hanukkah
13	14	15	16	17	18	19
	Santa Tours Monrovia Starts		School Board	Monrovia Historic Preservation Group	Family Festival	First day of Hanukkah
20	21	22	23	24	25	26
	Golden Age Club		Youth Commission	Monrovia Historic Preservation Group	Family Festival	First day of Hanukkah
27	28	29	30	31		
	Winter Solstice		Historic Preservation Commission	Blue Star Families	Christmas Eve	First day of Kwanzaa
	Golden Age Club			Library Board	Christmas Day	First day of Kwanzaa
				Christmas Eve		
				Holidays in Old Town Ends		
				New Year's Eve		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
December Duarte					4	5
6	7	8	9	10	11	12
	Mayor's Youth Council Meeting	City Council Meeting	CDBG Advisory Committee Meeting			Moonlight Basketball
	Pearl Harbor Remembrance Day	Greeting Card Workshop	Santa Visits Beardslee Park			Moonlight Basketball
13	14	15	16	17	18	19
	Parks and Recreation Commission Meeting	Public Safety Commission Meeting				First day of Hanukkah
20	21	22	23	24	25	26
	Planning Commission Meeting	Call Santa				Moonlight Basketball
27	28	29	30	31		
	Youth and Family Master Plan Advisory Committee	City Council Meeting		Christmas Eve	Christmas Day	First day of Kwanzaa
	Winter Solstice			New Year's Eve		

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Sierra Madre ALTERNATIVE GIFT FAIR

Sierra Madre United Methodist Church is holding an Alternative Christmas Gift Fair on Sunday, December 6, 2009 from 11:00 am – 1:00 pm following the 9:30 am worship service. Celebrate the spirit of the holiday season by giving a gift that truly “gives back.” Your “donation” of a bag of nails, or a flock of chicks, for example, helps support the relief efforts of local organizations such as San Gabriel Valley Habitat for Humanity, Friends in Deed, and Foothill Unity Center, and global efforts such as Katrina House Rebuilding and Heifer International. Fair Trade items from Equal Exchange, Anti-Body Skin Care, and the Ten Thousand Villages store in Pasadena will be available for purchase. Enjoy free refreshments while you browse. The Church is located at 695 W. Sierra Madre Blvd. in Sierra Madre. Call 626-355-0629 for more information.

Library Friends December Best Used Book Sale

Chestnuts roasting on an open fire.oh my gosh: Is it really that time of year again? Thank goodness the Friends of the Sierra Madre Library's Best Used Book Sale is here just in time for Holiday shopping.

Calling all family chefs: A collection of specialty cookbooks are being offered in the (Saint) Nick of time. They're perfect to help plan holiday meals and tasty new treats for Santa. The Martha Stewart Christmas Cookbook; Marlboro Country Cookbook; One Potato, Two Potato are just a few of the epicurean delight editions on sale. And while you are munching on your Yuletide goodies, enjoy a good Christmas book, such as Christmas in America, and Christmas with Victoria.

Art lovers of the world unite! The World of Picasso, Whistler, Cezanne, Leonardo, Van Gogh, Michelangelo are amongst a new collection of art books available for purchase at fantastic prices.

For the teens the JRR Tolkien books are here. Also a new selection of Collectibles including 2 volumes of The Arabian Nights. Of course a variety videos, DVD's, and books on tape round out our holiday offerings.

The outside tables will be stocked with fiction/non fiction titles for \$1.00 each. Buying a bag of paperbacks for that every waking hour reader in the family is no problem as paperbacks are 25 cents each (or 5 for a \$1.00.) Plus, there are a new selection of children's books. Be sure to come early for best selection and choose wonderful and unique gifts for family and friends.

Mark your calendars for Friday, December 4th from 3:00 to 7:00 pm and Saturday, December 5th from 10:00 am to 2:00 pm to visit us at the library: 232 West Sierra Madre Blvd, Sierra Madre. Need help with directions? Call (626) 355-7186. The Friends operate the Best Used Book Store. Reasonable prices and all proceeds support the library programs. Come and shop early for the best finds.

Arcadia

Winter Wonderland

Get ready for winter with this Saturday story-time on December 19 at 2:30 p.m., featuring stories about cold weather, winter holidays, and snow. Children ages 5-14 can also create a holiday snow-man to decorate and take home. No registration required.

“ZORRO”—SIERRA MADRE'S 2010 “ONE BOOK ONE CITY” SELECTION

The Sierra Madre Public Library is pleased to announce “Zorro”, by Isabel Allende, as the 2010 One Book One City selection. With a full schedule of events, special guests and literary discussions planned for February, the Library invites everyone to read this thrilling and thought-provoking tale of a California legend, and rediscover the love of good storytelling.

First published in 2005, the novel tells the story of the early, adventurous years of Diego de la Vega and the political and personal conflicts, world travels, and affairs of the heart that would lead him to become the swashbuckling champion of the oppressed in 19th century California. “Equal parts adventure, historical novel, and family saga, ‘Zorro’ is a moving portrait of a hero who is heartbreakingly human,” described *People* magazine.

One Book One City hopes to inspire members of the community to read the same book at the same time. In addition to giving people an excuse to read a great work of fiction, the Library is organizing a number of events to celebrate, as well as explore the book in depth. The first event will be a kick-off party at the Sierra Madre Public Library on January 30th, from 1:00-4:00 p.m., featuring fencing demonstrations, Mariachi musicians, Flamenco dancers, and light refreshments provided by Casa Del Rey Mexican Restaurant.

The San Gabriel Mission and the Pueblo de los Angeles feature prominently in “Zorro”; and the Library is organizing a field trip to

these historic sites. Book discussions, presentations on the history and literature related to the novel, and an appearance by Zorro himself at the Friends of the Library Wine & Cuisine Tasting on February 19th are also planned.

The most widely read Latin American author in the world, Allende, 67, was born in Chile, traveled extensively with her family as a child, and then established a career as a journalist in her home country before fleeing the military coup in 1973. She began writing her first novel, “The House of the Spirits”, as a letter to her dying grandfather in 1981 because she could not return to Chile to see him.

Allende's dozens of novels, which have been translated into 27 languages, include the acclaimed “The House of the Spirits”, “Portrait in Sepia”, “Ines of My Soul”, and the 2009 “La Isla Bajo el Mar,” which is set to be released in English in 2010. Her work has won countless international literary awards and she has been honored by numerous universities and arts, literature, and feminist organizations around the world.

Allende took on the legend of Zorro at the request of the company that owns the rights to the name and the story. The character of Zorro first appeared in print in the early 20th century and while many books, movies, and television shows have recounted tales of his exploits, none had ever delved into what made the young man into a hero.

Copies of “Zorro” in English and Spanish and on CD, as well as Allende's other works, are available for checkout at the Sierra Madre Public Library and for purchase at Sierra Madre Books in Sierra Madre. All One Book One City events are free and open to the public. The Sierra Madre Public Library is located at 440 W. Sierra Madre Blvd., Sierra Madre 91024. For more information, please call Catriona Shafer at 626-355-7186.

Alverno's Candlelight Celebration December 16 at 7 pm

Don't miss one of Sierra Madre's favorite Christmas traditions, as Alverno High School's beautiful Candlelight Celebration leads you through a live reenactment of the story of Christmas from the Annunciation to the birth of Jesus.

The lovely candlelight procession begins at 7pm and includes Christmas carols and live tableaux. A festive Christmas reception with music and refreshments will follow.

Put on your coziest winter outfit and join us on December 16 at 7 pm for what is sure to become one of your favorite Christmas traditions. Alverno High School is located at 200 N. Michillinda Ave. in Sierra Madre. The Candlelight Celebration is free and all are welcome.

Hastings Ranch - NIKO & FRIENDS- OFFICIAL TOYS FOR TOTS DROP OFF POINT

In an effort to help children and families facing difficulties this holiday season, Bean Town has agreed to become a collection point for the well known Toys for Tots Program. The toys donated will be distributed as Christmas gifts to needy children.

Niko's supports the program because Toys For Tot's primary goal is to deliver a message of hope to

needy youngsters that will motivate them to grow into responsible, productive, patriotic citizens and community leaders.

Once the toys are collected, the local Marine Corps Reserve Unit will pick them up and distribute them. Cash donations are also accepted, so make certain you stop by Niko & Friends, 900 Valley View Ave. (at Michillinda), Pasadena, Ca. 91107 626-510-6151

Mark Your Calendar: Friends of the Sierra Madre Library 2010 Wine and Cuisine Tasting Event: The 40th Annual Wine and Gourmet Tasting Fundraiser

Stroll through a luxuriously aristocratic European villa lately? Sample cuisine from dozens of world-class chefs? Cleanse your palate enjoying wines from the grapes of select vineyards throughout California?

You might know we are describing our upcoming 40th Annual Wine and Cuisine Tasting gala. This event of the season will again be held at Alverno's historic Villa in Sierra Madre, Friday evening, February 19th, from 7:00 – 9:30pm. New to this year's celebration will be our early bird premier from 6-7pm. Highlighting this special event will be an oenologist who will cultivate our awareness of fine wines. Special food, premium wines, door prizes, live music, a distinctive badge and early access to our main event will transform you into a bon vivant connoisseur.

Sponsored by the Friends of the Sierra Madre Library tickets will be available beginning December 15th at: Sierra Madre Public Library, The Bottle Shop, Arnold's Frontier Hardware, Iris Intrigue, Charcuterie, Savor the Flavor and Sierra Madre Books. They will also be available on line at www.SierraMadreLibraryFriends.org. Tickets are \$60 each for the main event. And \$80 gets you into the main event AND the early bird premier. Tickets are limited so purchase your tickets early.

All funds raised enable the library to add new acquisitions and additions to collections, support library

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Latest Sierra Madre History: Limited Edition - Great Demand



Member of the Sierra Madre Historical Preservation Society, Jim Whitson and Steve Murphy proudly display a poster of the book, “A Southern California Story: Seeking The Better Life In Sierra Madre”. Written by Author Michele Zack, the book, printed in limited edition, is available at the following shops/stores: Lizzie's Trail Inn, Sierra Madre Books, Sierra Fitness, Savor the Flavor, Sierra Madre Public Library, Vromans (Hastings Ranch & Pasadena), Mary's Market and Arnold's Hardware. To purchase a book by mail, please fill in the information below, print the form and enclose your check or money order and mail to the address provided on the form. To pay by credit card, please call (626) 355-8129 and leave your name and phone number.

Duarte**Eight Duarte Citizens Honored With Community Service Recognition Awards**

Recipients of the 2009 Community Service Recognition Awards are (starting in back row from left): Elizabeth Bagwell (City of Hope), Outstanding Business Person Service Award; Erica Christianson, Outstanding Youth Award; Francisco Contreras, Outstanding Youth Award; (front row, left) Neil Earle, Outstanding Civic Service Award; Carrie Osburn, Outstanding Humanitarian Award; Dorothy Smith, Outstanding Service to Senior Citizens/Disabled Award; and Aida Torres, Outstanding Service to Youth Award.

The Duarte Chamber of Commerce honored eight outstanding community service volunteers at the annual City of Duarte Mayor's Thanksgiving Prayer Breakfast held at City of Hope Cooper Auditorium. More than 150 attended the event. "The Mayor's Thanksgiving Prayer Breakfast and Community Service Recognition Awards is always such a wonderful way to launch the holidays. Honoring those who give of themselves to help make Duarte the great and caring community that it is sets the tone for the season," said Duarte Chamber President and Chief Executive Officer, Jim Kirchner.

Recognized for their outstanding contribution to Civic Service were Neil Earle and Irwin Margiloff, authors of the newly published "Images of America: Duarte," a 127 page account of Duarte's history from the time of Andres Duarte to the present. Margiloff is the longtime curator of the Duarte Historical Museum. Earle is a pastor, journalist, and produces and hosts a current events program on Duarte Public Access, DCTV.

Elizabeth Bagwell, Community Relations Manager at City of Hope, was honored with the Outstanding Business Person Service Award. Bagwell is responsible for the many outreach activities that the City of Hope hosts on its campus. A past Chairman of the Duarte Chamber of Commerce, she is deeply involved in participating and lending her support to local community groups.

Dorothy Smith was the recipient of the Outstanding Service to Senior Citizens/Disabled Award. Smith has been volunteering her heart, time and talents to the Duarte Community since she arrived in Duarte 50 years ago. She assisted with youth summer lunch programs and worked with a local organization to help needy families with housing, furniture, food, school supplies and referrals. She also worked with Spanish-speaking women, helping them study for their citizenship test. She joined the Duarte Community Service Council in 1990 and became President of the organization in 2000, a position she still holds.

The Service Council provides summer camp sponsorships, glasses and dental care for children, and emergency food to families throughout the year, as well as food and gifts during the holidays. Smith also volunteers at the Duarte Senior Center assisting with the L.A. Food Bank distributions,

among other acts of selflessness.

Carie Osburn received the Outstanding Humanitarian Award for her volunteer service to several local organizations, including the Duarte Historical Museum where she serves as a docent, the Duarte Mesa Association Board, Friends of the Duarte Library and Neighborhood Watch. Her work over the years for the Rose Float Concessions included over 300 task items as she organized the volunteers and helped organize a myriad of details for the event.

Aida Torres, recipient of the Outstanding Service to Youth Award, has served Duarte's most at-risk youth – probationers for the past six years in her work with the Duarte Public Safety Department. While helping youth is part of her job description, she goes above and beyond through her encouragement, advice and giving of her time. She motivates Duarte's youth to participate in scores of community service projects each year that offer teens valuable work experience and develops ownership of their community.

Erica Christianson and Francisco Contreras, Duarte High School seniors, received the Outstanding Youth Awards for their leadership, public service and scholastic achievements. Christianson, a member of the basketball, track, soccer and volleyball teams was named scholar athlete for all seasons of the 2008-2009 school year. She has been involved with the Interact, Key Club, Youth to Youth, CSF, Journalism, Leadership, Debate and Mock Trial. She has volunteered for Foothill Unity Center and Immaculate Conception Church. She is a Girl Scout working on her Gold Award, has been honored as a Girls State Delegate, AP Scholar, and maintains a 4.6 UC/CSU G.P.A.

Contreras is vice president of Interact, Treasurer of Youth of Youth, plays on the Duarte High School Basketball team and is also actively involved in CSF and Journalism. While keeping busy and contributing to his community, Contreras has maintained a 3.73 UC/CSU G.P.A.

The Mayor's Thanksgiving Prayer Breakfast and Community Service Recognition Awards are sponsored by the Duarte Chamber of Commerce, Duarte Church and Clergy Association, Duarte Kiwanis Club, Duarte's Promise: The Alliance for Youth, and Royal Oaks Manor in partnership with the City of Duarte.

Monrovia**Rose Leaf Ragtime Club**

THE ROSE LEAF RAGTIME CLUB, now in its 15th year, meets on the last Sunday of every month, and will convene on Sunday, December 27, 2009 at the Aztec Hotel's Mayan Restaurant from 2:00 to 5:00 PM.

The Aztec Hotel, a marvelous historic building built in 1925, is located at 311 W. Foothill Boulevard in Monrovia, 3½ blocks west of Myrtle. Plenty of free parking at the west side of the hotel. Suggested donation -- \$2.00 (performers are not asked to donate). Ragtime and related types of music, classic and contemporary, played on one or two upright pianos, as well as on other instruments. Attendees are encouraged

to support the hotel (which does not charge the club) by partaking of the reasonable all-you-can-eat buffet. Beverages including beer and wine are available for purchase.

Performers, listeners and dancers (there's a small dance floor) are always welcome.

For further information call Hal Leavens (626) 359-8648 or Ron Ross (818) 766-2384 or send e-mail to ragtimeron@earthlink.net

The Rose Leaf Ragtime Club is on the Web at <http://roseleafclub.com>

Videos of recent meetings can be viewed at <http://valleyragtimestomp.com/>

California**RECALL OF SENATOR HUFF FAILS**

Senator Bob Huff (R-Diamond Bar) announced today that the recall effort launched against him last June has failed to gather sufficient signatures to hold a recall election. The recall proponents were required to gather 65,535 valid signatures from registered voters in the 29th Senate District by November 16th to force an election. The 29th Senate District encompasses portions of Los Angeles, San Bernardino, and Orange Counties. All three county Registrar's offices confirmed that in fact zero signatures had been submitted for verification.

Proponents of the recall falsely maintained that Huff had "violated his pledge to not raise taxes" in early 2009 when the state legislature voted to substantially raise taxes. Huff was actually part of the minority in the legislature that voted "no" on every tax increase.

"The voters of the 29th recognized that holding a recall election was a bad idea. Recall elections are costly, and recalling a legislator for a vote they did not cast makes no sense" said Huff. Coincidentally, several organizations have

recently released their legislative scorecards for 2009, including the Howard Jarvis Taxpayers Association (HJTA), the California Chamber of Commerce, and the California Republican Assembly (CRA), a conservative anti-tax organization. Huff received an "A" from the HJTA, a perfect 100 from the California Chamber of Commerce, and another perfect 100 from the CRA. These rankings confirm Huff's strong support for the taxpayers and businesses of California.

The California Chamber of Commerce report card can be viewed at: http://www.calchamber.com/GovernmentRelations/Documents/voterecord_11_06_2009.pdf

The HJTA report is here: <http://www.hjta.org/legislative/report-cards/>

The CRA scorecard is here: <http://www.californiarepublicanassembly.com/pdfs/2009-CRA-Legislative-Scorecard.pdf>

Senator Bob Huff is the Senate Republican Caucus Chairman and represents portions of Los Angeles, Orange and San Bernardino counties.

SIERRA MADRE'S FARMERS MARKET!

Wednesday 3-7 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.

**Community Effort Will Give New Toys and Clothing to Nearly 3,000 Needy Children**

Because of the dramatic increase in its client base, Foothill Unity Center is asking for assistance to meet the need. The Holiday Toy & Clothing Committee, co-chaired by volunteers Irene Yamagata-Bermudez, Dottie Percy-Ward, Catherine May and Christi Anderson, is coordinating the effort to serve the children of more than 1,600 client families. Hand decorated angels with the child's first name, interests and sizes are adopted by community organizations, businesses and individuals and returned with a \$20 unwrapped gift. The goal is to have a new toy and new clothing for each child.



"In other toy drives, children are given a toy at a charity event, and then have nothing to open for their holiday," explains Center Executive Director Joan Whitenack. "We give the new toys and clothing to the parents in opaque plastic bags. Then the parents wrap and give the gifts to their children themselves. We're not the ones getting the hugs — our reward is knowing we've played a part in helping families enjoy sharing holiday traditions, even in very difficult times."

Last year's event provided new toys, books and clothing to more than 2,300 children. This year, with the huge increase in families turning to the organization for assistance, as many as 3,000 children are expected.

"This is an especially wonderful event because there are so many ways to participate," says Bermudez. "People who love arts and crafts can decorate angels. You can adopt one or more angels and shop for the gifts for the children. We also need people to sort and bag the items for each child and help at the December event. And of course, we're always grateful to businesses and organizations that sponsor toy drives."

Those who are short on time can still participate by donating money or gift cards, says event co-chair Catherine May. "We don't want any child to be without a gift for the holidays and cash and gift cards really help fill in the gaps."

Monetary donations are especially welcome, notes May, because special arrangements with vendors enable the Center to stretch every penny and buy more efficiently. Gift cards in \$20 increments from local stores such as Target, Walmart, Kohl's, Old Navy and Best Buy make ideal teen gifts.

Donations and gift cards can be mailed to: Foothill Unity Center, Inc., Holiday Angel, 415 West Chestnut Avenue, Monrovia 91016. Angels can be picked up and gifts dropped off at the Monrovia office or the Pasadena site at 191 North Oak Street. For more information, call Betty McWilliams at (626) 358-3486 or email betty@foothillunitycenter.org.

Foothill Unity Center, Inc. provides a range of services unparalleled in the San Gabriel Valley. Operating with a small staff and a corps of dedicated volunteers, the nondenominational organization distributed over three million pounds of food to very low-income families last year. It also provides clothing, limited motel vouchers, and referrals to the homeless and people in crisis. Clients meet stringent income guidelines and are recertified annually. Foothill Unity Center is a non-profit 501 ©(3) corporation. postrye@netzero.com

Gold Line Bridge Retrofit Project Scheduled For Colorado Boulevard

The County Board of Supervisors unanimously approved a \$205,000 project to make seismic improvements to the Metro Gold Line Bridge over Colorado Boulevard in Arcadia.

The project is slated to begin in March 2010 and be completed in May 2010. Funding for the bridge seismic retrofit will be provided under the Federal Surface Transportation Program and Proposition 1B funds.

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Gold Line Extension Funds Approved

The Board of Supervisors unanimously approved a motion directing the Chief Executive Officer and the Federal Advocacy Office to work with the Metropolitan Transit Authority (MTA) to pursue federal sources to close funding gaps in the MTA's Long Range Transportation Plan for the Gold Line Extension and Crenshaw/LAX Transit Corridor.

These funding sources include the federal reauthorization, federal climate change transit funds, federal stimulus funds, and other federal funds.

Currently, the Gold Line Foothill Extension Project requires gap funding of \$400 million to extend the line from Pasadena to Claremont and the San Bernardino County line. The Crenshaw/LAX Transit Corridor requires an additional \$485 million to mitigate public safety concerns and economic impact.

Students Encouraged to Apply for \$30,000 Scholarship

Pasadena City College students and alums are highly encouraged to apply for the Jack Kent Cooke Foundation Undergraduate Transfer Scholarship, which honors excellence by supporting outstanding community college students with financial need to transfer to and complete their bachelor's degrees at the nation's top four-year colleges and universities. The Foundation provides up to \$30,000 per year to each student.

For more information, call (626) 585-7992.

Pet of the Week



Skipper, an adorable, three month old pup is friendly and loves attention. He will need a home with someone who can dedicate the extra time and love it takes to raise a puppy. Skipper is just one of many dog looking for a new home. Come and visit with all the pets today!

The regular dog adoption fee is \$120, which includes medical care prior to adoption, spaying or neutering, vaccinations, and a follow-up visit with a participating vet.

Please call 626-792-7151 and ask for A261627 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.

Gold Line Stands the Test of Time

By Dean Lee

After years of being MIA, the Lake Avenue Gold Line station now finally has a clock tower, although as of Friday it was stuck on 12 o'clock—but hey, even a stopped clock is, at least, right twice a day.

City staff did not say much about the new tower when asked Thursday, other than its part of the city's Lake Avenue Bridge Enhancements project which includes four clocks at the east entrance. The project also includes the construction of structural steel canopies along the sidewalk and the installation of a photovoltaic system within the roof of the sidewalk canopies capable of generating solar power for the City's Water and Power Department.

They also said the city is installing new decorative streetlights and a canopy lighting system, the construction of three bike rack areas with stamped concrete paving, and the installation of decorative benches and trash cans.

The project is said to have cost \$2.3 million which



Lake Ave. Gold Line Station Photo D. Lee/MVNews

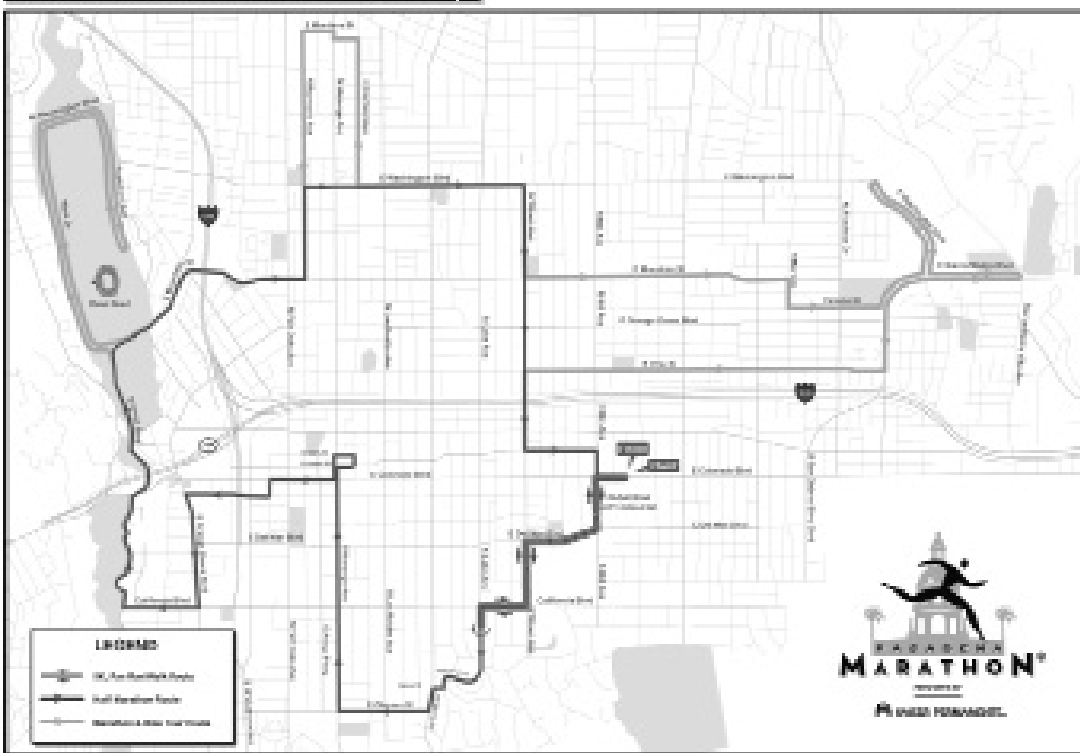
includes both sides of the street. The west side was finished last month.

The tower had been part of the original plans for the Gold Line station completed in 2003. It was also, for years, the subject of a number of

letters written to the editor as it stood awkward with unfinished beams sticking upward. Most just wanted to know what it was?

Reports say the holdup was the city's decision to add the solar panels to the project.

2010 Pasadena Marathon Course Map



Pasadena 2010 Marathon Race Course Set

Although this year's Pasadena Marathon route has been worked out by organizers, city staff and police, the course still needs to be measured by USA Track & Field to be certified. The race is set to take place Feb. 21.

The 26.2 mile course, announced last week, is still being tinkered with to determine where aid stations, water stations, and mile markers will be located.

Organizers said, "The course features areas of

interest throughout the city, including beautiful residential neighborhoods, vibrant commercial districts, and numerous cultural landmarks. The route includes Old Pasadena, the Tournament of Roses headquarters, Pasadena City Hall and the Rose Bowl loop."

Pasadena Forward Executive Director Israel Estrada estimates 14,000 people will register for one of five race options, including the

Marathon, Half Marathon, Bike Tour, 5K and a 3.1-mile Fun Run/Walk. Organizers say this gives everyone, from seasoned competitors to first-timers, a chance to have fun.

Estrada also said they expect approximately 10,000 spectators and 2,000 volunteers to show up on race day.

For more information visit: pasadenamarathon.org or call (626) 797-7238.



ABC Nutrition 550 N. Fair Oaks Ave.

banners, reduce window signage to allowable limit, paint repaired wall area and remove junk, trash and debris from sidewalk."

In a statement released Tuesday, Public Information Officer Ann Erdman made clear, "The written warning did not call for the entire wall – or any part of the mural – to be painted over."

She also said the property owner, Izydor Wilchfort, contacted the code compliance officer clarifying the four code violations.

"The code compliance officer explained that the area to be painted was only the recently repaired portion of the wall," Erdman said. "At no time did the officer tell the

property owner to paint over the entire wall or any part of the mural."

Removal of public artwork is subject to state (California Works of Art Preservation Act) and federal (Visual Artist Rights Act) law and can only be removed under certain conditions. The property owner neither notified the city of Pasadena or the artist about the intention to paint over the artwork nor asked the city or the artist for permission. Erdman said.

She added that city officials will meet soon with the property owner and the artist to begin the process of deciding how to move forward on this issue.

A \$21 Million Claim Alleges City Police Wrongdoing

A well known local media expert has filed a \$21 million claim Thursday against the city of Pasadena, alleging he was falsely arrested in July as payback stemming from an alleged 2007 incident with the teenage son of a high-ranking Pasadena Police Department official.

In his claim. Dereck Andrade, 49, of Pasadena, alleges he was the victim of a police conspiracy, and is calling for an independent federal Grand Jury probe into

to say he had been attacked.

Police spent nearly 90 minutes at the complex before placing Andrade under arrest for spousal abuse.

Andrade's attorney, Chad Pratt, said police did not follow correct procedures. He also said Andrade's arrest was in retaliation for a previous incident.

"I believe it's more than just a coincidence that the man who was falsely accused of having lurid, gay sex with a Pasadena police lieutenant's son is dragged out of his home in handcuffs in broad daylight, thrown in the back of a police cruiser, and further humiliated by spending 13 hours isolated in a city jail cell," Pratt said.

The Pasadena city attorney's office has since dropped all charges and declined to prosecute Andrade, a former professor of journalism and public relations at Pasadena City College and a former 14-year member of the Pasadena Tournament of Roses Association. He is also a former business editor at the Pasadena Star-News.

Andrade sued a former employer in Los Angeles County Superior Court in downtown Los Angeles in January 2009 after Western University of Health Sciences in Pomona alleged he served alcohol at the posh Polo Lounge to his then-18-year-old intern, Thomas Dewar of Pasadena, then engaged in gay sex with Dewar in Andrade's room at the Beverly Hills Hotel in November 2007.

Dewar is the son of Pasadena Police Lt. John Dewar.



Dereck Andrade

his arrest by the Pasadena Police Department.

A lawsuit is expected to be filed in Los Angeles County Superior Court against the city.

According to Andrade he was arrested in his Pasadena home July 7 and charged with misdemeanor battery stemming from a lover's quarrel between him and his partner of 10 years, Denny Blasingame, a senior editor at Burbank-based Yahoo Search Marketing.

More than half a dozen Pasadena police officers descended on Andrade's upscale Pasadena complex, after Andrade had called 911



Holiday Tour at the Castle

The splendor of Pasadena's golden era awaits, as the Castle celebrates the holidays. Take a step back in time at the historic Castle Green, a blend of Moroccan and Victorian architecture, built in 1898 as part of the resort Hotel Green. Now privately owned apartments, and generally closed to public, the building will open its gates and welcome visitors, for the annual Holiday Tour on Sunday, December 6th.

Tours begin at 1 p.m. and end at 5 p.m. tickets are \$20, and are purchased at the gate the day of the tour, children under 12 get in free.

Once converted to private residences in the 1920's, Castle Green attracted many designers, musicians, artists and collectors to live in the building. Those who find an interest in history, creative interior design, and cultural heritage, will see the original exterior and interior of this unique city landmark, the last remaining survivor of the hotel period in Pasadena.

Famous individuals associated with the Castle are Tim Burton, film director and former Resident; Charles White, noted African-American artist who had his studio there; and Marcel Duchamp, French artist closely associated with the DaDa and Surrealism movements. Among the many films shot here are The Sting, The Last Samurai, The Little Rascals, Wild At Heart, We Were Soldiers, and The Prestige, and television shows including CSI Miami, Cold Case, Buffy the Vampire Slayer, Alias, the X-Files, Brothers and Sisters, Heroes and Numbers.

While trained docents will

be available, you may walk at your own pace through the original public rooms and over 20 individual apartments, all differently interpreted for the holidays. See the Grand Salon, the Moorish and Turkish Rooms, the Palm Room, Sunroom and Veranda, the open cage elevator, fireplaces, hand-carved woodwork, and marble staircases, the bridge and penthouse, with a 360 view overlooking Pasadena, as well as artist studios. Also see a display of original woodcut prints depicting California landscapes by Frances Gearhart, a leader in the American Printmaking Movement, from the 1920's and 30's.

A 12-foot Scotch pine and holiday music will welcome visitors entering the Grand Salon. Exhibits and signage will describe particular rooms and features, some with movie stills from as far back as 1918. Also for display and sale, in turn-of-the-century style, hand blown ornaments and glassware by artisan Evan Chambers. As well, guests will enjoy sweets and cider, coffee, and food samplings from local caterers.

The semi-annual tours of the Castle Green are organized by volunteer members of the nonprofit support arm, Friends of the Castle Green, whose mission is to provide and implement restoration to the building. All funds raised through the tours and merchandise sales are dedicated to the preservation of this landmark building.

More Info: 626-577-6765 or visit: www.castlegreen.com

Photograph courtesy of the Friends of the Castle Green Archives.



The Sierra Madre Fire Safe Council will host a program on Earthquake Preparation presented by Margaret Vinci of Southern California Earthquake Center, December 7 at 7 P.M., 232 W. Sierra Madre Blvd. The Earthquake Center at Cal Tech co-ordinated this year's state-wide Great Shake Out after spearheading Los Angeles Counties Shake Out last year. Refreshments will be served and the public is invited to celebrate Sierra Madre Fire Safe Council's fourth year and learn of other current projects: Fire Watch, CERT--Community Emergency Response Team--training sign-up for 2010, and the Emergency AM Radio Station. Please call 355-0741 for information.

Caroline Brown, Public Relations Sierra Madre Fire Safe Council

Sierra Madre Police Blotter

During the week of Sunday, November 22nd, to Saturday November 28th, the Sierra Madre Police Department responded to approximately 329 calls for service.

Tuesday, November 24th

12:57 PM – Grand Theft Auto Arrest, 242 W. Sierra Madre Blvd, Suspicion of stolen vehicle, identity theft. An man came to the Sierra Madre Police Department to report he was a victim of a possible grand theft auto. During the officer's investigation, it was determined the man was actually a suspect wanted by the Pasadena Police Department for suspicion of Grand Theft Auto and identity theft. The man was arrested and released to the Pasadena Police Department for the above listed charges.

Wednesday, November 25th

10:05 PM – DUI Arrest, Montecito Ave/ Baldwin Ave, Driving under the influence of alcohol. An officer stopped a motorist for a Vehicle Code violation. Investigation revealed the motorist was driving under the influence of alcohol. The motorist was arrested for misdemeanor DUI and transported to the Pasadena Police Department Jail for remand.

Arcadia Police Blotter

For the period of Sunday, November 22, through Saturday, November 28, the Police Department responded to 897 calls for service of which 111 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, November 22:

Shortly after 2:30 a.m., a Monrovia police officer observed a speeding vehicle swerving in a traffic lane and conducted a traffic stop in the 2300 block of Santa Anita. Arcadia police arrived at the scene and took over the investigation. A 22-year-old female Caucasian driver was contacted and officers detected the odor of alcohol from her person. A field sobriety test revealed that she was operating the vehicle while under the influence, and a knife was also found in the center console. She was arrested for DUI and possession of a switchblade knife.

2. Units responded to the 00 block of East Colorado regarding a suicidal female who had attempted to kill herself by overdosing on drugs and superficially cutting herself on her wrists. Investigation revealed that the 29-year-old woman was a danger to herself and was transported to a hospital for medical treatment and a 72-hour evaluation.

Monday, November 23:

3. A victim came to the station around 10:06 a.m. regarding a fraud report. The victim received a letter from his bank indicating that his account was overdrawn. He checked his account and discovered a \$1,413 unauthorized transaction on November 17.

4. A grand theft from person occurred at Advanced Center Medical Group, 624 West Duarte, around 4:24 p.m. A female victim was paying for medication when a male Hispanic suspect, around 23 years of age, grabbed her wallet from her hand and fled in a black pickup truck. An area search was conducted, but the suspect was not found.

Tuesday, November 24:

5. Between 1:30 p.m. on November 21 and 11:00 a.m. on November 23, a residential burglary occurred in the 1500 block of Hyland. Unknown suspects entered the foreclosed home by forcing open the front door. The suspects then stole appliances, sinks, tub, doors, hardwood flooring, molding, and various fixtures.

Around 12:16 p.m., a traffic stop for an equipment violation was conducted in the 900 block of Fairview. An 18-year-old male Hispanic was contacted and officers detected the strong odor of marijuana from the vehicle. Individually packaged marijuana was found inside the car, and the subject was taken into custody for possession of marijuana for sale.

Wednesday, November 25:

7. Three auto burglaries occurred between 8:00 p.m. on November 24 and 0840 a.m. on November 25 in the 200 block of East Newman.

Thursday, November 26th

12:21 AM – DUI Arrest, Baldwin Ave/Orange Grove Ave, Driving under the influence of alcohol. An officer stopped a motorist for a Vehicle Code violation. Investigation revealed the motorist was driving under the influence of alcohol. The motorist was arrested for misdemeanor DUI and transported to the Pasadena Police Department Jail for remand.

Friday, November 27th

8:18 PM – Theft, 200 Block W. Orange Grove Ave. The victim called the police department to report that unknown suspects removed the license plates from his truck and replaced them with license plates that belong on another vehicle. This case is still currently under investigation.

Saturday, November 28th

1:54 AM – DUI Arrest, Rosemead Blvd/ Foothill Blvd, Driving under the influence of alcohol. An officer stopped a motorist for a Vehicle Code violation. Investigation revealed the motorist was driving under the influence of alcohol. The motorist was arrested for misdemeanor DUI and transported to the Pasadena Police Department Jail for remand.

Unknown suspect(s) entered the locked vehicles by force and took property.

8. Around 7:30 p.m., a strong-arm robbery occurred in the 300 block of West Duarte, which involved two male Hispanic or Caucasian suspects. One suspect punched a 70-year-old man who was sitting in a vehicle, and he pulled the victim from the vehicle, threw him to the ground, punched him repeatedly, and took his wallet. The victim's wife exited the house and the second suspect pushed her to the ground and took her watch and wedding ring. The suspects taped the victims' mouths and then fled the seen on foot.

Thursday, November 26:

9. An indecent exposure incident occurred around 10:00 a.m. at Orange Grove and Hyland. A male Asian suspect, 17-20 years of age, stepped out from behind a tree and exposed himself to a female jogger.

10. Units were dispatched to a Chevron gas station located at 11 East Live Oak around 12:38 p.m. in reference to a theft that just occurred. A male suspect took 10 packs of cigarettes without paying and fled in a black Charger. The car was found and a traffic stop was initiated at Huntington and First. A record check revealed that the 31-year-old suspect had previously been incarcerated for theft, so he was arrested for petty theft with prior conviction.

Friday, November 27:

11. Loss prevention personnel from Sport Chalet advised that they had detained a male Asian juvenile for theft around 11:47 a.m. He stole two ankle supports and also a shirt from Anchor Blue. A private person's arrest was made, and the 16-year-old was taken into custody for commercial burglary. He was later cited and released to his mother.

12. Around 8:26 p.m., a robbery occurred at Advantis Ride Shop, 1043 South Baldwin. Two male Hispanic suspects, 16-19 years of age, entered the store and selected merchandise. One suspect fled the store without making payment and the other suspect was stopped by the owner. A fight ensued but the suspect was able to leave the scene in a vehicle. An area search was made, but the suspects were not found.

Saturday, November 28:

13. Between 6:15 p.m. and 6:50 p.m., a 2000 beige Honda Civic was stolen from a Westfield mall parking structure.

A traffic accident occurred at Foothill and Oakwood around 7:27 p.m. A female driver failed to stop at a stop sign and collided with another vehicle. The driver then fled the scene, leaving a trail of debris and engine fluid. The driver was later located at Foothill and Highland Oaks, and it was determined that she was operating the vehicle while under the influence of alcohol and was arrested.

A Weekly Spotlight on Sierra Madre Volunteers

PETE SIBERELL Extensive Altruistic Involvement In Sierra Madre

Shortly after Pete Siberell and his family moved to Sierra Madre in 1994, Spike Crowley told Pete, "I want you in Rotary Club."

Pete remembers his reaction, "It shook me up a little. I realized then that I needed to get involved in this town."

Pete's list of volunteer activities so proves how he has followed Spike's advice.

"You find something you like and want to pass your enthusiasm onto others. You surround yourself with people who share your position but who can bring their own talents to the party. When you do, you realize that Sierra Madreans are the lifeblood of the town. You learn quickly that Sierra Madre is pretty much run by people who have the same leadership philosophy as yours."

Pete's volunteer activities are not of one milieu; they extend the gamut. Besides being a charter member of Rotary Club, he is currently chair of the club's mini-grant program which provides up to \$500 for local community service projects. He is past chair of the Community Service Commission (2003 - 2008) and helped start the "Get Out, Get Active" program of monthly activities.

Pete was chosen Sierra Madre Citizen of the Year in 2007, the coveted honor given to a deserving citizen by the Sierra Madre Chamber of Commerce. He also serves on the Volunteer Task Force for the Pasadena Marathon, in charge of the events stage.

He is current co-chair of the Sierra Madre Library Board of Trustees and served as president of Sierra Madre Little League (2006-2008), and as past-president this year. Of course, for the 2010 season Pete returns as president. He's been on the board since 2003.

The Sierra Madrean is chair of the Mt. Wilson Trail Race Committee, having been on the board since 1995. He has focused on adding new features (kids' race, student art show) each year to this historic race.

At Sierra Madre Middle School he coordinated a clothes drive with the school's service club to provide backstretch workers at Santa Anita Park with over 3,500 clothing items. Pete was also chair of the Pioneer Days 5K Run, 2000-2001, and now serves as a member of the boards of Arcadia Chapter of the American Red Cross and Arcadia Chamber of Commerce. He's also a committee member of various Pasadena Humane Society fundraising events.

Pete works for kids, adults, service groups, animals and anyone else who needs help.

This super-busy volunteer's real job is Director of Community Service & Special Projects at Santa Anita Park. He is the Community Contact for the racetrack and oversees all events occurring at Santa Anita, outside the racing day (providing 180 events in 2008).



Although Pete was born in L.A., he moved to New Canaan, Ct. as a child, then came west to Hillsborough near San Francisco. His family moved west because his father, who worked at the New York Stock Exchange, took a job with the Pacific Stock Exchange in San Francisco. Pete's mother continues to live in Hillsborough and is an author/illustrator of children's books. She and her son are both wordsmiths.

Pete received a BA degree from UCLA in Communications Studies, and met his wife, Marianne, in 1991. "With our love for running, the match was meant to be," Pete said. She is a flight attendant for United Airlines, following her mother who also served in that capacity. The Siberells have two sons, P.J. (13) and George (12), both students at Sierra Madre Middle School.

Pete Siberell said he especially enjoys volunteering in Sierra Madre because "it is a small town and one person can effect change and see one's results in the community every day." That echoes his total and continuing involvement in altruism.

TONY ROMO. MICHAEL TURNER. LARRY ENGLISH. 16TH OVERALL PICK 2009 NFL DRAFT SAN DIEGO CHARGERS



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We are constantly striving to reduce the impact of our business on the environment. Join us in this task, bring into our facility your clean packaging materials so we can reuse and recycle paper, corrugated boxes, bubble wrap and filler materials such as "packing peanuts" and other packaging supplies. As we look to the future, we are committed to finding new ways to reduce our energy consumption and waste production. Mail Box & Postal is a proud recipient of a "Recognition of Excellence in Environmental Stewardship" award from Los Angeles County Regional Agency.

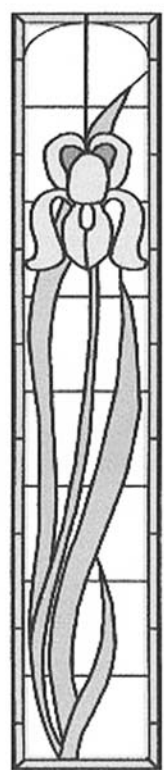
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Bulldog Marching Band

Marching Bands from all the local high schools presented their Field Shows at the Pasadena High School Football stadium Monday night. The PHS Bulldog Marching band played hits from Andrew Lloyd Webber's rock opera "Jesus Christ Superstar." Muir, Marshall and Blair high schools marching bands also all performed.

Photo By Dean Lee, Mountain Views News

Santa Claus [will be]comin' to Town

Christmas is coming. Thank God. It seems to me that Christmas is the only holiday that takes absolutely forever to come. I have learned that most things we want take a long time arrive, simply because we want them. But, rather than dwell on that fact, let us rejoice that it is coming soon enough! Like the billions of other people who wish that Christmas trees should remain yearlong and reindeers deserve to be man's best friend, Christmas is my favorite time of year.

I am a fan of Christmas, and it's not just because of the presents. Well, maybe a little, but I mainly love Christmas because everything seems better. There is something about the "Christmas spirit" that gets me in a happy mood. With "Christmas spirit" I don't mean

some flying ghosts that gives candy canes and gingerbread cookies to all (although, that would nice...). I mean the mutual feeling and anxiety in the air from excitement for the biggest holiday of the year!

When it's cold outside, I'm not upset, because it's that "Christmas Cold". It is simply a chilly reminder that Christmas is on its way! Long lines in the stores? No worries, they're probably doing Christmas shopping.

Christmas is coming, and with it, plenty of holiday cheer and happiness! Neighborhoods are soon becoming lit with bright, colorful Christmas lights. Stores are covered in fake snow and giant ornaments. Almost everyone had given in to the "Christmas Spirit"...have you?

Pasadena Resident Jane Thompson Accepted Into Prestigious Connecticut College Program

NEW LONDON, CT (12/01/2009) (readMedia)-- Jane Thompson, a junior at Connecticut College, was recently accepted into the Toor Cummings Center for International Studies and the Liberal Arts (CISLA) certificate program. Thompson, a 2007 graduate of Polytechnic School, is the daughter of Alison and Harlan Thompson of Pasadena.

CISLA is an academically challenging program that promotes global thinking across academic disciplines. CISLA allows students to internationalize and enhance their major with intensive language study and a funded internship abroad, providing them with real-world experience and the skills and knowledge to help them become

leaders in their fields.

About Connecticut College

Situated on the coast of southern New England, Connecticut College is a highly selective private liberal arts college with 1900 students from all across the country and throughout the world. On the college's 750-acre arboretum campus overlooking Long Island Sound, students and faculty create a vibrant social, cultural and intellectual community enriched by diverse perspectives. The college, founded in 1911, is known for its unique combination of interdisciplinary studies, international programs, funded internships, student-faculty research and service learning. For more information, visit www.connecticutcollege.edu.

Pasadena Christian School Campus Tour

On Thursday, December 10, from 9:00-10:30 a.m. for prospective parents interested in preschool (2-5 years old) through eighth grade. Those who attend will have an opportunity to meet the school administrators and to learn about the curriculum and programs offered. Guests may briefly observe in the classrooms and will be taken on a special tour of the campus. For reservations, please call (626) 791-1214. Applications are now being accepted for the Fall of 2010.

A Kids' Event!!!

Saturday, Dec. 12th, 11 a.m. Sierra Madre Books, 52 W. Sierra Madre Blvd., Sierra Madre,

Book Signing with Billy Bonsangue, Author The Nightmare Navigator: When Shadows Lurk

Does a child you know have trouble falling asleep once the lights go out? North Hollywood author Billy Bonsangue offers a fresh and unique approach to conquering the fears of nervous nappers in his new book, The Nightmare Navigator: When Shadows Lurk. Perfect for bedtime, naptime, or anytime at all, the book guides restless young dreamers through some quick and easy steps to help minimize screaming and maximize dreaming. So, when the shadows are lurking and the nightlight's not working, readers can learn to fight the fright victoriously.



Students Encouraged to Apply for \$30,000 Scholarship

Pasadena City College students and alumni are highly encouraged to apply for the Jack Kent Cooke Foundation Undergraduate Transfer Scholarship, which honors excellence by supporting outstanding community college students with financial need to transfer to and complete their bachelor's degrees at the nation's top four-year colleges and universities. The Foundation provides up to \$30,000 per year to each student. For more information, call (626) 585-7992.

Barks and Books at Arcadia Public Library Saturday, Dec. 19th at 11:00 a.m.

Calling all kindergarteners through fifth grade! Read out loud to a real live dog! Meet Bernie and read him a story! Come to the Arcadia Public Library and practice your reading skills by reading aloud to Bernie, a specially trained Service Dog, that loves to hear a good story. This program is made possible by the generous time and efforts of the volunteers of the Pasadena Humane Society.



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SCHOOL DIRECTORY

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200 N. Michillinda Sierra Madre, Ca. 91024
(626) 355-3463 Head of School: Ann M. Gillick
E-mail address: agillick@alverno-hs.org

Arcadia High School

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
E-mail address: pcclarke@arroyopacific.org

Barnhart School

240 W. Colorado Blvd. Arcadia, Ca. 91007
(626) 446-5588 Head of School: Joanne Testa Cross
Kindergarten - 8th grade
website: www.barnhartschool.com

Bethany Christian School

93 N. Baldwin Ave. Sierra Madre, Ca. 91024
(626) 355-3527 Principal: James Lugenebuhl
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Carden of the Foothills School

429 Wildrose Avenue, Monrovia, CA 91016 626/358-9414
626/358-5164 fax office@cardenofthefoothills.com

The Gooden School

192 N. Baldwin Ave. Sierra Madre, Ca. 91024
(626) 355-2410 Head of School: Patty Patano
website: www.goodenschool.org

High Point Academy

1720 Kinneloa Canyon Road
Pasadena, Ca. 91107
626-798-8989

website: www.highpointacademy.org

LaSalle High School

3880 E. Sierra Madre Blvd. Pasadena, Ca.
(626) 351-8951 Principal: Patrick Bonacci
website: www.lasallehs.org

Monrovia High School

325 East Huntington Drive, Monrovia, CA 91016
(626) 471-2000, email: schools@monrovia.k12.ca.us

Norma Coombs Alternative School

2600 Paloma St. Pasadena, Ca. 91107
(626) 798-0759 Principal: Dr. Vanessa Watkins
E-mail address: 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

Pasadena High School

2925 E. Sierra Madre Blvd. Pasadena, Ca.
(626) 798-8901 Principal: Dr. Derick Evans
website: www.pasadenahigh.org

Pasadena Unified School District

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

St. Rita Catholic School

322 N. Baldwin Ave. Sierra Madre, Ca. 91024
(626) 355-9028 Principal: Joanne Harabedian
website: 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

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

Weizmann Day School

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

Wilson Middle School

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

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351 S. Hudson Ave., Pasadena, Ca. 91109
(626) 795-6981
Website: www.pusd@pusd.us

Teen Matinee

Come to the Teen Matinee at the Arcadia Public Library to see "Harry Potter and the Half-Blood Prince" on December 17 at 3:15 p.m. This free program is open exclusively for ninth through twelfth graders only.

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TABLE FOR TWO

By Peter Dills

Tipping 101

My editor, Susan wanted to know what I'm thankful for the Holidays. It may be nothing that will change the world, but maybe it just may. I have to say, I am very impressed when a server or bartender remembers my name; heck, how about remembers my drink. I stopped by Smitty's the other night and I had not been there in months, so you may not easily guess what happened next!!! "Hey Peter, how are you?" Spoken with a genuine and inspired sense of friendship, "Cold glass of bubbly?" "Sure!"

As we approach the holidays and money increasing becomes a watched item for nearly everyone this year. I think it is important to briefly discuss, shall we say, the offering of a gift for services rendered, a Tip.

We all know one of them; a person that can't bring themselves to leave a respectable tip. What is the thinking behind tipping and what should be given, and when did it start in America? Tipping began to take hold in States in the late 19th Century after the Civil War. It was widely considered by many groups including the intellectuals of the day as an outright evil. Newspapers wrote vigorously against its vices. They reasoned that it established an air of servitude, by offering a demeaning handout, or token. To them it implied a superiority of class and status that was conferred on the lowly receiver of these offerings. There were groups such as bartenders that flatly refused tips as they considered it far below their status to receive these patronizing gifts. Now when someone says, "those were the good old days," you may know what they mean. In many ways the objections did make sense at this time in America.

Certainly the times have changed. When determining a tip at a restaurant, what are you to consider before settling your bill and factoring a tip? At the restaurant you are tipping on the speed, accuracy and usefulness of the servers, and not on the food. Is tipping at a fancy restaurant different than tipping at a coffee shop? Many people believe it is. I feel like I stepped in something when I hear that said. They are to be treated as the same.

Here are my guidelines for tipping but not necessarily the way I tip. I even give 10% for atrocious service. It seems with my picture in this paper, on my TV show "The Chef Knows," that I might get a bad reputation from the Server

Syndicate, and be labeled a "bad tipper," which is a stigma that I carefully avoid. You on the other hand can wield far more influence than is availed to this restaurant critic.

Here are my suggestions from the Coffee house to Spago.. Fair to medium service 12 to 14 % Good to Better then Average 15 to 18% Great Service 20%

This should be applied to the food and beverage total before tax Can't figure the whole percentage on tipping. Best way is to just double the tax. Which falls in the Good range. Have Kids? Of course I do. Luckily mine is as clean and tidy as they Good Lord makes them but they are not all created like her. If your children make a mess, throw food and crayons on the floor. I always leave the busboy at least \$3. If you don't, well you could consider cleaning it yourself. Email me at thechefknows@yahoo.com with your thoughts. Join me every Saturday afternoon at 3

Watch Peter's TV Show every Saturday afternoon at 3 p.m. on KJLA / LATV.

If you like to dine out, Tune in. It's The Chef knows with Peter Dills. LA's only Restaurant TV Show.



Contact Peter at:
thechefknows@yahoo.com



PM on KJLA TV.

Hey Burbank... Join me at The Pavilions on December 19th for my Chef's Demo Featured restaurant will be Market City Caffe. Next week I visit Roy's.



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Wed 9 8:00 PM - 11:00 PM The Jennifer Leitham Trio
Fri 11 8:00 PM - 11:00 PM Jack Sheldon
Sat 12 7:00 PM - 10:00 PM Jazz Vocalist Judy Platt
10:30 PM - 10:30 PM LATE NIGHT ROCK SHOW with OJOS ROJOS & BLACK MATH HORSEMAN
Sun 13 1:30 PM - 5:00 PM New Astro Turf
7:00 PM - 10:00 PM Opera to Broadway with Danny Guererro
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Wed 16 8:00 PM - 11:00 PM SONG SIRENS a collective of LA's female singer songwriters
Thur 17 8:00 PM - 11:00 PM Jazz Vocalist Jules Day
Fri 18 Nine + One Band featuring Harry Smallenburg on Vibes
Sat 19 8:00 PM - 11:30 PM Errol Le Blanc's holiday show
Sun 20 7:00 PM - 10:00 PM Opera to Broadway with Danny Guererro
Tues 22 QUIZIDGE TRIVIA NITE WITH QUIZ MASTER MIDGE
Wed 23 7:00 PM - 9:00 PM CAFE 322 XMAS PARTY featuring the Chuck Manning Quartet,
9:00 PM - 11:30 PM Mercy & the Marketts Xmas Dance party !!
Thur 24 6:00 PM - 9:00 PM XMAS Eve with The Danny Gurrero Trio & the Cafe 322 Singers
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Sat 26 8:00 PM - 11:30 PM Dirty Dave Osti and TNT
Sun 27 1:30 PM - 5:00 PM New Astro Turf
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From LaQuetta Shamblee:

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Meyer Lemon Ginger Marmalade
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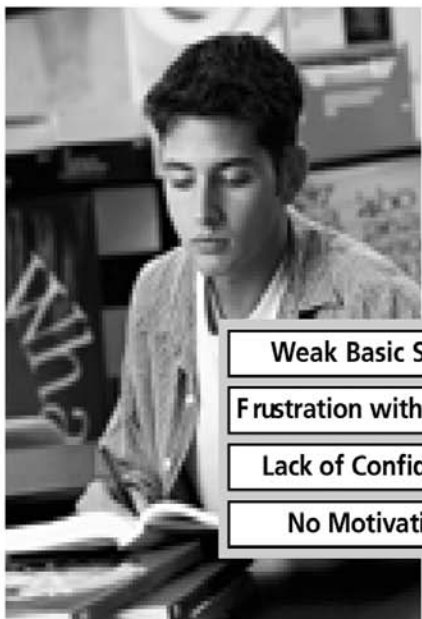


Honey Mustard Mango Vinaigrette
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For holiday gifts that will be appreciated with each and every bite, consider one of these tasty choices. The thoughtfulness of your selection and the unique tastes will be remembered long after the dishes are washed and put away.

You can sample the entire line on Saturdays from 8:30 a.m. to 12:30 p.m. at the Pasadena Farmers Market (Victory Park – adjacent to Pasadena High School where Sierra Madre Blvd. meets Paloma Street). All of the varieties are also available for purchase at www.markandstephen.com.

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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



There has been a lot of talk lately about the possibility of a value-added tax, or VAT. In October, House Speaker Nancy Pelosi stated that a new, national VAT is "on the table" to help the federal government garner needed revenues. The VAT is also one way to pay for the public health insurance option included in HR 3963, the health insurance reform bill recently unveiled by Congress.

From a strictly economic standpoint, a VAT is a great idea. It is essentially a flat consumption tax, like the so-called FairTax, but implemented in a way to reduce compliance problems. Because it is collected in stages along the chain of production, rather than all at the retail level, tax evasion is more difficult.

THE VALUE ADDED TAX: One Way to Pay for the Public Health Insurance Option

For example, a log would be subject to value added tax based on the price paid by the lumber mill. Finished lumber made from the wood has the value added tax applied based on the added cost of milling. A table fabricated from that lumber would have more added value and another percentage of value added tax. The difference between the cost of the lumber and the table would be subject to the value added tax. The value added tax might be applied to services such as a doctor's fee. Value added tax could also be paid on the electricity distributed by a utility company. Ultimately, a value added tax is a sales tax that is paid by the end consumer of the good or service.

If you look at the economic effects, a VAT is similar to the Flat Tax, which many economists love. Essentially, the main difference between a VAT and the flat tax is that companies get to deduct wages as a cost under a flat tax, but then those wages are taxed at the household level. Other than this minor change of

shifting the responsibility for the tax on wage income from the firm to the household, the flat tax and VAT have identical economic effects. (There is also an exclusion for the first X thousands of dollars of wage income under the flat tax, making it progressive in average tax rates, but the same result can be accomplished with a VAT as well by rebating some of the revenue via a basic income supplement or guarantee.)

Bottom line: replacing our current tax system (including the personal income tax, corporate income tax, payroll tax, and estate tax) with a VAT would greatly simplify and increase revenue. It would also be more efficient and equitable since currently only about half of all income earners pay any income tax at all.

Why do some conservatives hate the VAT? For political reasons they fear it would be a new tax, hidden from many voters, used to expand government. They fear that rather than replacing our existing tax system, a VAT would add to

it. Indeed, that is precisely what Speaker Pelosi is proposing. She is not proposing to eliminate any of the federal taxes now being paid.

It is noteworthy, however, that the VAT has been adopted throughout much of Europe and in many countries in Latin America, Asia, and Africa. All European Union member countries have a VAT.

Which brings me to the issue of big government: Many European, Latin American, Asian, and African countries have both a VAT and big government. But here is the hard question: which is cause and which is effect? Did the VAT cause government to become big, as VAT-opponents fear? Or did these countries adopt big government and then, needing to finance it, look for a relatively efficient way to raise a lot of revenue? I am inclined toward the latter hypothesis, but admit it is not entirely clear which way causation actually runs.

STUART Tolchin On...LIFE LET'S THINK ABOUT IT



Last night my wife and I saw the feel good movie BLIND SIDE at the multi-plex theatre in Monrovia and frankly, it felt good.

Cynically, I could address myself to the fact that this seems to be a good year to be hugely overweight, uncommunicative and Black as the young actor in this movie and the young actress in the film PRECIOUS. Both seem to be on their way to riches and fame. That's fine with me. What isn't fine is the manner in which the home neighborhoods of the these characters are portrayed in the films. Both films involve African-American teenagers growing up homeless, or worse than homeless, in situations depicting their biological mothers as completely incapable of caring for their children or themselves.

Sure, in a way, it is offensive that the family-life and the African-American neighborhoods are portrayed in such negative and stereotypic ways. Really though, that is not the problem. The

problem is that that this depiction is often so close to being accurate. Focusing on the movie we saw last night, the rich White folk in Memphis are completely unaware (I would say willfully ignorant) of the conditions that exist on the "other side of town". This movie is based on the true event of a wealthy White couple bringing in a gigantic, uncommunicative, depressed young giant, Michael (please don't call me Big Mike) into their home and paying for his Private High School. All right you guessed it. He excels in sports and many colleges notice him and he is admitted to the University of Mississippi.

While at the University Michael receives tutorial help from a paid skillful and sympathetic tutor (Kathy Bates, no less) and makes the Dean's list twice and becomes an All-American. He is a first round draft choice (the twenty-third player picked in America) and signs a multi-million dollar annual contract with the Baltimore Ravens. Even now writing this I get kind of nauseous. This kind of fairy-tale nonsense always seem to me to be a vehicle to ignore

real problems and just imagine that all social problems will heal themselves. Cinderella will marry a Prince and Snow White's kiss will turn a frog into Prince Charming and Dorothy's magical dream will allow her to accept the loss of her parents and live happily with her Aunt and Uncle in Kansas. Such things just don't happen! But in the case of Michael the dream really came true.

What the movie tells us is that with tremendous attention and a lot of money and some political pull, magic can really take place. Hooray for Big Mike (now he's rich and we can call him what we want) but what about the rest of the people living on "the other side of town"? What happens to them? In the movie another nineteen year old football player living on the other side of town can only go to Junior College. He drops out and goes back to the neighborhood and is shot to death. (Another one of the victims along with Michael's mother and father.) The movie, using real College Football Coaches shows the tremendous attention that is given to potential College football stars. No non-monetary demand is too ridiculous and we see the family's eight year old child leading the parade on to the field as part of the deal that brings Michael to the University of Mississippi. Another truthful episode shows the

NCAA investigating the situation. Why would a rich White Family bring in an African-American teenager into their home if it was not for some evil-purpose, like getting him into their College alma mater? What would happen if rich White People across the nation started adopting or caring for homeless Black Kids just so they could influence the kid's choice of Colleges. Why it could be an epidemic worse than the Swine Flu.

Maybe it's possible that in the next few decades America might wake up to the fact that we cannot survive as separate societies. Our eyes cannot remain closed to the goings on in other parts of the city. The tremendous attention that is now focused on finding potential athletic stars and the tremendous moneys doled out to athletes might actually be focused on attempting to eliminate the causes of chronic poverty and the dangers associated with that poverty. We need more jobs and fewer drugs. We need more Kathy Bates-like tutors and Junior Colleges that meet the needs of their students. We need a vision of America that does not blame the victims for their victimization. Yes - we need MIRACLES. For me today, the date of the birth of my two miraculous children is a day to realize that nothing is impossible. All right America, let's go for it.



RICH Johnson

I would like to share with you a wintery Christmas poem written by and in memory of Kenneth J. Ogden. I never met the gentleman but

I'm thankful he played a significant part in the creation of my dear friend, his daughter Cindy. You may remember Cindy as mother of Sparky, the wonder dog who writes letters to God. And recently submitted his single-spaced six-page letter to Santa. The "puppyrazzi" knows this is one smart puppy.

Mr. Ogden, originally from St. Louis, reminiscent of a time before the advent of

internet and everything hi-tech. Simpler times when an instant message was delivered face to face rather than through a text message. And at a time when smiling faces were real and not emoticons in an email. When your living room was your chat room. In today's trying times we have more to be thankful about, truly more than ever. This poem reminds us there is something more important than gadgets. The best presents of all are still enjoying times spent with the ones you love, and cherishing the memories of those you have loved and who have loved you.

Heading Home, through the pathways of my mind

Heading Home

Snowflakes falling, voices calling from beyond
Velvet winter blanket all around,
Whispers of Christmas wishes from the past,

Mom and Dad, alive and well
Smiling faces, long since gone
Now silent in sleep near an old country oak

Good times and bad, drift lazily by,
Twinkling lights, people saying "hi"
Friends and family ever near
Playing cards, cola highballs and drinking beer

Fiddles and guitars, corner bars and streetcars

Dodging snowballs stop by stop
A warm lit stove, ready to plop and rest
Waiting for Christmas and holiday cheer at its best

Though sometimes lean and tears would flow
Learning lessons from which to grow
Long walks to school, tattered shoes covered in snow
Warm breath on icy fingers in the cold

Wishing naught but warm adieu
To those I love who joined me there,
Some gone but ever near,
I leave you so inside my heart
Heading home, through the pathways of my mind
So long ago.

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HOWARD Hays As I See It

As I See It

It's easy to make fun of the tea-baggers, since many of the principals they espouse - such as small government, responsible budgeting and strict adherence to the Constitution - have been violated most egregiously during Republican administrations. It's especially disconcerting when principals are personified, identified with individuals in the roles of heroes or villains (no gray areas allowed). A current You Tube favorite shows a fan at a Sarah Palin book-signing in a state of sputtering denial after a reporter points out that Palin endorsed the \$700 billion bank bailout during last year's campaign.

Growing up in a solidly Democratic household, I've had my own "say it isn't so" moments regarding erstwhile heroes: Franklin Roosevelt signed off on the internment of Japanese-Americans. Revisionists argue Harry Truman had other options besides nuking Japanese cities. By some accounts, John Kennedy was reluctant to take a forceful stand on civil rights. Despite Medicare, Voting Rights, Head Start and the War on Poverty, Lyndon Johnson is synonymous with Viet Nam. Jimmy Carter celebrated New Year's with the Shah of Iran after making "human rights" a hallmark of his presidency. We enjoyed unprecedented economic growth under Bill Clinton, yet free trade policies and the deregulation of commodities and securities markets laid the foundation for economic collapse.

Already, some on the left are feeling betrayed by President Obama. I had limited expectations. It was revealed in the primary debates that during his time in the Senate his support of corporate interests put him to the right of both Hillary Clinton and John Edwards. In office, Obama replaced Bush's economic team, comprised of Goldman Sachs veterans, with his own economic team comprised of Goldman Sachs veterans. The drive for healthcare reform began by taking "single payer" off the table and striking deals with the insurance and pharmaceutical industries.

This feeling of betrayal peaked in the days leading up to Tuesday's address on Afghanistan, especially after the president's intention to commit tens of thousands of additional troops became known. It shouldn't have come as a surprise to anyone who paid attention during the campaign, where the distinction was made between Afghanistan being a war of "necessity" and Iraq's being a war of "choice", and where a major criticism against the Iraq war was that it diverted needed resources away from Afghanistan. Here's what I heard the president say in his address at West Point:

Our initial invasion took place because those that attacked us on 9/11 were based in Afghanistan, and were harbored by the Taliban. The invasion was authorized by a vote of 98-0 in the Senate, and 420-1 in the House. With additional support from NATO and the U.N., America and the world were "acting as one". As for Iraq, the plan remains to have all combat

troops gone by the end of next Summer, and all of them gone by the end of 2011.

President Obama didn't gloss over the fact that the Afghan government is rife with corruption and the economy is dependent upon the drug trade. There was obvious fraud in the last election, but it was held "consistent with Afghan laws and its constitution". He explained there were 32,000 U.S. troops in Afghanistan at the time he came into office, as compared to 160,000 at the height of deployments in Iraq.

The plan is to send an additional 30,000 troops to Afghanistan, with departures beginning early next year. They will be coming home in 18 months. Obama explained they wouldn't be sent at all "if I didn't think our security is at stake". The mission is to "disrupt, dismantle and defeat" the terrorists by denying them safe havens, reversing the momentum they've gained, and ensuring that Afghan security forces are able to assume the fight on their own. This mission will be undertaken with continued contributions from our allies.

In addition to addressing the thousands assembled at the Dwight D. Eisenhower hall at West Point and the American people, President Obama also spoke to the government and people of Afghanistan. He emphasized the July, 2011 withdrawal date for our troops, saying Afghanis would ultimately bear responsibility for their own destiny, and that "the days of the blank check are over". The U.S. would remain "a partner, not a patron". He also left the door open for involvement by the Taliban, provided they renounce violence and affirm a respect for human rights.

President Obama mentioned the many weeks of deliberations leading up to this policy announcement, and said there was a recognition of the limits to the costs of war as a nation would be able to bear. He offered three rebuttals to arguments that this is but "another Viet Nam"; we had not been attacked then as we were on 9/11, we are not fighting the widespread popular uprising as we were in Viet Nam, and we weren't then sharing the battle with so many allies (over 40) as we are in Afghanistan. He referred to other fronts in the ongoing battle; enhancing homeland security, ongoing diplomacy, and continued efforts to halt the proliferation of nuclear weapons. The president also called for an end to "rancor" and "partisanship" in pursuing our goals, reminding that we were "united when this war began, and I refuse to accept we can't have that unity again."

I'm old enough to remember Lyndon Johnson's speaking of the need for continued support of the South Vietnamese government, and of Richard Nixon referring to the "Vietnamization" of that conflict. I don't recall either of them ever publicly calling the South Vietnamese government corrupt and letting them know in advance they've got eighteen months to get their act together. None of us really knows whether President Obama has come up with the right policy for Afghanistan. As I see it, for the sake of those 30,000 Americans and their families, we should all come together as a nation and pray that he has.



GREG Welborn

An Enduring Test Of Our Leadership In The World

I met an Afghani some months ago and had the chance to ask him what his countrymen really thought about the war in Afghanistan. I will never forget the intensity and pleading in his voice when he answered. "The Taliban are cruel, vicious and evil. They do not want progress. They hate women, they hate education, they hate people. My people want to help the United States soldiers, but they fear for their lives. Will you protect us, really protect us, or leave us? The Taliban will kill us if we help you, for they kill all who stand in their way. Tell us that you will really help us and not abandon us."

Therein lies as truthful and accurate an assessment of the situation in Afghanistan as has ever been offered by any citizen, academic or head of state. We are at war with pure evil. If it is not stopped, it will destroy everything in its path, and it will not be constrained by the borders of Afghanistan.

The good news from President Obama's West Point speech is that he has validated this reality. After all the delays, after all the dithering over General McChrystal's request for more troops, the president has finally acknowledged for the whole world to hear that we are engaged in our generation's seminal fight for survival. What he said in just so many words is "what's at stake is the security of our allies and the common security of the world." He went on to add, "the struggle against violent extremism will not be finished quickly. It will be an enduring test of our free society, and our leadership in the world."

The bad news in the president's speech is that much of the world – the important parts in this struggle – may not believe he means what he says. You see, almost immediately after properly and accurately setting the stage for his new strategy, he then announced the strategy with a totally inappropriate caveat. He said, "as Commander-in-Chief, I have determined that it is in our vital national interest to send an additional 30,000 U.S. troops to Afghanistan. After 18 months, our troops will begin to come home."

If in fact he believes that this is an enduring test of our free society, does he really believe that the test will be passed, the battle won, in only 18 months? Worse yet, 18 months will shrink down to only about 12 months of concentrated fighting when you consider that the call up, training and deployment of these troops will take at least 6 months to complete.

Like all Americans, I want to believe my president, and I want him to succeed in discharging the duties of his office, the primary of which is to protect us and what we stand for. I want to believe that he gets it, that he truly understands in the depths of his soul and his intellect that this is a battle which must be won. Victory is the only option. Anything else will lead to defeat, if only because our enemy will see anything else as weakness and press their desolate, depraved and destructive philosophy to the far corners of the world. I want to know that he will finish this task and isn't just looking for sound bite opportunities and a quick, face-saving exit. He accuses the previous administration of passing the buck on many things; I want to know that he isn't just kicking this fight down the road for the next administration or generation to have to deal with. It will only get worse with the passage of time.

The audience that matters most also wants to know whether President Obama meant what he said. While we in the U.S. don't tend to think in such basic ways, those in the world who seek to dominate and conquer think only in terms of strength and weakness. They, too, were listening to the speech at West Point. Against the backdrop of the next generation of America's finest, they watched to assess whether the leader of the U.S.

and the free world really has the cojones and the will to stop them.

I fear that they did not come away from that speech with the proper conclusion. Can anyone, let alone the leaders of the Taliban, Al Qaeda, or any of their supporters, really believe that the enduring test, the battle of the civilized against the uncivilized, can be won in 12 months, or even in 18 months? What message, except that we need a politically acceptable exit strategy, can be received from the statement that we're pulling out in 18 months? Yes, the president caveated that by saying he would consider the situation on the ground at that point, but why even communicate the exit date to the enemy if you know that it might not be the real one? The only plausible reason is a political one, and it reeks of political weakness.

Too much time was spent in this speech on blaming Bush for the situation Obama faces; too much time was spent trying to draw awkward and politically motivated differences between Iraq (where we won using a surge that Obama didn't support) and Afghanistan (where we're supposed to win using a surge that Obama does support); too much time was spent worrying about the affect \$30 billion in Afghanistan would have on the deficit when the president easily – almost cavalierly – accepts the \$1 trillion and rising that his domestic policies will cause. If the contrast wasn't so large and obvious, it might almost be laughable.

The perception of equivocation is only reinforced by recent events in our country. The Fort Hood killings have made clear that the liberalism in which this president was baptized and matured places greater importance on political correctness and diversity sensitivity than on tracking down radical Islamists within our own borders. This administration's decision to try the 9-11 architects in New York City federal courts can't help but suggest that this president questions the rightness of our cause. Does anyone believe that this trial won't in part be a trial of the United States, that it won't offer a stage for Khalid Sheikh Mohammed to lecture America about the evils of our way, that it just might result in a farcical drama wherein one culturally sensitive juror might not vote for the guilt that is obvious to all who care to see it?

In short, in the West Point speech, as in the recent actions and pronouncements of this administration, not enough time was spent channeling the decisiveness of Winston Churchill, Franklin Roosevelt, Ronald Reagan, Margaret Thatcher and, yes, George Bush. These were war leaders who knew how to make a solid case in the court of public opinion for the rightness and morality of a cause, for the need to achieve victory in that cause and for the pursuit of that goal no matter the cost in time and treasure.

This is after all "the enduring test of our leadership". I would add that it is the enduring test of our generation. I hope we will win; I fear we will lose. The chains of the ghosts of Vietnam were rattled last night by a president who claims that false lessons were learned from that war. What I didn't hear – nor did our enemies – was an articulation of the proper lessons: that victory doesn't come from incremental, caveated, politically passable strategies of confrontation and dialogue. Victory comes from absolute commitment to victory and unwavering resolve to pursue it to the bitter end. Nothing else matters. I wish he had said so.

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@mtnviewsnews.com.

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Current work includes writing the column, "Looking Up with Bob Eklund," in Mountain Views News, and writing newsletters for the Mount Wilson Observatory. I recently published a book, *First Star I See Tonight: an Exploration of Wonder*, and am finishing a second book, *Winds Aloft*.

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NUTCRACKER SWINGS TO BENEFIT PASADENA JAZZ INSTITUTE

Concert features Duke Ellington's sophisticated rewrite of Tchaikovsky's holiday classic, Vince Guaraldi's Charlie Brown Christmas and more, with stars including James Tormé, Renee Olstead, Maestro Victor Vener, the Pasadena Jazz Orchestra, Sylvia St. James and the Sacred Nation Gospel Choir. Noted personality Bryan Gallyot hosts the event and future jazz legends the PJI Junior Superstars perform the pre-concert entertainment, setting the stage for some of today's living jazz legends, all the while sharing the Christmas spirit with the community.



PASADENA, Calif. Christmas stories don't get much more fanciful than the story of The Nutcracker, written by E.T.A. Hoffmann. However, Duke Ellington knew how to bring fancy to new heights, which is just what he did when he jazzed up Tchaikovsky's famous suite from the beloved holiday ballet. On December 19th, this sophisticated jazz classic will bring the magic of Christmas to life at the new Pasadena Convention Center's Grand Ballroom in a concert entitled The Nutcracker Swings, which will benefit the Pasadena Jazz Institute.

"There's no better way to celebrate Christmas than with music and community" says Paul Lines, Artistic Director of the Pasadena Jazz Institute and Music Director of the event, "so we've put together a stellar lineup including music by the Pasadena Jazz Orchestra, redwhite+bluezz all stars and the Sacred Nation Gospel Choir, with appearances by special guests James Tormé (son of jazz legend Mel Tormé), Renee Olstead, Sylvia St. James and Maestro Victor Vener, plus we've got Pasadena's Best Local Personality Bryan Gallyot as Master of Ceremonies and we'll even have a visit from Santa!" Featured music on the program includes highlights from Vince Guaraldi's A Charlie Brown Christmas and of course the Ellington/Strayorn arrangement of Tchaikovsky's Nutcracker Suite. Rounding out the bill is a diverse sampling of Christmas favorites ranging in style from Gospel to Big Band to R&B/Jazz Fusion and more. "This is a great way to celebrate Christmas with family, friends and the community—to share in the joy of the season. What's more, it's an elegant way to experience the great musical heritage that jazz embodies."

The evening begins at 6:00pm with holiday dining, accompanied by the PJI Junior Superstars, a select group of gifted young artists from the Jazz Institute's Jazz Camp For Kids summer program. The concert, which will benefit the Institute's Jazz Camp program, begins at 7:00 and lasts till 10:00. "We're thrilled to be helping the Jazz Institute bring great music to the community and to help establish one of the city's newest event venues—the Pasadena Convention Center's Grand Ballroom—as a destination of choice for large-scale functions," notes Executive Producer André Vener. "What's more, we've put together a real entertainment value that is suitable for family, friends or business entertaining and really catches the Christmas spirit."

Concertgoers will be seated at tables and have the option of purchasing a full service three course meal with their seats for \$35 per person. A self-serve buffet will also be available, with entrées from \$10-\$18. Beverages including wine and a cash bar will also be available. Tickets for the event range from \$30.00 to \$70.00 per seat and can be purchased through Ticketmaster by calling 800 745 3000 or at ticketmaster.com or by visiting nutcrackerswings.com.

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state legislation come from those most affected by the proposal at a local level. If you have an idea for a new law that you'd like me to consider, or if you'd like to legitimately see a particular law abolished, I hope you will participate in my "There Ought to Be a Law" contest. I hope to select one idea and introduce it as part of my 2010 legislative bill package in February. The person submitting the chosen idea

will be invited to join me for lunch in Sacramento at the State Capitol and will receive a California State flag that has been flown over the Capitol. The 2009-2010 contest is now open! Click here to enter the contest online or to download a copy of the application. This year's entry deadline is November 30. Enter the contest online by going to: <http://cssrc.us/web/29/application.aspx>

Looking Up with Bob Eklund

Black Hole Caught Zapping Galaxy into Existence



Which came first, the supermassive black holes that frantically devour matter, or the enormous galaxies where they reside? A brand new scenario has emerged from a recent set of outstanding observations of a black hole without a home: This black hole may be “building” its own host galaxy.

To reach such an extraordinary conclusion, an international team of astronomers conducted extensive observations of a peculiar object, a relatively nearby “quasar” called HE0450-2958, located some 5 billion light-years away. Quasars are extremely bright and very distant light sources, thought to be caused by supermassive black holes at the centers of galaxies. HE0450-2958 is the only quasar, or black hole, for which a host galaxy has not yet been detected.

Supermassive black holes are found in the cores of most large galaxies. Unlike the inactive and starving

one sitting at the center of our own Milky Way galaxy, a fraction of these black holes are said to be “active,” as they swallow up enormous amounts of material. These frantic actions produce a copious release of energy across the whole electromagnetic spectrum. This is particularly spectacular is the case of quasars, where the active core surrounding the black hole is so overwhelmingly bright that it outshines the luminosity of the entire host galaxy.

Until now, it was speculated that quasar HE0450-2958’s host galaxy was hidden behind large amounts of dust, and so the astronomers used a mid-infrared instrument on the European Southern Observatory’s Very Large Telescope (VLT) in Chile for the observations. At such wavelengths, dust clouds shine very brightly, and are readily detected. “Observing at these wavelengths would allow us to trace dust that

might hide the host galaxy,” says Knud Jahnke of the Max Planck Institute for Astronomy in Heidelberg, Germany, who led the observations performed at the VLT. “However, we did not find any dust. Instead we discovered that an apparently unrelated galaxy in the quasar’s immediate neighborhood is producing stars at a frantic rate.”

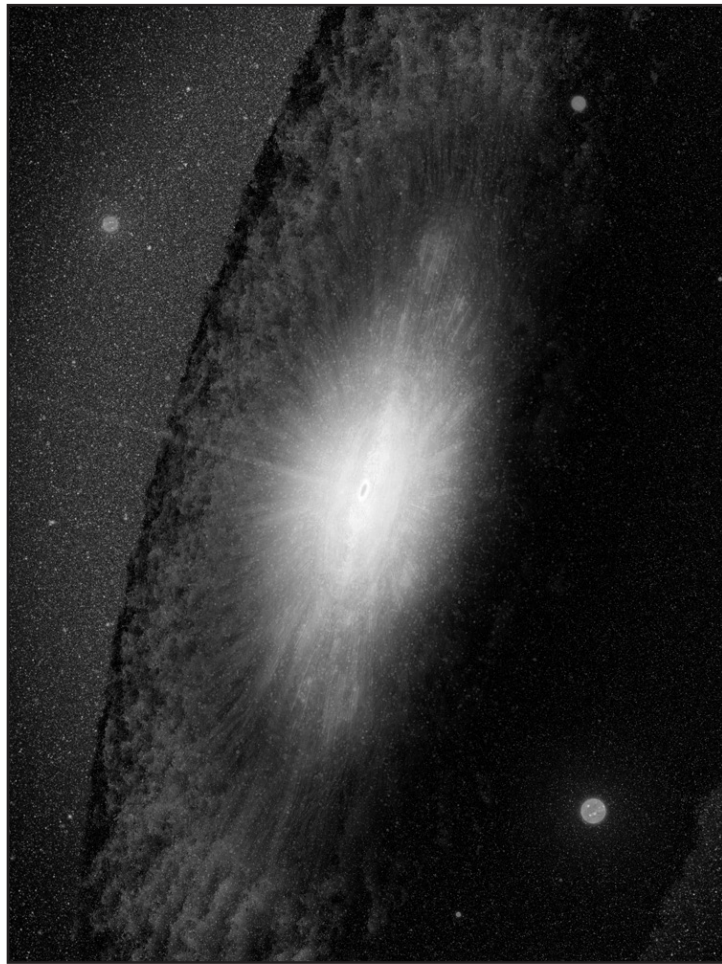
These observations have provided a surprising new take on the system. While no trace of stars is revealed around the black hole, its companion galaxy is extremely rich in bright and very young stars. It is forming stars at a rate equivalent to about 350 Suns per year, one hundred times more than rates for typical galaxies in the local Universe.

Earlier observations had shown that the companion galaxy is, in fact, under fire: The quasar is spewing a jet of highly energetic particles towards its companion,

accompanied by a stream of fast-moving gas. The injection of matter and energy into the galaxy indicates that the quasar itself might be inducing the formation of stars and thereby creating its own host galaxy; in such a scenario, galaxies would have evolved from clouds of gas hit by the energetic jets emerging from quasars.

“The two objects are bound to merge in the future: the quasar is moving at a speed of only a few tens of thousands of km/h with respect to the companion galaxy and their separation is only about 22,000 light-years,” says team leader David Elbaz of Service d’Astrophysique, CEA Saclay, France. “Although the quasar is still ‘naked,’ it will eventually be ‘dressed’ when it merges with its star-rich companion. It will then finally reside inside a host galaxy like all other quasars.”

You can contact Bob Eklund at: b.eklund@MtnViewsNews.com



On Line

By PJ Carpenter

Creatives and the rest of Us



The term ‘Creatives’ refers to the community of professionals who use the Mac almost exclusively for their computing endeavors. It could be supposed that by extension this group would include all Mac users. In many instances, this group finds itself having to adapt to a world not of their choosing when it comes to their public computing practices. Sometimes the computing platform to be used is dictated by the powers that be or by workplace protocol and budget. In such cases the Creative can be identified by the never-ending stream of ‘testimony’ (to put it nicely) to the obvious superiority of the all-mighty Mac and how all would be right with the world if everyone just came over the Bright Side. On some level they may be onto something here. At present I work in a field dominated by ‘Creatives’ and from a purely technical standpoint I would be hard-pressed to reproduce the computing environment needed to deliver our product were I to switch all the production hardware and software to a purely PC platform. In this instance there is simply no equal to the Mac products that we use to accomplish our mission. It would be difficult, but not impossible.

Creatives, as a group, like to see themselves as more, well....creative than the typical

PC user. The advertising directed at this demographic (Mac Users) is designed for them to see themselves as more individualistic and forward-thinking than the PC types. It is designed to highlight what they see as their more cosmic natures. Some market research and a cursory perusal of the Mac ads in the field today bear

this out. Since Apple has become the mega-corporation that it has, with representation in every country on the planet, one wonders how Mac users can still consider themselves a niche community. The wildly popular iPhone has almost overnight transformed this group of hipsters into the very thing that they’ve always snickered at PC users for being: Lemmings.

To be fair, this mad rush for all things Apple hasn’t happened because of anything that the Mac users themselves have done, and the come-lately crowd probably can’t be called true creatives as the nature of their presence in the group is almost entirely consumptive rather than productive. This has come about as a direct result of the Apple brand going mainstream. The iPod and the iPhone have garnered the Apple brand considerable new attention from a buying public that seems to be getting quite used to spending the extra cash necessary to procure the pricey offerings from Cupertino. Apple has always been well-served by its stellar reputation as a special brand that seems to transfers a certain air of hipness to the user, and this phenomenon has seemed to extend to the iPod and iPhone product lines. That kind of brand magic is hard to find.

THE “BEAR” OF GOULD MESA TALKS ABOUT HIS 12 YEARS IN THE CANYON

By Christopher Nyerges

[Nyerges is a field guide, editor of Wilderness Way magazine, and author of "Self-Sufficient Home," and other books. He can be reached at Box 41834, Eagle Rock, CA 90041, or www.ChristopherNyerges.com]

Local hikers to the Arroyo Seco above Altadena might recall the resident of Gould Mesa, Barry Thomas, aka “Bear,” who resided there from 1992 through 2004. For those 12 years, he lived there with his wolves as campground host and a docent for Boy Scouts, Girl Scouts, and school groups, sharing historical information and natural history. He was also a first responder for medical emergencies, as well as having six campgrounds that he was responsible for maintaining, from Teddy’s Outpost north to Shangri La. During his first few years, he also did animal counts (of owls, bighorn sheep, and deer) with the forest biologists.

When Bear left Gould Mesa, he moved to the Rocky Mountains. He first moved to the eastern plain of the Rockies, and then after a year and a half, moved to the 10,000 foot level on a 36 acres property that had 3 regular wells, and one artesian well, along with his two horses.

“When I first got into the mountains, of course, it was important to get myself and my children acclimated to the altitude,” he explained. “Most of my neighbors were about a half hour’s walk away.”

Though Bear had a maximum of five wolves during his stay at Gould Mesa, only two were left by the time he moved to Colorado. “Two died from old age, and I took two with me to Colorado,” says Bear, and sadly adds that the two wolves were killed by ranchers in Colorado.

“My lifestyle remained pretty much the same in Colorado, except that I lived deeper in the mountains, and I would have sporadic electricity,” he explained, adding that his winters would get down to 12 below zero.

Currently, Bear is conducting educational tours at Monrovia Canyon Park, teaching about wildlife and plant life to students. Bear, who is part Kiowa, is creating educational programs that include aspects of Native American history, and what Bear calls “The Way.”

I recently met up with Bear at Pasadena’s Hahamongna Watershed park, and chatted with him about his time at Gould Mesa. He was wearing a deer skin bag that he’d made, and decorated with a traditional Kiowa design that he saw on a knife sheath belonging to a man who was part of the clan that his great-grandmother belonged to. “The symbol on the bag,” he told me with a smile, “means to keep your eyes on the Spirit.”

We began talking about the lessons he learned from his 12 years at Gould Mesa. “One of the biggest things about living at Gould Mesa,” says Bear, “was that I had no modern conveniences, and no electricity. This was good, since it forced me into finding alternative ways of doing things and making living without electricity second nature.” He says that the Northridge earthquake really drove home this point. He certainly felt the quake, though it had no effect on his lifestyle. However, when he heard on his battery-operated radio that many people were displaced and left homeless from the quake, he figured there would be lots of people coming into the canyon to camp. “I was surprised because no one came into the canyon then. For me, nothing changed. Life went on. I used candles. I even learned how to make candles because I didn’t



want to keep buying them. I had to live what I believed,” he explains.

His “running water” was the stream for his first few years at Gould Mesa, and eventually he started getting 50 gallon barrels which he would keep filled. “If I wanted hot water, I just had to heat it on the fire. I would use the outdoor fire to heat water for a bath – and I learned the difference between galvanized and aluminum bucket.” Bear said that the galvanized bucket can take more heat, and is much better for long-term use. If he needed hot water for tea, he’d use his propane stove.

His bathroom was the outhouse. He had no electricity so he had no refrigerator. In the first few years, he used ice. He also purchased foods that were dried or canned, that didn’t need refrigeration. Eventually, he built an evaporative cooler to keep certain foods cool. Later, he got a refrigerator which could operate from either 12 V batteries or propane. “The big problem with the food was to keep the mice out,” said Bear.

Central heating? Central cooling? Nope, he had neither. During his time at Gould Mesa, Bear sponsored three Native American gatherings that were held there. “Musician Jon Sherman played there using his solar panels to charge the batteries that powered his music. That gave me the idea to get batteries to operate a radio a small TV, and a few battery devices,” he explained. Bear purchased 4 batteries, which powered the electrical devices. When a battery got low, he would swap it out with the battery in his van, so when he drove that day, he would be charging that battery. After five years, he purchased a generator also, so he could keep the batteries charged.

Eventually, Bear plans to return back to his home in the Rocky Mountains.

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The Senior Spot

By Bruce Lamarche

ZZZ's Are You Getting Enough?

At a younger age and being a man constantly “on-the-go”, I considered sleep as a waste of time. I would always say, “You can sleep when you die, right now I want to use my time better.” Ah . . . to be young *and stupid* again. I was wrong. As I’ve matured, I have come to realize that I’m not superman and I’m not immune from the problems that a lack of quality sleep causes.

So, here’s the deal. The lack of sleep causes some pretty serious long-term health and functioning issues. How about arterial aging and an increase in the risk for heart attack? Putting on weight, loss of coordination and balance, decrease in cognitive ability with a corresponding increase of emotional instability, can all result from insufficient sleep. And, this is not just about enough sleep, but about the quality of sleep.

Enough quality sleep increases your alertness and enhances a sense of well being. Motor skills improve. It increases the production of body chemicals that controls appetite.

So, here’s a physiology question: “What is the most active set of muscles in the body?” No, it’s not the legs nor even the heart. It’s the eyes! There’s over two million working parts. For those of you who understand computer-ese, the eyes process over 36KB’s (that’s 36,000 bits of info) each hour. And we wonder why they feel dry, grainy, and tired after a long day? They need to sleep also.

Biologically speaking, humans need about eight hours of sleep each night.

Here are some rules for getting that sleep you need:

1) The bedroom should be configured only for the enjoyment of sleep or sex. That means that the TV should be in another room. This should be a special and quiet place of refuge from

the world. It should not look like a warehouse.

2) Clean smooth sheets on a comfortable mattress can help. Avoid sleeping in garments that cling or twist around your body. Perhaps no clothes at all feel the best.

3) Sleep in a cool room with good ventilation. Crack a window. Stay warm in winter with a nice layering of light-weight blankets or a down comforter. Stay cool in summer with a quiet fan to stir the air.

4) Keep a regular schedule for sleeping. Try to avoid staying up late. There is true wisdom in that old maxim, “Early to bed, early to rise, makes a man, healthy, wealthy, and wise.” Think about it!

5) Maintain a routine to relax before sleeping. Reading, quiet music, deep breathing. Do the same thing every night to train your body that it is time for sleep.

6) Avoid caffeine or alcohol before bed.

7) Do not watch the 11:00PM news! There’s nothing of value there for you to see right before you slip off to dreamland. Murders, violence, and tragedy are not what you want your mind dwelling on as you drift off.

8) Try and get some physical exercise each day. This will help you sleep.

Choose to be good to yourself. Start with your plan for “sleep”. Like everything in life, it’s about *choice*. Isn’t it? What will you *choose*? **You can contact 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!

Healing Your Retirement: Part 5 of 5

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

Step Five: Consider Consolidating Your Retirement Assets

When it comes to building wealth for retirement in a tax-advantaged way, Individual Retirement Accounts (IRAs) are a popular and convenient choice for investors. Because you can set up multiple IRAs with different providers, they’re also easy accounts to accumulate—and even forget about. In addition to scattered IRAs, many investors have “orphan” 401(k) accounts left at old jobs. Such fragmentation can be detrimental to your overall investment plan.

Here are some potential benefits you could realize by consolidating your retirement assets into one IRA:

1. *A clear and accurate view.* When assets are scattered across a host of different accounts, each of which may offer only a limited number of investment choices, it’s easy to lose sight of your big picture—and even easier to make big financial mistakes. Investment decisions should be based on your objectives and time horizon and made on a portfolio-wide basis. Having a large number of relatively small investment accounts does not guarantee your money will be allocated across different asset classes such as stocks, bonds and cash, nor does it ensure proper diversification within these asset classes.

2. *More efficiency, less stress.* Along with the potential for higher risk and disappointing returns, maintaining a hodgepodge of retirement accounts can also mean a steady blizzard of account forms, statements and other records. What’s more, any adjustments to your asset allocation strategy could trigger fees to transfer funds between different accounts or providers. The simplicity of one asset allocation strategy, one statement, one advisor and one set of fees cannot be overstated in terms of potential time savings and stress reduction.

3. *The ability to make fully informed decisions.* Having one retirement account makes it easier for you and/or your Financial Advisor to actively monitor the performance of your investments and react quickly to changing market conditions, rather than just having money indexing anonymously somewhere. Also, having an advisor watch over your account can make tax time and performance evaluation

easier.

4. *Simpler account management.* Although you’re allowed to maintain multiple IRAs, it is usually unnecessary. Here are a few more reasons to consider consolidating your IRAs:

» Many firms charge an annual IRA account fee, so you could potentially reduce the total annual IRA fees you may have been paying on multiple accounts.

» You reduce the chances of making excess contributions.

» You can more easily calculate and track Required Minimum Distribution amounts if you are over age 70½/2.

» If you have more than one IRA, you may overlook holdings when performing an asset allocation analysis or calculating total retirement asset performance, thereby increasing the risk of basing important decisions on incomplete or misleading information.

Summary of Strategies for Rescuing Your Retirement

Have a plan. Developing a financial plan is one of the best ways to meet your long term goals. Your plan should also include a market volatility action plan to help you set realistic goals and manage return expectations in “what if” situations. We can create a new plan for you or refine an existing one. Importantly, we will also follow up at set intervals or whenever changes in your life warrant a financial review.

Invest regularly. If you are still working, saving part of your salary for your retirement is an excellent way to rebuild savings that were depressed by market conditions. Your investment could buy more shares of lower-priced equities and other securities that are “on sale” due to market conditions but show good potential. If you don’t feel comfortable investing in more equities, you can choose investments with less risk for your new contributions. We can generate an asset allocation analysis to ensure that your financial holdings, both inside and outside of your retirement accounts, are working together to provide you with a well-diversified portfolio that meets your needs and risk parameters.1

Consider working longer.



As the unemployment rate continues to rise, holding onto a good-paying job that brings in a regular income can be your lifeline prior to—and even during—retirement. According to a 2007 Urban Institute study, the combination of working longer, continuing to save, reducing spending and delaying Social Security benefits could significantly increase your retirement income. Just like part-time work allowed many people to find a balance between their work and personal lives, part-time retirement could help control the uncertainties of the financial markets by providing an extra cushion of income to fund the pleasures of your retirement.

Check your cash flow. Keeping track of where your money goes can give you a better picture of how long your retirement funds might last, or how much you might need to save. We can perform a cash-flow analysis to take the guessing out of this process.

Consolidate plans for easier management. Bringing all your financial assets together into one retirement account and/or one spending account can help clarify exactly what you have, where you are spending it and how you might invest your funds to manage them better. We can provide more information on the accounts offered by our firm. Part of the consolidation process will be a comprehensive assessment of your financial holdings and how they might be managed more efficiently to provide you with the current lifestyle and the future retirement you envision.

1 Diversification does not ensure against loss.

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

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FYI: Peppermint: More than just a popular flavor

Refreshing, and slightly sweet, peppermint is a favorite food additive, used in everything from candies and schnapps to toothpaste and cough drops. More than just a flavor enhancer, though, peppermint can be incredibly beneficial for your health. Peppermint acts as a regulator and has a relaxing or invigorating effect, depending on the circumstances under which it is used. Here are just a few of the everyday health benefits peppermint oil can offer you and your family:

Rubbing peppermint oil on the temples can provide relief from migraine headaches.

Chewing on peppermint candy can soothe a nagging cough or irritated throat. Menthol, a substance present in peppermint, is an effective decongestant.

For a therapeutic bath, put some drops of the diluted peppermint oil into tepid water to relieve stomach problems, nasal congestion, headaches, or cramps.

For insomnia or anxiety, drinking a cup of peppermint tea, or placing a tissue treated with a few drops each of peppermint oil and lavender oil, will provide a calming effect.

Drinking peppermint tea or sucking on real peppermint candy can also relieve an upset stomach and/or gas.

To soothe tired, sore, aching feet, try soaking in a tub of warm water containing few drops of peppermint oil. The essential oils can also help to heal dry, cracked skin.

Peppermint is generally easy to grow. In addition to a emitting a pleasant scent, growing peppermint leaves can provide a natural herbal insect repellent, helping to discourage ants, flies, and mosquitoes from lingering near your home and garden.

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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



Senior Excursions

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*

Recipe of the Week:

Unforgettable Egg Nog (Serves 26)

Ingredients:

- 12 eggs, separated
- 1 1/2 cups superfine sugar
- 1 quart whole milk
- 1 1/2 quarts heavy cream
- 3 cups bourbon
- 1/2 cup dark rum
- 2 cups cognac
- Freshly grated nutmeg

Directions:

This eggnog’s rich, cloudlike texture is produced by separating the eggs and beating the whites before adding them to the milk mixture. The eggnog base can be made one day in advance; just beat in the stiff egg whites and whipped cream just before serving.

1. In a very large bowl, beat egg yolks until thick and pale yellow. Gradually add sugar to yolks. With a wire whisk, beat in milk and 1 quart cream. Add bourbon, rum, and cognac, stirring constantly.

2. Just before serving, beat egg whites until stiff. Fold into mixture. Whip remaining 1/2 quart heavy cream until stiff, and fold in. Sprinkle with nutmeg.

Needless to say, this is for Adults Only!

December Birthdays



Shirley Anholt, Mary Alice Cervera, Sylvia Curl, Rose Fafach, Lucile Flanders, Bonnie Garner, Arlie Hahn, Eleanor Hensel, Carole Horejsi, Joan Hufnagel, Elizabeth Levie, Gayle Licher, Nan Beverly Murphy, Marie Pedersen, Pat McGuire, Helen Reese, Levon Yapoujian

Helpful Hints:

(To Keep Your Pet Happy This Holiday Season)

Tis the season to be merry, jolly and have a good time, but we must try to understand the stress our little guys and girls go through. Unlike their human masters they do not celebrate the holidays as we do, we have to be aware as pet owners the little things we take for granted which could harm our kids. Such things could be as simple as a Holiday floral arrangement (especially with berry’s, glitter etc.) or it can be as innocent as leaving an unattended cocktail where your dog can have access to it. Check out the following tips to ensure your pups safety during this holiday season..

Let’s Talk about the main dish:

What-ever your fancy is Turkey or Ham just feed your puppy just a little nibble, make sure there are no bones and well-cooked. Do not offer undercooked foods during preparation which may contain salmonella bacteria.

Lets Talk about spices:

Sage could make your Holiday meal taste great, but it as well as other herbs contain certain oils that can cause gastrointestinal upset and can effect the central nervous system of your puppy if they eat too much. Just because it is good for you, the dog knows no different they will enjoy it and suffer later. Beleive me you will also suffer the clean up effects later.

Making home made bread:

Do not give your dog raw bread dough, when raw bread dough is ingested , the pups body heat makes the dough to rise in his stomach. As it expands, your pup will vomit, have severe adominal pain and bloating, which could require surgery.

Making Holiday Cakes & Cookies:

Yum Yum those holiday cakes and cookies smell great, but be sure to keep their noses out of the batter. Don’t let them come in contact with raw eggs, which could contain salmonella bacteria which could lead to food poisoning.

Too much of a good thing:

Remember to feed your dog small bits of your holiday food (table scraps) small amounts should not poise a problem. However, don’t let your pets to overindulge, as they could wind up with stomach upset, diarrhea or even worse an inflammatory condition known as pancreatitis. The truth is, keep your pets on their regular diet during the holidays. You and your dog will appreciate each other as you enter another wonderful year of campaignship. From Bill & Abe

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.

Meals-On-Wheels

Meals are delivered to home-bound seniors by volunteer drivers through the YWCA Intervale Lunch Program M-F (with frozen meals for the weekend.) Call the YWCA at (626) 214-9460 or Darlene Traxler at (626) 355-0256 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 626.355.6220 or (626) 355-0256.**



SIERRA MADRE'S FARMERS MARKET!

Wednesday 3-7pm

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.**



Chris Bertrand

One Of A Kind: *Featuring unique homes & gardens and the people who create them*

Story By Chris Bertrand
Photos by Chris Bertrand

Vintage Christmas Decorations and Events at Heritage Square

Highland Park's Heritage Square has decorated three of the museum's homes for the Christmas season, in authentic style appropriate for their era. The eight historical buildings have been saved from wrecking balls across the Southland since 1969.

They preserve our architectural heritage in a unique, open air living history museum creating a 'sanctuary to preserve, restore and interpret our ... rich California history,' according to their website. There's no substitute for that up close and personal experience of stepping back in time to touch and feel life in a bygone era, by stepping into these homes.

Buildings dating back to 1876 are on display, with tour guides to give insight to lifestyle, accoutrements, furnishings and cutting edge technology of the day as industrialization, the machine age and improved transportation changed the American way of life.

December 5th and 6th, this weekend, the 15th annual Holiday Lamplight Celebration will allow guests to dance and experience spectacular holiday festivities in three of the homes, representing Christmastime in

1890, 1910 and 1930.

Evening tours begin at 4:00 PM and continue through until 8:30 PM. Advance reservations are required as space on the tours is limited. Tours are approximately one hour in length. Tickets are \$20/adult and \$10/children 6-12, nonrefundable. Museum members receive a 25% discount on ticket prices, subject to restrictions. The evening's program is not suitable for children under six.

Sarah Barnard Design worked with Heritage Square and collaborated with 18 LA Basin designers to create the first ever "Designer Holiday House Tour" this year. Barnard also decorated the William Perry Mansion. Jean Zinner, founder of J.A.Z. Designs, and Sylva Kouzouian of Design Peel Studio decorated the 1887 Queen Anne residence known as Hale House in a 1910 style. Karina T. Rizzo, founder of Karamia Design Group decorated the 1884 Second Empire, Richard Shaw House to reflect a 1930-style holiday.

The Designer Holiday Homes Tour is open Saturday and Sunday from 12 to 4 p.m. through January 3, 2010. Museum admission is \$10.00 for adults,

\$8.00 for seniors over 65, \$5.00 for Children 6-12 and free for children under 6 and museum members. Many of the designer's and antique dealer's furnishings and accent items are available for sale, as well, with lists available in each home.

A photographic exhibit, "Holiday Heritage: A Southern California Christmas", open to both the Lamplight and Designer Holiday Homes guests, provides an introspective glimpse of Heritage Square Christmases past, including some never before shown photographs. A storyteller will spin classic tales, and the museum store will offer unique holiday gifts.

The museum is open week-ends for tours, educational, entertainment and fundraising programs, exhibitions or events. To tour Heritage Square, volunteer or attend one of the events, check their website at www.HeritageSquare.org, or call the museum at 323-225-2700.

For a more detailed look at this architectural treasure trove just a few miles away, our archives store my July 4 2008 article at www.MtnViewsNews.com



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Open Sunday 2-4pm

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70 E Bonita Ave.	Sierra Madre	Susan Miali	\$898,000
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If any of your friends or family have recently applied for a new home loan, you've probably heard that lenders are nervous, with tough new rules and demands for stacks of paperwork. Good mortgages are still out there, but you should be prespored before applying.

First, understand how your credit score impacts the interest rate charged on your loan. If your score is 720 or higher on the scale of 850, you will qualify for the best rates. If it's between 700 and

719, you could expect 0.375% added to that rate, while a score between 680 and 699 might add 0.5%.

Next, determine how much you have available for down payment, and how that will affect your loan's terms. A "conforming loan" (that would be purchased by Fannie Mae or Freddie Mac) will require a minimum 10% down payment.

However, if you don't have that much to put down, you can investigate a Federal Housing Administration

(FHA) or Veterans Administration (VA) loan. These government-backed loans are targeted toward those with lower credit scores and only require a 3.5% down payment.

You can even use this year's First Time Homebuyer Tax Credit to help pay closing costs, buy down the interest rate, or add to your minimum down payment. Just have employment, banking and tax record organized, and be patient while overworked lenders review your application.

Dickson Podley REALTORS® Congratulates Vance Weisbruch, Recipient of the Good Neighbor Award



Ed Afsharian, manager of the Dickson Podley REALTORS® Pasadena office is pleased to recognize Realtor Associate, Vance Weisbruch who was recently presented with "The Good Neighbor Award" from the National Association of Realtors for truly engaging with his community in numerous ways to make a difference. Ed says, "Vance's long involvement and his generosity certainly have made him a very deserving recipient of The Good Neighbor Award. Dickson Podley REALTORS® congratulates Vance and commends him for all his volunteer efforts."

Vance has attained numerous achievements throughout the years.

Recognizing the need to give back to his community, years ago he began contacting local schools to learn if there were families needing assistance during the holidays. Vance coordinated efforts to assist these families by procuring donations of food, gifts and Christmas trees, and has been doing so for quite some time. Additionally, he is the resident "Santa" for a holiday open house at Dickson Podley REALTORS®, and for the Door of Hope, a local Pasadena charity that serves homeless families with children.

Vance gives back to his community in many ways. He has donated over 5 gallons of blood at Huntington Hospital and the City of Hope, along with doing platelet pheresis for premature babies and cancer patients. One of Vance's favorite ways to give back to his community is by sponsoring an annual Halloween celebration at his home. For the past 8 years, Vance and his wife Judy have gone to extreme measures decorating their home for the event. Last year there were over 3000 in attendance!

One of Vance's greatest achievements was becoming President of Treasure Little Children (TLC) over 4 years ago. TLC was established in 1998 by a group of volunteers dedicated to enriching the lives of those in need by providing educational assistance and classroom renovation. This is accomplished by purchasing computers, books, school supplies, and arts & crafts materials. Vance believes that by donating the tools for education together with the necessities of daily life we can help youth to develop qualities that are essential to leading productive lives.

TLC provides assistance year-round to numerous organizations including Union Station Foundation, Pasadena Youth Center, Families in Transition, Euclid Villa Transitional, Pasadena Youth Christian Center and Mother's Club Community.

Vance is a REALTOR® with Dickson Podley REALTORS® Pasadena and can be reached at (626) 233-5207.

Established in 1957, Dickson Podley REALTORS® currently serves The Foothills Area, from Glendale to Glendora, with all its realty needs. Dickson Podley REALTORS® has 6 branch offices located throughout the area (Pasadena, La Cañada Flintridge, Altadena, Monrovia, Glendora, and Sierra Madre).

For more info go to: www.dicksonpodley.com

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