



Happy Thanksgiving

Mountain Views News

Where Your Community News Comes First

Sierra Madre — Arcadia — Pasadena — Altadena — Monrovia

SATURDAY NOVEMBER 20, 2010

VOLUME 4 NO. 46



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.

Joint Special Study Session of the City Council and Planning Commission, Tuesday, November 23, 2010

The City Council and Planning Commission will hold a special joint study session on the proposed new Canyon Zone. The study session will be held on November 23, 2010, at 6:00 p.m., in the City Hall Council Chambers. The meeting is open to the public and there will be opportunity for the public to comment.

Regulations pertaining to the development of a Canyon Zone have been discussed and studied in the past, but have never been finalized. The difficulties inherent in applying the current R-1 residential zoning standards to the Canyon area prompts the need to adopt new, separate zoning standards that allow reasonable development of Canyon properties while preserving the unique character and natural environment of this area. The proposed zoning would establish standards for dwelling size, building height, massing and setbacks, parking, lot coverage, permitted uses, construction sites, and other standards. The proposed zoning would apply to new construction and building additions.

The proposed Canyon Zone document is available for review on the City's website, www.citysierramadre.com, under "Development Services Department", "Planning and Zoning". For any questions or for further information, please contact Development Services Department staff at (626) 355-7138.

PUBLIC HEARING ON ORDINANCE 1312, AN ORDINANCE REGARDING THE AMENDMENT OF THE MUNICIPAL CODE REGARDING WATER RATES AND ADOPTING WATER RATE SCHEDULE will be held on Tuesday, November 23, 2010 at 6:30 pm.

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A Community Comes Together

Sierra Madre Woman's Club's Annual Prayer Breakfast Brings Out The Best of Sierra Madre



Woman's Club President, Rosemary Morabito, standing, attends to the 'Power Table' of religious leaders.



Left: Fire Chief Heydorff, former publisher Jan Reed and former Mayor, Clem Bartolai. Mayor Mosca and Councilwoman Walsh can be seen on the far left. Inset: Pianist Eunice Banos adorned in the attire of the 1st Thanksgiving. Photos S. Henderson/MVNews

On Wednesday, November 16th, the Sierra Madre Woman's Club held its 34th Annual Community Prayer Breakfast at the historic Essick House. Residents and guests from various religious and political backgrounds came together in the spirit of Thanksgiving. The call to order, "Come Ye Thankful People Come", set the tone for the morning and seemed to convey the sentiment of all who attended.

For many of those who have attended the event in the past, the breakfast, especially the club's famous secret recipe Quiche is a big part of the draw. However, the messages from a wide range of religious leaders is still the main attraction.

This year the speakers included Rev. George Crisp, Pastor, Sierra Madre United Methodist Church.; Rev. Paul S. Beck, Sr., Pastor, Sierra Madre Congregational Church; The Very Reverend Michael Bamberger, Pastor, Episcopal Church of the Ascension; Dr. Philip Carlson, Pastor, Bethany Church; Reverend Patrick Brennan, C.P., Mater Dolorosa Passionist Community Retreat Center and Judge Dorothy Nelson, Baha'i Faith. All gave their reflections on Praise and Thanksgiving.

More than 100 members of the community filled every available room in the Essick House in order to participate in the annual event. Mayor Joe Mosca and Councilmembers Nancy Walsh, John Buchanan and Josh Moran; City Clerk Nancy Shollenberger, City Treasurer George Enyed, Fire Chief Steve Heydorff and Police Chief Marilyn Diaz were also in attendance. The Chairperson for the event was Genevieve Stubbs.

General Plan Update Town Hall Forum Well Attended

Photo and Story By Dean Lee

Although city staff was there, the first General Plan Update Steering Committee's Town Hall Forum last Sunday had no formal presentation, instead focusing on pure public input. About 300 residents wandered through the two hour event. The nine steering committee members were set up at six stations each one focused on a single element from the 1996 General Plan. "The idea is that you visit each of these stations and share your thoughts and comments," said Danny Castro Director of Development Services. "The purpose of it is for the committee to gather the thoughts because this is really what helps them shape the policies and procedures that go into a new General Plan."

The state requires there be seven elements to a city's General Plan, land use, circulation, housing, conservation, open space, noise and safety. Cities can opt to add elements as long as they meet the requirements. Castro said there had been some discussion about adding a new green element to the plan. Sierra Madre's current General Plan dates to 1996. A General Plan should be updated periodically so that it remains a true reflection of the way of surveys, and notes, the idea is it will be disseminated at the state also does not require city's to update them, "so long as you have one and they meet the requirements." The process is being guided by a General Plan Steering Committee appointed by the City Council. Members of the committee include: Ken Anhalt, Colin Braudrick, Wendy Davis, Denise Delmar, Chair, Leslee Hinton, John Hutt, Edward (Ed) Miller, Debbie Sheridan, Teryl Willis, MaryAnn MacGillivray, Joe Mosca - City Council Liaisons; Gina Frierman-Hunt, Kevin Paschall - Planning Commission Liaisons and Danny Castro, Staff. Committee meetings are open to the public, and are held the first Tuesdays of the month at 6:00 pm in the City Council Chambers at 232 W. Sierra Madre Blvd. For more information or look at the 1996 General Plan go to the city's website cityofsierramadre.com or call (626) 355-7135.



Former Sierra Madre Planning Commissioner John Hutt, listens attentively to a resident's questions.



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Weather Wise

5-Day Forecast
Sierra Madre, Ca.

Mon:	Rain	Hi 50s	Lows 30s
Tues:	Partly Cloudy	Hi 50s	Lows 30s
Wed:	Sunny	Hi 50s	Lows 30s
Thur:	Sunny	Hi 60s	Lows 40s
Fri:	Partly Sunny	Hi 60s	Lows 40s

Forecasts courtesy of the National Weather Service



1630 AM

Free on-air publicity
for local events

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

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

In a nutshell, your event must:

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

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

Holiday Decorating Contest



Submit your entries for our 2nd annual Holiday Decorating Contest! Enter the address of homes we should consider for our 2nd annual contest. We'll drive and evaluate the entries in our service area from Pasadena, Altadena, Sierra Madre, Arcadia, Monrovia and Duarte on Monday and/or Tuesday, December 13-14 between 5-9 p.m. So.... If you're entered, make sure your lights are on for us to take photos and make the awards! Send your submission addresses with street address, cross street and town name to C.Bertrand@MtnViewsNews.com

THE PERFECT GIFT: A TREE

*Help Heal the Angeles Forest this Holiday Season
Dedicate a Tree*

LOS ANGELES - TreePeople announces the return of its popular Holiday Tree Dedication program. Through TreePeople's Tree Dedication program, holiday shoppers can give a gift to heal the fire-damaged Angeles National Forest. For each \$25 tax-deductible donation, a tree will be dedicated in honor of those on holiday gift lists, including family, friends, co-workers and clients. A beautiful, personalized holiday card will be sent to the recipient announcing the gift. For a \$100 contribution, TreePeople will send an inscribed certificate to the recipient, announcing that a grove of five trees has been dedicated. Certificates may be framed with a handsome recycled wood frame for an additional \$30.

With financial support from Holiday Tree Dedications, the nonprofit TreePeople works with land management agencies to restore woodlands burned in the 2009 Station Fire. Thousands of trees are planted each year through this impactful program.

A tree is always the right size, never goes out of style, doesn't need wrapping, spares shoppers a trip to the mall and curbs the greenhouse effect. According to the International Society of Arboriculture, a single mature tree can absorb the amount of carbon produced by a car driven 26,000 miles.

One 'click' handles all your shopping needs. To dedicate a tree online visit www.treepeople.org or call (818) 753-TREE or (818) 753-8733.

2011 Entertainment Books Are Here!

Please help the Sierra Madre Rose Float Association raise funds for the 2011 Entry "Suenos De California" by buying an Entertainment Coupon Book today. You'll not only be helping a wonderful cause, you will save \$\$\$\$ when you redeem the coupons.

The book starts at \$25.00 for the San Gabriel Valley. Others are available at various prices. Call Ann at 626-574-1331

CROWN CITY SYMPHONY
PRESENTS TWO FREE
CONCERTS

*Saturday, November 20th 2:00 pm
Pasadena Christian Church*

*Sunday, November 21st 2:00 pm
First Baptist Church of Pasadena*

Crown City Symphony, a community orchestra founded in 2003 under the sponsorship of the Pasadena Senior Center, will give two free concerts, Nov. 20 & 21, at 2pm both days. The first concert is at the Pasadena Christian Church, 789 N. Altadena Drive, Pasadena and the second concert is at the First Baptist Church of Pasadena, 75 N. Marengo. Marvin Neumann is the conductor, and the soloist is Andrew Sords.

Hailed as an "absolute wonder", violinist ANDREW SORDS has established himself as the preeminent new face of classical violin. Already a veteran of the concert stage, Sords has appeared with over 60 orchestras and in countless recital venues across three continents. Born in 1985 in Newark, Delaware, Sords later moved to Shaker Heights, Ohio. He completed his undergraduate education at the Cleveland Institute of Music, and has performed for the legendary Midori in masterclasses in New York City and at the University of Southern California. In 2008 Sords received international exposure as the top Google Classical News story as well as crowning the "Top-40 Charts in Classical Music. He is the featured violinist in a documentary on violin technique recorded at the Cleveland Institute of Music. His website is www.andrewsords.com.

Crown City Symphony, whose motto is Ability not Age, has received grants from The Pasadena Tournament of Roses Foundation and the City of Pasadena Cultural Affairs Division, and the Pasadena Showcase for the Arts. This is the final concert under the sponsorship of the Pasadena Senior Center, which founded the Orchestra. Starting in 2011, The Tuesday Musicale of Pasadena will sponsor the Orchestra.

The web site is crowncitysymphony.org. For more information email **Roberta Wilcox, manager**, at manager@crowncitysymphony.org, or call, (626) 797-1994.

Coming Up In December:

"THERE OUGHT TO BE A LAW" Contest

Are you a small business owner who is tired of bureaucratic red tape? Do you have a common sense idea to cut waste from state government? Have you thought of a sensible solution to a growing problem in your community?

Some of the best legislative ideas come from those who have personally experienced a problem and see a need for reform. So, if you have an idea for a new law that you'd like me to consider, or if you believe a certain law is problematic and should be repealed, I hope you will participate in my 2011 "There Ought To Be A Law" contest.

I will choose one idea to be included in my 2011 legislative package. The person who submits the winning idea will be invited to join me for lunch and will receive a California State flag that has been flown over the Capitol.

To enter this year's contest, please visit my website, at www.senate.ca.gov/huff and fill out the short questionnaire describing your idea. You can submit the form online or mail it to my Capitol office by December 3, 2010, and the winner will be announced in January.

If you have questions, please contact my Capitol office staff at (916) 651-4029.

BOSTON COURT PERFORMING ARTS
CENTER SEEKS PERFORMERS FOR ITS
2011 ARTTALK

- San Gabriel Valley's Largest Spoken Word Festival-

Performance proposals are now being accepted for the fourth annual ARTTalk. ARTTalk is scheduled to take place on Saturday, March 12th, 2011. Participants will be allotted one half hour to perform a piece that focuses on Words and Communication. All performances must be acoustical in nature. Boston Court will provide general lighting and no rehearsal time is allotted. Previous performance genres include film, storytelling, singing, and poetry. Participants will be provided a small stipend. The deadline for proposals is December 3, 2010.

Those interested in performing should email or mail their performance proposal to:

Meg Hackney, Events Manager
Boston Court Performing Arts Center,
P.O. Box 60187 Pasadena, CA 91116-6187
Email: megh@bostoncourt.com. For more information on ARTTalk visit www.playhousedistrict.org/arttalk.



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29TH at 7:00PM at the Sierra Madre Rose Float Barn
(Winner need not be present)

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"Keeping It Together"



San Marino Community Church welcomes you to Sunday worship. Rev. Jeffrey V. O'Grady preaches on Colossians 1:11-20 at both the 9:15 traditional service and "The Gathering" at 11:15 am. Hymns of Thanksgiving will be featured at both services.

Check out a new video about the 11:15 am worship service, "The Gathering", at www.smccpb.com.

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

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

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'Inspirations To Treasure' The Works of Anthe Wosczyzna

By definition, an artist is a person whose creative work shows sensitivity and imagination and without question, the works of Anthe Wosczyzna do just that. An extraordinary designer of delicate, colorful and exquisitely detailed jewelry, Anthe is, simply put, amazing.

A Sierra Madre resident and alumni of Alverno High School, she bubbles over with warmth and charm that is best expressed through her creations. In her studio she gives birth to beautifully colored pieces made from the smallest antique French cut steel beads, crystals, Japanese seed beads, Czechoslovakian charlottes and quality gemstones and pearls. Each piece is a masterpiece that is the result of extraordinary patience and talent.

"My jewelry is designed to evoke a sense of wonder and beauty and guarantee to the wearer or gift-giver, compliments and inquiries as to their unique nature. I use the finest materials and each piece is made to bring many years of enjoyment."

Anthe's path to becoming the artist that she is today was not a direct one. As a child, she describes herself as, "the only kid on the block with a journal and who owned a beading loom". She also was popular for drawing portraits of her friends. During high school, she was selected to attend a program for young artists at Art Center College of Design.

After graduating from Loyola Marymount's Film School where she earned a degree in Communication Arts with a minor in Art History, Anthe was drawn to cinematographic writing for the TV industry. She also spent 14 years working in a law firm, evolving into a hearing representative for labor law cases. All dur-

ing that time, however, her creative spirit kept nagging at her. "If only I had the time", she recalls lamenting. She says of the time spent pursuing other interests, "It was just a gestation period for what was to come". And how right she was.

Anthe's serendipitous journey into jewelry making actually began with ceramics. As a member of Echo Ceramics in Los Angeles, she made pottery but found the 'throwing' of clay required "too much muscle". She then turned to working with porcelain and started creating wonderful miniature vessels and boxes.

However, a full-time career as a potter was not to be. An unfortunate car accident limited her working with pottery on a daily basis.

After taking a break from everything for a while, Anthe decided to start working with metal, which was easier on her hands and wrists. About that time, she met a good friend, Susan Kemp, who helped her learn the techniques required for fine beading. From there Anthe focused her attention to the creation of fine beaded jewelry. "Ever since I was a little girl, I loved to look at items so closely that hidden shapes, designs and colors would emerge. My jewelry offers a glimpse into this hidden world for you to enjoy and treasure."

Anthe is married to Carlos Gomez, whom she met at UCLA while attending a Tai Chi class.

Anthe's company, *Little Muse Designs*, will have a booth next weekend at Sierra Madre's Dickens Village. For more information go to www.littlemusedesigns.etsy.com or email her at anthe@littlemusedesigns.com.



Anthe Wosczyzna in her Sierra Madre studio. Below intricately crafted one of a kind jewelry that will be available at Dickens Village this Saturday. Photos by S. Henderson



Sierra Madre Police Blotter

During the week of Sunday, November 7th, to Saturday November 13th, the Sierra Madre Police Department responded to approximately 272 calls for service. See crimereports.com for updated information.

Sunday, November 7th:

01:38 AM- DUI Alcohol/Drugs Arrest, 1380 blk. Tropical Ave. Motorist was stopped for a Vehicle Code violation. Investigation revealed the driver was in possession of 23.4 grams of marijuana. The driver, an El Monte resident, was taken to the Pasadena Police Department for booking and later released on a citation.

03:04 AM- Burglary/Receiving Stolen Property Arrest, 99 N. Hermosa Ave. A sergeant was on foot patrol at 3:05 a.m. in an apartment complex where a burglary and thefts had previously occurred. The sergeant saw a man walking briskly out of the complex carrying bags over his shoulders. The sergeant questioned the man and learned that he was on parole. During a lawful search of the bags, the sergeant found stolen property belonging to Sierra Madre residents. The sergeant arrested the man, a 50 year old resident of Sierra Madre, for Burglary and Receiving Stolen Property. The suspect was later transported to Pasadena Police Jail for booking.

11:42 PM- DUI Alcohol/Drugs Arrest, Sierra Madre Blvd. and Michillinda Ave. An officer stopped a motorist for a Vehicle Code violation. Investigation revealed the driver was in under the influence of alcohol. The driver was arrested and taken to the Pasadena Police Department Jail for booking.

Monday, November 8th:

02:03 AM- DUI Alcohol/Drugs Arrest, 100 blk. Auburn Ave. An officer stopped a motorist for a Vehicle Code violation. Investigation revealed the driver was under the influence of alcohol. The driver was transported to the Pasadena Police Department Jail for booking.

12:52 PM- Use Another's Personal Identification to Obtain Credit/Etc. 100 blk. Park Ave. A resident reported that his credit card had been used by someone without his permission.

Tuesday, November 9th:

03:47 PM- Child Endangerment, Public Intoxication Arrest, 200 blk. W. Sierra Madre Bl. An officer responded to Memorial Park to check a report that an intoxicated woman was there with a young child. The officer found the woman, who was intoxicated. The officer arrested the woman, an Altadena resident, for Child Endangerment and Public Intoxication. Police took the woman's 4 year old son and his siblings into protective custody and notified the Department of Children's Services. The suspect was taken to the Pasadena Police Department Jail for booking.

Thursday, November 11th:

09:09 AM- Possession of Prescription Drugs Without a Prescription Arrest, Foothill Ave. and Camillo St. An officer was dispatched to investigate a person looking through trash cans. Further investigation revealed that the woman was in possession of prescription pills without a prescription. The officer arrested the woman and took her to the Pasadena Police Department Jail for booking.

12:27 PM- Unlawful Display Evidence of Registration, Arrest, 70 blk. Esperanza Ave. Officer checked DMV records on a license plate of a parked vehicle and found that the vehicle registration date did not match the DMV records and the truck had no front license plate. The truck was towed and the owner was later cited.

Saturday, November 13th:

11:36 AM- Disorderly Conduct/Drunk In Public Arrest, N. Mountain Trail and Sierra Madre Blvd. Officer responded to a possible drunk in traffic. Further investigations revealed that a woman, a Sierra Madre resident, was intoxicated. She was arrested, taken to Arcadia Methodist Hospital for medical clearance and later taken to the Pasadena Police Department Jail.

11:47 AM- Use Another's Personal Identification to Obtain Credit/Etc. 400 blk. E. Highland Ave. Financial Crime Report. A suspect made illegal purchases over the Internet using a Sierra Madre resident's personal information.

03:07 PM- Conspiracy/Commercial Burglary Arrests, 400 blk. E. Huntington Dr. Arcadia. Motorist was stopped for a Vehicle Code violation. Further investigation revealed that the driver and his girlfriend conspired to defraud the DMV by making false reports to evade registration fees. The driver and his girlfriend, both Sierra Madre residents, were transported to Pasadena Police Jail for booking.

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RICH AT THE TOUCH OF A BUTTON

Rich Johnson, well know Sierra Madre resident and Mountain Views News Columnist, is the proud father of a brand new App for the iPhone. What is an App? An App is short for an application that can be downloaded from anywhere in the world to a smart phone.

In this case it would be an Apple iPhone, iPod or iPodTouch. The App is called "UpElevator" and is selling through the iTunes App Store.

Of all men, Adam was the happiest... he had no mother-in-law.
—Mark Twain

OUR TWO CENTS

Maybe that's why they called it Paradise.



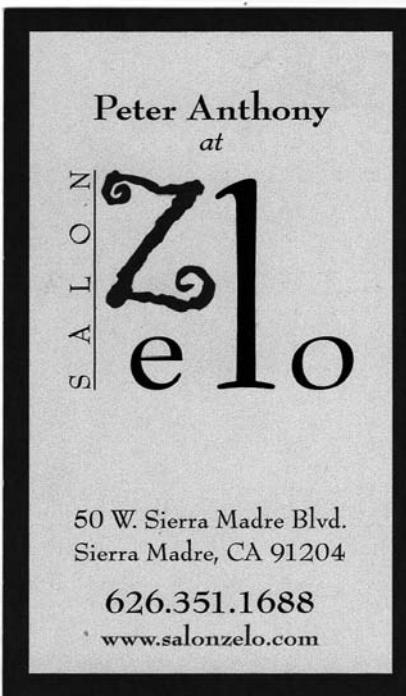
What is *UpElevator*? Rich describes it as a source of clever, motivational quotes mostly from dead guys App. He says it's designed to do what he tries to accomplish in his weekly column: Entertain us with light bits of humor that just might give us a lift throughout our day. If you pass along some of his funniness to friends he feels as though he has hit a homerun.

UpElevator, he tells us, is designed to do the same thing. On entering *UpElevator* you have access to a panel with 9 buttons or "floors". The 1st floor, for example, is entitled

"Motivate me." If you're angry visit the 6th floor. "Make Me Laugh" on the 7th floor. Once a button is pushed, the first of 10 quotes pertinent to the category selected appear. Going back to the "lobby" to select another category or the same category produces 10 more quotes.

Rich is quick to point out he has two partners in the *UpElevator* project: Lisa Bowman, a Sierra Madrean whom Rich met at Fresco's. "Lisa and I bonded for life when I inadvertently told her something funny while she was drinking ice tea. And you can guess where that ice tea went." Hint: Not down. Jamie Osborne, the third part of the *UpElevator* team, is a genius technoid friend of Lisa's. He lives where most computer geniuses hang their hats Washington State.

There are a lot of quote Apps out there, so I asked Rich what makes this one different. He responded, "*UpElevator* is unique in its addition of Lisa's and my clever/humorous comments after each formal quote. Plus, you get to see a picture of the radiantly beautiful Lisa Bowman and okay, sometimes me." If you own an iPhone, iPod, or iPod Touch and are so inclined, check out *UpElevator* in the iTunes App store, or visit the *UpElevator* website at, you guessed it, UpElevator.com.



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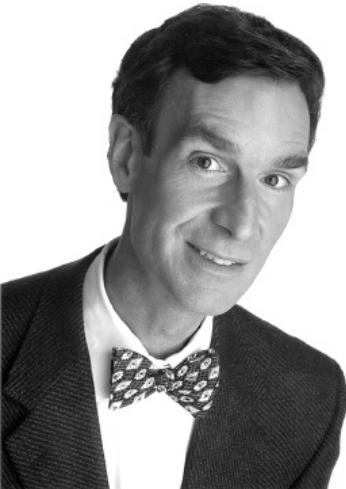
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HAPPY 100th BIRTHDAY BEST BUY



Paul Mansour, owner of Best Buy Pharmacy cut the ribbon celebrating the 100th year of the pharmacy at last week's Chamber of Commerce Mixer. Photo Chris Bertrand

Bill Nye Faints on Stage



By Dean Lee

Science funny man Bill Nye fainted on stage Tuesday night at USC during a speech on global warming. The situation was no laughing matter.

Nye, host of the 90s PBS television show “Bill Nye the Science Guy,” is now acting Executive Director of the Planetary Society based in Pasadena. Nye fainted in front of a crowd of hundreds.

Witnesses said Nye looked disorientated before collapsing on the podium.

“Bill Nye didn’t trip on anything,” said an audience member via Twitter. “He mumbled ‘change the world’ several times before collapsing...”

Another witness said Nye got up after being unconscious for about 10 seconds. He went right back to what he was taking about, although paused to say “this had also happened to him earlier that day.” He also asked the crowd how long he had been out.

Numerous reports said paramedics arrived on scene about 8:40 p.m. although it was unclear if Nye was treated or taken to a hospital.

After the fall, Nye continued his speech, leaning on the lectern and his laptop humbling the crowd about the insignificance of Earth, compared to the universe, using a metaphor of grains of sand on a beach. Nye was eventually taken off stage.

At press time, neither Nye’s official website, .billnye.com, nor the Planetary Society made any announcement on his condition although his publicist, Glenn Schwartz, said Nye was feeling much better Wednesday.

Nye made no mention of the incident Wednesday on his Twitter account TheScienceGuy posting only that “Al Gore talking about math and science education in our country.”

Pet of the Week



Pepe, a unique looking and very affectionate pug mix is looking for a new home. He weighs about 25lbs, walks well on leash and knows several basic commands. Pepe needs someone who will make sure he gets plenty of playtime and attention. He is great with people but should be the only dog in the home. Come visit with Pepe today!

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

Please call 626-792-7151 and ask for A279054 or come to the Pasadena Humane Society & SPCA, 361 S. Raymond Ave., Pasadena CA, 91105. Our adoption hours are 11-4 Sunday, 9-5 Tuesday, Wednesday, Thursday, and Friday, and 9-4 Saturday. Directions and photos of all pets updated hourly may be found at www.pasadenahumane.org



Artist in Mural Mix-up Paints Again

Artist Christian Alderete was at it again last weekend painting a 170 foot long mural along a retaining wall at the Villa-Parke Community Center playground after the city’s Arts and Culture Commission approved \$2,500 for the replacement of a market mural by Alderete that had been mistakenly removed by the store owner last year.

A 60-foot Aztec themed city

sponsored mural Alderete painted on the side of ABC Nutrition on Fair Oaks in November 2009 lasted only three months before the store’s owner had it painted over in a mix-up dealing with several code violations.

At the time Alderete said, if he was asked, he would paint another mural. The Arts and Culture Commission’s action

Nov. 10 replaces a \$2,500 grant Alderete had originally applied for as part of the city’s Neighborhood Enhancement Mural Program.

Alderete has invited all the children in the area to get involved. He estimates it will take no more than three weekends to complete the bright orange, yellow and blue education themed mural.

Council to Discuss More City Cuts as Part of Planning Retreat

The city council will spend most of Monday looking at budget challenges for the next three years as part of a Strategic Planning Retreat to be held at the Pasadena Conference Center starting at 8 a.m..

According to the agenda public comment will be held at 8:30 a.m.

City officials have said at issue are employee layoffs and a continued hiring freeze put in place last year.

In June, the council adopted next year’s budget of \$725.4 million, down \$16.2 million from the previous year. Of that \$4 million was reductions in city staffing including the elimination of one police sergeant position and 23 other positions

within the police department including 12 sworn officers.

According to city documents Pasadena is operating with a \$5.5 million deficit in the General Fund with total fund revenues of \$211.7 million. The city has already implemented temporary library branch closures on Fridays and Sundays. All ARTS Sunday bus service had been canceled as well as the elimination of ARTS Route 70.

The council is expected to examine issues such as, what the city has accomplished fiscally in the past year; what the city’s internal fiscal weaknesses and challenges are through 2013; and what the external factors/trends are that will have a fiscal

impact on the city through that time.

They will also identify short term strategic objectives for each goal.

According to previous plans, the city has forecasted a future surplus budget, although not until 2014. Staff has said they are still on track to accomplish that.

The council is also scheduled to hold a closed special meeting at 3 p.m. dealing with municipal employee union labor negotiations. The meeting will also be at the Pasadena Conference Center, 300 East Green Street, conference room 211. Public comment will be limited to 15 minutes before the closed session according to the agenda.

Foundation Introduces Online Grants System

The Tournament of Roses Foundation is now accepting applications from 501(c)(3) non-profit agencies/organizations based in and serving one or more of the following communities: Alhambra, Altadena, Arcadia, La Cañada, Monrovia, Pasadena, San Gabriel, San Marino, Sierra Madre and South Pasadena.

Grants will be considered in the following categories: performing and visual arts; sports and recreation; and volunteer motivation and leadership development.

This year, The Foundation has gone “green” and moved to a completely online grants system. To submit an application, visit the Foundation’s “Online Data Manager” at: www.cktodm.com/ptrf/. Enter “apply” for both the “Username” and “Password.” The website will direct you to a welcome page with instructions on how to begin the application process.

Applicants can find grant cycle procedures, special stipulations and a detailed list of frequently asked questions on the Foundation’s website at www.tournamentofroses.com/aboutus/foundation.asp.

Applications accepted now through January 27, 2011 before 5:00 p.m.

The Foundation is a non-profit public benefit corporation established in 1983 to receive and manage charitable contributions on behalf of the Tournament of Roses Association, its supporters and the general public.

Crash Sends Commuter Bus into Wall, Three Injured

By Dean Lee

The driver of a LA Commuter Express bus and a passenger became tapped early Tuesday morning after a crash that left the bus perched at a 45 angle between the sidewalk and an apartment building wall.

Pasadena Fire Information Officer Lisa Derderian said the bus had to be stabilized before the rescue operation could begin. Fire officials were dispatched to the scene at 7:20 a.m. according to Battalion Chief Ray Gordon.

The driver and passenger were eventually freed from the bus after firefighters broke out a window.

Derderian said the accident happened when the bus hit a Nissan Maxima, sending both vehicles out of control, at the intersection of Cordova and Madison Ave. “As a result the bus swerved [jumping the curb] hitting several trees before coming to rest,” Derderian said

the driver of the Maxima thought the intersection was clear before entering it.

She also explained that if the bus had hit the building in either direction it would have gone through an apartment, “rude awakening for these tenants, definitely, but it could have been a lot worse.”

Three people were injured, the driver of the Maxima and the two inside the bus. They were all treated at the scene then taken to Huntington Memorial Hospital Derderian said.

Eddie Martin, the building superintendent, told reporters that there was a rumble in the building, “When we came out, there was all this mess.”

Cordova Street was closed from Los Robles Avenue to El Molino Avenue as crews removed the bus and cleaned up the area.

Police said the crash was still under investigation.



Bus crashes into apartment Tuesday Morning Photo Courtesy of Pasadena Fire

Citizen Journalism Meet-up

Learn not just how to blog but how to report the news

The Pasadena Community Network and this newspaper are holding a workshop on Citizen Journalism.

This group is the place where aspiring journalists can learn from trained professionals and support their local community by covering what’s really happening in their neighborhoods.

We will put the news in your hands. Learn how to find the story, the tools needed to capture the story and the means to tell the story using



the power of video, audio and print along with online social media. The next meeting will be Nov. 23 from 6 to 8p.m. at the Pasadena Community Network - Studio G, 2057 N. Los Robles Ave.

For more info call 626.794.8585 or visit pasadenan.com.

Less Trash Save Money



containers more, residents can save on their regular trash bills.

The city provides two smaller alternatives to the standard 100-gallon trash container, both of which cost the resident less to have serviced.

And during November, which is Environmental Awareness Month, residents can change containers without the normal \$35 changing fee.

“Pay As You Throw will reward those who have reduced the amount of their weekly trash,” said Gabriel Silva, city recycling coordinator.

For more information call Public Works Department’s customer service at (626) 744-4087.

Police begin Year-long Traffic Enforcement Program

The Pasadena Police Department is beginning another year-long Selective Traffic Enforcement Program aimed at preventing deaths and injuries. Traffic enforcement measures are continuing as a result of a \$263,000 grant awarded by the Office of Traffic Safety to the City of Pasadena.

“The Pasadena Police Department is dedicated to safety for all who drive in our community by providing both enforcement and education. Through our continued partnership with the Office of Traffic Safety, we can effectively accomplish this important goal” said Phillip Sanchez, Chief of Police.

The Selective Traffic Enforcement Program

(STEP) grant assists in efforts to deal with traffic safety concerns and reduce the number of people killed and injured in traffic collisions. Grant activities specifically target DUI offenders, red light running, motorcycle safety and distracted driver, texting and talking on the phone while driving. This is done through the use of special enforcement activities, which may include DUI checkpoints, saturations, and operations. The grant provides funding for overtime to conduct these special enforcement activities.

Funding for the grant comes from the California Office of Traffic Safety through the National Highway Traffic Safety Administration.

ARCADIA

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

ARCADIA COUNCIL APPROVES GENERAL PLAN



When it came to a final vote of the Council Tuesday, there was barely a dissenting comment among the Council who approved it unanimously, and only one person in the audience who chose to offer a comment — Henry Nunez, a member of our committee — and he mostly praised the City staff but then threw in some barbs at the Council and specifically Bon Harbicht for not being as forward-thinking as he would prefer with creating a more aggressive and specific vision for developing the Downtown area around the planned Gold Line station and creating more housing flexibility to plan ahead for certain continued population growth. (He's right about that — like it or not population growth is an inevitable reality and has climbed steadily for the past century — a whopping 257% from 1940 to 1950 alone, then another 78% by 1960 to 41,000. And it's grown nearly 40% more in the past 50 years to about 57,000. Officials project the possibility of another 12% increase — or 7,000 more residents — in the next 20 years.)

These were not new criticisms from Nunez, and the Council, particularly Harbicht, basically dismissed him, with Harbicht reiterating that he won his election to the Council earlier this year on the platform of no change and being a proponent

of discouraging population growth in Arcadia.

More relevant to me than the Nunez comments, was the fact that he was the lone person to take enough interest in the plan to develop a strong opinion. It's been pretty much the same every step of the way. As Harbicht has said, unless it's about peacocks, or, lately, coyotes, very few people seem to care enough about something as important as planning the future of Arcadia to show up to have their voice heard.

Perhaps it's human nature, but it is still discouraging to be reminded how disengaged people can be. Even business owners with a vested interest in the changes that could affect their shops seemed to be largely unaware of the General Plan process despite the considerable public outreach by the City. In any case, I would like to applaud the Councilmen for ultimately approving something that, even at the end, still included more progressive housing elements than some of them were completely comfortable with. I'd also like to commend the City staff once again, in particular Jason Kruckeberg and Lisa Flores, as well as my fellow GPAC committee members for successfully tackling such a mammoth project with so many moving parts such as trying to predict and protect the best possible scenarios for any eventual future of Santa Anita Park for horse racing and retail development, as well as the Gold Line and surrounding areas, not to mention the challenging Live Oak Avenue district. And there was so much more, from parks and bike paths to environmental considerations.

One other relatively low-key element that I think is worth sharing is the cultural and,

specifically, the historical aspect of the document. The City consistently gets a failing grade for its lack of any ordinances or city staff dedicated to the preservation or even archiving of historical assets in Arcadia. Although it doesn't have a lot of teeth, I hope this Council and future Councils and city staff will follow-up on the Plan's words of encouragement, including the following selected points:

PR-9.1: Encourage the maintenance and preservation of historically, culturally, and/or architecturally significant structures and sites in the community.

PR-9.2: Explore partnerships with local community organizations such as Arcadia Historical Society to continue the preservation of historic and cultural resources.

PR-9.3: Collect, preserve, and celebrate Arcadia's heritage with quality exhibits and programs.

PR-9.4: Preserve Santa Anita Park's use as a live horse racing venue, and preserve and maintain iconic structures at the racetrack such as the grandstand.

PR-9.5: Identify historic sites, structures, neighborhoods, and other resources through a Historic Resource Inventory.

PR-9.6: Explore the establishment of a Cultural Heritage Ordinance.

PR-9.7: Develop incentives that promote preservation and rehabilitation of historic structures, sites, and other resources.

Here's hoping that one day these suggestions will become reality so that we will not continue to see iconic structures more than a few decades old be regularly destroyed and lost forever.

by Scott Hettrick, Arcadia's Best

Arcadia Police Blotter

For the period of Sunday, November 7, through Saturday, November 13, the Police Department responded to 898 calls for service of which 152 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, November 7:

1. Around 1:48 p.m., loss prevention personnel from Macy's advised that they had detained a woman for theft. The suspect was seen concealing merchandise in her purse and then left the store without making payment. A consent search of her vehicle revealed additional stolen property. A private person's arrest was made, and a 38-year-old Asian was taken into custody for commercial burglary and receiving stolen property.
2. Units responded to the 1700 block of South First around 7:00 p.m. in reference to a domestic disturbance. During an argument, the suspect pushed his wife to the ground, grabbed her hair, and dragged her through the house. A 57-year-old male Caucasian was arrested for spousal battery, and an emergency protection order was obtained and served.

Monday, November 8:

3. Between 8:25 a.m. and 8:50 a.m., a residential burglary occurred in the 1500 block of South Third. Unknown suspect(s) entered the home via an unlocked window. Once inside, the suspect(s) ransacked rooms and stole a digital camera, laptop computer, costume jewelry, and a large amount of cash.
4. Shortly after 4:00 p.m., a victim came to the station to file an identity theft report. He indicated that a known suspect had used his personal identifying information to take out a car loan to purchase a 2006 Lamborghini. The past due amount on the vehicle was approximately \$14,000.

Tuesday, November 9:

5. Around 10:50 a.m., a resident notified police that a male African-American was going door-to-door in the neighborhood indicating that he had lost a dog, and the suspicious man was seen driving a gray vehicle. An area search was conducted and a stolen gray vehicle was found backed into a driveway in the 1300 block of North Baldwin. Officers went to the rear of the location and found a door had been forced open and several rooms ransacked. A 26-year-old male African-American was subsequently located and arrested for residential burglary and vehicle theft.
6. Another residential burglary occurred in the 00 block of West Orange Grove between 9:00 a.m. and 3:30 p.m. Unknown suspect(s) threw a rock at a bedroom window in order to gain entry into the house. A computer, camera, book reader, and an earring collection were stolen.

Wednesday, November 10:

7. Units were called to Citizens Bank, 101 West Huntington, around 10:30 a.m. regarding a fraud report. A male African-American suspect attempted to cash a forged check in the amount of \$5,200. After a bank representative advised that they were unable to determine the validity of the check, the suspect left the scene. Further investigation revealed that the check was stolen by the victim's son and given to the suspect to cash.
8. Around 11:41 p.m., a 74-year-old male Asian was seen taking recyclables from various trash containers in the 400 block of West Camino Real. The man was cited and released at the scene.

Thursday, November 11:

9. Around 12:43 p.m., a victim came to the station to file a fraud report. On November 4, the victim received a call from Nordstrom advising that over \$2,258 in unusual charges were made on her credit card account. Furthermore, a female suspect was added onto the account without the victim's knowledge or authorization. At that time, the credit card account was closed and another account was opened. On November 11, Nordstrom called the victim again and advised that another \$4,238 in charges were made to the new account. A female suspect had called Nordstrom, posed as the victim, and added another authorized user to the account.
10. A license plate check was made on an occupied parked vehicle at Goldring and Kardashian around 1:50 p.m. It indicated that the registered owner of the vehicle had an outstanding warrant. The two occupants were contacted and warrant checks revealed that the 28-year-old female Hispanic driver actually had 12 outstanding misdemeanor warrants totaling over \$206,000. She was arrested at the scene without incident.

Friday, November 12:

11. Shortly after 9:32 a.m., units were called to the 100 block of Delta in regards to a disturbance. While en route, officers located the female subject who was involved in the altercation at El Monte and Palm. The woman advised that she and her boyfriend were involved in an argument, which escalated to the point where she grabbed a knife and wanted to kill herself. Officers determined that the woman was a danger to herself and was transported to a nearby hospital for a 72-hour psychological evaluation.
12. Units were dispatched to the 1700 block of North Santa Anita around 1:20 p.m. in reference to a bear sighting. A brown bear was found in a backyard, but the bear fled the location after seeing the officers.

Saturday, November 13:

13. Around 12:19 a.m., units responded to the 300 block of South Baldwin regarding several vandalism incidents in the area. Upon arrival, officers discovered that a total of 19 vehicles were vandalized. The vandalisms occurred in the 200, 300, and 400 blocks of South Baldwin, 900 block of Hugo Reid, and the 00 block of North Alta.
14. An assault was reported at KTV, 612 East Live Oak, around 4:22 a.m. During an altercation inside the location, a male victim was pushed to the ground and kicked in the head and face by three male Asian suspects. When the victim later went out to the parking lot, he was attacked by several suspects armed with golf clubs. A female victim tried to intervene and was also struck. All the suspects had fled the scene prior to officers' arrival.

DOOR OF HOPE HONORS FOUNDERS STEPHEN & IRIS LAZARIAN AT 25TH ANNIVERSARY SILVER CELEBRATION AND ANNOUNCES \$25,000 MATCH CHALLENGE

Celebrating 25 Years of Equipping Homeless Families to Rebuild Their Lives

Strolling carolers, live holiday music and an anonymous \$25,000 match challenge will make the season bright as Door of Hope rings in the holidays with a 25th Anniversary Silver Celebration Gala event on December 4, 2010. The event celebrates 25 years of providing transitional housing and supportive services to homeless families, and honors founders **Stephen and Iris Lazarian**, who established Door of Hope in 1985 as a response to the large numbers of homeless families in the Pasadena area. The event, held at the Arcadia home of Harry and Connie Scolinos, which includes a silent and live auction, is sponsored by Standard Property, Inc., The Sterling Group, Industrial Metal Supply, SpaceBank as well as individual donors. In addition, Pasadena Magazine and the Pasadena and La Canada Outlook Newspapers are our event media sponsors. A special match challenge has also been announced for the event. All event sponsorships and donations (excluding ticket purchases) will qualify for Door of Hope to receive a \$25,000 match challenge, which will support Door of Hope's transitional housing program and supportive services for homeless families in Pasadena and Glendale.

KNX1070 News radio's Jim Thornton will lend his dulcet tones to the event, acting as Emcee and Auctioneer. Jim has won all major broadcasting awards including the Edward R. Murrow award, Golden Mike awards, and an Emmy. Jim has one of the most popular and distinct voices in Southern California, and began hosting KNX 1070 News radio's afternoon drive newscast in January 2005. Jim

has done national TV and radio campaigns including Old Spice, Domino's Pizza, and Budweiser, and as the "voice" of the Pixar movie "Monsters Inc." and the Monsters Inc. rides at Disney theme parks, his voice is heard worldwide.

The 25th Anniversary Event Committee is headed up by community volunteers Michele Prince and Michele Giffin, and includes other local Door of Hope volunteers who have been instrumental in putting this event together. Pasadena's Women In Networking group (WIN) has chosen Door of Hope as its beneficiary charity this year, and many members will be supporting the event that evening as well.

"We are so pleased to have this special occasion to honor Steve and Iris Lazarian for their vision to support homeless families 25 years ago, as well as to celebrate the many other individuals, churches, and local businesses that have enabled Door of Hope to serve homeless families over the years," said Tim Peters, Executive Director. "Door of Hope would not exist without the love, care and concern of the community, and we hope that many people are able to come out and help us celebrate this important milestone in our history."

Date: December 4, 2010

5pm – 8pm

Location: The Home of Harry and Connie Scolinos in Arcadia (address given upon ticket purchase)

Cost: \$25/ticket

Event sponsorships ranging from \$250 to \$5,000 are still available.

Please visit www.doorofhope.us to purchase tickets. For more information, please call 626-304-9130.

Winter Holidays Around the World at the Arcadia Historical Museum

On Saturday, December 18 at 2:30 p.m., come see how people around the world celebrate the winter holidays! Enjoy an afternoon filled with activities and crafts including a puppet show! Get a henna tattoo and make a cheeky caroler! Seating is limited and families will be accepted in the order that they are in line.

The Arcadia Historical Museum is located at 380 W. Huntington Drive, immediately behind the Community Center. For more information, please call (626) 574-5440.

PRACTICE HEALTH/MEDICAL MUTUAL AID AND RESPONSE SYSTEMS

Arcadia –Methodist Hospital will participate in the 2010 Statewide Medical and Health Exercise on Thursday, Nov. 18. Coordinated by the California Department of Public Health (CDPH), the annual exercise offers an opportunity to practice the health and medical mutual aid and response systems in the state.

Methodist Hospital will take part 9-11 a.m. The scenario – an improvised explosive device in LA County – will test the communications, medical surge and intelligence and information sharing and dissemination capabilities of the Department of Homeland Security.

The hospital and other agencies will have the opportunity to identify systematic and individual areas for improvement and best practices to share with others.

Also participating will be the LA County Emergency Medical Services Agency, the LA County Medical Alert Center, the California Hospital Association, Arcadia Fire Department and local health and emergency response partners.

Book to Movie: Take 3!

Friday, December 3 at 3:30 p.m. all middle school students sixth through eighth grade are invited to join in on the fun with a book discussion of *The Lightning Thief*. Each month join us as we enjoy snacks, create themed crafts and have fun.

The Arcadia Public Library is located at 20 W. Duarte Rd. Arcadia. For more information, please call (626) 821-5566.

Carols, Choirs, and Cookies

"Joy in This Place" will be the holiday music theme for a Carol-Sing/Cookie-Feast hosted by the Women's Association of the Arcadia Presbyterian Church. Everyone is invited to taste some wonderful home-made Christmas cookies and sing favorite carols on Sat., Dec. 4, at 3:00 p.m.

Several magnificent choirs will be featured. Tabitha Henken will direct the combined choirs of Westminster Gardens, Royal Oaks Manor, and New Hope Presbyterian Church. The 77-voice Arroyo High School Choir will be directed by Jennifer Stanley. Pianist John Brunn will accompany both groups.

Ms. Henken will open the festivities with carols played on the church's beautiful 3-manual organ. A cantata, "Joy in This Place," is the centerpiece of the choral offerings by the combined choirs. The program will conclude with everyone's joining to sing Handel's glorious "Hallelujah Chorus."

This is a marvelous opportunity to usher in the holiday season, and to fill your heart and spirit with joyful music celebrating Jesus' birth!

The Presbyterian Church is located at 121 Alice St., Arcadia. For more information, call 626-445-7470.

ROAD CLOSURE:

Duarte Road at Lovell

Southern California Edison is repairing a large vault in Duarte Road with the work expected to be completed by December 10. The construction requires the closure of a traffic lane in each direction on Duarte between the hours of 7:00am and 3:30pm although the lane closures in both directions may not be necessary for the entire five weeks.

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MONROVIA - DUARTE

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

And Who is My Neighbor?



During the first trimester of 2010, Carden of the Foothills students focused on the meaning of the character traits of compassion and responsibility. Discovering that our "neighbors" are not only people that we know, but also people that we will never meet, they have reached out with compassion to participate in service projects.

Guide Dogs of America was a recipient of Carden compassion in November. Students collected "Pennies for Puppies", raising approximately \$500 to help with veterinary cost and other expenses associated with raising puppies that will be trained as guide dogs for the blind or sight impaired.

Students also contributed bath towels and blankets as well as dog toys to the organization.

A Thanksgiving food drive for the Monrovia Unity Center and purchasing Christmas gifts for fifteen children through the centers "Angel Tree Project" will round out the projects for this year. Understanding our responsibility to neighbors is to embrace the idea that, "To those who are given much, much is expected". The students have benefit greatly and it is a win/win experience.

Carden of the Foothills School
429 Wildrose Ave.
Monrovia, CA 91016
626-358-9414
cardenofthefoothills.com

MONROVIA COUNCIL MEETING NOV. 16 RECAP

By Vivianne M. Parker

Encarnacion Cervantes, Building Division Manager, presented the new code guidelines on Tuesday night, November 16, for review to the Monrovia City Council. Based on the California Building Standard, the information reflected the minimum compliance requirements for homeowners and/or contractors for home construction, repair and improvement projects.

The subject of the presentation was an administrative report, AR-2, that affords Monrovia two options. The mandatory requirements must follow the State guidelines for home construction and repair whereas voluntary options must supplement the State requirements plus apply the appropriate standards (such as Green Standards) relating to the nature of the work being done. The matter, known as Ordinance No. 2010-16, covers mechanical, electrical, plumbing, residential code, green building standards, fire, administrative, building security, related to construction of residential construction and repair projects.

The City Council will present the information at the next City Council meeting to be held December 7 at City Hall, under the name Ordinance No. 2010-16. The issue is a concern because the State has liberal guidelines on some points for single family dwellers making second-story additions versus requirements for contractors. According to Cervantes, building inspectors had an issue with this point feeling more documentation was needed for single-family dwellers.

Establishing the code takes a three year process according to the guidelines of the Administrative Procedures Act. Currently, the departments and city officials are reviewing 2012 codes while revising and amending these codes to be implemented January 2011. The State codes can be amended to include city amendments like the Monrovia's Environmental Accords.

The Council also heard the annual report on the 2009-10 Monrovia Environmental Accords which included a Climate Action Plan, addressing the storm water issue, and other impacts to the environment. Heather Maloney, Sr. Management

Analyst, pointed out that the team had done 18 energy audits to low and moderate families. She also introduced the California Green Communities Challenge. Monrovia is one of 9 cities participating. Submitting to green standards enables the project managers to submit their projects for available funding earmarked for retro-fitting, low-income family dwellers, and other cost-saving energy designs. Even the city of Monrovia has taken cost-saving measures by creating an online program to alleviate the cost of employees traveling to destination for training.

The Southern California Area of Governments, (SCAG), will hold its monthly meeting "Business Friendly Principles" in January 2011 with the newly elected Governor Edmund G. Brown, Jr. in attendance to discuss ways to revitalize the economy in the foothill valley community. SCAG is a ruling authority over cities which dictates city requirements for available funding for its many initiatives. Mayor Mary Ann Lutz mentioned she will be attending this event. The areas to be addressed include economic development, business partnership, responsiveness, and attractiveness.

The Mayor also had Steve Sizemore, a Metro Transportation Authority representative give a brief update on the Goldline supplemental Environmental Impact Report (SEIR) update which includes an extension of the comment review period to December 9. Interested parties should submit their concerns to the Goldline Authority by that date for consideration.

Mayor Pro Tem Tom Adams requested the Fire Department give a demonstration of the natural gas lines and safety guidelines. The city hopes to avoid a disaster which occurred in San Bruno recently where the first responders believed the incident was an airplane crash. Only 25 minutes into inspecting the scene did they find out it was a gas explosion. City officials had them conduct safety measures.

DUARTE MAYOR'S THANKSGIVING PRAYER BREAKFAST TO HONOR COMMUNITY VOLUNTEERS

Duarte will express its thanks to outstanding community volunteers at the 25th annual Mayor's Thanksgiving Prayer Breakfast and 23rd annual Duarte Chamber Community Service Recognition Awards, Wednesday, Nov. 24.

The public is invited to attend the event that will take place from 7 a.m. to 9 a.m. at City of Hope, Cooper Auditorium, 1500 E. Duarte Rd. Keynote speaker will be Karen Robertson, an author, life coach and professional clown.

Outstanding community volunteers will be honored by the Duarte Chamber in the categories of Civic Service, Service to Senior Citizens, Humanitarian, Service to Youth, Business, and Youth.

The occasion will also launch the 9th annual "Holiday of Promise," a joint project of Duarte's Promise -- The Alliance for Youth, the Duarte Church and Clergy Association and numerous area businesses, to collect food, personal items and gift donations to

help brighten the holidays for needy families in the community. Donations will be collected from Monday, Nov. 22 through Tuesday, Dec. 14 for distribution to needy families through the Duarte Community Service Council and Foothill Unity Center.

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

Tickets are \$10/\$8 for children and seniors, and can be purchased at the Duarte Chamber of Commerce or at City Hall or online at www.duartechamber.com. A limited number of tickets will also be available at the door. For more information, call Duarte Chamber of Commerce at (626) 357-3333 or Duarte City Hall 357-7931, ext. 266.

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MONROVIA KIWANIS SECOND ANNUAL "BOTTLES TO BABIES" PROJECT HELPS LOW INCOME MOMS

"Green" Bottles Distributed to Clients of Foothill Pregnancy Resource Center



(FPRC) for the Kiwanis Club of Monrovia's second annual distribution of BPA-free bottles to mothers of infants, left to right: FPRC Executive Director Lori Berg and Nurse Manager/Center Director Mary Ann Graham, RN, plus Kiwanis Club President Alfredo Mejia and Secretary Donald Yost.

November 18, 2010 — Low income mothers of infants gathered at Foothill Pregnancy Resource Center in Duarte on Tuesday, November 16, to pick up "green" plastic baby bottles manufactured without harmful chemicals. The occasion was the second annual Bottles to Babies project, organized by Monrovia Kiwanis.

The bottles were purchased from the manufacturer, Green To Grow, with funds donated by the Kiwanis Charitable Foundation. They are free of bisphenol A (BPA) and phthalates, chemicals used in the manufacture of traditional polycarbonate baby bottles. Scientists have linked even very low BPA exposure to cancers, impaired immune function, and other health issues caused by hormone disruption.

"We thank the community for helping to make Bottles to Babies an ongoing program for infants of low income families," said Kiwanis Member John Andersen, who helped coordinate the distribution. For more information or to donate funds, contact Jon Andersen, (626) 359-7448.

On hand (photo left) at Foothill Pregnancy Resource Center

Girl Scouts Food Drive & Service Day

Familiar grocery storefront fixture sets up booths to help local foodbanks and pantries

On Saturday, December 4, thousands of Girl Scouts in Los Angeles County will set up in front of participating Vons/Pavilions locations from 9:00 am to 3:00 pm for the Feed Your Neighbor Food Drive & Service Day. Local Girl Scouts, a familiar fixture in front of grocery stores, will be asking consumers to help them reach their goal of donating 65,000 lbs of food to local foodbanks and pantries. Simultaneously, hundreds of other LA area Girl Scouts will be volunteering their time to sort, package, and feed meals to those in need at pantry affiliates. The Feed Your Neighbor Food Drive & Service Day is a culmination of activities and opportunities the girls have participated in over the last six weeks. Girl Scouts invites the community to make a difference in the lives of our neighbors. The Foothill Community Center in Monrovia & Pasadena will be one of the agencies that benefits from the food drive. For more information visit www.girlscoutsla.org.

FACTS YOU SHOULD KNOW:

- The USDA reported (11/16/09) that 12% of residents of California are "food insecure," meaning that they lack consistent access to adequate amounts of nutritious food.
- Food pantry demand reached a record high due to the economy impact on LA County families. Hundreds of thousands of residents are seeking food assistance from charities and the County of Los Angeles. We hope to see you on Saturday!

Monrovia Christmas Tree Lighting

Come join us on Thursday, December 2nd for the City of Monrovia's Annual Tree Lighting and Holiday Parade. The Tree lighting is scheduled for 6 p.m. at the fountain in Monrovia Library Park, 321 S. Myrtle Avenue. The "Tinsel, Trees & Teddy Bears" Holiday Parade is scheduled to begin at 7:00 p.m. The parade route will begin at the corner of Myrtle and Chestnut Avenues, continuing north and conclude at the corner of Myrtle and Palm Avenues. After the parade, children can visit Santa in Library Park!



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PUSD TO CLOSE BURBANK, LOMA ALTA ELEMENTARY SCHOOLS

Pasadena, CA – The Pasadena Unified School District (PUSD) Board of Education voted to close Burbank Elementary and Loma Alta Elementary Schools. The action concluded a consolidation process that lasted nearly three months and included the appointment of a community-based study committee, community forums, and multiple board discussions. School closures and consolidation would take effect in the 2011-2012 school year; no changes will occur during the current school year.

"This has been a painful process for all involved. I understand the loss and uncertainty that parents, students, and employees are experiencing, and I regret that the state budget crisis has made closing PUSD schools necessary," said Superintendent Edwin Diaz. "I am committed to ensure that students are assigned to high-performing schools, stabilized throughout the transition, and provided the support they need to succeed at their new school."

The Board of Education acted on a recommendation from Superintendent Diaz regarding school consolidation, which included closing Burbank and Loma Alta Elementary Schools, relocating the Mandarin Dual Immersion program to Field Elementary, and implementing mitigation measures to provide information, resources, and guidance to assist students, families, and employees in transferring to new campuses. "I feel badly about this decision. I know it's going to create some



Burbank Elementary School



Loma Alta School

turmoil and I'm moved by the stories of students, families and staff," said Board President Bob Harrison. "However, I'm concerned that if we don't act we're going to create further problems because we're stretching our resources too thin."

In September, the Board

directed the formation of a School Consolidation Study Committee to assist the Superintendent in developing a recommendation to the Board; the committee was charged with the task of identifying a minimum of three schools for closure and options to relocate the District's central office.

Last month, the committee submitted its final report to the Superintendent recommending that three elementary schools -- Loma Alta, Burbank, and Jackson -- be consolidated, and that the Norma Coombs Alternative School program be relocated to the Burbank site.

Based on a potential \$5 million restoration in district funding as a result of the state budget approved in late October, the Board of Education acted to give Superintendent Diaz flexibility to recommend closure of fewer than three schools in 2011-12, to postpone relocation of the District central office pending the results of a feasibility study, and to remove Norma Coombs Alternative School and Jackson Elementary School from consideration for closure or relocation in 2011-12.

"We are moving immediately to begin the dialogue with parents and staff to ensure a smooth transition and meet the academic needs of all affected students," said Alice Petrossian, Chief Academic Officer.

The Board decision precedes the Open Enrollment period, which commences in December, ensuring that parents will be adequately informed and supported by an implementation plan prior to for the 2011 - 2012 school year. For more information, visit www.school-consolidation.pasadenausd.org.

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@bcsllions.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 Essel
E-mail address: resseln@pusd.us

Pasadena Unified School District

351 S. Hudson Ave., Pasadena, Ca. 91109
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APPLY TO COLLEGE NOW!

Applications for admission to California State Universities (CSU) and University of California (UC) campuses are due November 30, 2010. Applications can be submitted online at www.csumentor.edu and www.universityofcalifornia.edu PUSD students and families attended PEF's Admission Matters: What Students & Parents Need to Know About Getting Into College.

SIERRA MADRE SCHOOL FOOD DRIVE

Sierra Madre School PTA is sponsoring it's Annual Thanksgiving Food Drive now through Monday, November 22, 2010. "The Sierra Madre School community has a rich tradition of giving generously for our Thanksgiving Food Drive. Donations come into classrooms and, before we know it, boxes are overflowing as students from our Middle School Service Club help sort and prepare the donations.

We are able to support 20 or more of the families in need within our own school community with nourishing food, as well as a turkey donated by the Sierra Madre PTA, just in time for Thanksgiving dinner," reports PTA President Melissa Moore Castillo.

Donations of non-perishable goods from Sierra Madre School stakeholders, including all interested local community members, are gratefully being accepted at both the lower Elementary School Campus at 141 W. Highland Ave, Sierra Madre, outside of the Main Office, and at the Middle School Campus in the Main Office interim bungalow at 160 N Canon Ave, Sierra Madre.

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The meetings are from 9:00 - 11:00am. R.S.V.P. to 626/286-3108 is appreciated.

Eat Well! The Raymond Restaurant

There is so much history here in our San Gabriel Valley. If you dig deeply enough you probably could learn something new every day about our area. One of my favorite watering holes, Lucky Baldwin's, was named

THE CHEF KNOWS

after a chap named 'Lucky' Baldwin who was instrumental in starting the Santa Anita race track; the Huntington Hotel, Hospital and Gardens all named after Henry Huntington, a railroad tycoon.



Ahh - but what about the Raymond restaurant on Fair Oaks on the border of Pasadena / South Pasadena?

Well, in 1886, Bostonian native Walter Raymond came to Pasadena and built The Raymond Hotel - a fabulous sunny destination for Easterners looking to escape harsh winter weather. On Easter Sunday in 1895, sparks from a chimney ignited the roof and the entire hotel burned to the ground in only 40 minutes.

Undaunted, Mr. Raymond built an even grander hotel with 300 rooms, along with a charming caretaker's cottage. In the early years, Walter and his wife often stayed in the cottage when it wasn't occupied by special guests. Gracious hosts, the Raymond's entertained celebrities such as Charlie Chaplin, Tom Mix, and Buster Keaton, who visited and filmed in Pasadena in the roaring 1920s.

Sadly, in 1931, the Raymond Hotel was toppled by the Great Depression and the party was over. The hotel was razed to make

room for residential development, and Walter and his wife moved into the cottage, where they lived until 1934. The caretaker's cottage is now The Raymond Restaurant, and the timeless charm and spirit of this lovely space can be enjoyed by all.

I have known the owners the very personable Rob & Leslie Levy for years. They bought the Raymond some four years ago. Their goal is great food and a revolutionary cocktail menu here in the Pasadena area. Just recently I attended the grand re-opening of the bar at The Raymond. It's name? The "1886." Of course drinks were flowing and, as I watched the bartenders make the drinks, I felt I was watching doctors perform surgery.

General Manager Chris Mangandi gave me a quick tour of the bar. He promised me that they will revolutionize the state of cocktails here in Pasadena. Special thanks go to bartender Marcos Tello, who gave me the history lesson of the bar and the now closed and long gone Raymond hotel - definitely an interesting story. Each of the bartenders you meet at the new 1886 is highly skilled in their art and each has a great story on its history. So, come thirsty and soak in some knowledge as you enjoy your cocktail. In summary, the bar 1886 will be a starting and stopping point for eager foodies and drink connoisseurs.

The Raymond Restaurant is one of the best, and will continue to evolve and please past and new guest alike. Check it out!

1886, the Raymond Restaurant, 1250 South Fair Oaks, Pasadena, (626) 441-3136

Email me your thoughts: thechefknows@yahoo.com. Charter Cable Channel 101 on Saturday Nights at 7 PM, and my radio show at 9 PM on Saturday Night KABC Talk Radio 790.



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Our apple pies are made from organic apples that are brought in from a farm called Riley's, at Los Rios Rancho in Yucaipa. Three types of apples go into the creation of our specialty pies, Granny Smith, Jonagold and Rome Beauty or Winesap. Each pie is crowned with a crumble topping, which makes for a much lighter pie. We offer our signature apple pies in both regular, and sugar free. But, apples pies are just the beginning of our homemade selections. On the pie front, we also carry a pumpkin and a regular or sugar free peach/berry pie.

The Bean Town bakery case also offers an assortment of delectable bars, including pumpkin, fudge brownie and a low fat fruit option.



Our carrot cake and various cheesecakes are a local favorite, and one must not forget the infamous chocolate layer cake which has a "to die for" reputation - you have to taste it to believe it!

Did we mention the cupcakes?

The red velvet and chocolate are fan favorites, and baked daily. But this time of year our kitchen gets a'buzz creating Bean Town's themed holiday cupcakes.

They go fast and you don't want to miss them, so be sure to order now!

We also carry a complete line of cookies. Our daily variety consists of chocolate chip, chocolate chip pecan, peanut butter, oatmeal and every kids' favorite, M&M's®. We are taking orders now for the holidays! Please place your holiday orders early.

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HAVE A HOLIDAY DESSERT PARTY WITH A PEPPERMINT TWIST

(NAPSI)-An easy way to entertain during the holidays is to have a dessert party. It's great for the host because the time needed to make and serve dessert and beverages is much less than when a whole meal is planned. And guests almost always have time to make one last stop for something sweet, no matter what else is happening on a particular evening.

Here are a few hints to make your dessert party a little sweeter:

- Think red, white and pink instead of the usual red and green when coming up with decorations and recipes to serve family and friends. Tuck candy canes of various sizes in centerpieces and vases for an unexpected bit of fun.

- Save time and trouble for yourself by preparing the desserts ahead of time. That way, you too can enjoy the party and spend time with your guests.

- Serve the perfect holiday pair-frosty peppermint just tastes like the holidays and creamy chocolate is always popular. Combining the two can be even more delightful when you put out a pair of decadent desserts such as these made with Dreyer's or Edy's Slow Churned Peppermint Light Ice Cream. With half the fat and one-third fewer calories than regular ice cream, no one has to leave feeling like a bowl full of jelly.

Upside-Down Peppermint Ice Cream Cake



1 box chocolate cake mix
 1/2 can chocolate frosting
 1 container Dreyer's/Edy's Slow Churned Peppermint Light Ice Cream
 Peppermint candies or candy canes

Make two 9-inch cakes according to the package directions; cool completely. Remove from pan and cut the rounded top off one of the cakes to make one even layer. Wrap and freeze the second

cake for later use. Soften ice cream at room temperature for 5-10 minutes. Wash pans and dry completely. Line them with plastic wrap or parchment. Carefully spread the ice cream in the pan using the entire container. Freeze for one hour or until very firm. Remove from freezer and spread the frosting over the ice cream and put the trimmed cake over the frosting. Cover tightly and freeze overnight. To serve, let frozen cake sit at room temperature for about 5 minutes. Unwrap and invert cake onto serving dish. Remove plastic wrap or parchment from the ice cream. Sprinkle crumbled pieces of peppermint candies over top of cake. Serve slices with whipped cream and garnish with candy canes, if desired.

Peppermint Ice Cream Lollipops



1 container Dreyer's/Edy's Slow Churned Peppermint Light Ice Cream
 Lollipop sticks
 4 oz bittersweet chocolate or chocolate chips
 4 oz white chocolate or white chocolate chips

2 tablespoons vegetable shortening
 Holiday sprinkles and candies

Place a plate or other flat surface lined with parchment paper in the freezer for 15 minutes. Make round scoops of ice cream and place on parchment. Put a lollipop stick in each scoop of ice cream and freeze for 1 hour or up to 24 hours. When you are ready to dip the lollipops, melt chocolate and 1 tablespoon shortening in a bowl in the microwave. Use 20-second intervals until smooth. (Should take 40-60 seconds and no longer. Do not scorch the chocolate.) Let sit while repeating the process to melt the white chocolate and 1 tablespoon of shortening in the microwave until smooth. Place different sprinkles in separate small bowls. Dip each lollipop halfway into the chocolate and dip into sprinkles. Immediately put back into freezer to set. Repeat with remaining ice cream. Freeze completely before serving.

For more holiday ice cream dessert ideas and recipes, visit www.icecream.com.

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From the Pen & Kitchen of
Deanne Davis - Sierra Madre:

Thanksgiving Day Breakfast

The festive bird is stuffed and in the stove, the potatoes are boiling for mashed potatoes, you've said the gravy prayer (please, Gravy Deity, let it be smooth this year). And people are saying, "we're hungry!"

This is not a problem, put down that ladle and in just minutes, you can hand everybody an Eggnog-Brandy Muffin!

If you're truly feeling like Wonder Woman, whack up some bacon and an onion into small chunks, sauté them together, throw in some eggs, scramble it altogether, and serve the Thanksgiving breakfast they'll remember with delight all year long.

Eggnog-Brandy Muffins

2 cups flour
2/3 cup granulated sugar
1 TB. Baking powder
½ tsp. Salt
3/4 cup prepared eggnog
½ cup brandy
5 TB butter, (unsalted if you've got it...use a little less salt if you don't) melted
1 egg, beaten
½ tsp. Grated nutmeg plus a little more for sprinkling on top

Preheat oven to 400 degrees. Grease 12 muffin pan.
In a large bowl mix flour, sugar, baking powder and salt. Add eggnog, brandy, butter, beaten egg and ½ tsp nutmeg. Stir only till mixed. DO NOT OVERBEAT or muffins will be rubbery and tough.

Spoon batter into greased muffin cups and sprinkle tops of muffins with nutmeg. Bake about 20 minutes or until tester inserted into center of muffin comes out clean. Remove from tin, butter and enjoy.

They freeze nicely and are probably about 200 calories per muffin.

Happy Thanksgiving!
May your turkey be tender, succulent and juicy, and may somebody who really knows how.. offer to carve it.

MUSHROOM TOAST APPETIZER

Ingredients:

1 stick unsalted butter
2 pounds white button mushrooms, stem ends trimmed (not cut off) and halved if very large
2 celery stalks, cut into 1 inch pieces
2 large shallots, minced
3/4 teaspoon salt
1/2 teaspoon black pepper
1/3 cup medium dry sherry
1/2 cup seasoned breadcrumbs
1/3 cup finely chopped parsley 1/4 cup finely grated Parmegiano-Reggiano cheese
10 slices firm white sandwich bread

Directions:

Melt butter over medium heat in a large skillet. While butter melts, pulse mushrooms in a food processor until very finely chopped, transferring into skillet with butter. Pulse celery in food processor until very finely chopped and add to skillet, then add shallots, salt and pepper. Cook over medium-high heat, stirring occasionally, until mushrooms are browned and dry, 20 to 25 minutes. Add sherry and cook until evaporated, 1 to 2 minutes. Transfer mixture to a bowl and cool to warm.

Once mixture is cooled, stir in breadcrumbs, parsley, and cheese. Season to taste with salt and black pepper.

Trim crusts from bread. Arrange slices on a large baking sheet. Lightly toast bread under broiler, 3 to 4 inches from heat, turning once, 45 seconds to 1 minute per side. Remove from oven. Spread 1/4 cup mushroom mixture evenly over each toast. Return to broiler until just a shade darker and warmed through, 1 1/2 to 2 minutes. Cut into quarters.

Make ahead: Mushroom mixture can be made 1 day ahead and kept chilled, covered.

My Big Sister's Best Macaroni & Cheese

Ingredients:

1 1/2 cups uncooked elbow macaroni
2 tablespoons butter
2 tablespoons all-purpose flour
1 1/4 cup half-and-half
1/4 teaspoon paprika
1/2 teaspoon pepper
2 cups Sharp Cheddar Cheese (grated)
1 cup 4 Year Old White Cheddar Cheese(grated)
1/4 cup Unseasoned Bread Crumbs
salt

Directions:

Preheat oven to 350°. Cook macaroni in boiling salted water according to package directions; drain well and set aside. Meanwhile, melt butter in a medium saucepan over low heat. Blend in flour, stirring constantly, until smooth and bubbly. Gradually stir in half-and-half. Cook, stirring constantly, until mixture boils and thickens, about 2 to 3 minutes. Remove from heat and add paprika, pepper, and 2 cups of the mixed cheese; stir until cheese is melted and sauce is smooth. Combine sauce with the macaroni and add salt to taste. Place in a buttered 1 1/2-quart casserole dish. Garnish top with remaining 1/2 cup of cheese and bread crumbs and dot with additional butter. Bake 25 to 30 minutes.

(Grace Sanders of Buford, Georgia, is the sister of MVNews publisher Susan Henderson.)

Peggy Briggs' - Pasadena, CA

Green Bean Casserole

Ingredients

2 9-ounce packages frozen French-style green beans
1/3 cup chopped onion
2 teaspoons margarine
3 tablespoons fine dry bread crumbs
1 10-3/4-ounce can lower-sodium condensed cream of mushroom soup
1/4 cup plain fat-free yogurt
2 tablespoons diced pimento
1/8 teaspoon pepper

Directions:

Cook the green beans according to the package directions, except omit salt. Drain well.

Meanwhile, in a small saucepan cook the onion in margarine until onion is tender. Stir in the bread crumbs; set aside.

In a large mixing bowl stir together the soup, yogurt, pimiento, and pepper. Stir in the beans. Transfer mixture to a 1-quart casserole. Sprinkle bread crumb mixture atop beans in casserole.

Bake in a 350 degree F oven for 25 to 30 minutes or until the mixture is heated through and the crumbs are golden. If desired, garnish with additional pimiento pieces. Makes 5 side-dish servings.

Dixie Countant's - Slerra Madre, CA

Easy Anti-marshmallow Yams

For those of us who don't like marshmallow on our yams, here's the family recipe for Candied Yams.

Ingredients:

Yams or sweet potatoes Butter Light Brown Sugar

Directions:

Buy as many yams as you need depending on how many people are coming to dinner. I plan two medallions per person if I'm doing a full-blown dinner with all the trimmings.

Wash and slice yams (or sweet potatoes) into one-inch medallions. Steam medallions until barely done. (Not too soft) Skin the medallions by gently cutting the skin and lifting - it will almost fall off. Arrange medallions in baking dish. (They can touch, but don't stack them) Put a small pat (aprox 1/4 tsp of butter on top of each medallion. Sprinkle light brown sugar over medallions. Cover and bake in 350 oven for 1/2 to 1 hour.

Patricia Carpenter's - Torrance, CA

Cranberry Pecan Crumb Relish

Ingredients:

1 1/2 pounds fresh cranberries
2 tablespoons light brown sugar
1 orange zested and juiced
1 cup crushed amaretto cookies
1/3 cup toasted pecan halves

Directions:

Place all ingredients into a food processor and pulse several times until ingredients are incorporated. The texture of the relish should remain chunky. Allow to sit for 30 minutes at room temperature so flavors can blend.



Good Eats Roast Turkey

Recipe courtesy Alton Brown

Prep Time: 15 min

Inactive Prep Time: 7 hr 0 min

Cook Time: 2 hr 30 min

Level: Easy

Serves: 10 to 12 servings

Ingredients

1 (14 to 16 pound) frozen young turkey

For the brine:

1 cup kosher salt
1/2 cup light brown sugar
1 gallon vegetable stock
1 tablespoon black peppercorns
1 1/2 teaspoons allspice berries

Directions

2 to 3 days before roasting:

Begin thawing the turkey in the refrigerator or in a cooler kept at 38 degrees F. Combine the vegetable stock, salt, brown sugar, peppercorns, allspice berries, and candied ginger in a large stockpot over medium-high heat. Stir occasionally to dissolve solids and bring to a boil. Then remove the brine from the heat, cool to room temperature, and refrigerate.

Early on the day or the night before you'd like to eat:

Combine the brine, water and ice in the 5-gallon bucket. Place the thawed turkey (with innards removed) breast side down in brine. If necessary, weigh down the bird to ensure it is fully immersed, cover, and refrigerate or set in cool area for 8 to 16 hours, turning the bird once half way through brining. Preheat the oven to 500 degrees F. Remove the bird from brine and rinse inside and out with cold water. Discard the brine. Place the bird on roasting rack inside a half sheet pan and pat dry with paper towels. Combine the apple, onion, cinnamon stick, and 1 cup of water in a microwave safe dish and microwave on high for 5 minutes. Add steeped aromatics to the turkey's cavity along with the rosemary and sage. Tuck the wings underneath the bird and coat the skin liberally with canola oil. Roast the turkey on lowest level of the oven at 500 degrees F for 30 minutes. Insert a probe thermometer into thickest part of the breast and reduce the oven temperature to 350 degrees F. Set the thermometer alarm (if available) to 161 degrees F. A 14 to 16 pound bird should require a total of 2 to 2 1/2 hours of roasting. Let the turkey rest, loosely covered with foil or a large mixing bowl for 15 minutes before carving.

Paul Nieby's CORN BREAD DRESSING

Ingredients:

2 - 6 oz. bags Mrs. Cubbison's Seasoned Cornbread Stuffing Mix
1 cup chopped, raw white onions
1 cup chopped raw celery
10 dried apricots cut into pieces
4 oz. Walnuts (they can be bought in a bag of about that size
6-8 oz. Sausage, sauteed brown, defatted & crumbled. (Jimmy Dean brand sage flavored is good
2 cups heated Chicken Broth
4 tbsp. butter melted in with 1 cup of the chicken broth

Directions:

Toss the vegetables and stuffing mix in a bowl. Add 1 cup of the heated broth with the melted butter and toss again. Load lightly in a greased covered casserole and bake for 45 minutes in a 350 degree oven. Half way through, pour the additional cup of chicken broth over the dressing.

This recipe is modified from the one that appears on the Cubbison pack by the addition of the sausage, apricot, and walnuts. The additional broth added half-way through the baking, makes the dressing moist enough but still light and discreet.

Also from Paul Nieby: CREAMED PEARL ONIONS

Ingredients:

Onions, small pearl as needed
Milk, butter, flour, Worcestshire Sauce, Cayenne , Salt & Pepper

Directions:

Trim the bottoms of the onions but otherwise leave them unpeeled. Drop into boiling water for 3-5 minutes. Drain and peel when cool. Reserve the onion water.

Make a medium white sauce (2/2/1) using half milkd and half onion water. You may make a Mornay Sauce by adding shredded cheddar if desired. Flavor with Worcestshire, Cayenne and salt and pepper. The sauce should be fairly thick as the cooking onions will add liquor.

Pour the sauce over the onions in a casserole and bake covered in a medium oven for 30-40 minutes.

Mary's Confetti Stuffed Mushrooms

Thanksgiving Potluck Vegan-style Mushrooms

1-1/2

Mushrooms, preferably Brown or Cremini: Separate into caps & stems.
Celery, 1/8" dice
Carrots, 1/8" dice
Baby Bell Peppers - Yellow, Orange, Red - 1/8"
Extra Virgin Olive Oil
Vegetable Broth, divided
Apricot, Peach, Orange or Blackberry Brandy
Lindberg Porterhouse & Roast Seasoning (from Taylor's)
Parsley, Finely Chopped
Lemon juice (fresh)
Bread Crumbs - slightly dry
Pecorino-Romano Crumbled Cheese

Clean Mushrooms. Remove Stems, set caps in lightly greased baking pan with holes up.

Dice mushroom stems into 1/8" bits.. You should have 2 cups diced mushroom stems. If not enough, add more mushrooms (if you have them) to make 2 cups.

Put olive oil & ½ cup broth in sauté pan, turn heat to medium. Add Seasoning. Add celery and carrots. Layer with diced mushrooms, then diced peppers. Cover and cook slowly about 5 minutes, stirring once to ensure mushrooms and peppers get mixed with broth.

Add Parsley. Simmer another 5 minutes. Taste and add more seasoning if needed. Remember - adding breadcrumbs will soften flavor intensity.

Drain broth from sauté pan into cup.

Add remaining broth with brandy and lemon juice to mushrooms, and return to heat until broth boils. Drain this liquid also into the cup. Reserve.

Add breadcrumbs and grated cheese to drained mushrooms. Mix well. If very dry, add 1 - 2 tablespoons of reserved broth.

Stuff mushroom caps. Place neatly in greased table-ready stove top / baking dish. Carefully spoon some of the reserved broth into the dish;

Simmer gently for 5 minutes ... Add more mushrooms as the others shrink. Simmer another 5 minutes & repeat. When adding the last mushrooms, drizzle any remaining broth lightly over all the mushrooms' stuffing for the final cooking.

Remove from heat and let cool. Serve room temperature. Or chill, and reheat just before serving. More fun to stuff the mushrooms with someone else - for sociability - after all, thanksgiving and social are what it's all about.

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

STUART Tolchin.....On LIFE

FACE TO FACE



Well, one of my all-time favorite TV shows "In Treatment" has returned and I am just thrilled. As most of you probably know, the show is an HBO series which centers on the practice of psychotherapist Paul Weston. Although there is occasional domestic material relating to Dr. Weston's wretched home life almost ninety-five percent of the half-hour consists simply of two people talking. Generally Dr. Weston and his patient are seated across from one another and simply talking. That's it and to my mind this is the most thrilling kind of interaction that can occur without taking off one's clothes. The rare opportunity to speak to an objective, intelligent listener focused on the conversation is one of life's great gifts. The program displays the dynamic nature of relationships. Masks are pulled off and then replaced but can no longer completely obscure what has been revealed. Is this unmasking healthy or even necessary? To me the personal and cultural confrontations enacted on screen are demonstrative of what must take place if our present civilizations are to survive. That's all! My experience of life is that most of us construct false stories which act as protective shells around us. These shells become self-constructed prisons which operate to keep us safe but disconnected from the outside world. Inside of our prison cells we allow in a little light and our pleasant and non-threatening diversions. We have our favorite music, our familiar kinds of books, our TVs, and our repeated conversations with a few safe people we allow to partially enter our cells. Today's electrical technology allows us to keep the cell doors even more tightly closed. We can allow in new information with less risk of confrontation and unmasking. Through this limited interaction with the outside world perhaps we can avoid the displays of anger, or jealousy, or frustration inherent with actual personal interaction. Perhaps we can similarly avoid noticing that we are increasingly removed from actual connection with anyone including our families and ourselves. As I look around it seems that this modern age has allowed the construction and maintenance of destructive fantasy worlds. Families, friends, and frequently whole cultures often have so little in common that they are actual strangers linked only by cell phones and short abbreviated electrical messages. The dramatic impact upon me of the

"In Treatment" presentations is the realization that it is so perilous to allow oneself to actually be known by another individual. It takes time and courage and is frequently very unpleasant. How important is it to endure this unpleasantness? Directing our attention away from the individual and to the country and world at large, how important is it that we understand how the rest of the world views America and how we view ourselves? Reflecting back to 9-11 do you recall how baffled we all were by the World Trade Center Bombing? How could other countries not like us? They must be crazy, or just jealous, or brainwashed. After all we are America The Good. The right thing to do is to bomb these deluded people and depose their awful leaders so that truth will emerge and everyone will love us the way we love ourselves. Right—well, it hasn't exactly worked out that way. We still have limited understanding of any non-American perspective and deep, ugly divisions have surfaced within America itself. Is it possible in these next two years for our Congress and the President to work together or will one side (I really mean the Republicans) still maintain a completely obstructionist policy hoping that the Democrats will soon go away. I believe that in order for America to be healthy and vital and to have influence in this quickly decaying world it is necessary for the Nation to go IN TREATMENT. By this I mean America must confront itself. No more you're a liberal and you just want to take my money and tell me what to do. No more you're a conservative who is so ignorant that you just hold on to your guns and religion and fetuses while being duped by the evil, manipulative super-wealthy. (As you can surmise I have my own strong opinions in this area.) Really we all need help. I believe the only way poor little Humankind can hang around for a while and not kill itself or destroy the habitability of the entire planet is for the whole world to go IN TREATMENT. If we are to survive it is necessary that we all make attempts to understand one another and to understand our own culture. I used to think that what was needed was more education. With enough education everyone would learn to think just like I do and the world would be safe. Well, somehow something else has permeated through my protective shell and I think that I now have a new glimmer of understanding about the relevancy of other perspectives. I need to understand more and so does everyone else. I just hope that "In Treatment" survives for another season; it might be a positive omen.

HAIL Hamilton



According the National Priorities Project website costofwar.com, the cost of the wars in Iraq and Afghanistan is a whopping \$1.1 trillion, and increasing at an exponential rate of \$66,666 per second! It could easily surpass the \$1.2 trillion mark by new year's Day. This works out to be \$742 billion for Iraq, and \$365 billion for Afghanistan. And that's the good news. The bad news is that experts now estimate that the total cost of both wars is now likely to exceed \$4 trillion, and could run as high as \$6 trillion! To me it seems apparent that ending these wars is both economically smart, as well as the right thing to do. There is another mind-set, though, that sees these figures as a very lucrative business opportunity. They argue that war is good business! Concerned about the disability costs associated with returning veterans? Privatization of the armed services solves this one, turning it into a simple workers compensation issue. And don't forget the economic benefits of having a cheap testing ground for new weaponry. Xe/Blackwater is going to need this new stuff to handle the immigration issue. And, if you are worried about the "human" costs associated with killing a bunch of rag-heads half-way across the planet, worry not, we can send em some medical supplies, help em build a few hospitals, maybe even sell em some health insurance. Contamination of the landscapes of Iraq and Afghanistan by the leftover uranium armor-piercing shells? That's why we have environmental clean-up companies. If America has learned anything since WWII, it is that we can bust em up, and rebuild em, and make a buck along the way. The inalienable rights of the American people must be protected—not the "human" people, the "corporate" people. This isn't freshman government or economics 101, this is the real world. War is profitable in the extreme. The Korean conflict jacked defense spending from a paltry \$14.9 billion to \$49.9 billion. The defense budget remained at about \$40 billion all through the Eisenhower years. Ike was so concerned about the undue influence of military spending on our democratic institutions he included a stern

My Turn

War is Good Business

warning in his farewell address about what he called the "military-industrial-complex." We ignored his warning. And then came the Vietnam War. By 1975, after 8 years of fierce fighting and 58,226 American lives lost, the war had cost a staggering \$828 billion (\$5 trillion in today's money)), and the big winners were again the war profiteers. Before Vietnam the defense budget was beginning to decline because of the reliance on less costly nuclear weapons had begun to replace the more costly conventional arsenal requiring the maintenance of large armies to deter communist aggression. The new defense strategy was appropriately named MADD, "Mutually Assured Destructive Deterrence." But war is only profitable to the those politically connected to the vision of projecting American power abroad. This is why George W. Bush, Dick Cheney, Donald Rumsfeld, and the rest of their neoncon cronies got so rich at the expense of taxpayers and future generations. And these same war profiteers are continuing to enrich themselves under Barack Obama's misguided continuation of the Bush's vision of an American world economic hegemony. Our elected officials aren't interested in stopping these wars, too much is at stake. The bottom line of war isn't about patriotism; it isn't about toppling tyrants and promoting freedom, liberty and democracy around the world. War is about making money—lots of it. It's also about getting reelected. That means toadying to the wishes of defense contractors. And remember just about every corporation in America is in some way involved in "national defense." We escaped the crushing debt from WWII, Korea and Vietnam due to unique circumstances. Notably we possessed the world's largest GDP, we had a massive manufacturing and consumer base, we were the number 1 oil producer, health care was not costing 18% of national GDP and government budgets were not crushed under the weight of unfunded obligations. In contrast nothing in our current situation suggests we will get out from under the crushing war debt easily or without painful sacrifices. Watching politicians applaud their approval when Obama's announced to Congress his new "surge" in Afghanistan, I was reminded of one of those old newsreels of a bunch of Soviets clapping themselves silly at the end of one of Stalin's speeches because nobody wanted to be the first to stop.

LEFT TURN / RIGHT TURN

HOWARD Hays

As I See It



Years ago I worked for an outfit that did business with TV news and documentary producers. Not that it entailed daily brushes with celebrity, but I did manage to score for my wife an autographed photo of Ted Koppel. Back then I got my daily news fix through Koppel's hosting of ABC News NIGHTLINE. During a business call with an associate producer on the show, I took the opportunity to voice a complaint. I don't recall what the topic was the night before, but I mentioned there was an appearance by Henry Kissinger who, while being interviewed by Koppel, remarked how splendidly the decision to expand the Vietnam War into Cambodia turned out. I told the producer I couldn't believe, as a fan of Koppel, I was seeing him allow the statement to go unchallenged. She explained that Koppel himself shared my frustration, but refraining from issuing such challenges was the price that had to be paid for ensuring Kissinger's willingness to return for future appearances. I'm still a fan, so took note of Koppel's column in last weekend's Washington Post on " . . . the death of real news." It was largely a pensive reflection on the way things used to be. He goes back to the Radio Act of 1927, and its charge that broadcasts serve "the public interest, convenience and necessity". Broadcasters feared losing their FCC licenses should they fail to serve the public interest, at a time when government agencies sought to protect the interests of the public, rather than the interests of the industries they were charged with regulating. The network news divisions of forty years ago lost money, and were expected to. They were kept separate from the entertainment divisions and sales, so they could do their work, providing a service in return for the network's use of the public airwaves, unencumbered by interference from ratings-watchers and advertisers. This changed, as Koppel notes, in the late 1960s when, after three years on the air, CBS News' 60 MINUTES started making money. Network executives took notice, and the notion of treating "news" as any other profit-making division took hold. Just like for sports and entertainment, boosting ratings and not offending advertisers became paramount concerns. With the acquisition of networks by larger corporate parents, operations were cut that didn't make business sense, such as foreign news bureaus and investigative staffs. Koppel recalls a meeting where a presentation was given by Michael Eisner, then-head of Disney, owner of ABC. Eisner explained sacrifices had to be made by everyone, whether animators working on cartoons or staffers in newsrooms. Koppel resented the implied equivalency, and recited for Eisner names of correspondents and cameramen killed or wounded while on assignment. ("The suggestion was not well received.") There's nostalgia in evoking names such as Huntley and Brinkley, Howard K. Smith and Walter Cronkite. We could spend a half hour every weeknight with these men, yet have little

idea as to their personal political leanings, or how they'd cast their vote for president. It's the tradition of presenting the news as it is, rather than as it's assumed a certain demographic wants to hear it, that Koppel fears losing. Reaction to Koppel's column was swift and revealing. One of those mentioned in the column was Bill O'Reilly, who explained on THE FACTOR that Koppel was simply jealous of the success of Fox News. O'Reilly took special umbrage with the accusation he'd engaged in lying, and challenged Koppel to come on face-to-face and confront him with whatever lies he'd heard on the show. (This was in itself a lie, as Koppel made no such accusation in his column.) O'Reilly then engaged with familiar "Fox Contributors", which offered a self-evident example of what Koppel had written about. When an opinion-maker asks other opinion-makers their opinion of an opinion column, it's not news. It's opinion. Keith Olbermann's response on his own show was longer and more emotional, but seemed defensive rather than addressing Koppel's point. Olbermann argued there is no "equivalence" between MSNBC and Fox News. MSNBC runs a few half-hour shows weekday evenings with avowedly "liberal" hosts, with almost as much time in the morning hosted by a conservative Republican ex-congressman. Fox News is a 24-hour propaganda machine run by ex-Republican operative Roger Ailes, laughingly promoting itself as "fair and balanced". Olbermann reminds us that revered newscasters of old were not "glorified stenographers", but took great risks in pursuing stories according to subjective decisions. He mentions how Edward R. Murrow risked his career by going after Sen. Joseph McCarthy, how Cronkite raised alarms when predicting nothing but "stalemate" in Vietnam, and most notably the increasing pressure from the Nixon White House on front offices as newscasts devoted more time to the unfolding Watergate scandal. Koppel himself becomes a target, as Olbermann accuses him and contemporaries of rolling over for White House lies about "Weapons of Mass Destruction" in Iraq. He wonders whether that "third-rate burglary" by the Nixon campaign would've even been given a second look by those who couldn't be bothered looking into claims that led us to war. Jon Stewart expressed his own frustration in an interview with Rachel Maddow on MSNBC, saying he finds it disconcerting so many come to his show for news - a show airing on a network called "Comedy Central". He points out that nobody considered The Smothers Brothers, or Weekend Update on SATURDAY NIGHT LIVE, to be newscasts - no doubt because they knew where they could turn for their "real" news when they wanted it. It's harder to stay informed and find the "news" when it's shaped by corporate sponsors (and a certain Australian media tycoon). George Carlin, noting that Barbara Bush advised parents to read to their kids every night, said parents instead should be telling their kids to question whatever it is they read. Or, he might've added, whatever it is they see on TV called "news".

Obamacare In Practice

I suppose it's because the election is over that we're learning more about what Obamacare really looks like in practice. Prior to the election, there were lots of motivations to distort what was going to be our future. There were plenty of vested interests that had to insist that this was a good piece of legislation, if only because their reputations and/or careers were on the line. When conservatives actually sat down to read parts of the bill and then made those public, the invective thrown their way was bracing and intimidating. But now we learn that conservative concerns were very real. Today we're beginning to see just how duplicitous were the underpinnings of the Obamacare argument and how terrible the results will be. Let's start with the admission by no less a liberal than Paul Krugman that death panels will in fact be convened, that by necessity they must be convened. On ABC's "This Week" show, New York Times columnist, Paul Krugman, admitted "some years down the pike, we're going to get the real solution, which is going to be a combination of death panels and sales taxes." I don't understand the sales tax reference, but I suppose the old adage about only two things being certain - death and taxes - has more truth than not in it. When asked about his comments, Mr. Krugman tried to back-pedal a bit, but this only confirmed the worst of what conservatives have been saying for some time. On his website, he explained that Medicare and Medicaid will have to be the ones deciding what they're willing to pay for. They are going to have to decide how much we are willing to pay for extreme care. "Extreme care" is the quaint turn of phrase which references the last, and usually most expensive, treatments that are used in a patient's last months of care. They are the procedures that until the passage of Obamacare the patient and doctor decided would be best under the patient's circumstances. In other words, until Obamacare, each of us was entitled to decide with the input of our doctor how much we were willing to do to cling to life. Now, it will be some faceless bureaucrat who will decide that. Some of you may resist my use of the term death panel. But when a group of people sit on a panel, committee, or whatever else you want to call it in order to decide what treatment is "cost effective" for someone other than themselves, and when that group of people is considering a treatment which could extend life - or its absence terminate life - then I don't think there can be much argument about whether that group of people is a "death panel". Any group of people - be they family members, volunteers or paid bureaucrats - deciding what life saving procedures are to be used and which are to be denied is by definition a death panel. The word doesn't bother me. I accept the fact that we have to have death panels. The real question is who is on the death panel. The primary distinction between the left and right is who's going to be on that death panel. Liberals want bureaucrats and "other experts" to be the death panel. Conservatives want the patient and his family to be the death panel. It's as simple as that. The other piece of information which has surfaced subsequent to the election is just how ridiculous was the claim that the insurance industry was denying insurance to people who had pre-existing conditions. Now, I'm not denying that some people who had medical conditions didn't have health insurance. I'm questioning liberals' assertions as to why. Liberal orthodoxy says that insurance companies routinely excluded these people and/or priced the coverage out of sight so nobody could afford to buy it. Therefore, the argument goes, the government should provide this coverage.

GREG Welborn



Obamacare instructed the De-partment of Health and Human Services to develop and sell its own health insurance for those uncovered, and presumably denied, people. If the liberals' argument was correct, you'd assume that when the government made such health insurance available, millions of Americans would buy it. Even if it weren't millions, wouldn't you assume that hundreds of thousands would buy it? I mean, after all, the argument was that millions of Americans were deprived of coverage by the insurance industry. Well, the government has done what it was tasked with doing, and the number of Americans who have taken advantage of this new, great health insurance plan totals in the low thousands. As of November 1st, 8,011 people have enrolled in federal or state insurance plans. In a country of 300+ million people, that is a statistically insignificant number. More people (240,000 as of the last poll I saw) believe that Elvis is still alive than bought the government's health insurance policy. Perhaps cost is the answer, you might say. Sadly, this won't work. The Health and Human Services plan costs 65% less than the lowest private plan available, and no questions are asked. As if that's not low enough, HHS further lowered the premiums by another 20%. Actual experience is also being supported by an avalanche of new academic research. The truth is that most people don't buy insurance because they choose to self insure. They choose to take the risk that they won't get sick. This stupid gamble is reinforced by the humane practice of most emergency rooms of taking all who walk in their doors, regardless of ability to pay. It may seem stupid to you and I, but there are some people - a lot of them actually - who are willing to take a chance and if their luck runs out are willing to rely on whatever they get in the local emergency room. They have decided to pass the risk and the cost of their poor decision on to all the other tax payers. Lest we think them to be totally irrational, there is some logic in their decision making. The odds are low that most people won't face a catastrophic illness, and if the tax payers are willing to pick up the tab, you can make a rational argument not to buy insurance. In a sense you're passing the insurance cost on to the tax payer. The problem with Obamacare is that instead of imposing some cost on such reckless behavior it actually rewards it. The law now requires that insurers accept anyone with a pre-existing condition. It is now economically viable to forego insurance when you are young and healthy and to buy it only when you know you're becoming sick or old. This is the type of incentive structure that most government subsidized plans create. They don't intend it of course, but the law of unintended consequences always kicks in. So with the election solidly in the rear view mirror, we now are learning just how real death panels staffed by bureaucrats are going to be and just how stupid the government's insurance structure is. I don't know about you, but I don't much like all the changes that this president has brought. I want to go back to the days when there were real costs to be paid for reckless behavior and when my family and I decided what type of life-saving procedures would be used.

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.

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Looking Up

with Bob Eklund

UK Scientists Create “Mini Big Bangs” in Large Hadron Collider



UK scientists working on the Large Hadron Collider's (LHC's) ALICE experiment at CERN are celebrating the LHC's latest achievement which opens up an entirely new avenue of exploration. The successful collision of lead ions in the accelerator at record energies allows matter to be probed as it would have been in the first moments of the Universe's existence.

“We are thrilled with the achievement!” said Dr. David Evans from the University of Birmingham. “The collisions generated ‘mini Big Bangs’ and the highest temperatures and densities ever achieved in an experiment.”

“This process took place in a safe, controlled environment generating incredibly hot and dense sub-atomic fireballs with temperatures of over ten trillion degrees, a million times hotter than the center of the Sun,” Dr. Evans added. “At these temperatures even protons and neutrons, which make up the nuclei of atoms, melt - resulting in a hot dense soup of quarks and gluons known as a quark-gluon plasma. By studying this plasma, physicists hope to learn more about the Strong Force, one of the four fundamental forces of nature. The Strong Force not only binds the nuclei of atoms together but is responsible for 98% of their mass. I now look forward to studying a tiny piece of what the universe was made of just a millionth of a second after the Big Bang.”

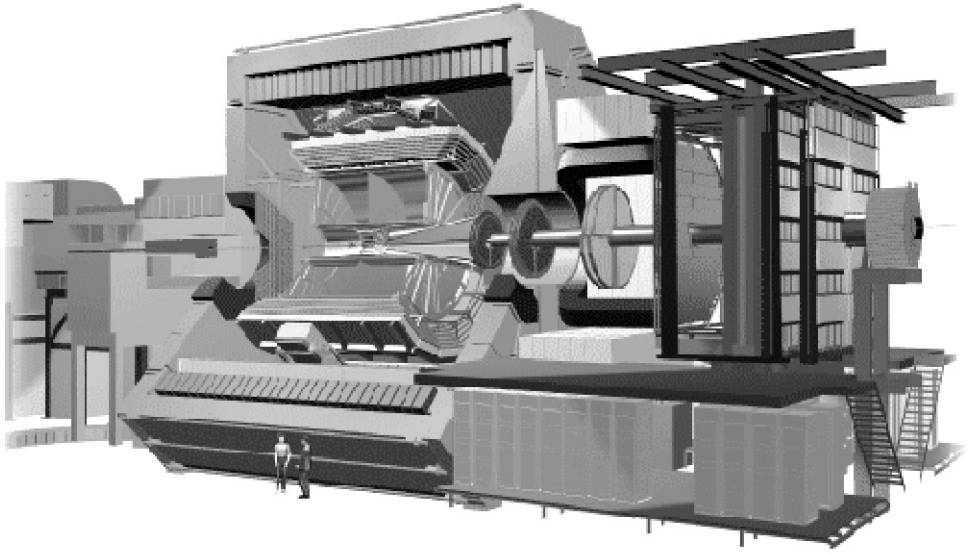
“I am so excited that the ALICE experiment is finally going to be able to glimpse lead ion collisions from the LHC,” said Birmingham University PhD student Zoe Matthews. “The environment the collisions will create is mind-blowing, and observing them will offer up insights about the earliest moments in our universe's life. I feel so lucky to be a small

part of this exciting piece of history.”

The 10,000-ton ALICE experiment has been specifically designed to study the extreme conditions produced in these lead collisions. While the conditions created in the LHC detector will be a world record for man-made experiments and represent a great achievement for science and engineering, they pose no threat. More energetic particle reactions occur regularly throughout the Universe, including in the upper atmosphere of the Earth itself.

ALICE is one of the four main experiments at the LHC designed to study the physics from ultra-high-energy proton-proton and lead-lead interactions. Physicists working on ALICE will study the properties, still largely unknown, of the state of matter called a quark-gluon plasma. This will help them understand more about the strong force and how it governs matter; the nature of the confinement of quarks—why quarks are confined in matter, such as protons; and how the Strong Force generates 98% of the mass of protons and neutrons. The ALICE detector is placed in the LHC ring, some 300 feet underground, is 52 feet high, 85 feet long and weighs about 10,000 tons.

The UK work on the ALICE experiment is funded by that country's Science and Technology Facilities Council (STFC)



with physicists from the University of Birmingham playing a key role.

Located near Geneva, Switzerland, CERN is one of the world's largest and most respected centers for scientific research. Its business is fundamental physics - finding out what the Universe is made of and how it works.

For further information, see the CERN LHC website: <http://public.web.cern.ch/public/en/lhc/lhc-en.html>

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



Ask jai.....

Ask jai is a weekly column that will strive to honestly answer your job search questions relating to job searching techniques, networking skills, resume writing and interviewing. The employment situation is getting better, however, it is still a challenge finding were the jobs are located and how to get pass the “gate-keepers”. As an Executive Recruiter I was privy to working directly with Corporate Recruiters and understanding their process in selecting which candidates to interview and hire. I will candidly answer your questions, possibly bluntly answering you questions, but I will be totally honest. My objective is to help you achieve your employment goal.

Q: *I have posted my resume on numerous career sites and recently received e-mails from people stating they are interested in my employment background. They are requesting I send my resume and contact information. I am really perplexed by this since all that information has been posted by me on their site. Their e-mail only lists a name and phone number. I called the phone number but only get a voice mail. The voice mail does not have any company information. I am really anxious to be considered for a position and to become employed. Should I respond and send my resume? Suspicious*

Dear Suspicious:

Trust your instincts. If an e-mail looks or feels suspicious to you, then do not respond. There are “bad people” out there searching and luring job seekers like yourself looking for employment. This internet technique is called “phishing”. It is not an old technique, just one that keeps evolving to target new and unsuspecting people. A phishing technique was described in detail in 1987, and the first recorded use of the term “phishing” was made in 1996. The term is a variant of fishing, probably influenced by phreaking, and alludes to baits used to “catch” financial information and passwords (wikipedia.org/wiki/Phishing). I vehemently suggest you do not reply any e-mail that does not include all of the following: a company name, address, phone number, a job description or position information. Spend your job-search time responding to legitimate employer requests and inquiries for employment.

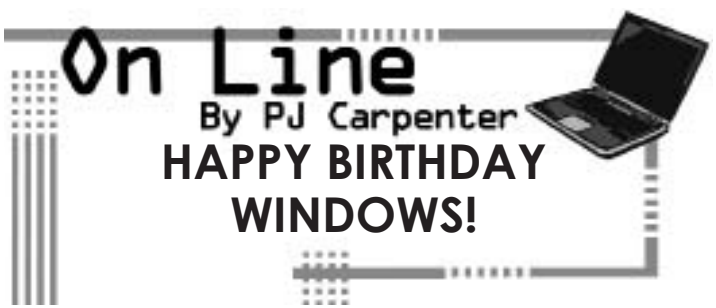
Q: *My supervisor recently informed me I will not receive an increase in my salary due to cut backs in the department budget. She said I might receive an increase after 90 days, regardless of the fact that my performance reviews are good. Well, I do not have 90 days to wait. I have financial responsibilities that I can not meet due to the low salary that I am receiving. So, I've started looking for employment. My company is sending me out of town for a 3-day industry related conference. This will be my first time and I am sure I will not know anyone attending. Would it be wrong for me to let people at the conference know I am looking for another position or if they could help me find employment with another company? Want to do the right thing*

Dear Want:

YES! Conferences and conventions are great places to meet new people and discuss your work history, skills and experiences. The most important thing here is that you must be very professional in the way you present yourself, your current position and employer. Do not present yourself as a dissatisfied employee. Spend the first few days introducing yourself and getting to know your colleagues and exchange business cards. Research and investigate their companies. Develop a target list of who you want to approach. I would suggest that you only approach those people who you feel will keep your job search confidential. You do not want to jeopardize your current position. The last day of any conference is usually spent networking and discussing employment opportunities. Relationships have developed and people usually feel comfortable with each other. Take advantage of the opportunity and go for it!

Windows turns 25 on November 20, 2010. First introduced in 1985 as an add-on to Microsoft MS-DOS, the operating system would come to dominate the personal desktop computing market and now runs on fully 90% of the world's computers. Just about anyone who's done any amount of personal computing using a Windows machine can relate that all has not been well during the last 25 years and some of their experiences have been downright crappy, to put it mildly. It's almost become a sport for some to belittle the humble Windows PC in this age of iPad's and smartphones but while the longevity of these products still has yet to be determined, the Windows OS has stood the test of time and has provided the shoulders for new technological innovators to see further from.

This last quarter of a century has provided the computing world with more than a few highlights and lowlights featuring the Windows OS. While the number of entities introducing true technological innovation to the computing marketplace continues to increase these days, the solid groundwork laid by the Windows OS played no small part in making the consumer computing landscape what it is today. The popularity and ease-of-use that Windows provided the end-user caused the price of the hardware supporting the OS to drop to the point where the average consumer could afford to purchase a computer of their very own. In the very early days of the IBM-PC Compatible and other clones there were many different technical standards for



the hardware that made up the component parts of a PC. Some standards worked well for Windows and others worked well for other operating systems. After the market began to sense that Windows would be the OS to build for, the technical manufacturing industry began to produce hardware better suited to the Windows OS. This also led to a huge growth in programming centered on developing and supporting applications for the Windows platform. This concentration of effort was the jump-off point for the biggest market-supported focus on personal computing development and has led directly to the wide variety of systems (both Windows and non-Windows) currently available to the consumer today. The road to where we are now as a fully computer-integrated society has hardly been a smooth one for Microsoft Windows or any other OS out there today (remember Windows ME) but even the most ardent anti-Microsoft critic would be remiss in not giving Windows its props for putting the personal computer into the hands of the home user. So without further delay...Happy Birthday, Windows!

(Full Disclosure – This article was typed prepared on a Apple MacBook running OS X 10.6.5)

RICH Johnson



Thanksgiving: Our Dependence Day!

Ahh Thanksgiving week is upon us.

I wonder if the spirit of Thanksgiving has held on all these years because it is essentially illegal to ‘diet’ on Thanksgiving?

Or possibly many of us are thankful on Thanksgiving because that's the one day in a year family members travel hundreds of miles to be with other family members? And we are thankful we see those people only once a year. Who can say?

In any event here are some ponderables to consider around the Thanksgiving table. The older you get, the tougher it is to lose weight. That's because by then your body and your fat have gotten to be really good friends. The easiest way to find something lost around the house is to buy a replacement.

Did you ever notice the Roman numerals for forty (40) are XL?

If you can smile when things go wrong, it's because you have someone else in mind to blame.

The sole purpose of a child's middle name is so he can tell when he or she is really in trouble (Richard Otis!)

Did you notice when you put the two words ‘the’ and ‘IRS’ together it spells ‘theirs’?

When you are dissatisfied and want to go back to your youth, think of algebra. One of the many things no one tells you about aging is that it is a nice change from being young. Yeah, being young is beautiful. But being old is comfortable.

Back to Thanksgiving here are a few notable quotes on the subject:

“Thanksgiving, man! Not a good day to be my pants.” Kevin James

“On Thanksgiving Day we acknowledge our dependence.” William Jennings Bryant

“Coexistence...what the farmer does with the turkey – until Thanksgiving.” Mike Connoly

How many cooks does it take to stuff a turkey? One, but you really have to squeeze him in!

Finally, here is a poignant Thanksgiving poem to help you celebrate your holiday:

May your stuffing be tasty
May your turkey be plump.
May your potatoes and gravy
Have nary a lump.
May your yams be delicious
And your pies take the prize,
And may your Thanksgiving dinner
Stay off your thighs!
Anonymous

I am particularly thankful this Thanksgiving for my writing partner, Lisa Bowman. Apple has just released our App for the iPhone. Called UpElevator it's best described as a clever, motivating quotes from mostly dead guys. App Lisa is best described as the beauty and the brains behind this odd couple. And special thanks to Lisa's husband Chuck for letting Lisa come out and play.

Have a wonderful holiday.

KATIE TseThis and That TOFURKEY



What are your Thanksgiving traditions? Do you cherish your aunt's signature cranberry relish or your grandma's green bean casserole year after year? Does your family gather round the TV with the dedication of

zealous fanaticism to watch football?

I vaguely recall that my family used to share such traditions when more of them were alive and/or in the area. At my grandma's house half of us would busy ourselves in the kitchen while the other (male) half watched the game with varying degrees of interest. And every two years there'd be a heated political debate following the recent elections. But now my family's numbers are dwindling and my mom usually hosts Thanksgiving.

How does this change things? Well, for starters my mom's mid-life conversion to veganism has gradually obliterated any carnivorous aspects of the holiday. At first my family and I were enthusiastic about trading individual steak or salmon fillets for the traditional dry turkey. The past few years, however, have seen a total overhaul in the form of curried lentils and savory seitan (wheat gluten pronounced suspiciously like “Satan”). I don't mind this, since I was never devoted to the standard stuffing, mashed potatoes and gravy. A little whey protein never hurt anyone.



with a voluptuous plop of whipped cream. When I think back upon my childhood Thanksgivings, there was always a homemade pumpkin pie, baked, I assume, by my grandma, (She always baked pies for our church's Thanksgiving festival, so she was well-practiced.). I won't say I can't bake at all. I'm usually capable of cakes and cookies. But part of culinary maturity is knowing your limitations. So, this year I will again bring a pumpkin pie to Thanksgiving... with the help of my good friends at Marie Callender's.

One Of A Kind: *Featuring unique homes & gardens and the people who create them* Story and Photos By Chris Bertrand



Chris Bertrand

1926 Arts and Crafts Style Home in Sierra Madre

Down a winding lane near the top of Auburn Avenue in Sierra Madre, this home is situated among many private, gated estates. Since it's a private road, few know much about the homes on one of several spurs off Auburn's zigs and zags up into the foothills above this charming and unique village.

Not much is given away from the beginning of the driveway either. Once inside the gate, however, a spacious front lawn beckons you to this 0.47 acre, serene respite from busy LA life with a sprawling, multi-trunk oak boasting a wonderful rope swing.

The main living spaces are located on the upper floor of this four bedroom, four bath home with a 3720 square feet (taped) floorplan. A shaded porch wraps around two sides of the home, perfect for sunset enjoyment. On the north side of the home, the porch also connects to a large deck with gazebo that feels almost like a tree house overlooking the yard below through the oak tree's far-reaching branches.

To the right of the front door, a magnificent great room centers around the fireplace under a cathedral ceiling with massive beamed detailing. To the left of the front entrance, a craftsman style dining room, with vintage style fixture, opens to the deck for great indoor to outdoor entertaining and relaxation.

An extensive 1990's remodel updated the kitchen, master suite and baths with quality features like slab stone, wood casement windows, front doors, skylights, dual sinks and glass block walk in shower in the stunning master bath, recessed lighting and more.

Key features were preserved, thank goodness... especially the charm of the narrow board oak floors in the living and dining rooms and the exposed ceiling beams in the great room.

In a home of such vintage, garage space is often at a premium, but not here. A generous three+ car garage provides ample auto storage and leads to a ground level storage/utility room. Other areas on this level are perfect for hobby or art studio use, home gym and extensive storage. Two wine cellars are located in the northeast corner of the ground level.

Two connecting bedrooms on this level are



served by a full bath. With an outside entrance on this level, this floorplan provides a great configuration for the privacy of extended family or live-in staff.

The guest house, also built during the 1990's remodel and construction project, feels like a tiny mountain cabin, and boasts a rock wall that extends into the full bath with walk-in shower.

A large front deck provides its own "front yard" from which to enjoy filtered sunset views through the trees.

610 Auburn Avenue in Sierra Madre is listed at \$1,198,000 by the Fairbanks Group and Coldwell Banker Previews International. For more information, contact John Fairbanks at 626-398-9000 or visit their website at www.TheFairbanksGroup.com.

TheFairbanksGroup.com.

An open house will be held on Sunday, November 21st from 2-4 p.m.

Know of an interesting home, garden or person to feature in "One of a Kind"? Send contact information to C.Bertrand@MtnViewsNews.com.



380 N Lima St, Sierra Madre
Offered at \$1,250,000

Main house and guest house offers 6 bedrooms, 4 bathrooms, beautifully decorated on large lot with lush landscaping. This is a private oasis in Sierra Madre with many plantings and fruit trees. Sparkling pool and two beautiful fountains add to the ambiance of a tropical paradise.



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CLOSED SUNDAYS - JUNE THROUGH DECEMBER

Tips of the Trade: Real Estate Revealed
by Luther Tsinoglou

SHORT SALES GET A TUNE-UP

Federal foreclosure-prevention tactics have recently been expanded to encourage delinquent borrowers to avoid foreclosure by streamlining the short sale process. Cash incentives are also being offered to the homeowners, as well as to the lenders and the buyers.

Perhaps the best feature of the new legislation requires the lenders to advise the sellers what their minimum acceptable price is before listing the home for sale. Then if the sellers secure an offer for the agreed price, the lender must accept it within 10 days.

This speeds up the short sale process tremendously, since the lender is also required to consult with local real estate agents in order to determine a fair price. Of course, "fair" is a relative term here, because in a short sale, the bank is agreeing to sell the property for less than the total amount due on the mortgage.

However, it is definitely in the lender's best

interest to expedite a short sale instead of allowing the home to foreclose, because on average, the bank loses 50% on a foreclosure, but only 30% on a short sale.

These new standardized procedures, called the Home Affordable Foreclosure Alternatives Program (HAFA), is a new option for homeowners who have been unsuccessful under existing programs. If you're facing default, I strongly urge you to contact a real estate agent today to discuss the alternatives.

Luther Tsinoglou has just been named the top producing sales agent in Dickson Podley Realtor's Sierra Madre office for 2009, making the top 10% at the company overall. Luther has been licensed and practicing real estate since 1992. He specializes in residential and income property in Southern California. Luther can be reached at his direct line (626) 695-8650 or at luther@tsinoglou.com.

SATURDAY, NOVEMBER 27TH

the 3/50 Project & Amercian Express Open announces the 1st

SMALL BUSINESS SATURDAY

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SENIOR HAPPENINGS

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. MENU BELOW

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

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

Wednesday: 11 -11:45 am: Balance Class with Teryl. FREE class designed to improve balance & refresh the joints 2nd Wednesday of the month: FREE Legal Consultations: 10-11:30 am. Appointments call 355-7394 Wii Wednesday - 1:00 pm or call the senior desk at 355-7394 to arrange another time & day to learn how to play. No previous experience or skills required and it is great exercise.

Thursday: 1:00 to 3:30 pm: Game Day. Join us for UNO and Poker with Bridge on the 2nd & 4th Thursdays; so please call for more information. 5:00 pm to 6:30 pm: Yoga; \$7.00 - 50 & over. Please call 355-5278 for more information

Friday: 1:00 pm: Ping Pong

Saturday: 11:30 am: Senior Club brown bag lunch and BINGO at 12:30 pm



Sponsor Bingo Prize Pasadena Highlands, an independent and assisted living community, is proud to provide a special gift basket on the first Tuesday of each month. Accredited In-Home nursing care will provide a special prize on the 4th Tuesday of each month. Bingo takes place every Tuesday at 1:30 pm in the Hart Park House / Senior Center in Memorial Park. The game begins at 1:30 pm but those wishing to play must arrive 10 minutes before to secure your Bingo cards. Join us on the 1st & 4th Tuesday of each month for your chance to win these special prizes.

Recipe of the Week:

SOUTHERN PECAN PIE

INGREDIENTS:

- 4 Eggs
- 1 cup Dark Corn Syrup
- pinch of Salt
- 1/3 cup Sugar
- 1 tablespoon Lemon Juice or Vinegar
- 4 tablespoons melted Butter
- 2 teaspoons Vanilla
- 2/3 cup Pecan Halves
- 1 (9-inch) Unbaked Pie Shell

DIRECTIONS:

1. Preheat oven to 350 F.
2. Carefully crack eggs In a medium bowl, slightly beat eggs with fork.
3. Add corn syrup, salt, sugar, lemon juice or vinegar, butter, vanilla and mix well.
4. Stir in pecan halves.
5. Pour pecan pie mixture into an unbaked pie shell.
6. Bake 35-40 minutes.

Let cook completely before serving.

Sierra Madre DECEMBER EXCURSION - SOLD OUT-

Friday, December 17th - Christmas Show - 10:30 am to 4 pm at the Candlelight Pavilion Theatre in Claremont.

Cost per person is \$58.00 for lunch, show, transportation & tip. Waiting list is available for this excursion, please call 355-7394

November Birthdays:



Alberta Curran, Carmela Frontino, Lena Zate, Valerie Howard, Janice Kacer, Flo Mankin, Dollie Morant, Joan Ruggles, 'Mike' Ruggles, Lois Stueck, Jean Wood and Shirley Yergeau



Meals-On-Wheels

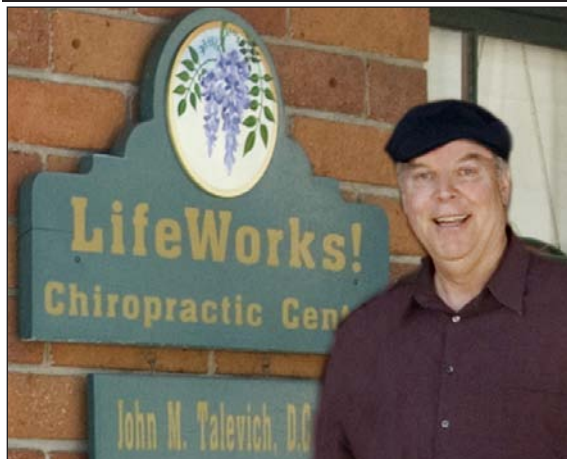
Meals are delivered to home-bound seniors by volunteer drivers through the YWCA Intervale Lunch Program M-F (with frozen meals for the weekend.) Call the YWCA at (626) 214-9460 or Darlene Traxler at (626) 355-0256 for more information.

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.

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YOUR HEALTH MATTERS Today's Subject: HERE COMES THE SUGAR TRAIN



Dr. John Talevich, D.C. has practiced in Sierra Madre for thirty years. His clinic, LifeWorks! Chiropractic, offers patient-specific approaches to the alleviation of pain and individually tailored wellness programs.

See if you can relate to this scenario: It's a couple of weeks before Hallowe'en and the grocery store is starting to load up on piles of candies and sweets. At first, you resist the urge to buy, but after a few visits to the store, you tell yourself that it's time to buy because they just may run out later, and what would you give all those trick-or-treaters? Past experience tells you clearly that the munchkins will never see these particular bags of candy because you will have eaten them long before the 31st. So, this is how many of us kick off the holiday season, awash in an ocean of sugar. A little nibble here, a defiant binge there, we are soon caught up in the helplessness of a full blown sugar plum adventure. The only relief in sight? That New Year's resolution two months down the road.

One of the things that we know is that the more sugar we eat, the more we want. We may even be aware that it makes us feel tired, dizzy, grumpy, foggy, confused and puffy, but once that haze sets in, it's hard to do anything to change it. In fact, we like being foggy ~ it's comforting, kind of takes the edge off.

For many years at our clinic, we did a program called the Winterlude. The mantra was, "Come back, don't get lost." This was simply an acknowledgment that, indeed, we can and do get lost in the demands of family, friends, and the mounting expectations of the holiday season. During the Winterlude, we did a gradual elimination of refined carbs and sugars. Having witnessed this process a number of times, I can attest that it's challenging. The emotional highs and lows exhibited by many of us would make Joan Crawford look like the Dalai Lama.

Is there any hope? Not really. No, just kidding! Not surprisingly, the AA tenet of taking one day at a time is important. Diet-wise, the key is to lean away from refined carbs. If you are prone to craving sugar at night, have a small low-glycemic snack before bed (a small handful of raw or lightly roasted nuts and seeds, or a low fat 1" cube of cheese, for example). In the a.m., start off your day with a protein-rich breakfast like fresh eggs scrambled with veggies. East a small protein snack every couple of hours throughout your day, and focus on simply prepared vegetables and protein for lunch and dinner. All in all, it's important to forgive yourself each day for not being perfect just yet and to start each day afresh, enjoying it as totally new.

Enjoy your week! Dr. John

LifeWorks! Chiropractic Center Individually Tailored Wellness Programs 31 S. Baldwin Avenue Sierra Madre, Ca. 91024 626-355-4710

Don't Be a Victim - What You Need to Know About Senior Fraud!

The City of Arcadia Recreation & Community Services Department in partnership with the Arcadia Police Department is offering a workshop for seniors on ways to protect themselves from becoming a victim of fraud. An old scam that preys primarily on the elderly, sometimes called the "Grandparent Scam", has found it way back to the area. In recent weeks, the Arcadia Police Department has taken a couple of reports on this type of scam, one of which involved an actual loss of money. Don't become the next victim! Sergeant Davis from the Arcadia Police Department will be talking to seniors on ways to protect themselves. Consumers lose billions of dollars each year to fraud. People over age 50 are especially vulnerable and account for over half of all victims, according to a study conducted by American Association of Retired Persons (AARP). People who commit these types of crimes, "con criminals," often

target older people knowing they have spent a lifetime earning their savings. Con criminals go wherever they can to find money to steal. They use everyday tools—the mailbox, the telephone, the Internet—to reach into your pocketbook. You can help educate your friends, parents, and others by becoming familiar with some of the more common scams and how they operate. Then share that information with others. The workshop will inform you on what to do if you have questions on how to handle a situation and also give you tips on what to do if an unfamiliar person approaches you at home. The workshop will be held at the Arcadia Community Center, 365 Campus Drive, Arcadia, CA 91007 on Tuesday, December 7th at 10am. Don't miss this event.... Very important information will be provided! For more information or to register, please call Arcadia Senior Services at 626.574.5130.

Drop A Load Laundry Clothes cleaned, folded, & wrapped in plastic In by 12:00 - Out by 8:00 20 Turkeys To Be Raffled Use 1 machine and receive 1 raffle ticket. Use 2 or more machines and receive a max of 3 raffle tickets per day. If you use our Fluff & Fold you'll receive 1 raffle ticket for dropping off up to 10 lbs. Drop off more than 10 lbs. and receive 3 raffle tickets. Repeat every week, or everyday up until the November 20th at 4:00 pm when the 20 winning tickets will be drawn. Fluff & Fold: • \$1.00 per pound (over 10 lbs.) • Comforters are \$1.75 per lb. Why Not Let Us Do Your Laundry... • Clothes are professionally cleaned • Dress shirts & pants hung on hangers • Customized cleaning to your specifications Or, Do Your Laundry... • when it's convenient for you (24 hours a day) • in a clean, safe, brightly-lit facility • in air conditioned comfort 370 W. Sierra Madre Blvd. (626) 355-6213 • (next to Bank of America)

Happy Thanksgiving!

Everyday is an open house: HUNTINGTON VETERINARY HOSPITAL 626-357-2335 MON, THURS, FRI 8-6PM TUES 8-8PM SAT. 8-1PM 535 West Huntington Drive in Monrovia Find lost pets quickly and easily! Free Microchip implantation (with purchase of Home Again registration membership). With or without office exam/surgical procedure/boarding. MEDICINE: •Annual Exams •Behavioral Counseling •Vaccinations •Dermatology •Dentistry •In House Laboratory •Laser Therapy •Digital X-Rays SURGERY: •Orthopedics •TPLO •Neurosurgery •Soft Tissue •Laser Surgery •General and Advanced Surgery No Cost Second Opinions We accept: VISA Mastercard American Express Discover Care Credit Cash Check Gary R. White, DVM

Lunch Café — November Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
1 Squash Soup & BBQ Pork Sandwich	2 Lentil Soup & Baked Chicken	3 Salmon or Stuffed Bell Pepper	4 Vegetable Soup & Burgundy Beef	5 Chicken Soup & Sub Sandwich
8 Tomato Soup & Turkey ala King	9 Soup & Salmon or Pork Chop	10 Navy Bean Soup & Roast Beef	11 Veterans Day Center Closed	12 Split Pea Soup & Hawaiian Chicken
15 Corn Soup & Oven Fried Chicken	16 Albondigas Soup & Tostada Salad	17 Beef Stew with Boiled Potatoes	18 Tomato Soup & Tuna Sandwiches	19 Broccoli Soup & Spaghetti
22 Soup & Hot Roast Beef Sandwich	23 Baked Ham & Sweet Potatoes	24 Thanksgiving meal Turkey & Corn-bread Stuffing	25 Closed Happy Thanksgiving	26 Center Closed
29 Navy Bean Soup & Salisbury Steak	30 Soup & Chinese Chicken Salad			Reservations, please call (626) 355-0256

THIS GIRL HAS A KICK! La Salle's Rachel Albright



Photo by Linda Ott-Albright

Pasadena, CA – La Salle High School sophomore, Rachel Albright is the field goal and PAT kicker for the Lancer JV football team. Rachel is an outstanding soccer player and joined the football team after 3 games while she waited for CIF approval. The transition to football was “scary, yet exciting,” said the 15 year old starter. She laughs as she says the hardest part of joining the team was putting on the football uniform. “All those pads!” she exclaimed. “But I’m glad I have them. The guys on the other teams just see me as the kicker. I don’t think they all realize I’m a girl. I’ve only been tackled once and it wasn’t too bad.” Rachel’s football career began with an impressive 35 yard field goal against Don Bosco High School. After their JV win over Cantwell-Sacred Heart, and subsequent Del Rey League Championship, her season stats were: 19 for 28 PATs (.678) and 3 FGs (35, 25 & 30 yards.) An attempted field goal in the Cantwell game was blocked, but resulted in a touchdown connection from quarterback Austin Wallis, to Diran Johnson. She also added kick-off’s to her resume, recording 128 yards against Mary Star of the Sea.

In addition to football, she plays soccer and softball for the Lancers, and Travel Softball where she is a starting pitcher and outfielder for the American Athletics San Gabriel Valley (AA’s SGV) 18U. She is also an avid photographer. She occasionally takes photos of the varsity football games and says she can’t wait to play football at the Varsity level next season.



Sterling Schuster Signs to Play At Loyola Marymount

Story & Photo by John Blackstock

La Salle High School’s softball sensation, Sterling Schuster, signed a letter of intent to attend Loyola Marymount University on a full athletic scholarship.

Schuster led the Lancers to the CIF-SS Division VI championship last season and hopes to take the Lancers there again this May. She leads the team in RBI’s as will most likely end her high school career with the all-time RBI record.

After considering Boston College and Emerson College, she chose Loyola Marymount because she can play Division 1 softball at a great university and study film and film production in the center of the film industry. “LMU is strong in both softball and film. What better place to play and study film? It’s the best of both worlds,” she says.

At La Salle, Sterling played volleyball for two years and has been a part of the Lancer television station (LTV), since her freshman year. Sterling will again attend the Student Television Network National



La Salle senior, Sterling Schuster, signs a letter of intent to play softball for Loyola Marymount University. Her mother, Daina and father, Mark are by her side.

Conference in Florida later this year. But what she enjoyed and remembers most was playing in the CIF softball finals with all the seniors when she was a freshman. “They were great teammates and taught me a lot about leadership,” she said. Just two years later Sterling led the Lancers to another championship.

SIERRA MADRE LITTLE LEAGUE SPRING BASEBALL 2011

Registration for Sierra Madre Little League is now open to Sierra Madre boys and girls ages 4 thru 12. You must pre-register on-line at www.sml.org before attending an Age and Residency Verification event.



Steve Tanner, 626-355-1249, stanner@arguscg.com or Brenda Wendt, 626-355-6027, brendaawendt@aol.com.

Age and Residency Verification events will occur on Wednesday, December 1, 2010 from 6:00 PM to 8:30 PM, and Saturday, December 4, 2010 from 9:00 AM to Noon at the Sierra Madre Community Center.

Bring proof of age and residency December 1st or 4th. For additional information on Sierra Madre Little League and residency boundaries, please see our website: www.sml.org. For additional information or questions contact:

ALVERNO'S BLAKELY QUALIFIES FOR CIF-SOUTHERN SECTION X-COUNTRY FINALS

Eryn Blakely, a sophomore on Alverno's Cross Country Varsity team, qualified for the CIF-Southern Section Cross Country Division 5 Girl's Final on Saturday, November 20 at Mt. San Antonio College in Walnut. Blakely qualified by placing 4th in Heat #3 of Division 5 Girls at the CIF-SS Prelims at Mt. Sac on Saturday November 13th.

When the starting gun went off at 8:52 AM for Heat #3, the day was warm and sunny, unlike the overcast and cool afternoon when the Jaguars competed three weeks ago on the rugged and hilly 3-mile course at Mt. Sac. The third of 3 heats for Division 5 Girls had 78 runners from 13 qualifying schools (enrollment of less than 500 students) within the CIF-Southern Section jurisdiction that includes public and non-public schools in the counties of Imperial, Inyo, Kern, Los Angeles (non LA Unified School District), Orange, San Bernardino, San Luis Obispo,

from the Horizon League. Running for the squad were Eryn Blakely, Audrey Davy, Jessica Lopez, Ashley Haylett, Bianca Melkonian, Miranda Akkari and alternate Adrianna Martinez running for and injured Francesca Rueda who was not able to participate.

The first mile pace was fast. After the 1-mile mark and heading into the switchbacks, the race's leaders were Eryn Blakely and Mission Prep's (San Luis Obispo) senior Annie Mooney at a 6:13/mile pace. “At the top of the switchbacks, Mooney and St. Margaret's (San Juan Capistrano) sophomore Emily Venable took off,” Blakely said. Coming down the National Guard Chute, Blakely was now in third place. Another Mission Prep runner, junior Rachel Frye matched Blakely stride per stride until the grassy area after Reservoir Hill.

Blakely's 4th place-finish with a time of 20:24 at 6:48/mile pace was slightly slower than her previous run of 20:09 at a 6:43/mile pace at the Mt. Sac Invitational Division 5 Varsity race 3 weeks ago.

Running her last X-Country race for



Heading into the switchbacks, the leaders of the race after a bit more than 1 mile @ a 6:13/mile pace, Alverno's sophomore Eryn Blakely & Mission Preps's senior Annie Mooney.

Alverno, senior Audrey Davy placed 20th with a time of 22:26. Joining her in giving their all one last time for Alverno were seniors Bianca Melkonian (27:21 @ 9:07/mile pace) and Miranda Akkari (27:34 @ 9:11/mile pace). Frosh runner Jessica Lopez (26:00 @ 8:40/mile pace), sophomore Ashley Haylett (26:45 @ 8:55/mile pace) and sophomore Adrianna Martinez (28:47 @ 9:36/mile pace) rounded out Alverno's runners.

It has been a long cross-country season, beginning with the Don Bosco Invitational on September 11th at Santa Fe Dam. For one Jaguar runner, Eryn Blakely, the season is not over. Photos & Story by Lara Laramendi



The Alverno HS Varsity X-Country Team, CIF-SS Division 5 Qualifiers. Front row – Ashley Haylett, Eryn Blakely, Reagan Dowd (JV team). Back row – Coach Alex Fanara, Jessica Lopez, Miranda Akkari, Bianca Melkonian, Audrey Davy, Francesca Rueda, Adrianna Martinez and Coach Ken Berry.



Stop hitting your chip shots thin-topped and to the Right:

FOUR SECRETS TO HITTING SOLID CHIP SHOTS

I want to start this lesson out with WHY you hit your chip shots thin or topped and to the right. The club head has to swing back and UP on the inside. The inside I'm referring to is the direction at which the club head has to swing away from the golf ball. It can not travel straight back away from the golf ball. With that being said this is where some of you run into trouble. You either swing the club head straight back or TOO much inside and not up. Want to hear something exciting? If you swing the club head back on the correct

arc it will go up correctly. If you swing the club head too much inside it will not go up. Finally, if you swing the club head inside too much it will swing outside in the downswing at strike the golf ball on the upswing. Today I am going to teach you how to swing the golf club back down and strike the golf ball on the downswing for a more solid golf shot.

The correction is simple. Below are the four secrets.

Secret #1-The golf ball has to be in the center of your stance at address.

Secret #2-Your weight has to be 75% on your left foot and it must stay there during the backswing.

Secret #3-The handle of the golf club must be across from your belt buckle at address.

Secret #4-The downswing is more of a chop with a **VERY LOW FOLLOW THROUGH**. Make sure after impact that the leading edge stays close to the ground.

Golfingly yours, Bobby

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