



GREEN FLAG ALERT

The City's state of emergency level is now at Stage One: **GREEN FLAG**—Activated under a prediction of 80%—100% chance of precipitation. Affected residents should get "READY" for potential evacuation. This includes keeping a close watch on weather forecasts.

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Mountain Views News

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

SATURDAY JANUARY 23, 2010

City Council Races Begin In Sierra Madre And Arcadia

In Sierra Madre 7 Candidates Vie for 3 Seats; Zimmerman Won't Seek 2nd Term

Nancy Shollenberger, Sierra Madre City Clerk, issued a "Final Report" on candidates that are officially running for City Council on April 13, 2010. "Nominations have closed. The following will be running for the Three City Council Seats open: They will appear on the Sample Ballot as follows:

JOHN CRAWFORD
PAT ALCORN
"Eagle" BILL TICE
NANCY WALSH
DON WATTS
JOSH MORAN
JOSEPH MOSCA

The following question will also be on the Sample Ballot:

ORDINANCE PROHIBITING THE EXERCISE OF EMINENT DOMAIN FOR PRIVATE PURPOSES

Shall an Ordinance be adopted prohibiting the City of Sierra Madre from exercising the power of eminent domain for private purposes, or facilitating or

Six Candidates Vie for 3 Seats In Arcadia

The Arcadia City Council races started out with 7 candidates for the 3 open seats, however, at the last minute, newcomer Tammy Woloski dropped out of the race. Woloski was unable to garner the 20 signatures needed to qualify.

The remaining candidates include veteran council members, including several that have been Mayor. Hoping to land a seat on the new council are:

funding the exercise of the power of eminent domain for private purposes? YES NO".

To those following the 'chatter' around town, it came as no surprise that Former Mayor Kurt Zimmerman did not seek re-election. Many were surprised, however, that controversial blogger, John Crawford, aka Sir Eric, threw his hat in the ring.

Incumbents Don Watts, currently Mayor Pro Tem, and Joe Mosca will each seek a second term. Mosca who has garnered more votes than any other current sitting council member, although he was Mayor Pro Tem, was not voted in as Mayor for two consecutive years, an act which angered many voters.

Bill Tice who has run several times before, is hoping success in this election.

Nancy Walsh, is chair of the city's Senior Commission and Pat Alcorn sits on the city's Community Services Commission.

Mayor Pro Tem Peter Amundson Councilman Bob Harbecht Former Mayor Mickey Segal Jason Lee Paul Cheney and Sho Tay.

Harbecht is also a multi-term former Mayor. Lee and Cheng are Pasadena Attorneys and Sho Tay is a prominent Arcadia civic leader.

Weathering The Storm

A Well Prepared City Survives A Really Wet Week

By Dean Lee

The last five days say four storms dumped nearly five inches of rain throughout the area, prompting mandatory evacuations in the upper and lower canyons, as well as, triggering the City Council to declare a State of Emergency Wednesday night. By press time, although the rains continued, things were somewhat back to normal as the mudflow threat moved back down from red to green. And, although that sounded good, weather reports say things will not stay dry for long as another storm is predicted next week. That storm is expected to drop another inch of rain.

City staff acted quickly to prepare for potential mud slides and floods from debris flow. Emergency personnel, as well as Sierra Madre's CERT (Community Emergency Response Teams) were dispatched to the hillsides to notify residents door to door of the evacuation orders prior to the council meeting. The message city officials had was to leave immediately although many did not. Frustrated city council member Kurt Zimmerman said Wednesday, "just in case it's not clear to those residents, the authorities are not asking you to evacuate your home because they are concerned that mud might end up on your carpet or your tool shed might get flooded, there's asking you to leave to protect your life."

During the quick 15 minute emergency meeting the council was briefed by City Manager Elaine Aguilar, Director of public works Bruce Inman, Police Lieutenant Larry Giannone and City Fire Chief Stephen Heydorff.

Aguilar said by declaring the emergency the city would be able to recoup some of the cost from the county and state as well as get aid. "This is an action that the city council takes whenever there is a determination that has been made that an event is about to befall us that may exceed our internal capacity to respond to."



The Bailey Canyon Debris Basin on Thursday
Photo by Chris Bertrand

She also explained that the declaration would allow the city to request grant funds should they become available.

Inman stated that the debris basins above the canyon owned by the county were monitored each hour. "At any point if any of those facilities become overflow conditions we will be notified," he said.

At the time he said none of them were. He also said they would wait until after the storms to start any cleanup of any mud.

Heydorff said the fire department was ready with crews and equipment in case they needed to deal with downed trees or any flooding problems. He also made a plea for people to leave. "Once the mud starts flowing it will be impossible for us to get out and save you," he said adding that it worried him to hear residents on the news adamant about staying. "Ankle deep mud can sweep you off your feet," he warned.

Giannone said his department worked with the LA County Sheriffs to maintain security for evacuated residents. He said only residents that had either prescription medicine or pets were let up into the areas.

Mayor MaryAnn MacGillivray excused herself from the meeting saying there was a conflict of interest having her home on the edge of the evacuation zone.



Residents listen carefully to Chief Heydorff at an emergency council meeting.
Photo by Dean Lee

VOLUME 4 NO. 3

Fake Bomb Rattles Community

As if the heavy rain and winds weren't enough, several residents living near a Santa Anita Court residence were startled to see a Los Angeles County Bomb Squad Truck working with the Sierra Madre Police Department dismantling what appeared to be a bomb.

According to Sierra Madre Police Chief Marilyn Diaz, "a sophisticated looking device" was found in a mailbox which prompted a frantic call to police.

Upon arrival, and after viewing the suspicious looking package, the Sierra Madre Police Department contacted the County's bomb squad. It took the county approximately 30 minutes to get to the scene, primarily due to difficult traffic conditions.

The area was evacuated immediately while the county crew dispatched their Robot to work. The robot took pictures of the suspicious packages and sent it back to the command vehicle via wireless communications. After reviewing the photos, the robot was instructed to dismantle the device, rendering it harmless.



Robots such as "Andros" do what the Bomb Squad programs it to do. It can take pictures, lift, fire a water cannon, fire ammunition, etc. Photo courtesy LAPD

At press time, there was no information available as to why this carefully crafted device was left at the residence, nor was there any information as to who may have left it.

The matter remains under investigation by the Sierra Madre Police Department.
S. Henderson/MVNews

Planning Commission To Discuss 1 Carter Design Specifications

The Sierra Madre Planning Commission will hold public discussions on the proposed Design Specifications for the 1 Carter project. The discussions will take place at the Commission's regularly scheduled meeting, Thursday, February 4, 2010 in the City Council Chambers. The meeting was originally to take place this week, however, due to the extreme weather conditions, it was cancelled.

Sierra Madre City Council Meeting
Tuesday,
January 26, 2010
6:00 pm



The Sierra Madre Chamber of Commerce
Presents The Annual
Citizen of the Year / Board of Directors
Installation Dinner

We are pleased to honor
the 2009 Citizens of the Year
Dr. Paul and Louise Neiby

Friday, January 29, 2010
Santa Anita Park, Chandelier Room
No Host Bar, Silent Auction, Dinner

Entertainment provided by Mercy Powell Quartet, Vincent Johnson

\$60 per person includes parking
Table of ten: \$550
Limited seating by reservation only
Dinner reservations must be paid in advance
Credit cards accepted
Dress: Business attire
Reserve your seat/table by January 27th
(626) 355-5111
For more info visit SMCitizenoftheYear.info



Coffee!



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Buy one, get second 1/2 off*

*same or lesser value
Offer ends 1/9/10.

Excludes Japanese erasers and toys

Niko & friends
Coffee - Deli

900 Valley View Ave, Pasadena, 91107
626-510-6151 M-F: 7-6, S: 8:30-1:30,
Closed Sunday

SUNSHINE MILLIONS
RETURNS TO SANTA ANITA

GREAT STAKES RACING
Don't miss out. Get to the track early.
Gates Open 10 am
First Race 11:30 am

Admission is **FREE** on Fridays
plus free box seat and \$1 hot dogs,
beer and soft drinks.

FREE*
HUGE BEACH UMBRELLA
Perfect for picnics
in the infield or
a day at the beach.

Presented by Pepsi Cola & San Manuel Indian Bingo and Casino

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1934 - 2009

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EAST OF PASADENA IN ARCADIA

Read The Paper Online At: www.mtnviewsnews.com

Weather Wise

5-Day Forecast

Sierra Madre, Ca.

Mon: Sunny Hi 60s Lows 40s
Tues: Rain H 60s Lows 40s
Wed: Sunny Hi 60s Lows 40s
Thur: Partly Cldy Hi 60s Lows 40s
Fri: Rain Hi 60s Lows 40s

Forecasts courtesy of the National Weather Service



Snow - Just Up The Hill! Photo courtesy UCLA Towercam

Sierra Madre Playhouse - Neighbors Star in Wizard of Oz Benefit

Local resident actors help celebrate the Sierra Madre Playhouse's 30th Anniversary by staging four benefit performances of "Dorothy and the Wizard of Oz." Show times are 11 am and 2 pm, Saturday, January 30th and again on February 6th.

"We wouldn't be acting if it weren't for the Playhouse," says our cowardly lion, local attorney Bruce Neilson. He added, "I'm a lawyer by chance and an actor by passion."

Donna Ieraci, a hostess at the Old Spaghetti Factory plays Dorothy; our Scarecrow is portrayed by Dan Ellis, a school administrator at the LAUSD Santee Education Complex.

In between swinging an axe, Tin Man Ron Johnston is a computer programmer for General Electric, and Toto, played by Steve Cipriani, owns the Chips Painting Company when not on all fours. Our Wizard, Guy Crawford is, naturally, a salesman, and Lynda Rohrbacher, playing against type as the Wicked Witch of the West, is a compassionate neonatal nurse.

June Chandler, teacher of the Playhouse's Adult "For the Love of Acting Classes" tells us, "Because of the Sierra Madre Playhouse 'real' people can be stars in their own hometown."

Rounding out our cast as Glinda, the Good Witch, is the beautiful and talented octogenarian Shirley McConnell. Retired from a career in employment development for the State of California, Shirley told us, "Finally, I'm getting to act in my life. And we're all excited about giving back to the Playhouse!"

ONEHOPE Wines To Be Featured At Annual Wine and Cuisine Tasting Event

The Friends of the Sierra Madre Library are very pleased to announce the addition of a very special company to our 40th Annual Wine and Cuisine Tasting Event: ONEHOPE Wines.

In addition to their wonderful Chardonnay, Cabernet Sauvignon, Merlot, Zinfandel and Sauvignon Blanc wines, what sets ONEHOPE apart is the vision to donate 50% of their profits to needy causes. In fact, since their inception in June 2007, ONEHOPE Wines has donated over \$150,000 to charities all across the country! We applaud them and invite you to visit their website at www.onehopewine.com.

Our 40th Annual Wine and Cuisine Tasting Gala will take place 7:00 – 9:30, Friday evening, February 19th. The festive atmosphere will be held at Alverno's extraordinary Villa in Sierra Madre, and will feature wines from dozens of vintners and delectable cuisine from more than 20 local restaurants. And don't forget our silent auction offering gourmet dinners, play tickets, wine tours, amusement park tickets, art work and much more.

Our new early bird premier will be from

6:00 – 7:00pm. Special food, premium wines, door prizes, live music, a distinctive badge and early access to our main event will highlight this new addition to our celebration. A wine expert will also be on hand to transform us into bon vivant connoisseurs of fine wines.

Sponsored by the Friends of the Sierra Madre Library tickets are available 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.

ONEHOPE Wines vision resonates the purpose behind the Sierra Madre Library: Giving to the community. By joining us at our February 19th Gala, you enable the library to add new acquisitions and additions to collections, support library services and programs, and make improvements to the building and grounds.

Sierra Madre's 2010 "One Book One City" Gets Underway - "Zorro" Kick-Off Fiesta, Saturday, January 30

A "fiesta" at the Sierra Madre Public Library on January 30 will kick off this year's "One Book One City" program. This free event takes place from 1:00 – 4:00 p.m. and is open to the public of all ages.

Honoring Isabel Allende's novel "Zorro," a story of the legendary 19th century Spanish California hero, the party will feature Mariachi musicians and Flamenco dancers. At 2:00 p.m. Tigertainment Studios will present "Swordplay!" – a demonstration of face-to-face fencing. Mask making will be available for children.

In addition to giving Sierra Madreans an excuse to read an important work of fiction—with particular local appeal—the Library is organizing events to celebrate as well as explore "Zorro" in depth, with special guests

and literary discussions planned for February along with a tour of the San Gabriel Mission, which features prominently in the novel.

The Library would like to thank the Sierra Madre Civic Club and the Casa del Rey Mexican Restaurant for sponsoring the kick-off "fiesta."

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.

Chinese New Year at the Library

Join us at the Sierra Madre Public Library on Tuesday, January 26 at 3:30 p.m. for a special children's Storytime celebrating Chinese New Year. The Storytime will feature stories about Chinese New Year, followed by a "good luck" paper lantern craft. Chinese New Year, which in 2010 celebrates The Year of the Tiger, begins February 14.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
January						1
						2
3	4	5	6	7	8	9
Happy New Year!				Planning Commission Meeting: 7:00 PM City Hall Senior Community Commission: 3:00 PM City Hall		
10	11	12	13	14	15	16
			Arts Commission Meeting: 6:30 PM City Hall			
17	18	19	20	21	22	23
Community Services Commission Meeting: 6:00 PM City Hall			Tree Advisory Commission: 7:00 PM City Hall	Third Thursday Book Club Planning Commission Meeting: 7:00 PM City Hall		
24	25	26	27	28	29	30
		Library Board of Trustees Meeting: 7:00 PM City Hall				
31	Sierra Madre					

Winter at Descanso Gardens Means Camellias

Descanso Garden's signature flower begins to bloom in profusion in January and continues well into spring. The Gardens celebrates its arrival with flower shows and a new festival "The Golden Age of the Camellia" in February when you can enjoy shows, tours and workshops. Here's a recap of upcoming Camellia-themed events:

Camellia Shows at Descanso Gardens

Bring a camellia from your garden for identification and learn more about it from friendly experts; arrive early on Saturday to enter your blooms in novice and intermediate categories, or just come by to admire the flower that is called the "Empress of Winter." (Entrance to Camellia Shows is free with Gardens admission.)

- **Pacific Camellia Show, Saturday, Jan. 16, 1 to 4 p.m. and Sunday, Jan. 17, 9 a.m. to 4 p.m.**
- **Southern California Camellia Society Show, Saturday, Jan. 30, 1 to 4 p.m. and Sunday Jan. 31, 9 a.m. to 4 p.m.**
- **Southern California Camellia Council Show, Saturday, Feb. 27, 1 to 4 p.m. and Sunday, Feb. 28, 9 a.m. to 4 p.m.**

Golden Age of the Camellia Festival – Feb. 20-27

In the 1950s and 60s, Descanso celebrated its extensive camellia collection with elaborate pageantry, society shows, a "Queen of Camellialand" contest and walks through the famed winter-blooming flower forests.

- **Faery Tours of the Camellia Forest, Sat., Feb. 20, tours depart at 9:30, 10:15 and 11 a.m.**
Follow the forest faeries as they guide children and families through Descanso's Camellia Forest. Learn flower facts, hear faery stories of enchantment and frolic, and be prepared for surprises along the way. Free with Gardens admission but space is limited. Call (818) 949-7980 to reserve your spot.

THE ROSE LEAF RAGTIME CLUB, now in its 15th year, meets on the last Sunday of every month, and will convene on Sunday, January 31, 2010 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, ¾ 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 ragtимерon@earthlink.net

From: Ron Ross, Publicity Director

The Rose Leaf Ragtime Club is on the Web at <http://roseleafclub.com>
Videos of recent meetings can be viewed at <http://valleyragtimestomp.com/>

Photographer Toft speaks Jan. 27

Award-winning wildlife photographer Roy Toft will be speaking Wednesday, Jan. 27, at 10:30 a.m. at the Arcadia Public Library, 20 W. Duarte Road.

Dedicated to documenting our natural world for future generations, he focuses on wild images that convey a sense of the animal's character and spirit. In 2007, his image of a rare African wild hunting dog running with his "prize" won first place in the prestigious

BBC Gerald Durrell Award for endangered species in the prestigious BBC Wildlife Photographer of the Year contest, and was featured in the Wildlife Photographer of the Year Competition exhibition at the Natural History Museum in London.

Magazines such as National Geographic, Nature's Best, Smithsonian, Audubon, and Discover have featured Toft's striking images in an effort to advance conservation efforts globally. As a result he has been named a founding fellow of the prestigious International League of Conservation Photographers (ILCP).

Toft combines his love for photography and teaching by instructing photography classes, tour groups and workshops in the field. His company sponsors annual workshops for photographers of all levels in such destinations as Costa Rica, Japan, Alaska and Africa.

Friends February Best Used Book Sale February 5 & 6

"Are we not like two volumes of one book?"

Our Valentine's themed quote from French Poet Marceline Desbordes-Valmore reminds us that it's time once again to play Cupid. Valentine's Day is just around the corner and our Best Used Book Sale offers the perfect place to select that special book for your Valentine...at the right price!

Mark your calendars for Friday, February 5th from 3:00 to 7:00 pm and Saturday, February 6th from 10:00 am to 2:00 pm: The sale will be located at the Sierra Madre Public Library, 440 West Sierra Madre Blvd, Sierra Madre in the lower parking lot and the adjacent basement.

If your Valentine is a man, we have included a manly collection of coffee table books on History, Civil War, American Indians, and War. For the women Valentines, we offer more sensible and civilized selections including Cookbooks, Beauty and Fashion, Love Stories, and Feng Shui.

Other books of interest for sale are - Time Life Books - The Seafarers, Time Life Books - Human Behavior, History of Films and Film Making. Inside will be a new selection of DVD's, Videos and Books on Tape. New collection of Collectibles. Outside tables will be filled with a new selection of children's books, paperbacks (25 cents each or 5 for \$1.00.) Hard back fiction and non fiction will be available at \$1.00 each.

The Friends operate the Best Used Book Store. Reasonable prices and all proceeds support the library programs. Have a wonderful Valentine's Day. Call (626) 355-7186 for information. Come and shop early for the best finds.

Sierra Madre Youth Basketball League



Due to the success of the Sierra Madre youth Flag Football League, the City of Sierra Madre will be offering a Youth Basketball League this coming February.

The league will be co-ed and broken into two divisions: 7th and 8th graders will play in Division A, while 5th and 6th graders will play in Division B.

The league will consist of Sierra Madre teams and all games and practices will occur at Sierra Madre Upper School Campus basketball courts. Games and practices will occur Monday through Thursday after-school between the hours of 2:45 and 4:45 pm (the exact date and time is dependent on your child's coach).

All games will follow the rules set out by the Southern California Municipal Athletic Federation (SCMAF).

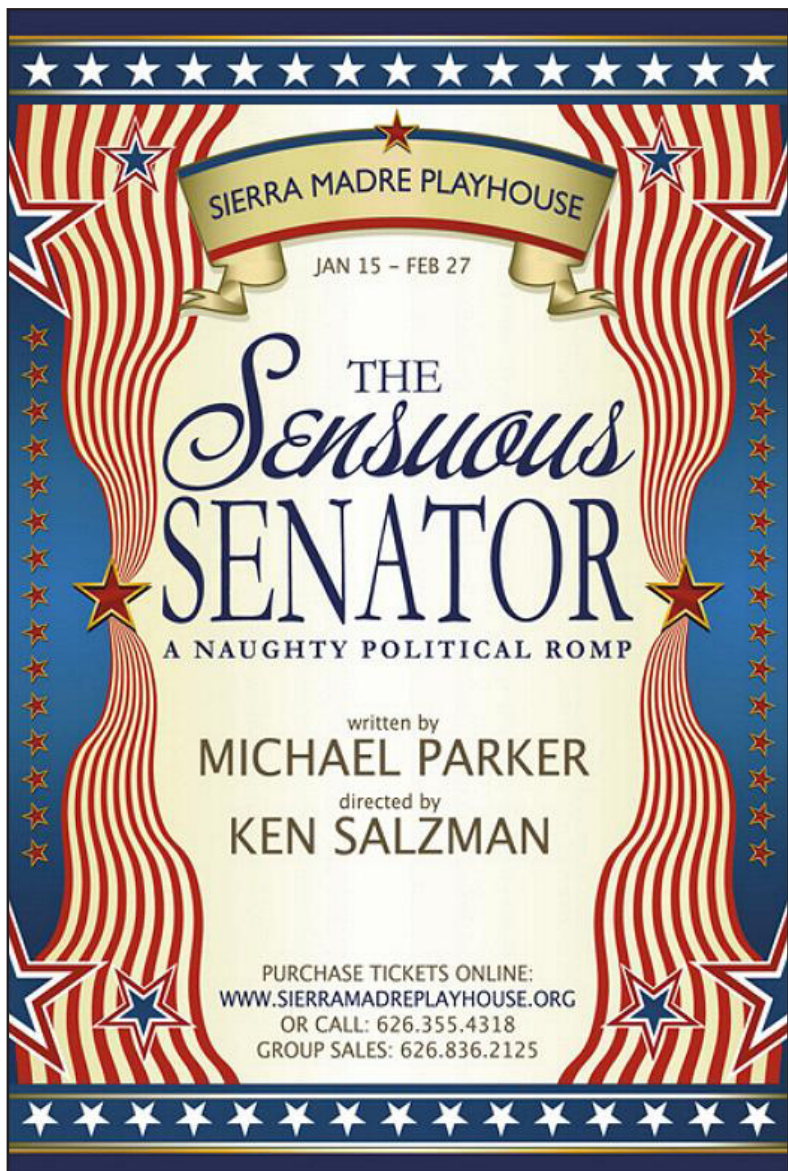
For more information on how to register, please contact the Community and Personnel Services Office at 626-355-5278.

Live from Burger Continental The Harvey Hyde Show

535 So. Lake Ave. Pasadena (626) 792 - 6634

Every Thursday 6:00 pm - 7:00 pm

Hard-hitting, High impact sports talk radio KSHS Las Vegas - 1400 AM



Sierra Madre**2011 Rose Parade Insights**

At their January 26 meeting, the Sierra Madre Kiwanis Club will present an fascinating program about the Pasadena Tournament of Roses Association.

The speaker will be Jeff Throop, from the Pasadena Tournament of Roses Association. Jeff, a resident of Sierra Madre who will be sworn in next week as the President of the Association, has been deeply involved in the Tournament for many years. He will talk about this year's event and give a glimpse of what's in store for the 2011 Rose Parade and related festivities.

The meeting will be Tuesday, January 26 at noon at the Masonic Temple, 33 E. Sierra Madre Blvd. The public is invited. Lunch will be served. The cost is \$11 per person; reservations and exact change are required. For reservations, please contact Susan Henderson at 355-0728 no later than noon the preceding Monday.



BE A FLOAT DESIGNER WINNER . . .CONTRIBUTE A DESIGN FOR THE 2011 SIERRA MADRE ROSE FLOAT

Sierra Madre Rose Float Association 2011 Float Design Contest:

This year's design contest will be held from Monday, January 4th, 2010 till Saturday, February 6th, 2010. We recognize that the official Tournament of Roses Theme Announcement will occur in mid-January, but we are confident that it will be: "Building Dreams, Friendships & Memories".

Design Guidelines:

1. Designs must be received no later than Saturday, February 6th, by 6PM at P.O. Box 603, Sierra Madre, CA 91025.
2. Design submissions need to take into consideration the Tournament of Roses 2011 theme. ("Building Dreams, Friendships & Memories").
3. Designers should consider the appropriate use of float riders, Sierra Madre Rose Princesses/ Escorts (2-4) and animation. Float designs should represent a float no longer than 55 feet and 18 feet wide.
4. The design contest is open to all ages (need not be a Sierra Madre resident nor a Sierra Madre Rose Float Association member). Designs developed by Groups, Art Classes or other organizations are gladly accepted. Designers are encouraged also to submit more than one design.
5. Please provide a title to the float design. Submission may include a written description (no more than 100 words) of the concept and possible animations.
6. While only a very simple sketch is required to illustrate the concept, more detail can help in the selection process.

Design Rules:

1. Designs must be submitted on an 8 ½ X 11 "Theme Draft Form" in black & white pencil. No color drawings or oversized drawings will be accepted.
2. Designs submitted to the Sierra Madre Rose Float Association will become the property of the Association and may be modified by the Association to achieve construction and floral requirements.
3. Designers will be required to sign a Design Release form certifying the originality of their design and assigning those design rights to the Sierra Madre Rose Float Association.
4. The designer(s) may be asked for consultation.
5. The designer understands that he/she will receive no compensation, monetary or otherwise, for the use of the design and that the Sierra Madre Rose Float Association, City of Sierra Madre and/or the Pasadena Tournament of Roses have no obligation of any kind towards designer(s).
6. Submitted designs are not returnable.
7. Mail all designs to:

Sierra Madre Rose Float Association
P.O. Box 603
Sierra Madre, California 91025

For further information, please call the Sierra Madre Rose Float Barn at 626-355-7005, leaving a message on the answering machine. We will return your call as soon as possible.

Submission forms available at www.sierramadrerosefloat.com

Duarte**County Offers Financial Assistance Program For Prevention of Homelessness**

Los Angeles County is offering one-time financial assistance to residents who have become homeless or are at risk of becoming homeless because of job loss, reduction of work hours or other unexpected hardships.

Residents may be eligible for the once-in-a-lifetime Homelessness Prevention and Rapid Re-Housing Program (HPRP) and receive monetary assistance paid directly to the landlord and/or utility company for such expenses as security deposit, utility turn-on fee, back-due rent and/or gas and electric utilities.

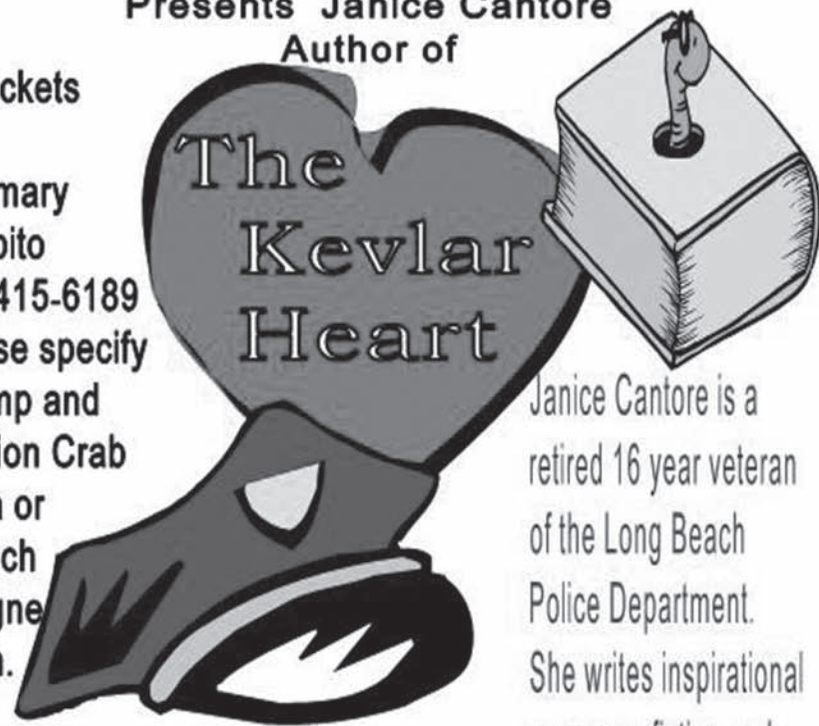
Funding for the program is made available through the United States Department of Housing and Urban Development by the American Recovery and Reinvestment Act.

For more information on HPRP, dial 2-1-1 for Los Angeles County offices or go to the Los Angeles County Housing Resource Center website at <http://housing.lacounty.gov/HPRP>.

Celebrity Luncheon
January 30, 2010
11:30 a.m. to 2:00 p.m.
Tickets: \$27.50 per person

The Sierra Madre Woman's Club
550 West Sierra Madre Blvd. Sierra Madre, CA
Presents Janice Cantore
Author of

For Tickets
call:
Rosemary
Morabito
(818)415-6189
Please specify
Shrimp and
Imitation Crab
Strata or
Spinach
Lasagne
Lunch.



Menu: Choice of Shrimp and Imitation Crab Strata or Spinach Lasagne. Each accompanied by Berry, pecan, bleu cheese, with leafy green salad, roll, carrot cake, and coffee, tea or water.

Janice Cantore is a retired 16 year veteran of the Long Beach Police Department. She writes inspirational suspense fiction and her second book is at the publisher's now.
www.janicecantore.com

Proceeds benefit Sierra Madre Woman's Club Charities.



Pat Ostrye has retired from writing her weekly column due to recent injuries to her arm and should which make wrting and computing difficult. Our heartfelt thanks to you, Pat. We will, however, keep you informed of what's going on in Monrovia to the best of our ability.
-S. Henderson, Publisher

Pasadena**Affordable Housing Forum**

The housing meltdown didn't affect just homeowners. It also hit rental, multi-family affordable housing. What's a person to do? Perspectives will be provided at a free public forum Feb. 4, sponsored by the League of Women Voters Pasadena Area. William Huang, Pasadena Housing Department director, will provide the status of the subsidized affordable housing and inclusionary projects -- including

those that were in the pipeline -- and discuss Pasadena's short and long-term plans to meet its housing needs.

Remy De La Peza of Pasadena Affordable Housing Group Coordinating Council will discuss the effects of recent litigation on local efforts to provide affordable housing. Completing a regional picture will be a needs assessment by Joseph Carreras of the Southern California Association of Governments.

Pasadena Chiropractor Prepares To Fly His Bush Planes To Aid Remote Haiti

By Chris Bertrand



Dr. Michael Budincich, a Pasadena chiropractor fondly known as "Dr. Bud" to patients and friends is busy preparing his two bush planes to shuttle medical personnel into remote Haiti. As soon as the weather clears enough for safe travel in these single engine craft, this gentle giant of a man and a Newport Beach pilot will begin a multi-leg hop with his two planes to a staging area in Ft. Lauderdale, Florida. There he'll meet up with doctors and medical supplies destined for an area on the southern coast of Haiti.

Hope Force International, (www.HopeForce.com) a Christian disaster relief organization founded by Jack and Cherie Minton after serving nineteen years on The Mercy Ship, is in particular need of Budincich's bush planes and his rural piloting expertise. A Florida church has funded the fuel costs and will house the teams shuttling in and out of Haiti, but more funds can always be used.

They are headed to an area that's received little to no assistance since the devastating earthquake, and will have to land on the 3500 foot grass runway the locals have prepared. Hope's in-country contacts have already arranged all the necessary approvals and clearances to officially fly into and out of Haiti.

Dr. Bud is no stranger to the act of giving of

his talents and time to those in great need. Budincich, an active Sierra Madre Rotarian, and his wife, Dr. Catherine Budincich, formed a 501(c)3 foundation, "Manos Con Alas Ministries" meaning "hands with wings" years ago. This outreach to the indigent south of our borders means Dr. Bud, family, friends and volunteers fly his planes down to Baja Mexico several times a year, bringing health care and simple home building to those who otherwise would go without.

"I have heard the small quiet voice of God calling me and my aircraft to Haiti via Ft Lauderdale to transport doctors and medical supplies to a remote Haitian mission hospital. I had planned a February medical mission trip to Baja that wasn't coming together smoothly. It as if God wanted

me available to save some lives in Haiti, so I'm leaving as soon as the weather will allow safe flying. I feel as if I was meant to do this all my life."

For more information, contact:
Dr Michael N. Budincich
Budincich Chiropractic Clinic, Inc.
140 N. Hill Avenue, Pasadena
626 792 3390 office

www.DrBud.com
drbudiman@aol.com
President, Manos Con Alas Ministries and Foundation
www.ManosConAlas.com
626-577-8096

Hope Force International
Christine Thompson
(949) 751-7593
www.hopeforce.com

"A Step Of Faith"

San Marino Community Church welcomes to it's pulpit the Rev. Graham Baird, pastor of Highlands Church in Paso Robles, a congregation of 2200. Graham graduated from Princeton Seminary in 2000 with an M.Div. and has since been a sought after speaker and teacher around the country. He won the National Oratory Championship in 1990. His personal motto is "No Perfect People Allowed" in church.

9:15 am Traditional Worship
Sunday school (K-5) and childcare provided
10:30 am Adult Spiritual Formation with Rev. Baird
11:15 am "The Gathering" worship service
Casual worship, multi-voice ensemble, childcare provided

San Marino Community Church
1750 Virginia Road, San Marino, CA 91108
For more information call: (626) 282-4181
Connect with us online: www.smccpbj.com

Sierra Madre School Annual Fund



Presents

The Third Annual Family Concert**Featuring Dread Zeppelin**

With Special Appearance by
The Late Bloomers

7:00 p.m., January 29, 2010

Tickets \$10.00 - \$25.00

Concert is held at the **Sierra Madre School Auditorium** located at
141 W. Highland Ave., Sierra Madre

**Great Entertainment for the Whole Family
Purchase your tickets early!**

**Orchestra Seating \$25.00 for rows A, B, C, D
General Admission Seating \$10.00**

**Tickets can be purchased at these locations:
Sierra Madre Lower and Upper School Campus and The Bottle Shop**

CD and DVD donations are welcome.

Pasadena Altadena

News From Your Community For Your Community

Pasadena's 2010 State Of The City Event Announced



"Charting a New Course" is the theme of Pasadena Mayor Bill Bogaard's 2010 State of the City event Thursday, Jan. 28, at La Salle High School, 3880 E. Sierra Madre Blvd.

From 6:30 to 7 p.m. guests will visit with each other and stop by information tables featuring the programs and services of various city departments.

The program will begin at 7 p.m. with Vice Mayor Victor Gordo serving as master of ceremonies. The colors will be presented by a color guard from Marine Corps Reserve Center in Pasadena; Douglas Kearny, a poet published by

Pasadena-based Red Hen Press, will recite his work titled "Parade"; and a video presentation will highlight the accomplishments of the past year in Pasadena.

During his remarks to the community, Bogaard will provide updates and future plans regarding the economy, public and private investment, water and energy challenges, the General Plan, public schools and more.

Refreshments will be provided after the program. Parking will be available in the school lot on Sierra Madre Boulevard and at the north side of the lot at Sierra Madre United Methodist Church, 695 W. Sierra Madre Blvd. Handicapped parking will be available behind the school (enter on Michillinda Avenue). Please be mindful of neighbors and do not park on Canfield Road.

The program will be videotaped for delayed broadcast on KPAS and via streaming video on the Internet. A replay schedule will be announced.

For more information email lnagahiro@cityofpasadena.net or call (626) 744-4311.

Doo Dah Queen Tryouts



Her Royal Majesty, Queen Skittles, has requested you please note the following. Tryouts for this year's Queen are officially

Saturday, February 13th at the American Legion, 179 N. Vinedo in Pasadena. 626-792-9938. Doors open at 2:00pm, Tryouts begin sometime after 2:30pm. First 20 queen hopefuls to arrive are admitted free-of-charge!!!!!! \$5.00 for all at the door. Food, pitchers of beer and well drinks at nominal (cheap) prices! For the first time, video of this year's tryouts will be entirely live streamed onto the web at doodahlive.com and at pasadenadoodahparade.info.

Collecting Shoes for Haiti Relief

Sport Chalet stores will help collect footwear to support Soles4Souls' commitment to donate more than 250,000 pairs of shoes to affected areas. Beginning January 15 through January 31, customers at Sport Chalet's more than 55 stores, including 920 Foothill Boulevard, La Canada Flintridge, will have the opportunity to drop off a gently worn pair of shoes. All donations will directly support relief efforts.

Pet of the Week



Rocky, an adorable and playful, year old cat is looking for a new home. He is very active and enjoys climbing cat trees. Rocky may prefer to be the only cat in the home. Come visit with this cute kitty today!

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

Please call 626-792-7151 and ask about A263256 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

Retirement Goes to the Dogs

By Dean Lee

Among those that came out to bid farewell as Pasadena police K-9 Officer "Art" publicly hung up his badge last Thursday were Mayor Bill Bogaard, Interim Chief of Police, Christopher Vicino, and about a dozen other K-9 comrades and partners from around the region.

"They live together, train together and work together," Vicino said in a prepared statement. "They are a team with a specialized response that cannot be matched. Whether searching for suspects, searching for victims, or providing an educational presentation to school children, K-9's and their handlers are a critical tool in policing. The work they accomplish cannot be understated. The K-9's become just as much of the community as their human partners."

Art's partner and handler, Officer Tom Brown, said the two had been together for about the last 9 years. Art is 10 years old and the right age for retirement he said adding that he made the decision.

"He's actually falling five days short of serving nine years," he said. "I got him January 19, 2001."

Brown said Art ruptured the cruciate ligament, the most common knee injury for dogs. This was Art's second injury, "He blew his first one on the left side seven years ago," Brown explained. "They said because he's going to be overcompensating that eventually



Officer Bown and Art

the right one would go, and it did."

He said they gave Art the opportunity to come back but decided it was just time.

Brown also said they got another police K-9 Friday although he was not chosen to be the handler.

"I'm going back to patrol," he said adding that this also ends his K-9 career.

When the Party's Over...



By Dean Lee

After taking two months to put up over 85,000 grandstand seats, workers said the last one was taken down last Saturday ending all evidence of this year's 121st

Rose Parade along 5.5 miles of Colorado Blvd. Yew Year's Day.

"We start installing the bleachers Nov. 7," said Ron Russell, Sales Manager for Mike Brown Grandstands. "We usually finish up around Dec.

30." He said it then takes them 15 days to take them all down. "We are supposed to be completely out of town by Jan. 15. Because of the rain delay they give us the weekend, so we'll be gone, I'll say, Saturday night."

He said the company works with Sharp Seating, along with The Tournament of Roses, and are the exclusive grandstand provider for the parade. "We do some subcontracting," he said. "It's a bit much for us to do everything."

Sindee Riboli President of Sharp Seating said they sold about the same amount of seats as last year although she added many were last minute when it was announced that two out of town teams, Ohio State and Oregon, were playing in the Rose Bowl game. She said tickets for next year's parade go on sale, Feb. 1.

Robinson Park to Re-Open With Celebration

A community celebration Saturday, Jan. 23, from 9 a.m. to 1:30 p.m. will mark the grand re-opening of Robinson Park, 1081 N. Fair Oaks Ave. in Pasadena.

Newly completed expansion and renovation projects include the first regulation-size football field in any Pasadena park (with synthetic turf and a soccer overlay), enlarged and reconfigured baseball diamonds, new restrooms, a concession stand, field lighting, electronic scoreboards, bleachers and a storage building.

The celebration will include tours from 9 to 10 a.m., a ceremony at 10:30 a.m., an exhibition softball game at 11:15 a.m. with city staff playing against community leaders, and youth ball games beginning at noon including West Pasadena Little League, Ponies Football and Villa-Parke Soccer. Commanders from the Pasadena Police Department will grill hot dogs.

Delano Robinson, widow of Mack Robinson and sister-in-law of the late Jackie Robinson, will throw out the



first pitch for the exhibition softball game.

The 10:30 a.m. ceremony will include the National Anthem performed by the John Muir High School Marching Band, a ribbon-cutting and plaque-unveiling.

The field expansion and related improvements are the culmination of the first phase of the Robinson Park Master Plan, which encompasses the original seven-acre park and the additional 2.5-acre parcel made available when the former Highland Plastics Building was demolished. The master plan was approved by the Pasadena City Council in 2002.

Phase two will include a larger revitalization effort including demolishing

the existing recreation and gymnasium buildings and construction of a new recreation center that will be the centerpiece of the park.

The estimated total cost to construct all of the improvements proposed in the Robinson Park Master Plan is \$21.7 million.

Robinson Park was named in honor of the entire Robinson family, including Jackie, Mack, their three other siblings and their mother Mallie.

For more information call (626) 744-4321.

Royalty and Tea

The 2010 Rose Queen and her Princesses will share their favorite princess stories, and experiences as members of the 2010 Royal Court at the Hastings Branch Library Saturday from 2-3:30 p.m. The event is free. For more information call (626) 744-7262.

Topics On 'City Beat'

The Pasadena Unified School District \$20 million in budget cuts, possible parcel tax to bridge part of the gap and help for Haiti comes poring in throughout the district are the issues discussed on the current edition of "City Beat" airing on KPAS and the Internet.

Moderator Barry Gordon is joined by PUSD President Tom Selinske, Pasadena Weekly reporter André Coleman and Mountain Views News reporter Dean Lee.

"City Beat" replays Mondays at 2 p.m. and 6 p.m., Tuesdays at 7:30 p.m., Wednesdays at 8:30 a.m., Thursdays at 7 p.m., Fridays at 8:30 p.m., Saturdays at 5:30 p.m. and Sundays at 11:30 a.m.

KPAS is on channel 3 on the Charter Communications cable system. Streaming video of all KPAS programming can be accessed in real time by going to www.cityofpasadena.net/publicaffairs and clicking on Video Streaming.

For more information call (626) 795-5556.

PCN Part of Late Night Lineup

Although the Pasadena Community Network local television station this week did not quite make NBC's late night line up, they did however, end up on the front page of the "Tonight Show's" website offering Conan O'Brien a change to do the show in Pasadena after O'Brien severed ties with NBC after a very public dispute over his contract.

The website states that O'Brien had gotten a number of job offers including "Take show to Pasadena Community Network cable access" The



site give viewers a chance to vote on which job he should take, including appearing on "Dancing with the Stars," or a dramatic role as IRA terrorist on FX drama "Sons of Anarchy" among others.

As of Friday night PCN was dead last with one percent of the vote behind producing the show on Jewish Life TV. Leading the online pole was O'Brien as a morning show sidekick on Y-94 in Fargo, North Dakota with 46 percent.

Aaron Wheeler the station's Marketing and Communication Manager said last place just meant they needed to step up the effort. Wheeler said after posting the first video proposal on YouTube they have now upped the ante with a second offer, including (jokingly) "a solid gold Rolex watch."

O'Brien's last show on NBC was Friday night. Talks broke down after network heads decided to put Jay Leno back in O'Brien's 11:35 p.m. time slot.

The Pasadena Community Network is a non-profit and non-commercial entity providing a TV medium to communicate information and ideas. For more information call 626-795-8585.

Local Court Becomes One of Five Banned from Showing Federal Trial

By Dean Lee

The U.S. Supreme Court struck down any plans last week of broadcasting the federal trial in San Francisco over the constitutionality of Proposition 8, the state's ban on same sex marriage, by a 5-4 vote indefinitely prohibiting a live video feed to other federal courthouses and onto a government channel on YouTube.

The Pasadena courthouse was one of only five federal courts set Jan. 11 to allow the live video feed. About a dozen people showed up to the courthouse to watch the trial but were turned away 20 minutes before the proceeding started according to reports.

The ruling against U.S. District Judge Vaughn

Walker's attempt to broadcast, from his courtroom, the first federal trial in the nation cited that doing so could lead to potential intimidation or harassment of witnesses. The 17-page document also said that the high-profile trial was, "not a good one for a pilot program."

Other courthouses in the 9th Circuit set to show the feed included Seattle, Portland, Ore., and Brooklyn, N.Y.

Plaintiffs in the lawsuit challenge that Prop 8, passed by voters in 2008, violates their federal constitutional rights. Two of the plaintiffs, Paul Katami and Jeff Zarrillo, are from Burbank, of which the Pasadena Court would be closest.

The case will be decided by Walker without a jury.

Police to Train Tactics in Thailand

The United States Department of Justice (DOJ) has once again invited the Pasadena Police Department to teach specific policing practices in a foreign country. Officers from Pasadena have been asked to travel to Thailand and instruct the Bangkok Royal Police on Criminal Investigations and Community Policing concepts as part of the Department Of Justice's Internal Criminal Investigative Training Assistance Program (ICITAP). The Pasadena Police Department has worked with ICITAP in the past, sending trainers to Haiti and Bosnia.

The mission of DOJ's Internal Criminal Investigative Training Assistance Program (ICITAP) is to collaborate with foreign governments to develop professional and transparent law enforcement institutions that protect human rights, combat corruption and reduce the threat of transnational crime and terrorism. These efforts help foster international

stability and offer police entities from foreign countries opportunities to learn state of the art, best practice approaches from accomplished American law enforcement organizations. Pasadena personnel selected for this endeavor are Sergeants Kelly Evans, Michael Bugh, Corporal Keith Gomez and Officer Rodney Saunders. ICITAP will sponsor their travel, accommodations and teaching expenses in Bangkok, Thailand, in early 2010. The officers will be teaching for approximately 2 weeks.

"While the goal is to provide critical insight and innovative approaches for Bangkok, our officers also gain important insight and experiences as they learn about another country, its culture, and most importantly, its people," says Interim Chief of Police Christopher Vicino. "The knowledge they gain will not only be valuable to them but to the entire department. It is an honor to serve and represent the United States in such a capacity."

Sierra Madre Police Blotter

During the week of Sunday, January 3rd, 2010 to Saturday, January 9th, 2010 the Sierra Madre Police Department responded to approximately 323 calls for service.

Tuesday, January 5th

12:36 PM - Petty Theft, 50 Block W. Alegria Ave. Between 1:00 AM and 12:00 PM on 01-05-2010 suspect(s) stole a Pioneer in-dash car stereo from the victim's unlocked vehicle. No suspect information is available at this time. Total loss is estimated at \$150.00.

11:20 PM - Narcotics Arrest, Michillinda Ave/Foothill Blvd. An officer stopped a bicyclist for an equipment violation. The bicyclist, a parolee, was found to be in possession of methamphetamine and drug paraphernalia. The subject was arrested for the felony violation and transported to the Pasadena Jail for booking.

Arcadia Police Blotter

For the period of Sunday, January 10, through Saturday, January 16, the Police Department responded to 956 calls for service of which 140 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, January 10:

1. Two auto burglaries were reported at 512 West Duarte; a purse was stolen from one vehicle between 10:45 a.m. and 11:45 a.m., and a GPS and CD player/stereo were stolen from another vehicle between 10:00 a.m. and 1:15 p.m.

2. Units responded to the 1000 block of South Baldwin around 1:23 p.m. in reference to a male subject attempting to sell possible stolen/counterfeit merchandise. A 29-year-old Hispanic was located and he indicated that he was trying to sell counterfeit Apple cell phones and iPods to unsuspecting victims. He was arrested at the scene for commercial burglary and grand theft.

Monday, January 11:

3. A 1996 silver Honda Accord was stolen from the 600 block of Sunset between 9:30 p.m. on January 10 and 7:00 a.m. on January 11.

4. Around 5:49 p.m., units were dispatched to the 1000 block of Rancho regarding a domestic battery report. During an altercation, the estranged wife claimed that her husband tried to drag her out of the house when she arrived to pick up a doll for their daughter. He also supposedly struck her in the face and kicked her several times. A 39-year-old man was arrested for battery.

Tuesday, January 12:

5. Between 9:00 a.m. and 11:45 a.m., a residential burglary occurred in the 1200 block of South Golden West. Unknown suspect(s) entered the house by unknown means, ransacked rooms, and stole jewelry and cash.

6. Officers responded to the 2200 block of South Sixth around 2:55 p.m. regarding a suspicious circumstances report. The reporting party advised that she and her family were out of state and that her brother had entered the residence without permission and wanted him out. The brother and two occupants were contacted, and the interior appeared to be ransacked and several knives were seen scattered throughout the residence. Record checks of the individuals revealed that a 29-year-old female Caucasian had a \$30,000 outstanding warrant and was arrested at the scene. The other subjects were told to leave the location and the house was secured.

Wednesday, January 13:

7. Shortly after 6:30 p.m., JC Penney loss prevention personnel advised that they had detained a man for theft. He selected two rings and concealed them in his pocket. A private person's arrest was made, and a 21-year-old Hispanic was taken into custody for commercial burglary.

8. A strong-arm robbery occurred at 617 South First around 8:21 p.m. A female pedestrian

was confronted by a male Asian who demanded her purse and then grabbed it from her. He fled in a waiting silver vehicle driven by another male Asian.

Thursday, January 14:

9. A traffic stop was initiated at Baldwin and Duarte at 2:05 a.m. for a vehicle code violation. A 25-year-old male Asian driver was contacted and officers noticed a strong odor of an alcoholic beverage on his breath and person. A field sobriety test was conducted and it was determined that he was operating the vehicle while under the influence and was taken into custody.

10. Between 7:00 p.m. and 7:16 p.m., a grand theft occurred at the County Park Senior Center, 405 South Santa Anita. Unknown suspect(s) stole an adult tricycle worth around \$1,000.

Friday, January 15:

11. A victim came to the station around 10:43 p.m. regarding two auto burglaries that occurred in the 600 block of West Lemon. Unknown suspect(s) gained entry into a BMW and Toyota by unknown means and stole a purse and insurance information.

12. Around 2:28 p.m., units were dispatched to the H&M store located at Westfield Mall regarding two male Hispanic juveniles detained for theft. The juveniles obtained an empty bag from another store and then proceeded to hide H&M merchandise in the bag. Private persons' arrests were made, and the juveniles, ages 16 and 17, were taken into custody for commercial burglary. They were later cited and released to their mothers.

Saturday, January 16:

13. Officers responded to Okoboji and Sunset around 7:17 p.m. in reference to a suspicious man knocking on doors and attempting to sell magazine subscriptions. At one residence, he became angry and yelled at the resident for not opening the door. A 22-year-old male Caucasian was located and a record check revealed that he had 2 fugitive warrants from Idaho. The issuing agency was notified and they advised that they will extradite, so the man was arrested.

14. Units were sent to 645 West Duarte around 9:20 p.m. in reference to an auto burglary. A suspect smashed a car window and stole a purse and leather jacket. During the investigation, a witness advised that a security guard at the shopping center had committed the theft. A 46-year-old male African-American security guard was contacted and a consensual search of his vehicle was made. The victims' leather jacket and purse were recovered in his vehicle and the guard was arrested for auto burglary, possession of burglary tools, and receiving stolen property.

15. Loss prevention personnel from Nordstrom advised that a male Hispanic stole four designer handbags for a total reported loss of \$5,475. The theft was caught on store surveillance video.

A Weekly Spotlight on Sierra Madre Volunteers

SUE QUINN Cool Head, Steady Hand

Ask Sue Quinn about her passions and she answers quickly: tennis and knitting.

According to Sue, her move to Sierra Madre in 1985 was just what she needed. She retired in 2004 from the Los Angeles Unified School System, having enjoyed a full career there. She's a teacher who has continued in her "new" life as a volunteer.

She has a cool head and steady hand that are extremely popular in the field of volunteers.

Sue was raised in Venice, has a BA teaching credential from UCLA and a Masters in library science with an administrative credential. Before her retirement, Sue worked for years as a supervisor of the Audio-Visual Services at LA Unified. Her last two years were spent as director of Media Services there.

The Sierra Madran has special computer skills that she uses in Civic Club, converting the club newsletter, done by Alice Clark, into an electronic version with a monthly photo gallery. She has also parlayed that talent doing graphics, such as posters, tickets, postcards, for Friends of the Library Cuisine and Wine Tasting. Additionally, Sue is a Meals-On-Wheels substitute driver. She says her work with the Los Angeles Unified School System helped her develop a talent in organization and computer art.

Back to Civic Club, she is now co-corresponding secretary, served as President, 1st VP, 2nd VP, recording secretary and corresponding secretary (serving multiple terms on two of the positions). Civic Club, through the Knitting Shoppe, has raised over \$6,000 for the American Cancer

Society (at the Relay for Life), \$582 for the City of

Hope and over \$7,000 for Civic Club Ways and Means philanthropies.

What is the Knitting Shoppe referred to above? It seems to be wherever the club "sets up shop." In Nan Carlton's home, at Curves, at the Wine and Jazz Festival.

"My enthusiasm for knitting started with a scarf," Sue explained. "Nan Carlton and a group of knitters met weekly at Bean Town where Nan taught us beginners how to knit. I loved a certain scarf and simply wanted to learn how to reproduce it. Nan suggested we knit items for Sierra Madre's Relay for Life and asked if I would be willing to chair the activity. I did, and eventually it became a Civic Club Committee." The knitting projects grew quickly and the Shoppe produces many sought-after products throughout the year. Sue inventories and organizes the knitting products.

How about tennis? Of course, she plays tennis, in two groups during the week, takes lessons on a continuing basis. She also attends tournaments around the Southland.

"In Sierra Madre I've developed so many friends. People here are so friendly, and you can walk anywhere, anytime in Sierra Madre and feel safe."

Sue has a 20-pound, 15-year-old cat who is happy when Sue is finally home after her philanthropic work, tennis, traveling, playing in a Scrabble Club, seeing movies, and visiting with friends.

Yes, Sue is busy. Her cool head and steady hand are very popular in Sierra Madre volunteer circles.



Monrovia Police Blotter

During the last seven day period, the Police Department handled 568 service events, resulting in 148 investigations. Following are the last week's highlighted issues and events:

Robbery / Assault with a Deadly Weapon

On January 7 at 12:02 p.m., officers responded to a business in the 1600 block of South Mountain regarding store security chasing a theft suspect. The suspect was approached by loss prevention personnel after he rolled out merchandise on a cart without paying. The suspect pulled out a knife, holding the loss prevention officer at bay. He then fled toward another business and the loss prevention officer lost sight of him. The Foothill Air Support helicopter, along with assisting units, conducted an area search, but the suspect was not located. Investigation continuing.

Domestic Violence / Resisting and Delaying a Peace Officer / Suspect Arrested

On January 7 at 2:48 p.m., a citizen was walking in front of a residence in the 100 block of West Cypress and heard a disturbance coming from inside. She felt that it was a physical altercation. An officer responded and contacted a male subject who denied any problem at the location. The officer persisted and asked the male to have the female and children come outside. Officers eventually took the male into custody for domestic violence since the female had visible injuries. The male was booked for felony domestic violence and delaying a police officer. A temporary restraining order was obtained against the male subject.

Burglary

On January 7 at 2:59 p.m., an officer was dispatched to the 100 block of West Pomona. The victim reported that his enclosed cargo trailer was broken into while it was parked in the industrial park. The suspects cut the lock to gain entry. The loss was approximately \$6,300 in miscellaneous used electrical tools. Investigation continuing.

Felony Vandalism / Suspect Arrested

On January 8 at 12:10 a.m., officers responded to the 1300 block of Monterey regarding vandalism in progress. Witnesses saw the suspect vandalizing City property. He was last seen walking north on Monterey. Officers conducted an area check and located a subject matching the description given by the witness. A field show-up was conducted and the subject was positively identified as the suspect by the witness. Officers checked the area for evidence and found a red marker which was used to damage the property near the area where the suspect was arrested.

Burglary

On January 8 at 10:07 a.m., an officer went to a business in the 1100 block of South Fifth regarding a burglary to a residence attached to the business. The residence is a one bedroom apartment attached to the business. The suspects broke a window to gain entry and stole old coins. This window is visible from the business office, but the attendant did not see or hear anything. Investigation continuing.

Burglary

On January 8 at 2:46 p.m., an officer was dispatched to the 800 block of West Duarte regarding a theft. He arrived and the victim reported that someone had cut the lock off his carport's door. The loss has not been determined. Investigation continuing.

Vehicle Burglary

On January 8 at 3:27 p.m., an officer responded to the 300 block of West Duarte regarding a theft. The victim reported that someone had broken into his car that was parked in his carport. The suspects took his wallet and a jacket. Investigation continuing.

Driving Under the Influence / Possession of Drug Paraphernalia / Suspect Arrested

On January 8 at 11:31 p.m., officers attempted to stop a vehicle for a lighting equipment violation. The driver did not yield for several blocks, until he stopped in front of his residence. He was determined to be driving under the influence of alcohol. A search of the driver revealed he had a glass pipe commonly used for smoking cocaine in his possession. The driver was arrested and taken into custody for the above listed charges.

Possession of Methamphetamine / Suspect Arrested

On January 9 at 2:57 a.m., officers were patrolling the area of the pedestrian bridge in the 1200 block of South Fifth. They observed two subjects loitering in the tunnel and attempted to contact to them. One subject ran south away from the officers, while the other subject stayed. The subject gave consent to a pat down search, and during the search a methamphetamine pipe was located. There was a usable amount of methamphetamine in the pipe. The subject was arrested and booked for felony possession.

Attempt Vehicle Burglary

On January 9 at 11:06 a.m., an officer was dispatched to a business in the 1600 block of South Mountain. He arrived and contacted a witness, who stated he was in his parked vehicle and saw a male suspect break the window to a vehicle with his gloved hand. The suspect noticed the witness watching him. He then approached the witness and asked him what he was looking at. The suspect then entered a vehicle and left the area. The witness wrote down the license plate of the suspect's vehicle as it drove away and called police. Investigation continuing.

Vehicle Burglary

On January 9 at 1:22 p.m., and officer responded to a business in the 600 block of West Huntington. He arrived and met with the victim, who reported his company truck had been parked in the rear parking area in the evening and secured. He returned to his business today and noted a window of the truck had been smashed. He checked the truck and determined some handheld electrical tools had been taken.

Assault with a Deadly Weapon / Suspects Arrested

On January 9 at 12:40 a.m., police responded to a dispute between two families having a party at a complex in the 800 block of West Walnut. The families are interconnected and have had conflict before over perceived abuse between a husband and wife. The initial call reported seven male subjects breaking glass and fighting at a party. Officers arrived and observed several subjects running inside the residence. Statements from the party goers indicate that one drunken subject had pushed his wife down, causing further conflict between all the attending family members. The investigation eventually revealed that there was no current domestic battery; however, members of each family had become involved in yelling and pushing, and at some point one male subject was cut during the altercation. He then struck the person who cut him over the head with a beer bottle. These two suspect/victims were arrested for assault with a deadly weapon. One had a contusion on his head and the other had a laceration on his hand. Neither subject wanted to go to the hospital for treatment.

Possession of a Controlled Substance

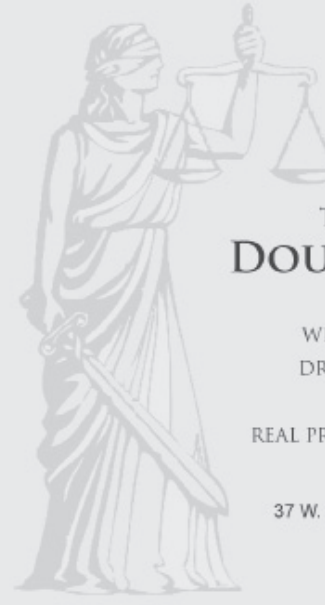
On January 12 at 3:30 a.m., an officer was on patrol in the area of Fifth and Diamond when he saw a person riding a bicycle with no light. The officer attempted to stop the bicyclist, but he refused to stop. The officer eventually was able to stop and detain the subject. The subject was found to be on parole and had an outstanding warrant for his arrest. He was also found to be in possession of a controlled substance. The suspect was arrested without further incident.

Assault with a Deadly Weapon

On January 12 at 5:15 a.m., officers were investigating a grand theft auto in the 100 block of East Central when a female driver getting off the freeway flagged them down. The driver reported that a vehicle had rammed her several times on the freeway and was following her. At that moment, the suspect vehicle exited the freeway in front of the officers. The officer stopped the vehicle and detained the driver and the passenger. The investigation revealed the two suspects intentionally rammed the female victim's car several times on the freeway at approximately 65 miles per hour. The suspects then drove next to the victim and both flashed gang signs at her. Investigation continuing.



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La Salle Students Raise Funds for Haiti

Pasadena, CA – La Salle Students in conjunction with Student Life held a fund raiser for the people of Haiti on Friday, January 15. The students and faculty donated nearly \$4300 that afternoon. La Salle's Cultural Awareness club donated another \$2000, bringing the total close to \$6300. All of the money is being given to Catholic Relief Services for Haitian relief. During the past week, many La Salle students have participated in impromptu prayer services in the School Chapel.



Some of the La Salle students who helped raise nearly \$6300 on Friday afternoon were, from left, Louis Maskin '10, Henry Moffly '10, Alli Forillo '10, John Auer '11, Kathryn Haderlein '12, Samantha Krost '10 and Nick Sonnenburg '12.

Arcadian To Try Out For U.S. Olympic Team

Arcadia's Mirai Nagasu will try for a spot on the U.S. Olympic team Jan. 20 – 23 in Spokane, Wash. Mirai, who was the U.S. National Ladies Gold Medal Figure Skating Champion in 2008, will be skating for that title again at the 2010 AT&T U.S. Figure Skating Championships,

Breaking News: She Made It! or at least one of only two spots on the American team at the Winter Olympics next month a little further north in Vancouver.

Three daily practices six days a week forced Mirai to leave classes at Arcadia High School recently and take online courses in between her practices in El Segundo



Mirai Nagasu of Arcadia, 2008 National Ladies Figure Skating gold-medal champion



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Trish's Truth

By Trisha Collins

Good Going!

I've always wanted to witness something crazy. One day find myself strolling down my street and then BAM. There goes a car accident. I would naturally be the only witness, the police interrogate me, give me a reward for being so honest, and I stroll home, some sort of undeserving lowkey hero. Like in the movies... but no. Nothing ever really happens to me, or even near me for that matter. I hear about various incidents days after they occur, or am usually conveniently staring in the opposite direction of a fight. It's not that I really want bad things to happen to people around me, but is it wrong to want some kind of [dangerous] excitement? A change of scenery for even a few minutes? A break from my mundane life? A full-out lifechanging experience for heavens sake?

I think today it happened. And I feel horrible.

Just like I always imagined, I was walking down a street trying to avoid the glance of the skaters at the school on the corner. They skate and stare. And skate. And stare. I sipped my Jamba Juice quietly and nearly tripped on air. Cute. Why are the guys always out there anyway? I mean everyday I see them, and I know they see me. It's been like this for, God, years, maybe. But anyway. I was walking down my gray, bland, washed out street, and then BAM.

I stopped walking and glanced at the skaters. They stared at me with questioned looks. We all turned to see a teenage girl leap out a moving car that swerved to a halt. Honestly, the only word that comes to mind is "small" and "big." Small car. Small woman. Small gesture. Big man. Big cries. Big fear.

The girl must have been, 17 or 18. My age or maybe even younger. Even from standing around

30 feet from her, I could tell she was distressed. But who wouldn't be? She had literally jumped out of this car that was simply driving down the street, and although she had fallen hard, she rose, making an effort to inch away from this tiny blue car.

Everything was quiet. No cars drove by. No one came out of their house. Everything was still. And then came the cries...the wails. The girl was yelling. She was screaming. A man turned off the car and got out. He was enormous and clearly years older than she. I was beginning to piece their situation together and it scared me. A lot.

As he approached her, I could feel the panic rush over her as she tried to stumble off the pavement. She tried to get up and almost made it. For a split second, I knew she would get up and run somewhere far away safe. I knew she would escape the clutches of this evil man, just like in the movies. No. He lunged for her and scooped up her frail body.

More screaming. And crying. And wailing. I stood. The skaters stared. She was tossed in the car. The big man got in and they sped away leaving me confused and scared and lost and scared and scared. I looked across the street. No one moved. This is when I start to panic. I take out my phone dialing 911 and then I stop. What would I say? The car was gone. I didn't see the license plate or anything. I wouldn't be able to point out that crazy man, or even the helpless girl if I could. Now that I'm home I feel somewhat... responsible. Like I should have done something, yelled something, ran home, called the police immediately, helped the girl up, made an effort. Instead, I stared...bam...

The Assisteens Book Buddy Program at the Arcadia Public Library!

Thursday, January 14 and 28, February 4 and 18, March 4 at 4 or 4:30pm and March 11 and 18 at 6:30 and 7pm
Registration begins January 4 for January 14 and 28; January 25 for February 4 and 18; February 22 for March 4, 11 and 18.

The Assisteens Book Buddy program is a special one on one program designed to promote the love of books through reading aloud to children ages 4 – 8 years. Space is limited, so be sure to register early. This special program is made possible by the generous volunteer time provided by the Assisteens, an auxiliary of the Assistance League of Arcadia.

Skippy Jon Jones Fiesta and Storytime

Saturday,
January 30
2:30 p.m.

Arcadia Public Library in the Cay Mortensen Auditorium

Join in the celebration with stories about your favorite cat and Chihuahua, Skippy Jon Jones. It will be a real fiesta with food, a film, and tons of fun! Children through age 14.



Pasadena Christian School has scheduled a Campus Tour on Thursday, January 28, 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.

SCHOOL DIRECTORY

Alverno High School

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: pclarke@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 Lugenbuehl
E-mail address: jml@bcsliions.org

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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PUSD 2010 - 2011 OPEN ENROLLMENT APPLICATION PERIOD

Applications Accepted Through February 4

The Pasadena Unified School District (PUSD) announced today that applications for the annual open enrollment period will be accepted starting January 11 for the 2010-2011 academic year. Open Enrollment is PUSD's voluntary school of choice program that provides resident students with an opportunity to attend schools outside of their immediate neighborhoods.

Information and applications are available online at www.openenrollment.info and at District's offices at 351 S. Hudson Avenue, or at libraries and community centers in PUSD. Applications are due February 4, 2010. Notification letters will be mailed in early March.

"Pasadena Unified schools offer excellent academics, great teachers and a vibrant music and arts program that prepares students to succeed on a global scale," said Superintendent Edwin Diaz.

Campus tours are available by calling PUSD schools directly. For more information, contact the PUSD Office of Student Support Programs, Enrollment and Permits at (626) 396-3600, extension 88470.



TABLE FOR TWO

By Peter Dills
NEW YEAR, NEW RESTAURANT

Super Star Real Estate Agent Cynthia Cohn, wrote in a few weeks ago, asking, "Are there any great Indian Restaurants in the Pasadena area?" I got to thinking and realized that I have not reviewed an Indian restaurant in a few years. Not since Radikka's closed its doors. I have neglected the Indian Cuisine that I once embraced.

Mezbaan Restaurant in Old Pasadena has firmly established a hold in Pasadena for years, but I had, for some reason, never visited this restaurant. Seems odd that an Old Pasadena Vet like myself has neglected a restaurant survivor, when so many other restaurants in the neighborhood have come and gone. So with a notebook in hand, and my sidekick Madd Maxx in tow, I headed to the Mezbaan on Fair Oaks in Old Pasadena. Upon my arrival, I was early, and the restaurant was completely empty. I can think in a place such as this. Not to worry, as I walked past the other restaurants in the area, all of the other eateries were sparsely seated as well. My first question to our server, "What is Mezbaan: a person, place or thing?" My waiter said, "It meant a feast for Royalty." I think I can warm up to that idea! I will have to work on my commanding voice.

What to order, a combination of course. I like to try a little of everything. One of my tests in taking the temperature of ethnic restaurants is the customers. Are the people dining in the restaurant people who are from the country which the menu is claiming to represent, in this case India? The answer at Mezbaan, is yes. I noticed several tables of Indian-looking people. My observations are only visual, so I do the best I can with this inexact science. No Census involved in this process.

So what to order at Mezbaan?

First, we start off with an Indian beer, the Monk 10000; we were certainly pleased. I can't compare it to anything I have ever had, but it was good. Those Monks get around; they helped invent Champagne in France as well. After sitting down, we are greeted with lentil bread with three different chutney sauces. Next up was the Vegetable Samosa, (\$4.95) a simple deep fried turnover with peas and potatoes, quite good; next time I will check out the Chicken. Lentil Soup (\$2.95) was the perfect match for this cool winter night. Bring on the entrees... being the true reporter that I am, I ordered a Mezbaan combo so I could try a broader spectrum of Mezbaan Nirvana. The Mezbaan combo (\$19.95) comes with Chicken Tandori, Lamb Palak, Aloo Gobi and Baingan Bharta. I couldn't help but keep stuffing down the Onion Bhaji Naan with the chicken wrapped in it, forming my own Indian Burrito. It was a good experience. My recommendation? Lay off the naan until the end.

I see that they have a Sunday Champagne Brunch for only (\$9.95); it too looks interesting, and some friends tell me it's the best value in town.

Email me your favorite Indian Restaurants at thechefknows@yahoo.com. Next week I visit a Steak House in Encino...

Mezbaan Restaurant, 80 N. Fair Oaks, Pasadena, (626) 405-9060

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



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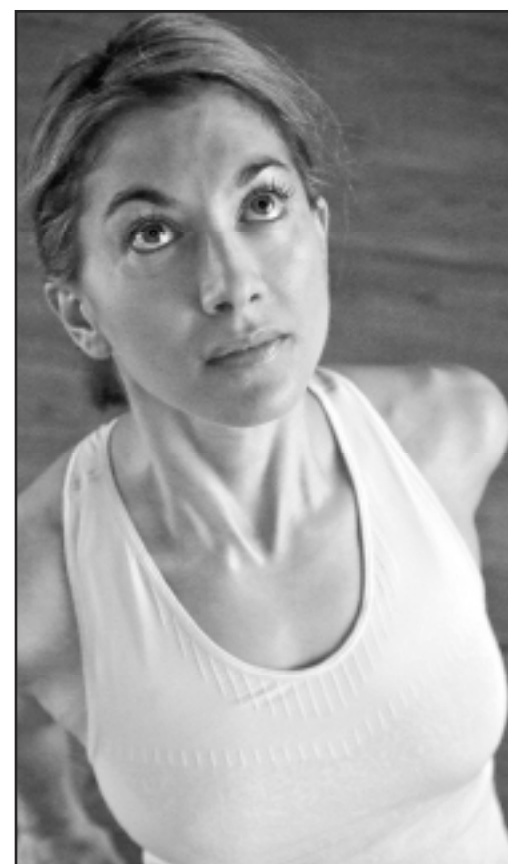


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HOWARD Hays As I See It

As we reflect upon the events of 2009, it might be helpful to recall as well those events of 2008 which will continue to have an impact on our world in

2010. For one thing, we held a national election that year. Suffice it to say that eight years of Bush-Cheney were followed by putting a Constitutional scholar in the White House (you can't make this stuff up).

Another seminal event was the financial bailout, the "Troubled Asset Relief Program" enacted in October 2008. I'm sure we recall how events were portrayed: Greedy and/or naive individuals sought to victimize lenders by taking out mortgages they couldn't afford. Lenders were compelled to enter into irresponsible agreements by federal mandates engineered by liberal politicians. Although would-be homeowners were responsible for the ensuing global economic collapse, it was the financial institutions that stepped forward and offered to make everything right once again. If only they could have those pesky "toxic" assets removed from their books, then families would have their homes, credit would be flowing to consumers and small businesses, employment would grow in an expanding economy and prosperity would be enjoyed by all. It would only require taxpayers to chip in \$700 billion. As then-Treasury Secretary Henry Paulson explained, though, this had to be done immediately, on a no-questions-asked basis.

Some of those questions were asked after-the-fact; Why \$700 billion when it was estimated that about \$250 billion would take care of every problem residential mortgage in the country? How did pension funds become dumping grounds for junk securities others couldn't wait to be rid of? And what the heck is an "exotic derivative"?

Paulson was belatedly asked questions during congressional hearings last summer. How could he claim his old firm, Goldman Sachs, made do without bailout funds when tens of billions paid to insurance giant AIG went straight to Goldman to cover its losses? Wasn't pressuring Bank of America to take over Merrill Lynch in return for bailout funds merely a way to take Goldman's last major competitor out of the game? Why is it impossible to find out what happened to taxpayers' money? Finally, there was the accusation of a bait-and-switch; assuring that firms would use bailout funds to remove bad assets from their books and get credit flowing again, but instead allowing too-big-to-fail companies to use the funds to absorb smaller ones and become even bigger, while shutting off credit for the rest of us. Paulson's response was that after Congress signed off, things moved pretty darn fast and might've gotten a lot worse were it handled differently.

Over a year later, we have a pretty good idea how things turned out. Families continued to lose their homes, with 1.5 million foreclosures in the first half of 2009. Banks continued to get money from the government at practically 0% interest, yet rates continued to rise for individuals

and small businesses - if credit was available at all. Major institutions grew bigger as smaller ones went under - over 130 banks failed in 2009 (compared with 25 in 2008). The four top banks now hold almost a third of the country's deposits.

Current Treasury Secretary Tim Geithner (another Goldman Sachs alumnus) apparently failed to appreciate the results of those good intentions of October 2008 when last March he proposed another program to help relieve firms of their "troubled assets". In the "Public-Private Investment Program", private investors would partner with the government to purchase those junk mortgage securities so the previous owners would have more funds available to invest in the economy - hopefully by getting money to companies that actually produce something. According to a recent Bloomberg report, even before the program has gotten up and running Bank of America, Citigroup, Morgan Stanley and Goldman Sachs have gone out and invested almost \$3 billion in buying more toxic assets. Since they already have a committed buyer in the government, traders have come in and boosted the price of those "assets" so that by the time the government funds their purchase, it will do so at an inflated price and a real killing will be made off the deal - at the expense of the rest of us. They realize that while a taxpayer-financed construction job or classroom seat for an illegal alien will make news and bring out the tea-baggers, another Wall Street - engineered rip-off where tens of billions are sent from the U.S. Treasury to tax-free accounts in Dubai or the Cayman Islands will slip by largely unnoticed.

Those who engineer such deals are well-compensated for their creativity. Last year Goldman Sachs, Morgan Stanley and JP Morgan Chase handed out a combined \$120 billion in bonuses - that's about 60% more than the year before, working out to \$250,000 apiece for 120,000 employees, or five times the median U.S. household income - in bonuses.

If we're going to look back to 2008 we could also go back to 1928, when the election of Herbert Hoover brought assurances that the economy will be just fine left in the hands of Wall Street titans. A few years later, Franklin Roosevelt came to office with the understanding that the surest path to recovery is to put Americans back to work. That same understanding was reflected in President Obama's job stimulus plan enacted within his first month in office, which is still on track to show its biggest impact towards the middle and end of this year. Already, according to a Congressional Budget Office report released last month, the plan has created or saved between 600,000 and 1.6 million jobs and has added 1.2 to 3.2 points of growth to the nation's GDP.

As I see it, should the argument again be made that government funding of Wall Street chicanery somehow contributes to the nation's economy, the best response would be to quote the immortal words of George W. Bush: "Fool me once - that means you can't fool me again."

GREG Welborn



Is This A Great Country Or What?

A Republican defeats an incumbent Democrat to secure the senate seat held by Ted Kennedy for 47 years in the bluest of blue states. Is this a great country or what? Now, before I'm accused of being overly partisan, my comment needs some context. I am not simply gloating that conservatives won and liberals lost. The Massachusetts Senate race was about so much more than that. It was about the people reclaiming power from corrupt, irresponsible, arrogant politicians who had long ago forgotten whom they served and why they were entrusted with that responsibility. And the beauty of it is that the vote cut across all political lines - Republican, Democratic and Independent. This wasn't a conservative issue, it wasn't a liberal issue; it was and is an American issue.

The issue of course is whether politicians have the authority to deliberately and repeatedly lie to and blatantly ignore the wishes of their constituents. Martha Coakley put herself squarely in the voters' crosshairs when she announced support for the President's programs and methods of operation. That's when this local race became national and focused on what President Obama has done to the electorate.

In less than 13 short months, President Obama has managed to break an impressive number of key promises he made in the election. These weren't minor throw away lines; these were the crux of why he, an untested junior Senator from Illinois, was entrusted with the most powerful office in the country. He promised to reduce the deficit, to rein in federal spending, to prohibit lobbyists from working in his administration, to increase taxes only on those making more than \$250K, to oppose "government-run health-care because it is 'extreme'", to broadcast all health-care negotiations on C-SPAN, and to be bipartisan. On each and every one of these, President Obama has broken his promise and ignored the wishes of the millions who voted for him.

More importantly, though, he mocked the aspirations of those many millions who ached for an alternative in D.C. He was the candidate that made so much of the sleaziness and immorality of Washington politics. He was the candidate who offered hope for a different way of governing and committed to "changing the way Washington works". It is one thing when a politician simply ignores such issues in a campaign. It is altogether another issue when a politician acknowledges the electorate's hopes and aspirations, elevates them to the highest pedestal of his campaign, raises the expectation that maybe, just maybe, this politician will govern the way Americans want to be governed, and then tramples on those hopes and dreams with as little regard as one pays to the fouled straw in a horse's stall.

Candidate/President Obama played with us, mocked us, and betrayed us. His is most assuredly the politics of personal destruction (threatening lawyers with ruin if they don't go along), of secret backroom deals (who actually is in that room negotiating the health-care bill), of kickbacks (Nebraska's and the unions' sweetheart deals) and of rank partisanship (no Republicans allowed at all). It has never been anything else. There hasn't even been as much as one month where he actually honored his promises and commitments. From the start of his term, he turned on everything he promised to be.

I suppose we can give him credit for one measure of honesty when in his first address to Congress he unveiled the most radical liberal agenda of any president in our history. It was then that we all learned he did not intend to govern as

a moderate unifying force, but instead intended to fundamentally restructure health-care, education and energy in ways that would strip average Americans of power and control over so much of their own lives. But this is the honesty of the thief who, after making nice to gain entry into your home, finally tells you that he's going to rob you.

Fortunately, America is a great country, and Americans are great people. Many of us continued to give our new, inexperienced president the benefit of the doubt. We hoped (and truth be told, we still hope) that he would succeed in doing what he promised. We willingly believed that the Congressional address was a play to the liberal base so that he could get on with the process of reining them in and governing to the center. America is also a great country because we didn't just lie down and take it. It is in our DNA to defend our liberties, and while it may take some time for us to rise from complacency and bon amie, once shown that our future is on the line, we take action.

This was the beauty of the town hall meetings, the spontaneous formation of Tea Party movements across the land, and the entire candidacy of Scott Brown. These were all manifestations of the quintessential American, forever-optimistic, Yankee can-do spirit. If we face a problem, we roll up our sleeves, find a way to solve the problem and then simply do it. There might be occasions of anger, and yes sometimes that gets expressed. But anger doesn't tend to permeate the American psyche for long. We channel it into constructive energy, especially when our traditions, rights and freedoms are at stake.

Scott Brown saw this, and he saw it early. Today - even last week - many of us could see the wisdom of running against Martha Coakley. 3 months ago, it was a different story. When he decided to run it was surely pure foolishness. Scott Brown reminds me of another optimistic leader, Ronald Reagan, who never gave up his confidence in the American people's resolve, commitment to their nation, and pure perseverance to seize back the reins from politicians who had forgotten that they were only entrusted with them for a little while. The reins will always belong to the people.

Lastly, what makes this a great country is the fact that Americans may yet re-elect Barack Obama. Remember, we do want him to succeed in being the type of American president that we all know we deserve, the type that our ancestors fought and died to allow us to have. We don't keep a grudge. If President Obama, can read the writing on the wall, mends his ways, and grows in office to be the unifying leader he promised, I predict he will win handily in 2012.

America may still take President Obama out to the wood shed one more time. The real mid-term elections are now just 9 months away. Here again, though, he may have the opportunity to unify and work in a bipartisan manner with more Republicans than he ever thought he'd have to share a room with. All of the seats are the people's seats, and they will populate them as they wish. Yes, this is a great country.

About the author: Gregory J. Welborn is a freelance writer and has spoken to several civic and religious organizations on cultural and moral issues. He lives in the Los Angeles area with his wife and 3 children and is active in the community. He can be reached at gregwelborn@earthlink.net.

Time Is Money: Deciding When to Take Social Security

By Morgan Stanley Smith Barney LLC.
Courtesy of: Kyle Davis, Financial Advisor
The Ladera Group at Morgan Stanley Smith Barney

One of the few things you can control about Social Security is when to start collecting it. Should you take it when you become eligible at age 62, wait until "normal" retirement age (a function of your birth date) or consider delaying your benefits past normal retirement age?

To help you make this decision, consider that, on average, Americans are living longer than ever before. Clearly, the longer you expect to live, the more sense it makes to delay taking Social Security. But of course, each person's circumstances and needs are different—here's a look at how timing can affect the benefits you receive.

Early Benefits. The soonest you can collect Social Security is age 62. But taking payments at 62 will result in a permanently reduced benefit, ranging from a 20% reduction for people born in 1937 up to 30% for those born in 1960 or later. You may want to consider early benefits if you need income but prefer to leave your portfolio intact, or if you intend to invest the benefits to try to earn a more competitive return (though there's no guarantee you will do so).

Full Benefits. Eligibility for full Social Security benefits varies according to the year you were born. Depending on how long you worked and how much you earned over your lifetime, the maximum benefit you could collect at normal retirement age (65 years and 10 months) is \$2,185 per month in 2008. Consider waiting for full benefits if you plan to work until age 65, if you want to ensure a larger survivor's benefit for your spouse or if family history and good health may lead to an above-average life expectancy. Refer to the Social Security Web site (<http://www.socialsecurity.gov/OACT/quickcalc/when2retire.html>) to calculate your "breakeven" age, when the accumulated value of higher benefits from postponing retirement will start to exceed the value of lower benefits from choosing early retirement.

Delayed Benefits. If you continue working beyond your normal retirement age, you will be eligible to collect a permanently increased Social Security benefit when you do retire.



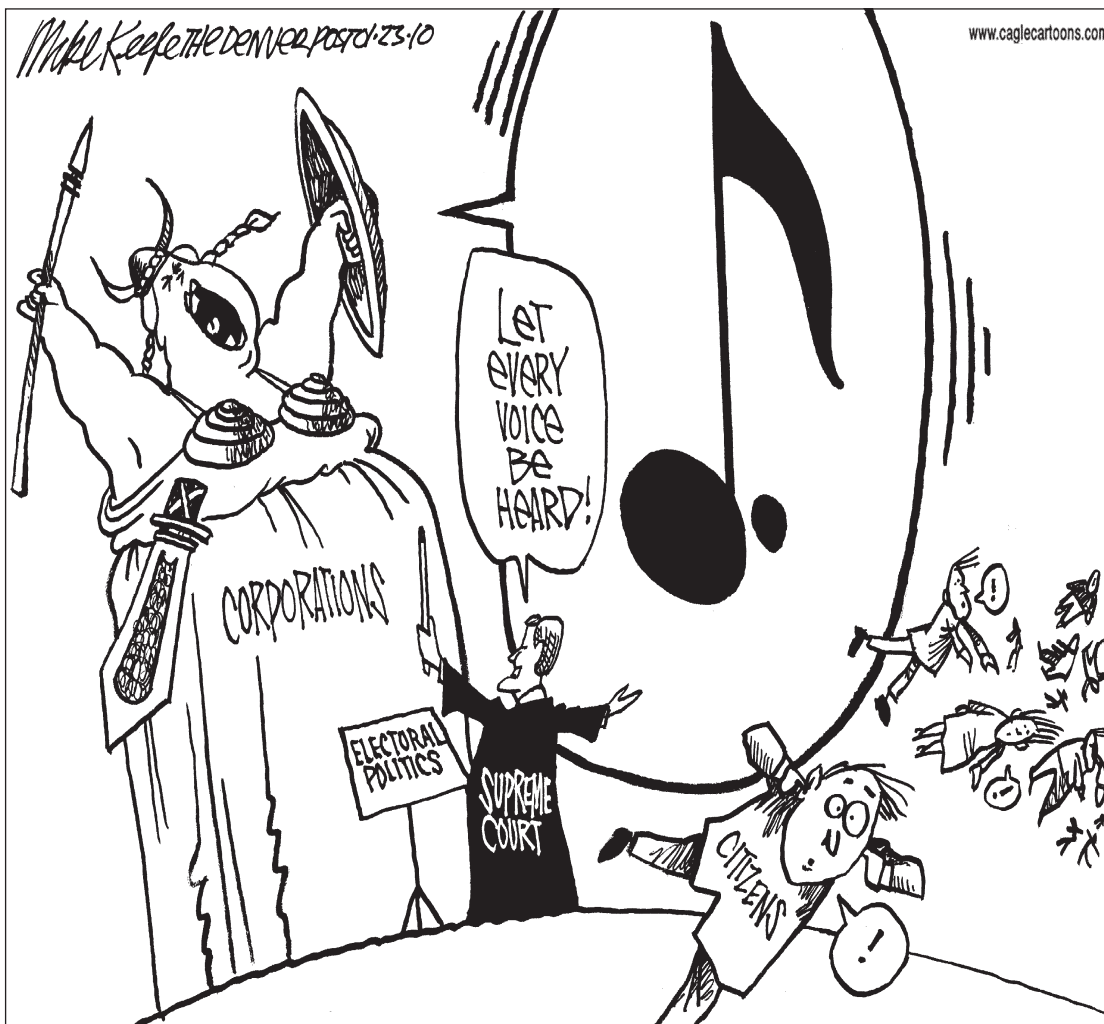
Approximately 8% more per year will be added automatically to the permanent benefit amount for every year you wait. Delaying benefits past age 70 will generally add nothing more to your monthly benefit.

To help assess your situation, refer to your personalized Social Security Statement, which estimates the monthly Social Security benefits you may qualify for (go to <http://www.socialsecurity.gov/mystatement> for a copy of your statement). You may also wish to enlist the help of a financial professional to crunch some numbers and determine what sort of timing would best support the retirement you envision.

Kyle Davis is a Financial Advisor with the Ladera Group at Morgan Stanley Smith Barney located in **Los Angeles, CA** and may be reached at **213.486.7157** or <http://fa.smithbarney.com/laderagroup>.

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Mountain Views News formerly MountainViews Observer has been adjudicated as a newspaper of General Circulation for the County of Los Angeles in Court Case number GS004724: for the City of Sierra Madre; in Court Case GS005940 and for the City of Monrovia in Court Case No. GS006989 and is published every Saturday at 31C East Montecito, Sierra Madre, California, 91024. All contents are copyrighted and may not be reproduced without the express written consent of the publisher. All rights reserved. All submissions to this newspaper become the property of the Mountain Views News and may be published in part or whole.

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STUART Tolchin On...LIFE



AVATAR, MARTIN LUTHER KING JR., OTIS REDDING MARK TWAIN, & HARRY REID

Today is Martin Luther King Jr's Birthday and I'm sitting here watching the rain fall. I'm looking at the newspaper and noting that Avatar received the Golden Globe Award last night as best picture. I saw the movie and although completely overwhelmed by the special effects on the 3-D screen I remember enough of the plot to understand that it all had to do with connections. To my right is a picture of the seated statue of Mark Twain which is located a few miles away in a park in Monrovia. Seated on Mark's lap is my nephew Jacob and seated next to them is a bearded me with my nephew Steven on my lap. All of us appear to be reading books and in my mind all of this connects with Martin Luther King in much the same way as connections are explained in Avatar.

Let me try and explain. I was a boy about the same age as my nephews when I first read Tom Sawyer and the Adventures of Huckleberry Finn and The Mark Twain stories about travelling along the Mississippi River. These stories, especially Huckleberry

Finn, had a profound and lasting effect upon me. They described a world, connected by rivers, in which a boy could travel just by floating on a raft. The story allowed me to understand that different kinds of people, an older Black Man and a young White Boy, could learn to know and understand one another and be friends. At that time I had never had a friend who was an "Older Person" or a "Black Person" of any age. At that age I spent most of my time alone, reading in the library and wondering where I would find my river and my friends so that I could travel around the world.

This leads me to think of April 4, 1968 as I sat with a girl lightly necking and listening to the car radio at Venice Beach. The radio played Otis Redding's "Sitting on the Dock of the Bay". Suddenly an announcer broke in telling us that Martin Luther King Jr. had just been shot. The news affected us differently. I had just returned a couple of months earlier from Grenada Mississippi where I had been part of a Voting Rights project sponsored by the Southern Christian Leadership Conference. (Yes, you don't have to tell me—I am not Southern, nor Christian,

nor a Leader, but I was there and I had worked with many associates of Martin Luther King and I felt like a part of me had been shot.) The young woman I was with considered herself to be a radical and experienced Martin Luther King as some sort of moderate who was holding back progress. Now she was sure real change would begin..

The girl was partly right in her predictions as rioting and looting stated quickly. I was disgusted with her and went alone to some gathering at a Law Professor's house. While there I heard, playing on the radio the same song—Sitting on the Dock of the Bay. Somehow the lyric, "I left my home in Georgia and headed for the Frisco Bay—2,000 miles I roam—Just to make this Dock my home," brought the pain of Martin Luther King Junior's death to me. I began to tear and then heard an announcement on the radio that the corner of Fair Oaks and Orange Grove in Pasadena was going up in flames. Where were we all going and what was going to happen to our poor country?

Well what happened was Nixon, and Reagan, and Bush 41 and 43. There was and is war and more war. Some things are better and

some things are worse and a lot has stayed the same. Somewhere in this era Books like Huckleberry Finn were excluded from libraries because a character was called Nigger Jim and today the Democratic majority leader, Harry Reid, faces unforgiving criticism because he ill-advisedly used the term Negro and referred to the shade of the President's skin. We keep floating along and seem to visit the same places again and again. Probably things will get better and then they will get worse or vice versa. Mark Twain seemed to understand all this as he drifted along hating almost every individual he met and still managing to love life and the adventure it could bring. As Monique said in her acceptance speech last night referring to people who have been abused and molested—"To the people who have been touched, maybe the time has come where we don't have to hide it anymore." At least that's what I think she said and I think what she meant is that the best thing to do is to be honest with ourselves and everything will be no worse than it already is and we will feel a lot better because it is TRUTH and only TRUTH that connects us all.

HAIL Hamilton



Listen to an activist of the far right rant against gays and lesbians for a few minutes, and you will hear the expression "the homosexual lifestyle" at least once. It is one of the standing phrases of the Religious Right, and they use it ad nauseam and beyond. However, they rarely explain what it is supposed to mean. What I'd like to do here is to shed some light on the definition and proper usage of the word lifestyle, and to show that the Religious Right usage of the word in conjunction with homosexual is propagandistic and misleading.

First, notice that there is an inherent ambiguity in the phrase the homosexual lifestyle. It is supposed to mean the lifestyle that homosexuals have, or the lifestyle that homosexuality is?

Lifestyle is generally understood to refer to superficial habits of consumption, dress and recreation, such as favorite foods and drinks, where they are eaten (at home/restaurants/parties), and with whom (alone/family/friends), what products one uses for body hygiene, what clothes one wears, what shows one watches on television, what movies ones sees, and so on.

It should be clear even to someone who has never met a gay man or a lesbian woman that there is no uniformity of consumption habits, or dress, or hobbies among the group of people with

The Myth Of The Homosexual Lifestyle

a homosexual orientation. And why should there be? There is no connection whatsoever between whom we love and what we like for breakfast.

Having disposed of the idea of a uniform lifestyle among homosexuals, we can address the second idea: that homosexuality itself is a lifestyle.

From the examples, it is apparent that a lifestyle has two distinguishing qualities. It is a. superficial and b. freely chosen.

Religious faith does not belong to the category of lifestyle, because it permeates the very essence of one's personality. It may be freely chosen, but it is not superficial.

Race, nationality, gender and the color of your eyes are not lifestyles, because they are inborn traits. They may be superficial, but they are not freely chosen.

As we see, a certain trait can fail to be a lifestyle on just one of the two accounts. Love towards and sexual attraction to members of the same sex fails to be a lifestyle on both accounts. It is neither superficial, nor freely chosen. Throughout history, gay men and lesbians have lived their relationships in spite of social disapproval, and often under the threat of incarceration, torture or death from governmental or religious persecution. No mere lifestyle would ever prevail over such adversity. Nor would a mere lifestyle independently occur in societies all over the world, and throughout recorded history.

That sexual orientation is an immutable characteristic of human

and animal sexuality is the conclusive result of decades of anthropological, psychological, zoological and sociobiological research. Not only is it not a lifestyle, it is about as far removed from being a lifestyle as anything can be. The phrase the homosexual lifestyle is the classical example of an oxymoron, i.e. two words that are used together, but have the opposite meaning.

To put it in a less educated way, the phrase homosexual lifestyle is nonsense. Yet the Religious Right continues to use it with persistent malevolence, because it compresses the religious right view of homosexuality into a single, convenient phrase. With today's soundbite-driven, short-attention span mass media, such phrases are the stock and trade of any successful propagandist.

The phrase homosexual lifestyle demeans and trivializes same-sex relationships, by suggesting that they are not an expression of deep feelings of love and companionship, but only transitory associations with no intrinsic worth or value. It denies the true nature and depth of sexual orientation, by relegating it to the arbitrariness and shallowness of a mere lifestyle choice. And it is an insult to the millions of gays and lesbians who have suffered greatly during their coming-out process, and who most certainly do not need the arrogant, condescending advice of religious fanatics who think that who we love can be changed as easily as having a hot dog with mayonnaise instead of with ketchup.

RICH Johnson



Pot Pourri

Wow. A republican won Ted Kennedy's, errr I mean the people's, senate seat in Massachusetts. The instant criticism of Ms. Coakley remind me of the criticisms of another Massachusetts politician, Governor Michael Dukakis. The day after he lost his presidential election bid to Mr. Bush, his campaign crew turned their rifle sights on Mr. Dukakis telling all how and why Mike blew it. I am hearing similar rhetoric from the Coakley campaign and across the Democratic Party. I can't hardly blame her though. I think she presumed, like most of us, that a republican couldn't possibly win Ted Kennedy's, errr I mean the people's, Senate seat in Massachusetts. And Ms. Coakley didn't even climb into a tank so she could look more pro- military. Oh well, enough said.

Around Town

The Wicked Witch of the West, and Glinda the Good Witch will be joining Dorothy and the Wizard of Oz for four benefit performances at the Sierra Madre Playhouse. "Dorothy and the Wizard of Oz" will be showing twice on Saturday, January 30th and twice on Saturday, February 6th. Show times are 11:00 am and 2:00 pm. A unique twist will be that the Munchkins will be played by the children who attend the performances. Good friends of mine are populating the cast so I encourage you to come and bring children with you. If you have no kids of your own, rent 'em. Order tickets online at www.sierramadreplayhouse.org. Or reserve tickets by calling (626) 355-4318. (\$12 for children, \$18 for adults.) The Playhouse is at 87 West Sierra Madre Blvd.

My friend, Jane Fuller, is performing at an early Valentine Celebration. Plan on two Valentine Dinners this year: The first one on Saturday, February 13th at Corfu Restaurant in Sierra Madre. Hey guys, get a jump start on Valentine's Day by wining and dining your precious BEFORE this special day begins. You never know what might happen, wink, wink, nudge, nudge. Showtime is from 6:30 – 9:30. So call Corfu at 355-5993 asap for reservations.

Finally, I have a friend who is a general contractor, and a finish carpenter. Something I wish I was but will never be. Rather, I would be a carpenter who was finished after the first job. Erick, on the other hand, has a reputation of actually showing up on time, doing what he said he would do, finishing the job when he said he would finish, and get this: charging only what he said he would charge. On top of it, according to dozens of references I have seen, he does extraordinary work. He specializes in kitchens and baths, my two favorite rooms in the house. He has renovated historic Greene and Greene homes to their original stature. He says he will take no more than 2 or 3 projects at a time so he can give each his personal attention. I asked him what it was about his work that really stands out. An example he said is he strives to match the kitchen to the personality of the house. He gets just about all his business from word of mouth. So, if you are looking to customize your kitchen or bath, give him a call. Erick Malm Finish Carpentry Company (626) 794-9788. Tell him I encouraged you to call. Maybe he'll give me a cookie!

Looking Up

with Bob Eklund

Unprecedented Details On The Surface Of The Star Betelgeuse

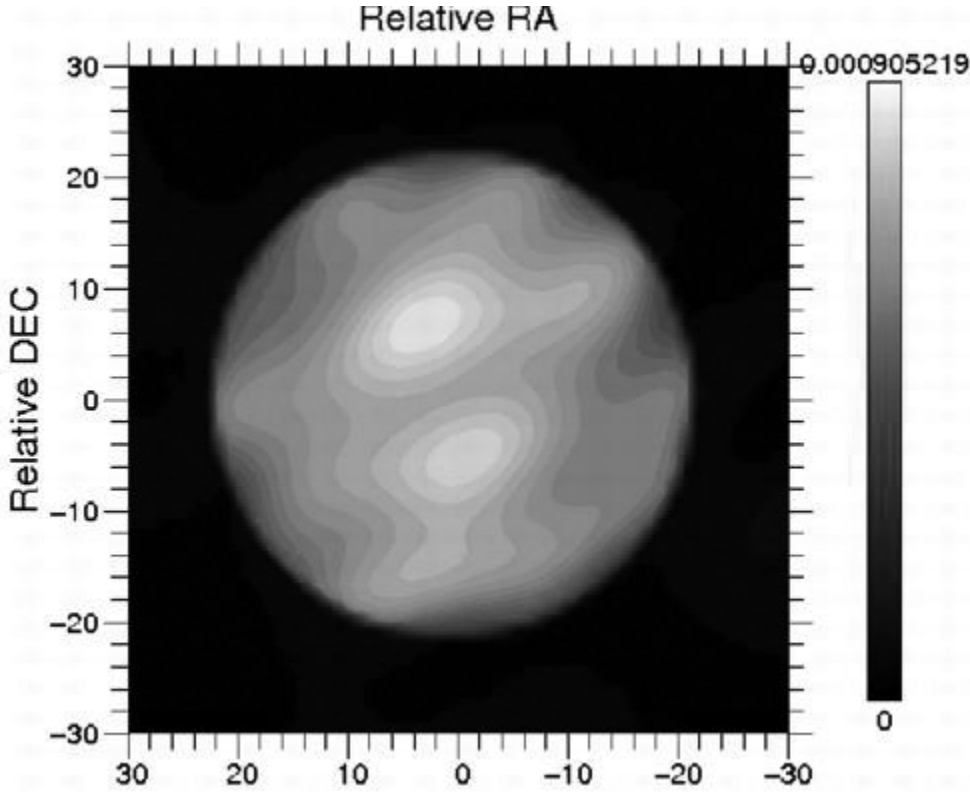
Using interferometry, an international team led by an astronomer of Paris Observatory (LESIA) obtained an unprecedented image of the surface of the red supergiant star Betelgeuse, in the constellation of Orion. The image reveals the presence of two giant bright spots, whose size is equivalent to the Earth-Sun distance: they cover a large fraction of the star's surface. It is the first strong and direct indication of the presence of the convection phenomenon - transport of heat by moving matter - in a star other than the Sun. This result allows us to better understand the structure and the evolution of supergiant stars.

Betelgeuse is the bright reddish star the upper left of the constellation of Orion—one of the brightest stars in the sky, easily visible in city skies. This star is quite different from our Sun: It is 600 times larger in dimension, and it radiates approximately 100,000 times more energy. As does the Sun, Betelgeuse reveals a surface with bright and dark spots - i.e., hotter and colder spots. These structures are mainly due to the phenomenon of convection - the transport of heat by matter currents. This phenomenon is observed every day in boiling water, for example. On the surface of the Sun, these spots are rather well-known and visible. However, that is not at all the case for other stars, and in particular supergiants. The size, physical characteristics, and lifetime of these dynamical structures remain largely unknown.

Betelgeuse is a good target for interferometry - the measurement of fine details in images by combining the light from two or more telescopes - because its great size and brightness make it easier than most other stars to observe. Using simultaneously the three telescopes of the Infrared Optical Telescope Array (IOTA) interferometer on Mount Hopkins in Arizona (removed since then), the observing team, which included three researchers from Paris Observatory, could obtain a great number of high-precision measurements. These three-telescope measurements made it possible for computer processing to reconstruct an image of the star surface.

Other images of less quality of Betelgeuse's surface had already been obtained by other researchers in the past. They were primarily computer models of the surface inferred from interferometric data. Now, the researchers have a true image whose richness exceeds what is possible to imagine from a computer model. For the first time, one can say that two spots are present and determine the size of the largest. Perhaps this difference in dimension corresponds to different physical phenomena present in the spots.

The analysis of the brightness of the spots shows a variation of 500 degrees compared to the average temperature of the star (3,600 Kelvins). The largest of the two structures has a dimension equivalent to the quarter of the star diameter (or one and a half the Earth-Sun distance). This marks a clear difference between Betelgeuse and the Sun, where the convection cells are much finer and reach hardly 1/20th of the solar radius (a few Earth radii). These characteristics are compatible with the idea of



luminous spots produced by convection. These results constitute the first strong and direct indication of the presence of convection on the surface of a star other than the Sun.

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



In Superman III, Richard Pryor played the role of a slightly warped computer programmer with a certain prowess at using computers to develop financial programming schemes. His morally-compromised employer plotted to use this ability to develop a computer system whose ultimate function would be the control of financial markets world-wide.

Fast-forward to 1987 and the very real stock market crash now known as “Black Monday” can be traced to the stock trading computers and software in use at the time all beginning to dump assets in unison in response to a unusual set of input data. By the time the closing bell rang, the Dow had lost almost 23 percent of its value in just one trading day.

Fast-forward further to today and the massively powerful computer software and hardware used to run the our modern stock markets are far more advanced than any machines imagined in either of the two previously mentioned scenarios. On the modern financial battlefield cutting-edge computer systems running complex mathematical formulae trawl through mountains of data looking for patterns indicative of movement in areas of interest so that one system can gain a millisecond jump on other similar systems in placing buy or sell orders. Other machines engage in semi-secret data-gathering and still other systems poll each other for pricing information about various commodities and financial derivatives and complete the transactions in fractions of a second. The profit on these deals is often only cents or fractions of a cent per trade but multiply those razor-thin gains against the thousands of transactions completed daily and these small numbers add up to big numbers in little to no time.

No small amount of time, effort and often pure genius goes into the development of the computer systems that control the financial fates of world markets but the real question remains as to what

have we might be missing when we look at the big picture. Often the technology we see may be masking a flawed system of conducting business. After the most recent stock market troubles there was no shortage of factors that could be assigned blame for the various meltdowns but even as the dust still settles it has become quite evident that many of the processes and methodologies in use made it very difficult for those who had the most to be concerned about to get a clear view as to what was really happening before their very eyes.

In the very best of circumstances our use of advanced technology advances knowledge of ourselves and the world around us beyond what was thought possible just a few short years ago. In the worst cases, it enables us to do bad things or stupid things faster and on a larger scale than ever before possible. With the exception of movie plots, people rarely set out to do evil using advanced technology and more often than not where real harm has been done, it has often been the result of unintended consequences or unattended operation. Those charged with monitoring the system were either not doing so or paying attention to the wrong things. With any system sufficiently advanced most external analysis quickly devolves into guesstimation and post-mortem commentary because there may be simply too many variables to account for in the equation.

Technology remains first and foremost a tool to be used with a definite purpose in mind and in the pursuit of a definite goal. In the best cases this tool can make existing systems more efficient but there is always the chance that the pursuit of efficiency can cause us to miss the fact that sometimes the underlying processes of a system may be in need of drastic repair and reform before the application of layers of complex technology that would in effect enable us to make bad business models bigger and big mistakes faster.

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The Senior Spot
By Bruce Lamarche
IMPROVING MEMORY

For most of us seniors, the “Senior Moment” is a reality that is both inconvenient and irksome. This happens in different degrees depending on the individual. Fortunately, for most, this is a normal fact of aging and does not necessarily indicate a disease source like Alzheimer’s. There are a number of reasons why this happens but what do we do about it?

Here are some suggestions for lessening the stress caused by these lapses in memory.

- 1) **Work on lessening stress.** Memory is negatively affected by stress. Take control of things that cause stress as soon as you notice it. This habit will allow you to activate relaxation counter measures; take a walk or do deep breathing. Try talking out the problem out-loud to yourself. No, this isn’t a sign that you are crazy. Your brain responds well to auditory input, even if it’s your own voice. This may bring both reason and calm to something that is stressing you.
- 2) **Do the things that are more mentally demanding in the morning** (or in the evening if that’s the time when you function best.) Do not stay with the activity past the point of stressing over it. Take a break to refresh if needed then get it done.
- 3) **Exercise** to some extent every day if possible. This not only works for physical health and fitness but actually improves brain function. Then, *exercise your brain* with things that are fun. Do puzzles of any kind, draw, write, paint, or read. Take on things that you love and that challenge you.
- 4) **Avoid multitasking.** When you attempt to do more than one thing at a time, the price is “strain-on-the-brain”. Do not attempt to talk on the phone and finish meal preparation or the task you were working on. Keep a notebook handy for jotting notes for info and messages. Use it immediately

and slow down to make it legible.

- 5) **Use external memory tools.** The term “use it or lose it” applies only to long term memory. For a short-term memory aid, put important phone numbers on speed dial. Also, you can use well-placed Post-it notes near the phone or on the refrigerator for things that you don’t want to clutter your mind with. Use a grocery list. Make a “to-do” list for the next few days and keep it with you. Organize the tools of your life (medicines to take?) so that they are placed in the same place as a reminder (next to your tooth brush, every day.)
- 6) **Use your calendar.** Write out birthdays, anniversaries, important dates, and things to do on a good sized calendar. Make it a habit to check this at the beginning of every day. Move current items to your to-do list for the day.
- 7) **Carry a small notepad and a pen.** Jot down things that you want to recall and don’t load your brain with short-term junk.
- 8) **Get out and socialize.** Being connected socially and getting out is brain-healthy. Being a hermit makes the brain not function so well. Get stimulated.
- 9) **A Healthy diet** including lots of vegetables, fruits, and fish can be essential for brain health. So, I would ask the question, “Who is in control of your life”, circumstance or you? Choose wisely and live well. **You can reach 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!

Words From Our Neighbor In

Harmony County



We would like to introduce the Column, “Harmony County” by the award winning journalist Jim McGowan. Jim has a wry, offbeat, and humorous look at the everyday things that are around us. We hope you enjoy the column and encourage you to send your comments to: editor@mtnviewsnews.com.

What’s Your Daily Pill Count?

Back in the bad old days a Soviet coach of an Olympic team said, “Americans have the most expensive urine in the world.” Of course, he must have been referring to the amount of vitamins that US athletes were taking. I’m sure he was certainly not talking about illegal performance enhancing drugs since he would have no knowledge of such substances because the Soviets would never use them. I would hate to think about the ‘Red menace’ on steroids.

I’ve been taking a multi-vitamin every morning for years. Nothing special, just one of those semi-horse pills that have been around forever. I ran out the other day and I went to Wally-World to get a refill. Remember, I’m talking about your garden variety vitamin tab. Imagine my surprise when I went to the vitamin aisle and saw around 50 running feet of pills stacked up seven or eight shelves high. That’s 350 to 400 feet of vitamins.

My first thought was, “This is going to take a while”. Boy did it ever. There is one company alone that put out 22 different kinds of multi-vitamins that they recommend you take once a day.

So if you are over 50, a man, a woman, a teenager, have poor vision, no energy, low on calcium, pregnant, ad infinitum, they got you covered. However, I don’t know many 50+, lethargic, pregnant guys with poor vision so I’m guessing that one is not a big

mover.

There are all sorts of pills on this aisle that is a complete alphabet of vitamins. There are minerals I’ve never heard of and I suspect the guys that came up with the periodic table wouldn’t recognize. Oils derived from everything that walks, flies, or swims in the sea are lined up and waiting for you. Though I couldn’t quite figure out the fish oil stuff unless you have a squeaky fish. This also draws a picture of ‘Jaws’ getting squeezed in a great big press.

Therefore, the answer to your prayers is available in a bottle. Any wonder why we have a drug problem in this country.

I know a young lady that swears by her vitamins and supplements. She tries to convince everybody she knows that this is a very healthy life style. I’m not kidding when I say she takes a cupful of pills every day. I can hardly imagine how much she spends on this daily dose, but I’m sure it adds up. The odd part is that she is a chiropractor with extensive medical training.

You can bet that the powers that be that have all of this stuff available for your purchase are not concerned so much with your health as they are with their profit.

Some time ago, I was talking to the Head of the Pharmacology Department at Florida State University. He said, “Once you take five or more pills of any kind, including over-the-counter drugs, there is nobody who can tell you what the drug interaction will be”.

That, to me, is food for thought.

© 2010, Jim McGowan.

FYI:

Organizing Family Documents

As we grow older we should have certain documents accessible to family. Information that they will need, legal powers that will be a necessity, in order to keep your everyday living needs intact and your wishes for medical care and for burial, written and notarized if necessary. Some of these are things that we put off because we all think that we have plenty of time to do this, we seem to forget that the unforeseen can happen.

It seems, as though we just run out of time for the things that we really don’t want to face and the thought of our passing is one of them. It is our family that has to suffer the consequences because we put things off. They are the ones that will have to find everything that they will need, proof of marriage, social security numbers, insurance policies etc. It doesn’t sound like that much to deal with in our minds because we know where all of the information is, they however don’t have that luxury.

When there is conversation on this topic it is inevitable that someone will say, “My children know what I want” or “I told my sister what to do”. This is commendable, but, there is a problem with this mode of thinking, someone else can contest this. If two siblings disagree, a doctor wants to put you on life support or someone says that you gave them your home and there isn’t any way of contesting this, it will go to court which can take months or years to find the solution. What can be done to fight this from happening? Have everything written in your words and notarized and it will hold up in any court and YOUR wishes will be followed.

Here are some things to deal with NOW to make things easier on your family LATER:

Have a financial Power of Attorney made out, signed and notarized

Make out a living-will and let your wishes be known, so they can be followed when you can’t express them

Make out , sign and notarize a Durable Power of Attorney so someone can make legal decisions

Give someone access to your safety deposit box

Now is the time to add someone to your deeds and mortgages

Have a medical Power of Attorney made out, signed and notarized

List your wishes for funeral and assets you would like to give away; may also be in the form of a will

Have this information all together and kept in a safe with at least one other person having access to the safe:

Insurance Policies and agents, contact information etc.- home, car, life, health

Medicare number, supplemental insurance information, phone numbers

Doctors names, phone numbers and other contact information

Medical History such as prescriptions, allergies, medical conditions and surgeries you have had

Financial Information, checking account numbers, savings account numbers stocks, bonds, investments with names of contact people and policy numbers

Birth certificate, marriage license, divorce papers, adoption papers, military papers, service number, etc.

Any loan papers such as mortgage papers, car loans etc.

Power of Attorney for Health, Financial, Legal

All titles and deeds: house, car, boat, property,

Contacts: doctors, lawyers, clergy, financial adviser,

Addresses of family members or friends to contact with phone numbers, names, city and state

Your final wishes as to burial, organ donation etc.

Copy of will

This can all be accomplished ,by you, without having to pay a lawyer, most of this is nothing more than organizing your documents and records and filing them in the proper place. Your bank has a notary and you can type or handwrite the papers yourself. It is advised that you have a lawyer help with your will. Plan ahead and have all of your information ready; do it for yourself and your family.

Jan Hayner is a Professional Organizer that specializes in Home Records, Paper, Document and File Management. Go to her website at www.organizingandcleaning.com for Easy Organizing tips,hints and shortcuts.

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



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.

Recipe of the Week:

Crock Pot Chicken Fricasse

Ingredients

- 4 to 6 boneless chicken breast halves, skin removed
- salt and pepper to taste
- 2 tablespoons butter
- 2 cloves garlic, minced
- 3 tablespoons flour
- 2 cups chicken broth
- 1 teaspoon dried thyme
- 1/2 teaspoon dried tarragon
- 3 to 4 carrots, cut in 2-inch pieces
- 2 onions, halved and thickly sliced
- 3 leeks, white part only, washed and chopped
- 1 bay leaf
- 1/2 cup half-and-half
- 1 10-ounce package frozen peas, thawed

Directions :

Wash chicken breasts and pat dry. Set aside. Saute minced garlic in butter for a minute, then add flour and cook, stirring, until smooth. Pour in broth (you can use 1/4 cup of dry white wine or sherry in place of some of the broth), the thyme and tarragon, and stir until thickened. Layer in the Crock Pot the onions, carrots, chicken, then leeks; pour sauce over all. Add bay leaf. Cover and cook on LOW for 6 to 7 hours, or on HIGH for 3 to 5 hours. If cooking on low, change to high and stir in half and half and thawed peas. Cover and continue cooking on high another 15 minutes, or until peas are heated through. Taste and adjust seasonings. Remove bay leaf before serving. Serves 4 to 6.

January Birthdays



Loyal Camacho, Mary Tassop, Molly Belenky, Leona Glowienke, Roberta Rahmanian, Louise Thistlewaite, Sue Watanabe, Ruth Wolter, Pat Ostrye

Helpful Hints: Uses for Microfiber Cloths

To help make cleaning easier, manufacturers have introduced wonderful new cleaning products and equipment. Try these hints for using them around the house:

Auto: Keep several microfiber cloths underneath the front seat of your vehicle. Use them to dust off the dashboard, radio and steering wheel.

Bathroom, Kitchen: Store a couple of microfiber cloths in these locations because they will clean and shine the chrome, spiff up mirrors and are great for wiping off the sink. When the cloths become dirty, toss them into the washing machine.

Pets: Freshen up your dog by lightly dampening a microfiber cloth with water and wiping over its fur. If your cat or dog needs to get the gunk out of its eyes, a microfiber cloth will do the job nicely. And if your pet, like Cabbie, my miniature schnauzer, gets a dirty beard after eating, the cloth will remove that food crud.

Plants: To take dust off live or artificial leaves, lightly dampen a microfiber cloth and wipe over the leaves. This will also add a bit of moisture to the real plants too.

Computer: Pet hair, dust, ashes from smoking can migrate into your computer and clog the open holes. Use the hose attachment of your vacuum to remove pet hair and dust from the back of your computer. Clean the monitor case with a slightly damp microfiber cloth. Be sure to also dust the power cords, floor and area around the computer, printer and fax machine too.

Cell Phone: Wipe the handset surface with a dampened microfiber cloth to eliminate fingerprints and dust. But if it’s still sticky, mix one cup of water with one drop of mild detergent to wipe off and then rinse area (not the screen) with a clean dampened cloth. Don’t spray anything into the handset or keys.

Digital Camera: To remove dust, grime and fingerprints, wipe the outside with a microfiber cloth and then carefully swipe over the lens. For a thorough cleaning, take to a professional or use commercial wipes.

Music Players: Wipe the outside with a slightly damp microfiber cloth to clean, but don’t let moisture seep into openings. Do not use alcohol or solvents on this equipment.

http://www.helpguide.org/life/sleep_tips

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.

City of Sierra Madre’s Community Services Commission is looking for two motivated, enthusiastic, creative, and friendly volunteers to serve on the City’s Ad Hoc Transit Committee and SMTV3 Committee. The City welcomes any interested residents to apply. Submit applications to the Community & Personnel Services Department at the Community Recreation Center, 611 E. Sierra Madre Boulevard. For an application, please visit www.cityofsierramadre.com look for commission/committee applications. For more information please call (626) 355-5278.

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 and Photos By Chris Bertrand

Interior Designer's Perspective on the Importance of Lighting

Claudette Chartrand knew she wanted a career in interior design after assisting in a design shop during her children's growing years in Valencia. When the owner of the shop retired, she commuted the 50 miles to Woodbury University's then downtown campus for a design degree. During her academic schooling, she immersed herself in the commercial design trenches, building her portfolio with corporate space designs of banks and offices.

Once degreed and licensed to be on her own, her experiences in model home decorating and commercial work designing medical suites and restaurants taught her to be really adept at space planning, the importance of ingress and egress planning and the value of the right lighting in the over 300 custom homes, offices, hospitality suites and restaurants she's now designed throughout California, from Bel Air estates to condos in Pasadena.

Back in the seventies, most lighting used to be high wattage incandescent except for those four and eight foot fluorescent tubes in offices and commercial spaces. Now, laws and building codes like Title 24 require decreasing lighting wattage by 50% in kitchens and baths as part of a remodel. The building inspectors will be looking for energy efficient compact fluorescent (CFL) and light emitting diode (LED) usage in those kitchens and baths under construction. It becomes a mathematical formula to determine the right type of efficient lumens applied to the area's task requirements.

These areas have the most intense lighting needs for cooking and grooming tasks, and have traditionally been the biggest lighting wattage hogs in a home. "I've learned how to make lighting and space planning practical as well as beautiful," Chartrand comments.

"Lighting brings out the true beauty of the completed home or office. Textures and colors come to life with lighting, creating areas of interest

in a room. That almost magical ability to change the mood of a room dramatically with the touch of a switch can be achieved by someone who's worked down and deep with lighting design for twenty years."

Design doesn't come to life until you light it. Lighting brings drama to the room by creating light and shadow. If the area is overlit, there's no drama. It will become a surgical suite. By knowing how and where to place lighting, you can place the focus in the room.

Chartrand is so passionate about the critical nature of lighting in the framework of overall interior design that she makes time to teach it to Fashion Institute of Design and Merchandising (FIDM) students at the revered institution's campus in the heart of downtown LA. I get real joy from seeing that light bulb go on in their heads," she muses.

"If you're not practicing green design or producing it in some form, you're out of the loop these days. Green design and eco-friendly products are everywhere, especially in interior design. Part of our environmental message is about all the new materials available, from bamboo cabinets and floors, stone countertops made from recycled glass bottles, environmentally friendly fabrics made from cotton, silk, wool and hemp to the new LED light fixtures. Used in everything from car headlights to ceramic ranges to Christmas light strands to under cabinet strip lighting, LED's are quickly raising the bar by providing low-cost, low energy lighting."

She takes her FIDM lighting students on field trips across the street to the fabulous new Ralph's grocery store, recently opened to serve the expanding downtown resident population. "They've done such a great job with the lighting there, popping out the color, sheen and freshness of their produce with MR 16 art lighting, LED cove and strip lighting along their refrigerated areas, head lamps on signs drawing people through the store and creating the desired traffic pattern

through their lighting. It's so great to give the students hands on experience of good lighting design."

She provided a photo of a dining room design project to further explain good lighting design. "This dining room shot shows the different layers so well, starting at the top with indirect dome lighting. I softened that bounced light with peach paint on the ceiling, which is a great color to make people look good."

"Moving down under the crown molding, we placed a soffit with down lights focused on the mirrored wall, highlighting the



console. The crystal chandelier sets the formal tone of the room. The glass of the chandelier's framework and its crystals reflect beautifully



Claudette Chartrand

everywhere. The chandelier can be dimmed or off for intimate table conversation while keeping the mirrored wall lit to maintain the right ambience and mood in the room."

"The mirror also doubles the light in the room with its reflective quality and visually expands the relatively small room. By using a glass table, I get more reflection of the chandelier and the glassware, too, and also minimize the effect of the large table in a small room. Good lighting design has to be part of the overall design package.

I don't have one style that's my signature. Whatever project I take on, I'm driven by the architecture of the home, whether its traditional, contemporary, Craftsman, Spanish or whatever. My design is always a "chameleon" that's planned and designed to blend seamlessly with the construction, design and style of the home around it.

Claudette Chartrand Interior Design is a Pasadena-based firm and an affiliate member of the American Institute of Architects. For more information visit their website at www.CCInteriors.com or contact them at (626) 396-0903 and ccinteriors@earthlink.net.

Tips of the Trade: Real Estate Revealed

by Luther Tsinoglou

Dollars VS Days



After you've taken step one to decide to sell your home, step two is usually setting your asking price, striving for a balance between generating offers and receiving top dollar.

Your chosen representative will perform a Competitive Market Analysis (CMA) to produce an estimate of your home's "fair market value," or that price that educated buyers will pay based on listings and sales of homes similar to yours. The agent will not establish the price, but only provide the information you need to make that decision yourself.

In a hot market, you have the advantage, but would still want to avoid overpricing, which is always unproductive. However,

in a neutral or buyers market, you'll have to be particularly cautious in your approach to setting a price.

In soft markets, price reductions become more common, as well as fewer offers and longer listing periods. You have to first establish your priority: is it more important for you to sell quickly or to get the most money possible? Like it or not, one option simply must be more critical than the other.

Have a third party, like your agent, help you see your home as a commodity, with positive and negative selling points. Price your home objectively and competitively, be prepared to negotiate to reach an agreement with buyers, and exercise patience as you prepare your move.



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543 W Maple Ave.	Monrovia	Peggy Fong Chen	\$638,800
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The Sierra Madre Chamber of Commerce Presents The Annual Citizen of the Year / Board of Directors Installation Dinner

We are pleased to honor the 2009 Citizens of the Year
Dr. Paul and Louise Neiby

Friday, January 29, 2010
Santa Anita Park, Chandelier Room
No Host Bar, Silent Auction, Dinner
Entertainment provided by Mercy Powell Quartet, Vincent Johnson

\$60 per person includes parking
Table of ten: \$550
Limited seating by reservation only
Dinner reservations must be paid in advance
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