

HAPPY NEW YEAR 2011

Mountain Views News

Where Your
Community News Comes First

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

SATURDAY JANUARY 1, 2011

VOLUME 5 NO. 1



Welcome Visitors To The San Gabriel Valley For The BCS Rose Bowl January 1, 2011
While here, make certain you spend some time in the incredible **City of Sierra Madre** - a town with a true village, small town atmosphere.

Coffee Houses:

Niko's & Friends Coffee
900 Valley View Ave Pasadena
(On Sierra Madre Border)

Beantown Coffee House & Bakery - 45 N. Baldwin

Fine Dining:

Cafe 322
322 W. Sierra Madre Bl.

Ugo's
74 W. Sierra Madre Bl.

Charcuterie
120 W. Sierra Madre Bl.

Four Seasons Tea Room
75 N. Baldwin

Corfu
48 W. Sierra Madre Blvd.

Great Shopping:

Laurel's Apparel & Treasures
71 N. Baldwin

Angel's Everywhere
26 N. Baldwin

Leonora Moss
9 Kersting Court

Iris Intrigue
49 W. Sierra Madre Blvd.

Belle's Nest
55 N. Baldwin

Brown's Classic Interiors
64 W. Sierra Madre Blvd.

Charlotte's Jewelers
40 N. Baldwin

Savor The Flavor
11 Kersting Court

Once Upon A Time
14 W. Sierra Madre Bl.

Baldwin Jewelers
15 Kersting Court

Sierra Madre Float Souvenirs

Kersting Court
Monday Jan 3 8am-5 pm

Churches

Episcopal Church of the Ascension - 25 E. Laurel
(626) 355-1133

Sierra Madre Congregational Church - 170 W. Sierra Madre
(626) 355-3566

Foothill Center For Spiritual Living - 49 S. Baldwin No. A
(626) 836-2022

Greek Evangelical Church
69 Suffolk Avenue
(626) 355-2153

Sierra Madre Church of Christ
212 N. Lima
(626) 355-1817

Sierra Madre United Methodist
695 W. Sierra Madre Blvd.
(626) 355-0629

Bethany Christian
93 N. Baldwin
(626) 355-1403

St. Rita Catholic Church
38 N. Baldwin
(626) 355-1292

and much more!

*Eat - Shop -
Worship in
Sierra Madre!*

CONGRATULATIONS! SMRFA Six Consecutive Wins!

Sierra Madre Rose Float Association's Sueños de California captures Governor's Trophy for best depiction of life in California



The Sierra Madre Rose Float Association has done it again. For the sixth consecutive year, the group has put together an award winning float in the internationally acclaimed Tournament of Roses Parade. The theme of the 2011 tournament of Roses Parade was "Building Dreams, Friendships and Memories." Sierra Madre's entry was "Sueños de California," meaning, "Dreams of California." The design highlights California's Latino heritage by remembering the pioneers who built our Golden State.



"Sueños de California" wins the 2011 Governor's Award. Float and Princess photos by Chris Bertrand.
Just days before Donkey is ready to load up (right) and award winning designer Charles Meier talks with volunteers (below).
Photos by S. Henderson



The float is one of Sierra Madre's largest, measuring 33 feet tall, 55 feet long and uniquely, 22 feet wide. Extensive animation brings the design to life. The burro nods his head, the wheels of the cart turn and the gigantic monarch butterflies flap their wings. The fountain features hundreds of gallons of recirculating water.

The float is one of a handful of 'self-made' floats - constructed totally by volunteers and not in anyway by a professional float design/construction company. The design of Sueños de California was created by Charles Meier who also designed 4 other award winning floats for the SMRFA.

The Governor's Trophy was also awarded to the association in 2010. In 2009 and 2007 the group won the Leishman Award, the Princess Award in 2008 and the Founders Award in 2006. This is Sierra Madre's 94th year in the parade and 79th float.

You may view the float at the Viewing Stands on Sierra Madre Blvd. and Washington, Saturday and Sunday from 9 am - 5 pm and Monday in Kersting Court in Sierra Madre from 8-5 pm.



Sierra Madre Princesses Yasmine Ibrahim and Madeline Pirrone wave to the crowds. Despite mechanical difficulties that ultimately required the towing of the float, the day was unforgettable.



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Weather Wise

5-Day Forecast

Sierra Madre, Ca.

Mon:	Rain	Hi 40s	Lows 30s
Tues:	Rain	Hi 40s	Lows 30s
Wed:	Ptly Cldy	Hi 50s	Lows 40s
Thur:	Sunny	Hi 50s	Lows 40s
Fri:	Sunny	Hi 50s	Lows 40s

Forecasts courtesy of the National Weather Service

Sierra Madre Library Unveils READ™ Campaign

When patrons drop by the Sierra Madre Library, they can't help but notice the striking American Library Association (ALA) READ™ posters behind the Service Desk, featuring a celebrity holding one of his or her favorite books. Since the campaign's inception in 1985, which featured actor/comedian Bill Cosby, more than 150 stars have donated their image for these posters, which are meant to convey a plain, but potent message—READ.

Although endorsements by popular stars are certainly effective, the ALA allows libraries to use local community leaders as “celebrity models” for what has proven to be an immensely successful grass roots literacy campaign. In an effort to promote both reading in the community and use of the Sierra Madre Public Library, the Library staff and the Library Board of Trustees will unveil its local READ™ campaign during the first week of January.

Jeffrey L. Throop, this year's President of the Tournament of Roses®, will be the first Sierra Madre resident to appear on a READ™ campaign poster at the Library. Smaller-sized versions of the poster and bookmarks showing Jeff holding his favorite book, “Lone Survivor,” by Marcus Luttrell, will be distributed to local schools and businesses; free souvenir bookmarks will be available at the Library.

Throop shared why he selected “Lone Survivor” as his book of choice. “It's a great story and a great book, but what makes it special is that not only is Marcus Luttrell an American hero, he has started a foundation for soldiers in need,” he said.

Luttrell, a former US Navy Seal, earned both the Purple Heart and Navy Cross for combat heroism in Afghanistan and Iraq. He is the founder of The Marcus Luttrell Lone Survivor Foundation, which helps support military families and soldiers in need.

The Library and the Board of Trustees believe the READ™ campaign will generate an increased interest in reading by the connection Sierra Madre's own book-loving citizens will make with readers of all ages. The program will run throughout 2011, with each new poster featuring a Sierra Madre resident who is active in the local community.

The Sierra Madre Public Library is located at 440 West Sierra Madre Boulevard in Sierra Madre. For more information call (626) 355-7186, or visit the Library's website at www.sierramadrelib.ca.us.

Christmas Tree Recycling and Holiday Athens Schedule

Athens Services will provide free Christmas Tree removal service for all Sierra Madre residents starting Monday, December 27th - Friday, January 14th. Place your whole tree at curbside during your regularly scheduled trash pick-up day as soon as possible after Christmas Day.

For the next two weeks, Athens will pick-up trash, recycling, and green waste on residents' regularly scheduled day. There will not be a one-day delay as Christmas Day and New Years Day fall on a Saturday this year.

Please remove all stands from trees. Athens will not pick up trees that have stands. Trees must be free of ornaments and the bulk of tinsel must be removed. Trees that have been lightly flocked are acceptable.

After January 14th, please call Athens Services at (888) 336-6100 to arrange for a special pick-up of your tree. Please note- It is an extreme fire danger to keep Christmas Trees in your home for an extended period of time after Christmas. So, please make every effort to put your tree out for pick-up no later than January 14th.

If you have any questions regarding Christmas tree pick-up, please call Athens Services at (888) 336-6100. Happy Holidays!



Custom floral designs and fabulous gifts
for your holiday giving.

9 Kersting Court
Sierra Madre, California 91024
626 355-1180

BRETT PERKINS IN CONCERT ON JANUARY 30 AT SIERRA MADRE PLAYHOUSE; ALSO, MUSICAL GUESTS

Brett Perkins, a singer-songwriter whose brand of pop/folk has won him an international following, will perform in concert for one night only at Sierra Madre Playhouse on Sunday, January 30, 2011 at 7 p.m.

Appearing on the same bill will be musical guests, which include some of the finest singer-songwriters from Southern California, as well as musical friends from Europe.

Perkins began his musical career over 20 years ago, and was lead vocalist for The Sneaks as well as a featured dancer on Soul Train before settling into a solo career as a singer-songwriter. At one point, in the 90s, he was CEO of the National Academy of Songwriters. Over the years, he's worked with legendary musical figures like Burt Bacharach, Joni Mitchell, Graham Nash, Stephen Stills and Jackson Browne.

An American, Perkins has for several years made his home in Copenhagen, where he presents the annual Copenhagen Songwriters Festival. He performs internationally. His mellow, soothing brand of pop has intergenerational appeal.

Brett returns to the Sierra Madre Playhouse following a successful date there last winter.

All seats are \$10. Suitable for all ages. At Sierra Madre Playhouse, 87 W. Sierra Madre Blvd., Sierra Madre, CA 91024. Ample free parking behind theatre. Reservations: (626) 355-4318. Online ticketing: www.sierramadrepayhouse.org

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Sierra Madre Coordinating Council Thursday, January 6th at 12:00 p.m.

This month's presentation will be made by Rob Stockly for the Sierra Madre Community Foundation.

Don't forget to use the master calendar located at <http://www.sierramadrecalendar.info>. To have your event information included on the calendar, please email info@sierramadrechamber.com.

*WFS wishes you a happy and prosperous 2011!
Stop by and see what's new in our store soon!"*



2450 N. Lake Avenue, Suite B | Altadena, CA 91001 | 626-797-1135

CITY OF SIERRA MADRE CALENDAR OF EVENTS

Unless otherwise noted, all meetings listed below are held at City Hall 232 W. Sierra Madre Blvd. Sierra Madre, Ca. 91024 626-355-7135

NEXT CITY COUNCIL MEETING:
January 11, 2010 6:30 pm

Arts Commission - 2nd Wednesday @ 6:30

Community Services - 3rd Monday @ 6:00

Library Trustees - 4th Wednesday @ 7:00

Planning Commission - 1st & 3rd Thursdays 7:00

Senior Community - 1st Thursday @ 3:00

Tree Advisory - 3rd Wednesday @ 7:00

January 8, 2011

Parks and Facilities Master Plan Committee
Special Joint Meeting with Community Services
9:00 AM – Community Recreation Center

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.

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A Free Public Forum on a County Jail Study by the
County League of Women Voters
Thursday, January 6, 2011

Problems in the county jail system uncovered in a two-year study by the Los Angeles County League of Women Voters Board will be presented in a free public forum Thursday, Jan. 6, 2011, 9:30 a.m., at the Women's City Club, 160 N. Oakland Ave., Pasadena.

Panelists are Dr. Ronda Hampton, clinical psychologist; Esther Lim, ACLU jails project coordinator; and Michael Genaco, office of independent review. Robbie Davis, a past president of LWVPA and board member of the state League, will moderate.

In describing the overall conditions and procedures in the county jail, panelists will address such questions as what happens when women are arrested or released at night and what your rights or those of your loved ones are when detained. Following the morning forum, League members will participate in a consensus process on eight questions about how to improve the system through rehabilitation, probation, work furlough and other policies for low-risk offenders. When the results of the consensus process across the county are completed, the League will take a position on what needs to be done and advocate for change in the county jail system.

The League of Women Voters is a non-partisan organization that does not support candidates, but does take stands on issues after thorough study and a consensus process.

Reservations are required for lunch. (No reservations is necessary for those who do not want lunch.) The cost of lunch is \$20 including tax, tip and parking. The number for lunch reservations and questions is 626-798-0965.

SIERRA MADRE

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

EVG PATRONS VICTIMS OF FRAUD

By Susan Henderson

More than 100 Sierra Madre residents who have made purchases via debit or credit cards at the EVG Gas Station on Baldwin, have filed formal complaints with the Sierra Madre Police Department. The residents have discovered that their credit or debit cards had unauthorized charges identified as purchases made at the EVG station.

According to Sierra Madre Police Captain Larry Gianonne, after receiving numerous complaints from citizens and no response from the station owners, the Sierra Madre Police Department obtained a search warrant of the premises at 50 S. Baldwin. Upon arrival, the police found that the business appeared to be abandoned.

Banners saying, "Under Construction" and "Under New Management" remain hoisted on the outside of the building, however, the pumps are closed and the station locked down.

The police had not been able to contact station own-

er Evgeny K. Yakimenko, who purchased the station a year ago at press time. There are several people, however, who the police are suspects in the crime.

Numerous residents have contacted this paper and reported the crimes as well. Many first noticed the charges when they received their credit card statements at the end of December.

One resident indicated that she had not been to the station since September, however a charge was made to her account in December. Two other residents reported that they had never purchased anything from the station and were quite concerned as to how EVG got their credit card number.

There were also several unauthorized charges made that were processed through the Valero station at the corner of Baldwin and Sierra Madre Blvd. That station's owner, Edgar Artenyan has denied any knowledge of the scam and has been co-operating with the police in their investigation. (See related story).

The investigation into the scam has expanded to include both state and federal agencies Gianonne said on Friday. At press time, the aggregate total of the claims exceeded \$35,000.00.

At this point, police are asking residents to carefully check their bank and credit card statements and report any discrepancies immediately. Contact SMPD Detective Gene Gray at 626-355-1414 if you have any information regarding this crime.



Longtime Business Owners Victims of Collateral Damage?

For almost fifteen years, Edgar Artenyan and Gary Tashchyan have operated gas stations in Sierra Madre. For the first 10, almost 11 years, they operated the Valero station at 50 S. Baldwin. Then, when the opportunity became available, they bought the Union 76 station on the corner of Baldwin and Sierra Madre Blvd. and operated both stations for four years until they parted ways with the company two years ago.

Until that time, the two managed the 76 and Valero stations with the normal challenges of any business in rollercoaster economic times. When the Union 76 relationship collapsed, they moved the Valero operations to the Sierra Madre Blvd. location. As soon as the lease expired on the Baldwin property (where EVG is today), they put that business on the market.

Little did they know that what began as a prudent business move would turn out to be such a nightmare.

Artenyan has been cooperating with the Sierra Madre Police Department in disclosing as much information as possible regarding the purchase of the EVG station by Yakimenko in an effort

to exonerate his Valero station of any involvement with the EVG station. He has received numerous telephone calls from customers who thought that he still owned both stations.

"We sold that station a year ago. The sale was handled through a proper escrow. We did not know the buyer prior to the sale," says Artenyan.

Even though there have been a few transactions that appear to have been charged by the Valero station, the owners say they have no knowledge of how that could have happened. "We just spent \$20,000 upgrading our pumps and credit card processing so that we could better protect our customers."

The Valero station is a franchise of Valero USA. The EVG station was an independent operation not associated with Valero or its owners in any way, says Artenyan.

City Issues Green Flag Alert

New rainfall expected after possible record setting 16.61" of rain in December



The City of Sierra Madre has issued a Green Flag Alert for mudslides and debris flows in the hillside communities. The National Weather Service has forecasted an 80% chance of precipitation for tomorrow, Sunday, January 2, 2011.

A Green Flag Alert is issued when there is an 80% chance or more of precipitation. Affected residents should get ready for potential evacuation and keep close watch on weather forecasts. This includes residents of the Upper and Lower Canyon as well as any resident whose property abuts the hillsides.

As we enter the rain season, the City would like to make residents aware of our mud and debris flow alert system.

Due to the Santa Anita fire in April of 2008, the hillsides were stripped of much of the vegetation causing the potential for mud and debris flows to enter residential areas. The City of Sierra Madre has developed a three-color flag alert system as part of its "Ready for Seven" emergency preparedness program.

A series of three different colored flags will be flown at four different locations in the City (City Hall, Search and Rescue Station, Mountain Trail at Churchill Road, and Mary's Market). When possible, flags will be displayed indicating one of three stages of emergency. Be sure to check the website, email alerts, SMTV3, AM 1630, or simply call City Hall or the Police Department to confirm the current stage of emergency and please understand the City may not always have the ability to change these flags the moment conditions or forecasts change.

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.

Stage Two: YELLOW FLAG - Activated with an LA County Phase 1 mudflow forecast. This is described as small, isolated debris and mudflows possible at specific locations. Affected residents should get "SET" to leave their homes and may choose to voluntarily evacuate. Please note that all vehicles must be off the streets in potential mudflow areas during Yellow Flag alerts.

Stage Three: RED FLAG - Activated with an LA County Phase 2 or 3 forecast. Phase 2 includes moderate debris and mudflows at more widespread locations. Phase 3 - the potential exists for significant debris and mudflows to be widespread. Affected residents should "GO", meaning they should immediately evacuate, and vehicles should not be parked on the streets.

When evacuating, please plan to be as self-sufficient as possible with important paperwork, medications, and clothing for at least seven days. It is important anticipate a possible evacuation order, and make plans for your pets in advance.

Please note that Public Safety Officials do not take evacuation orders lightly and residents should heed these orders. Once mud begins to flow, Emergency Responders will NOT rescue those who failed to evacuate until the mud has stopped flowing and it is safe for responders to enter the mud flow areas.

For more information about mudslide and debris flow preparations, please visit www.cityofsierramadre.com and click "Emergency Preparedness Information" and on the home page. Updates will also be issued on SMTV3 (Time Warner-channel 3), Sierra Madre Community Radio (AM 1630), and the City's Emergency Blog (<http://sierramadrepio.blogspot.com>).



Sierra Madre Room Grand Re-Opening and Open House

A dedication ceremony thanking Congressman David Dreier and County Supervisor Michael Antonovich will be held Friday, January 7, 2011 at 5:00 p.m. to celebrate the re-opening of the fourth and final phase of the remodel of the Community Recreation Center. Following the ceremony until 7:00 p.m. is an open house featuring the Center's programs and activities. Everyone is welcome to attend. For more information about the ceremony and open house please contact the Community Services Department at (626) 355-5278.

This final renovation includes the

addition of a new entry and restrooms to the Sierra Madre Room from the east side of Sierra Vista Park, complete renovation of the Sierra Madre Room, kitchen, the Fireside Room and the existing restrooms. The project is being funded completely through County and Federal grant funds. This project will finish a complete makeover of the Center. Previous phases of the project beginning in 2002 included relocation and creation of new staff office spaces, complete gutting and remodel of the Aquatic Center Pool House, and the addition of the second story Youth Activity Center.

Remembrances - Saying Goodbye To A Really Good Friend

TENAYA ROSE – ENTERTAINING AN ANGEL 1995-2010

Tenaya Rose, known and loved by many in her neighborhood on Ramona Avenue and around Sierra Madre, is remembered for her amazing, happy spirit, her beautiful, impossibly soft golden fur, her incredible mirth, sweetness, and her ability to touch and brighten the lives of all who knew her. Whether cuddling close to a lonely, hurting soul as a Therapy Dog, frolicking or sitting meditatively at the fountain in Memorial Park, riding on a scooter with the wind in her hair down the boulevard to the visit her friends at the library, the post office, and the Wistaria Shop, joining in the festivities at the 4th of July Parade or just being a fun-loving, laugh-till-your-sides-ache-with her-antics companion to her family, neighbors and friends, she daily lived her motto: "Life is Good!"



Saying goodbye for awhile is hard, but as illuminated in the chapter entitled "Will Animals, Including Our Pets, Live Again?" in Randy Alcorn's hope-filled book, *Heaven*, we envision her now alive, young and whole, running with the angels, in the presence of the Good Shepherd, and waiting to reunite with us one day.

As we close the year, with gratitude for all the gifts we have received, including God's great gift of love at Christmas, and look to the promise of a New Year filled with possibilities, Tenaya's life prompts reflection on the transience of all things beautiful and true, as expressed in Robert Frost's poem "Nothing Gold Can Stay", and yet also invites us to consider a higher truth, the eternal nature of all perfect creation as voiced in "We will Return to Gold":

Nothing Gold Can Stay
Nature's first green is gold,
Her hardest hue to hold.
Her early leaf's a flower;
But only so an hour.
Then leaf subsides to leaf.
So Eden sank to grief,
So dawn goes down to day.
Copyright 1923 Robert Frost

We Will Return to Gold
Life's first breath is this --
A whispered sending kiss.
And early does hope rise
In Love's most earnest eyes.
When peace and kindness crest
And trust is greatest rest,
Then Eden's curse won't hold--
We will return to gold.
Copyright 2010 Suzanne Reedy Hogren

Woman's Club Announces 2011 Academic Scholarship and Arts Project

Jayne Thomas, Fine ARTS coordinator of the Sierra Madre Woman's Club has announced that the local club is joining with the San Gabriel Valley Division of Woman's Clubs to provide competition opportunities for students of Sierra Madre schools, from elementary through high school.

Last year, the club awarded over \$6,000.00 in academic scholarships to students. This year, the club will expand the project to include Writing, (Story and Poetry), Art and Photography, and Music. Winners of each category will go on to compete in the appropriate statewide competition. Monetary awards will also be made in some categories.

In addition, selected submissions will be displayed in the Sierra Madre City Hall and Sierra Madre Library in April.

The Club invites students who live in Sierra Madre, grades K-12, to participate in the 2011 competitions in the areas of Academics, Art and Photography, Story and Poetry and Music Performance. Entry dates and criteria are as follows: (Please include school and teacher's name in all submissions):

WRITING: Story Word Limit 2,000 words
Poetry 8-50 lines.
Submit STORY and POETRY entries online.
Due January 20, 2011.

ART: Portrait, Scenic, Still Life.
Entries can be no larger than 24"x30".
Photography Entries must be between 10"x12" to 14"x16."
NO GLASS!
Submit to: Sierra Madre Woman's Club, 550 W. Sierra Madre Blvd.,
Due February 23, 2011.

MUSIC: Performance: Grade 12 only.
Classical or Pop, Instrumental or Vocal.
Applications due by **January 17, 2011**
Winners at FINALS March 11th receive \$500.00 music scholarships.

ACADEMIC: Grade 12 only. School counselor must submit student's name and grades. Winners receive monetary scholarship. Deadline TBA.

Questions? Email: smwcfinearts@charter.net

Sierra Madre Police Blotter

During the week of Sunday, December 19th, to Saturday December 25th, the Sierra Madre Police Department responded to approximately 302 calls for service. See crimereports.com for updated information.

Monday, December 20th:

6:29 AM- Attempted Commercial Burglary, 100 blk. N. Canon Ave. Unknown suspect(s) attempted to gain entry into the janitor's warehouse and the art supply room in the Sierra Madre Middle School.
3:18 PM- Residential Burglary, 500 blk. Mariposa Ave. Unknown suspect(s) entered a home through an unlocked kitchen window. The loss included \$50,000 of jewelry, \$2,000.00 in cash, one silver earring, and house, car and garage keys.

Tuesday, December 21st:

10:46 AM- Grand Theft exceeding \$400, 611 E. Sierra Madre Blvd. Unknown suspect(s) entered the girl's locker room at the Sierra Madre Aquatic Center and stole from four girls' lockers. The loss included a \$400.00 Blackberry cell phone, one \$250.00 Apple iPod Touch, a \$200.00 Apple 3G I-Phone, \$12.00 in two Starbucks gift cards, a \$20.00 Blackbuster gift card, a \$50.00 World Market gift card, a \$15.00 Visa gift card, and \$60.00 dollars in cash.

Wednesday, December 22nd:

10:29 AM- Possession of Marijuana/1oz or Less, Sierra Madre Blvd and Hermosa Ave. Officers were advised that a man with a \$30,000 warrant was walking in front of the Police Department. The Sierra Madre Fire Department paramedics evaluated the subject due to health problems. The Sierra Madre resident was in possession of minor amount of marijuana and was released into the custody of Fire Department.

11:08 PM- Vandalism/Graffiti, 70 W. Sierra Madre Blvd., Buccaneer Bar. Witnesses called the Police Department about a man who was vandalizing a fence. Officers were notified that the man had fled the area, but three witnesses were following him and pointed him out to police. Officers found that the suspect, a Sierra Madre resident, was in possession of a switch blade knife. The suspect was arrested and booked for vandalism and possession of a switch blade knife.

Thursday, December 23rd:

2:43 AM- DUI Alcohol/Drugs, 200 blk. W. Sierra Madre Blvd. An officer stopped a motorist for a Vehicle Code violation. The officer determined that the driver was under the influence of alcohol. The officer arrested the suspect and booked him for DUI at the Pasadena Police Department Jail.

Saturday, December 25th:

9:14 PM- Residential Burglary, 100 blk. S. Hermosa Ave. Unknown suspect(s) entered a residence and ransacked two unlocked bedrooms. The loss included a gold Bulova watch worth \$1,000.00, a gold Citizen's watch with a small crystal on the bezel, valued at \$300.00, Silver Britton watches valued at \$500.00, two thin white gold tennis bracelets, each worth \$250.00, and a gold ring with "Vicky" engraved on the top, valued at \$300.00.

Information released in Police Involved Shooting

By Dean Lee

Although a new Pasadena police department policy, that took effect early this year, mandates a four hour waiting pried before public information is given in any police involved shooting, police took 18 hours before making an official statement regarding two officers that shot at a suspect Monday night.

Limited information was given late Monday night including that one officer had been slightly injured during the incident.

Details given Tuesday said that Sherwin Williams, 44 of Fontana, fired at least one round from a handgun towards an unidentified victim and officers shortly before 7 p.m. According to the statement, in fear for the safety of the victim, officers shot back.

As a result of the shooting, one of the officers sustained a minor injury to his face. Lt. Tracey Ibarra said Williams first approached officers as they were conducting an unrelated traffic stop in the area of Mentor Avenue and Mountain Street. Williams claimed someone was going to shoot him. The officers quickly followed him a short distance to a nearby CVS parking lot where a gunfire erupted.

Williams entered a vehicle avoiding gunfire and sped away. Police say he drove in the direction of the officers and victim, ultimately fleeing the scene. Officers located the vehicle roughly 10 minutes later in the 1000 block of Chester Avenue after a number of residents called police.

"The quick apprehension of the suspect was due to several residences who called 9-1-1 when they witnessed suspicious activity. It was clear to me that the presence of the officers during the victim's request for assistance averted a potential fatal outcome," said Police Chief Phillip Sanchez.

Williams was arrested for attempted murder and is being held on a \$4 million bail Ibarra said.

The four hour waiting period took effect after The Office of Independent Review filed a report in October making recommendations in light of the fatal officer-involved shooting of Leroy Barnes, Jr by two Pasadena police officers during a traffic stop in Feb. 2009.



Pet of the Week

Ingo, an adorable, five year old Jack Russell mix is energetic, sweet and knows the sit command! He loves to play and needs a home where he will get plenty of attention and exercise! Ingo is already neutered and can go home with you 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. Ingo qualifies for the Senior for Senior program in which a person over age 60 can adopt a pet over 5 years for just \$20!

Please call 626-792-7151 and ask for A281134 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



Saving America's Mustangs Photo D.Lee/MVNews

Parade to See Many First Timers

By Dean Lee

Although an exact number was not given, Tournament of Roses Parade officials said Tuesday that this year has, in fact, more first time entrees. Officials said the parade lineup changes year to year but the number of entrees stays between 95 and 100.

This year there are 95 entrees, including 23 bands, 47 floats, 21 equestrian entrees and four special entrees.

First time float entrees include Discover Financial Services, Alzheimer's Association and Pfizer, Cunard Line, Dole, HGTV, Messina Wildlife Management, Namco Bandai Games America, The Quikrete Companies, The Ronald Reagan Presidential Foundation, and celebrating their 40 anniversary by being in the parade, the makers of the card game UNO.

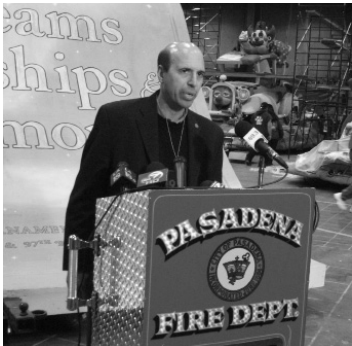
New or old, every float in the parade had hundreds of volunteers helping this week put last minute touches on the entrees.

Hoping for another straight win, Kaiser Permanente volunteers put the fishing touches on their float entitled "Purrfectly Healthy," a nostalgic look at a momma cat and family playing in a Victorian-inspired garden, gathering vegetables, in a style reminiscent of a children's classic story.

All of Kaiser's past floats have won awards, including the Extraordinaire Trophy in 2010, Tournament Special Trophy in 2009, Director's Trophy in 2008, the President's Trophy in 2007 and in 2006, and the Director's Trophy.

Again this year parade fans can also vote for the Viewer's Choice Award by texting the keyword

Rose Bowl Game Parking Limited Due to Rain



Darryl Dunn

Rose Bowl General Manager Darryl Dunn warned football fans Wednesday that parking for this year's game would be "extremely limited —advising they take public transportation or carpool.

Dunn said heavy rain had saturated areas surrounding The Rose Bowl including Brookside Golf Course used to park thousands of cars.

Fans can also take the Gold

Tournament Offers Text "Rose" System

For the second straight year, the Tournament of Roses® will offer fans the capability to text questions and receive direct answers quickly, while on-the-go. The text "Rose" program will cover topics about post Parade events including Float Viewing, as well as general inquiries about the Tournament of Roses.

The text "ROSE" program will be available: Friday, December 31, 8 a.m. – 7 p.m. Saturday, January 1, 8 a.m. – 4 p.m. and Sunday, January 2, 8 a.m. – 4 p.m. Text messages sent after these hours will be answered the following day.

To submit questions, fans are asked to text the word "ROSE" followed by a question to 50649.

The program is a partnership between the Tournament and Pasadena Convention and Visitors Bureau.

LOAT followed by the Float I.D. to 50649 or by voting online at tournamentofroses.com/viewers-choice-award. Fans can vote up to five times for their favorite float. Voting will take place from 8:00 a.m. (PST) to 2:10 p.m. (PST) on January 1, 2011.

"The Viewers' Choice Award allows fans from all around the world to have the opportunity to join our prestigious judges in awarding the entrees in the 122nd Rose Parade," said Gene Gregg, chairman of the Tournament of Roses Judging Committee. "We are very excited to have parade fans get involved once again and bring back the award for a third year in a row."

For the last two years, parade fans chose Cal Poly University as the winner of the Viewers' Choice Award.

Line train to the Memorial Park Station then; join the free shuttle service to the stadium he advised.

Service from Parsons will begin at 10:00 A.M. on January 1.

Metro: Free Fares on New Year's Eve

Beefed Up Service for the Rose Parade

MTA service this upcoming New Year's weekend includes, On New Year's Eve, all Metro Rail and Bus Lines will operate on regular weekday schedules. Metro is FREE to ride from 9 p.m. on Friday, Dec. 31, until 2 a.m. on Saturday, Jan. 1. Extra rail capacity will be provided for travel to/from Pasadena's Tournament of Roses parade and the Rose Bowl game between Wisconsin and TCU.

Lost Teenage Hiker Assisted Out of Eaton Canyon

Nine teenage hikers were assisted out of Eaton Canyon by deputies and firefighters Tuesday, after one hiker was lost and another one was injured. The injured 19-year old was airlifted by a sheriff's rescue helicopter to an area hospital for treatment for non-life threatening injuries. "We flew into Eaton Canyon just before darkness," said Deputy Mark Burnett.

The nine teens, aged 15-19, all Korean-speakers, started their hike at about noon without any hiking supplies or flashlights. At about 5:00PM as it was getting dark, a 19-year old man fell down into the Eaton Canyon waterfall and was injured so badly he could not climb back up. The waterfall is located about 1 1/2 miles past the bridge into Eaton Canyon.

First responders were called and Los Angeles County

Fire Department firefighters, Altadena Station Sheriff's deputies, Altadena Search & Rescue deputies, and Fire Department and Los Angeles County Sheriff's Department helicopters responded and worked together to locate and assist the group of hikers.

Firefighters located seven of the teens and walked them to safety. Meanwhile, Altadena Sheriff's Search & Rescue deputies found an eighth member of the group who had gotten lost in the darkness above the waterfall area, and walked the 19-year old man to safety.

The sheriff's helicopter search & rescue team and ground rescuers located the ninth man, also 19-years old, who was injured in a fall into the waterfall. He was airlifted by Sheriff's Air-5 rescue helicopter out of Eaton Canyon to receive medical treatment for injuries he received in the fall.

Teena Marie Found Dead in Her Pasadena Home

By Dean Lee

Award-winning R&B singer-songwriter Teena Marie was found dead, by her daughter Alia Rose, Sunday at her Pasadena home after Marie apparently died in her sleep. She was 54.

Early reports said her manager, Mike Gardner told CNN that Rose found Marie's body lifeless shortly before 3 p.m. Police and paramedics were called to the home according to police.

Although an autopsy was planned Tuesday, it was not know when the results would be released. Reports also said Marie recently suffered from a Grand Mal seizure.

She was known as the "Ivory Queen of Soul," after rising

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



to the top of the R&B scene in the 70s and 80s. Marie was also the first white artist to sign with Motown Records.

She was born Mary Christine Brockert in Santa Monica and began singing professionally at the age of eight.



the power of video, audio and print along with online social media The next meeting is Jan. 4 from 6 p.m. 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.

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From Arcadia's Best:

HBO SHOOTING RESUMES JANUARY 10th

Production on HBO's highly-anticipated "Luck" TV series will resume at Santa Anita Park on Jan. 10, according to track officials.



Dustin Hoffman with director Michael Mann on set of HBO's "Luck" at Santa Anita Park

Dustin Hoffman with director Michael Mann on set of HBO's "Luck" at Santa Anita Park. Most of the production has been completed on the first two episodes of the series from creator David Milch starring Dustin Hoffman and Nick Nolte. The most recent two weeks of production on and around the track under directors Terry George ("Hotel Rwanda," "Reservation Road," "In the Name of the Father") and Allen Coulter ("The Sopranos," "Sex in the City," "Law and Order," "Boardwalk Empire") was completed after a new dirt track was installed earlier this month and before the rains came, according to Santa Anita Community and Special Events Coordinator Pete Siberell. The third episode is to be directed by Phillip Noyce ("Salt," "Clear and Present Danger," "Patriot Games").

The pilot for the series about an ex-con gambler was completed earlier this year. HBO has yet to set a launch date for the pilot and series but it is expected in late 2011 or early 2012. Also appearing in the first two episodes are Dennis Farina, John Ortiz, Hall of Fame jockey and TV announcer/actor Gary Stevens and jockey Chantal Sutherland. Siberell said Milch was particularly happy with the racing action they were able to simulate at the track. The race season begins Sunday, Dec. 26, and runs through April. Producers are planning to film much of the rest of the first season of episodes during racing days at the track.

– by Scott Hettrick, Arcadia's Best

ARCADIA ROAD INFORMATION

Santa Anita Avenue

Santa Anita Avenue from Camino Real to Longden Avenue, Duarte Road to Christina Street and Foothill Boulevard to the 210 freeway are being rehabilitated. Damaged concrete will be repaired, a signal communication line and new signal poles are being installed, the surface of pavement will be removed and the roadway repaved. Work hours are from 7:00am to 5:00pm through January 14. Motorists can expect to see traffic control devices, lane closures, equipment operations, materials on the street, driveway and sidewalk closures. Possible delays may occur when traveling through the area.

Railroad Bridge Retrofit - Huntington Drive and Second Avenue

Beginning on January 3, Los Angeles County will be seismically retrofitting the railroad bridge crossing at Huntington Drive and Second Avenue. The project will take 14 weeks to complete and will be divided into 2 work periods for each abutment. For one 7-week period, westbound Huntington Drive will be reduced to one lane and for the other 7-week period, eastbound Huntington Drive will be reduced to one lane. If you would like a more detailed construction schedule, or if you have questions about this project, please contact Neil Munaweera of the Los Angeles County Department of Public Works at (626) 458-4952; refer to Project ID #RDC0011732. Office hours are from 7:00am to 5:30pm Monday through Thursday.



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Arcadia Police Blotter

For the period of Sunday, December 19, through Saturday, December 25, the Police Department responded to 804 calls for service of which 115 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, December 19:

1. Around 2:00 a.m., a female driver drove over the center median at Huntington and Santa Clara, knocked down a tree, and collided with a Mercedes parked on the Rusnak dealership lot. A field sobriety test was conducted, and a 22-year-old Hispanic was taken into custody for DUI.
2. Between 7:20 p.m. and 7:30 p.m., an auto burglary occurred at Westfield Mall. Unknown suspect(s) tampered with a door lock and stole a GPS unit, snowboard, and snowboarding equipment for a total loss of about \$1630.

Monday, December 20:

3. Units responded to CVS Pharmacy, 1401 South Baldwin, around 1:41 a.m. in reference to a theft that just occurred. A 26-year-old female Hispanic was arrested for trying to steal bottles of alcohol.
4. A residential burglary occurred between noon and 1:40 p.m. in the 100 block of Las Tunas. Unknown suspect(s) pried open a rear sliding door to gain entry into the house. Once inside, the suspect(s) ransacked rooms and stole jewelry and cash.

Tuesday, December 21:

5. Shortly after 5:00 p.m., officers were dispatched to the security office at Westfield Mall regarding a theft that occurred on December 20 between 5:00 p.m. and 8:30 p.m. The victim used the parking valet service at the mall, and she left a \$7500 diamond bracelet and a \$2400 designer purse under a pile of clothing items in her car. Several hours after returning home, she discovered that her property had been stolen.
6. Three male Hispanic juveniles were detained for theft around 7:36 p.m. by an employee from the Pac Sun store located at Westfield Mall. The suspects, ages 12, 14, and 15, stole merchandise from Pac Sun and Zumiez. Private persons' arrests were made, and the juveniles were taken into custody for commercial burglary. They were later cited and released to their parents.

Wednesday, December 22:

7. Between midnight and 2:24 a.m., an auto burglary occurred in the 1500 block of Clark. Unknown suspects attempted to steal the vehicle, but when the suspects were unsuccessful, they took an in-dash radio, laptop computer, iPod, and cell phones.
8. A residential burglary occurred in the 1700 block of El Vista between 5:35 a.m. and 4:30 p.m. Unknown suspect(s) gained entry in the home by prying open the rear deadbolt and door knob lock. The suspect(s) stole designer handbags, watches, and jewelry.

Thursday, December 23:

9. Loss prevention personnel from JC Penney detained two female juveniles for theft around 11:11 p.m. They hid merchandise in a purse and a shopping bag and then left the store without paying for the items. Additional stolen property from Hot Topic was also recovered. Private persons' arrests were made, and the girls, ages 15 and 17, were taken into custody for commercial burglary.
10. A traffic stop was initiated in the 1800 block of Sixth around 7:17 p.m. when officers located a car with a warrant attached to the license plate. A 55-year-old male Hispanic driver was arrested for a \$30,000 outstanding warrant.

Friday, December 24:

11. Shortly after 2:00 a.m., a 23-year-old male Hispanic was arrested for DUI at Huntington and Morlan after he was seen weaving between lanes.
12. Units responded to Peck and Clark around 8:11 p.m. regarding an apparent road rage incident. A male Caucasian suspect, driving a red Mustang, brandished a handgun in threatening manner at another driver.

Saturday, December 25:

13. Shortly before 1:00 a.m., a traffic stop was initiated at Foothill and Violet when the driver was observed driving over the solid double lines. Officers detected the odor of alcohol from the driver's breath and a field sobriety test was conducted. It was determined that the 43-year-old male African-American driver was operating the vehicle while intoxicated and was arrested at the scene.
14. Officers conducted a traffic stop at Stanford and Baldwin around 4:15 p.m. as the vehicle had a \$35,000 warrant attached to it. A 21-year-old male Hispanic was arrested for possession of marijuana.

Monthly Family Fun Nights

Join in for an evening of stories, crafts, games and surprises just right for the whole family. Thursdays, January 6, February 10, and March 3; 6:30 p.m. No registration necessary. The Arcadia Public Library is located at 20 W. Duarte Rd. Arcadia. For more information, please call (626) 821-5566.

Book to Movie: Take 3!

Exclusively for sixth through eighth grade students featuring The Lightning Thief January 7 at 3:30 p.m. Enjoy a snack and a themed craft too at the Arcadia Public Library. No registration necessary. For more information, please call (626) 821-5566.

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Recreation and Community Services Department New 2011 Winter Classes!

This winter the City of Arcadia Recreation and Community Services Department is offering a variety of new classes for youth, adults and adults over 50 years of age. For youth we have Parent and Me Ceramics; Introduction to Tap; and Improv and Debate for Kids. For adults and adults 50+ we have Cooking; Pajama Bottoms Sewing Class; Brazilian Self Defense; Kinetic Tai Chi; Zumba Gold and Hoopnotics. You can register now on-line, by mail or in person! For times, location and fees go on-line to the City of Arcadia's website: www.ci.arcadia.ca.us, to download the registration form or stop by the office, 375 Campus Drive, Arcadia, CA 91007. For more information please call 626.574.5113!

Thursday Garden Talks with Lili Singer

WINTER 2011: 8 Thursdays: January 6 – February 26
9:30am–Noon / Palm Room
(Please note special times for field trips, which are self-driven and require pre-registration)

\$100 for the series, \$20 per class / Reservations or you may pay at the door:
Information and registration: 626.821.4623 or jill.berry@arboretum.org

January 6 Water Wisdom 2011: An Overview for Gardeners with Bob Galbreath

Our first session of the New Year discusses the latest and greatest on landscape irrigation, including water-efficient equipment, catching run-off and gray water, smart controllers and more. Bob is an irrigation consultant with 30 years of experience in landscape water conservation. A former certified irrigation designer and landscape contractor, he recently retired as Landscape Water Resources Manager for the City of Santa Monica.

January 13 The Native Flower Garden with Susan Van Atta

This inspiring talk profiles colorful native plants in fabulous combinations and locations, from habitat restoration to urban gardens and campuses. Susan is a Santa-Barbara based landscape architect. Her award-winning designs pay careful attention to form and detail, as well as "making places better" by regenerating the land, engaging the public and promoting health for both people and the environment. Following the lecture, Susan will sign her new book, The Southern California Native Flower Garden, a beautifully illustrated and fun-to-use guide to plant selection.

January 20 Recycling in the Garden with Yvonne Savio

Go really green in your garden! Join Yvonne Savio, manager of the University of California Cooperative Extension Common Ground Garden Program in Los Angeles County, and most recently the Southern California Horticultural Society's 2010 Horticulturist of the Year, for a showing of the "California's Green" program of Huell Howser's visit to her garden and a stimulating discussion of the many ways that household throwaways can be used as garden tools in home and community.

January 27 Field Trip: Four Westside Gardens by Susanne Jett 10:00 a.m.-1:00 p.m.

Traveling from the Pacific Palisades to Mar Vista to the Robertson district, we'll visit four residential gardens of varying sizes, styles and ages – each with its own stunning mix of native, South African and other Mediterranean-climate plants. Susanne, owner of Jettsapes Landscape (jettsapes.com), has been designing and installing environmentally sensitive gardens in the Southern California area for nearly three decades. Since 1989, as landscape consultant to the City of Santa Monica, she has designed and coordinated four public demonstration gardens. Pre-registration required.




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Kindergarten Information Night at St. Luke School

St. Luke School, Temple City, will hold a Kindergarten Information Night on Tuesday, January 11, 2011 at 7:00 PM in the school library. Parents with children who will be starting kindergarten in September 2011 are invited to attend.

Parents attending this informational meeting will find out why a Catholic education is an investment for life and what St. Luke School has to offer children and families, both academically and spiritually. In addition to getting a first-hand look into the kindergarten experience, parents will be able to have their questions answered regarding the registration process, curriculum, extra curricular activities and the benefits of attending St. Luke School. Additional information is available at the school's website, www.stlukelions.org

St. Luke School is located at 5521 North Cloverly Avenue, Temple City, CA 91780. Established in 1947, St. Luke School has a reputation for excellence that provides a strong academic and spiritual foundation for children from Kindergarten through 8th grade. The school is fully accredited and certified.



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MONROVIA CITY COUNCIL MEETING RECAP

By Vivianne Parker

Finance Director Mark Alvarado gave a review to the Monrovia City Council outlining what measures are needed to be taken to keep the 2010-11 Midyear fiscal budget on target for year end. The budget inherited deficit balances from previous fiscal years 2007-8 2008-9, which totaled nearly \$798,000. With the goal being to offset this negative into positives for fiscal 2011-12 and beyond, Alvarado suggested a two percent cut in each department's operating budget, which would generate about \$579,000. The rest would be obtained by foregoing the reserve fund contribution made year year which is about \$200,000.

Major expenditures have been personnel costs, the employee retirement insurance plan, how the policyholder makes adjustments to the plan, and other legal matters such as contract negotiations and lawsuits facing the City," which contributed to overruns," he said. Councilmember Garcia mentioned that the departmental cuts have been basically seamless for residents, and he thanked the city workers on their cost-saving measures.

READDRESSING "SMOKING IN THE PARK"

The City Council reheard an issue, originally presented by Councilmember shaw on smoking in the parks. The current code amends to state law, which forbids smokers not to smoke within 25 feet of playground equipment. Mandating Monrovia parks to be smoke-free became a topic of discussion. Weighing heavily on one side were the advocates such as Totally Free Los Angeles County, and the American Heart Association, two coalitions with representatives present, who expressed concern about the public health hazards related to the use of tobacco, and the effects of second hand exposure to smoke, and being able to breathe in a smoke-free environment in public places.

"Regulating smoking in the parks is an important step in changing people's attitudes toward smoking. A smoking ban in part or all parts will save lives," advised Esther Lim, spokeswoman for the Greater Los Angeles Division of the American Heart Association. "More than 450,000 Americans die each year to smoking related diseases," she added. Other speakers expressed a total ban on smoking even suggesting creating an ordinance for all public places such as restaurants and public events similar to what cities like Pasadena, Sierra Madre and Santa Monica have adopted.

Gwendolyn Jones, a Monrovia and a non-smoker was among those who felt uneasy with a total ban on smoking in the park. "Recreation Park is a beacon in the area where these men gather. On the south side, we don't have a meeting place or inside gym where they can play chess or dominoes. I'm not making excuses to people smoking. But, we need to get to the beginning of how cigarettes are getting into the community." Ms. Jones added the focus should not be on the legislation, but on the source providing the stimulant to the public.

Several council members also felt a hesitancy to suggest a move toward banning smoking in Monrovia parks. As a group, the City Council decided to educate the public about the issue through the posting of signs throughout the Monrovia parks.


A RESOLUTION TO SAVE A HISTORIC HOME

Through negotiations with the owner, city and historic preservationists, the historic Victorian farmhouse built in 1896 at 270 N. Myrtle Avenue has been saved from being totally demolished. Councilmember Garcia reported that a portion of the house will remain. Seeing the project work through its way through the many phases of compromise was "what makes Monrovia one of the great places to live," said Garcia.

COMMUNITY NEWS

Mayor Lutz proclaimed January 6, 2011 Monrovia Wildcat Day for its CIF championship win pf 38-8 over Whittier Christian. The Monrovia High School Wildcats will be honored in a 6:30 p.m. january 6 parade starting from MHS going east bound on Colorado to Myrtle, going north on Myrtle to Library Park's fountain. The players and coaches will be honored in a ceremony with City Council members and other scheduled speakers.

In other community news, David Gomez, board member with the Monrovia Youth Baseball league, mentioned the new charge to outside organizations for the use of school facilities. gomez believes the costs of \$35 a night the MUSD charges would create a budget nightmare for the organizations, amounting tp a \$18,000 seasonal expense. He feels the expense could jeopardize the participation of the 312 youths who attend the after school league on a yearly basis. He sought the help of the City Council who will forward the matter to the Education Board during its monthly joint meeting.



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Monrovia Police Blotter

During the last seven day period, the Police Department handled 490 service events, resulting in 104 investigations. Following are the last week's highlighted issues and events:

Vandalism / Throwing an Object at a Moving Vehicle / Nighttime Curfew / Suspects Arrested

On December 10 at 10:13 p.m., a subject was traveling east on Huntington, approaching Primrose, when he saw five male juveniles standing in front of a fast food restaurant. As the victim drove by, he saw one of the juveniles throw an object at his vehicle, which shattered the rear window. The juveniles ran into the restaurant, where they were detained by officers. The juvenile who threw the object was identified and arrested. The other four juveniles were brought to the station and cited for curfew violations.

Driving Under the Influence - Suspect Arrested

On December 11 at 2:04 a.m., a subject was riding as a passenger in a vehicle when he saw an officer in a parking lot in the 100 block of West Foothill. The passenger exited the vehicle and approached the officer. He reported to the officer that the driver was drunk and refused to let him drive. He cautioned the officer that the driver had said he had a firearm in the vehicle. The driver was stopped, and determined to be under the influence. During a search of the vehicle, officers located an unloaded firearm under the rear seat and two loaded magazines in the glove box. The driver was arrested and taken into custody.

Driving Under the Influence - Suspect Arrested

On December 11 at 3:43 a.m., officers observed a driver northbound on Myrtle from Huntington, driving at a high rate of speed. Officers stopped the driver and during the investigation, determined the driver was under the influence. He was arrested and taken into custody.

Drug Activity

On December 12 at 1:59 a.m., officers responded to the area of Central and Magnolia regarding possible shots heard. When they arrived in the area, they saw a group of three male subjects. As they approached, one of the subjects threw an object on the ground, which turned out to be a toy replica of a firearm. The officers detained the subject who threw the item and discovered he was in possession of methamphetamine. The subject detained was arrested, and the other two subjects were identified and released. The shot heard turned out to be a tire blowout on the freeway.

Dog Bite

On December 13 at 2:45 p.m., a six-month-old female was taken from the arms of her mother by a three-year old Great Dane. The mother and baby both sustained bite injuries. The infant was transported via helicopter to Los Angeles County USC Medical Center. The baby is in stable condition in the neonatal unit. The investigation is continuing.

Attempt Vehicle Burglary

On December 14 at 3:01 a.m., an officer saw a male and female walking in the area of Grand and Aspen. As the officer approached, the female threw something on the ground and quickly walked away from it. The object was found to be methamphetamine. The female subject was arrested.

DUARTE FITNESS CENTER ISSUES "BIGGEST LOSER" WEIGHT LOSS CHALLENGE

DUARTE, CA, December 29, 2010 – Losers wanted. The City of Duarte Fitness Center is issuing a challenge to community members who would like to set a healthy new year agenda, shed some unwanted pounds, and win the title of Duarte's "biggest loser".

The contest is open to all Duarte residents 16 years of age and older. There is no entry fee to participate. The winner will receive a one-year total facility individual membership to the Duarte Fitness Center. As an extra incentive, Duarte is partnering with TV's Biggest Loser Pound for Pound Challenge that has pledged to donate 11 cents for every pound lost to Feeding America* to provide groceries to local food banks. Duarte has selected the Los Angeles Food Bank to be the recipient of funds from the local weight loss challenge.

The eight-week contest will begin Jan. 3, with the final weigh-in on Feb. 28. Highest percentage of body, not number of pounds will determine the winner.

"Duarte's motto is 'The City of Health'. With the weight loss challenge we hope to motivate our community to begin living a healthier lifestyle," said Director of Parks and Recreation, Donna Georgino.

Private and confidential weigh-ins will take place every Monday at the Duarte Fitness Center. Only percentages of weight lost or gained will be shared.

For more information about Duarte's Biggest Loser contest contact the Duarte Fitness Center at (626) 357-6118, ext. 243.

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Recycle Your Christmas Tree!

Place your Christmas tree curbside on your regular trash collection day beginning December 26, 2010 thru January 14, 2011.

Please remove all ornaments, tinsel, plastic bags, nails, lights, and plastic or metal stands otherwise tree will not be collected. Flocked and fire retardant coated trees will be accepted. Residential refuse will be picked up on your normal collection day.



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SCE and Gas Company Seek Approval to Increase All Retail Rates in 2012

DUARTE, CA, December 29, 2010 – The cost of keeping the lights on and heat burning is likely to increase for residential customers of both Southern California Edison and Gas Cos. SCE and the Gas Co. have notified its customers, including the City of Duarte, that they have filed separate applications with the California Public Utilities Commission to increase retail rates for all of its customers.

Every three years utilities are required to forecast the cost of serving customers and, after reviewing such forecasts, regulators set each utility's authorized revenue levels for the following three-year cycle. This is known as a General Rate Case.

SCE anticipates higher utility costs and has requested the equivalent of a 7.55% increase or \$866 million to cover them. The Gas Co. on the other hand, is requesting a total revenue increase of \$308 million or about a 7.4% increase system-wide.

According to SCE, the purposes of the cost increases are to connect new customers to the system and respond to customer requests including undergrounding projects; to reinforce and upgrade the electric system to accommodate load growth; to continue SCE's multi-year capital investment program to replace aging distribution infrastructure and business systems; to meet increased cost for Information Technology (IT) systems such as protection from cyber security threats to electric system assets; and to make a substantial contribution to the employee and retiree pension fund to address the losses in financial markets over the past few years.

The Gas Co. is asking for the increase to be able to continue its investments in and maintenance of the system of pipes and equipment needed to deliver gas to customers; and to maintain the support structure necessary to keep it operating and providing customers with safe, reliable and responsive customer service.

In addition to filing, the approximate 18-month process also requires the utilities to submit evidence to support its position followed by a discovery process which allows the opportunity for parties to review submittals. Another part of the Commission's GRC process is to establish costs, allocate revenues, and design equitable rates for all customer classes. The CPUC will then determine actual changes in rates, if any.

Before acting on the applications, the CPUC will hold public participation hearings open to public comment and evidentiary hearings open to comment by authorized interveners. Comments or concerns about the application should be directed to the CPUC Public Advisor who will circulate comments to the Commissioners and other CPUC staff working on the matter. The public is invited to address comments to: The Public Advisor, California Public Utilities Commission, 505 Van Ness Ave. Room 2103 San Francisco, CA 94102, or e-mail comments to: public.advisor@cpuc.ca.gov. When writing, refer to Application 10-11-015 for SCE and Application A.10-12-006 for the Gas Co., and specify if you would like a response. Otherwise no response will be sent. Based on this process, the final decision will be rendered in either November or December of 2011 with implementation set for January 1, 2012. You may also call 415-703-2014 or toll free at 1-866-849-8390.

Customers may view and download SCE's application and supporting papers on SCE's website, www.sce.com, or request a copy of the materials by sending a written request referring to Application 10-11-015 to Southern California Edison Co., P.O. Box 800, Rosemead, CA 91770, Attention: Case Administration. For Gas Co. application information, call Martha Cendejas at SoCalGas 1-858-654-1766 or view and/or print the application at socalgas.com/regulatory/cpuc.shtml.

New Children's Activity Page Blends Learning With Fun to Encourage Good Reading Habits

We are pleased to share a new feature in our pages this week – Newspaper Fun – a high-energy, children's activity page that features puzzles, cartoons, games and a cast of off-beat, humorous animal characters.

But, don't be fooled by all the fun. Underlying these entertaining elements is a strong educational framework designed to encourage reading. The page explores a variety of themes, many of them aligned with the lessons kids are learning in school, and buried in its puzzles and challenges are lessons that sharpen essential language arts skills.

"With every page I create, my first priority is to make sure you look at it and say, 'Hey, this looks like fun,' and then pull out a pencil and go to work," said Ann Mills, who writes and illustrates Newspaper Fun each week in her studio in Connecticut.

"My sense is that people love to learn new things, but can get turned off when they think something is designed to be educational," Mills said. "When you put interesting facts and ideas into a framework that's fun and entertaining, it draws people in. It makes it more of a pleasure to discover the new material."

With both bachelor's and master's degrees in education, Mills has a diverse background involving education. She worked in several elementary schools, helping to teach and motivate students to read before turning to children's publishing. For 10 years she created a children's activity page in southern Connecticut, which focused on the challenges of a highly mobile, military-centered community, and which earned two international journalism awards. That page – with many graphic refinements and the addition of a cast of new characters – formed the basis for Newspaper Fun.

"I believe that newspapers play a crucial role in helping people stay connected with what's going on in their communities," Mills said. "By attracting children to their local newspapers through features like Newspaper Fun, we're nurturing a new generation of newspaper readers."

"The idea is to create a flow between traditional and new media," Mills said, "with the common denominator being a focus on good reading habits."

While School Is Out.....

Happy, healthy New Year to everyone!

Newspaper Fun!

www.readingclubfun.com Animills LLC © 2010 V7-N52

It's a great time for new beginnings!

Happy New Year, Everyone!

A happy, healthy New Year to you and your family.

I love celebrating on New Year's Eve and Day! I decorate, bake and make little snacks for my family's party. I write a short list of my resolutions – promises and ideas for little changes that I can work on – and then welcome in the New Year at midnight.

What do you like best about the New Year? Read my clues to fill in my puzzle:

- falling, shining globe
- its hands tell us the time
- what we do when we gather at parties
- the new year can give us a clean slate
- last month of the old year
- the world's most famous New Year's party is held here
- the Rose Bowl is always played on New Year's Day
- when you see this infant, it means new beginnings
- explosions in the sky
- a march through the center of town
- 5, 4, 3, 2, 1
- old man, stands for the past year, history
- the exact moment that the old year becomes new
- a promise to yourself to change
- first month of the new year
- tool to help keep track of dates in the new year
- these 'ring in' the new year
- group of people playing instruments
- Auld Lang Syne is a very popular one of these
- great time had by friends, family with music and food

We celebrated our 5th anniversary by giving out tons of fun, free puzzles all year long...our gift to our readers! Print out more puzzles at: www.readingclubfun.com

A Party All Over the World!

New Year's Day is celebrated all over the world. In most places, people join in the fun by having parties, feasting, visiting, and greeting each other with good wishes. Read the "party" words. Then, find and circle them in the puzzles.

Things we use to decorate or set up:

- balloons
- lights
- centerpiece
- banner
- garland
- twirly whirly
- sparkles
- party poppers
- star cut outs
- tablecloth
- plates
- napkins
- glasses
- forks
- knives

board games
noise makers
finger foods
movies
friends
stay awake
dancing
streamers
hats
a toast
drinks
shakers
family
music
horns

The Magical Stroke of...

At what time does the old year end and the new year begin? When does the host give a toast and everyone cheer? Why, at the magical stroke of...

Y = Yellow
B = Blue

Newspaper Fun! Created by Animills LLC © 2010

SCHOOL DIRECTORY

Alverno High School

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

Arcadia High School

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

Arroyo Pacific Academy

41 W. Santa Clara St. Arcadia, Ca.
(626) 294-0661 Principal: Phil Clarke
E-mail address: pclarke@arroyopacific.org

Barnhart School

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(626) 446-5588 Head of School: Joanne Testa Cross
Kindergarten - 8th grade
website: www.barnhartschool.com

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(626) 355-3527 Principal: James Lugenbuehl
E-mail address: jml@bcsllions.org

Carden of the Foothills School

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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

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Pasadena, Ca. 91107 626-798-8989
website: www.highpointacademy.org

LaSalle High School

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(626) 351-8951
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 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

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Wilson Middle School

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(626) 449-7390 Principal: Ruth Esseln
E-mail address: resseln@pusd.us

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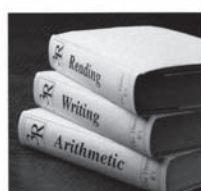
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Eat Well! The Happiest of Holidays to you all!!!!

I hope that you were able to spend valuable time during Christmas with your family and friends. Next up on the calendar, The New Year! I think time is speeding up on me.

One of my favorite subjects is joyfully known as "Bubbly." I do not wish to be a referee with zebra stripes, but I think it is important to discover some of the more intriguing historical elements of the liquid that tingles within our glass upon the stroke of midnight. There is a difference between "Champagne" and "Sparkling Wine." Champagne is a distinct region in France and, by strict French Law, only grapes grown and produced in that region can be called Champagne. Many states and countries produce a sparkling wine using very similar methods as the French. In California the procedure is called, "Champion Method." In Spain they call it Cava, and South Africa uses Cap classique. An Italian sparkling wine is called Asti. In Germany, Sekt is a common sparkling wine. Other French wine regions cannot use the name

when I'm alone. When I have company, I consider it obligatory. I trifle with it if I am not hungry and drink it when I am. Otherwise I never touch it - unless I'm thirsty." (Lily Bollinger)
 "I drink Champagne when I win, to celebrate . . . and I drink Champagne when I lose, to console myself." (Napoleon Bonaparte)
 "In victory we deserve it, in defeat we need it." (Winston Churchill)
 "Champagne makes you feel like it's Sunday and better days are just around the corner." (Marlene Dietrich)
 "My only regret in life is that I did not drink more Champagne." (John Maynard Keynes)
 "Champagne is the only wine that leaves a woman beautiful after drinking it." (Madame De Pompadour)
 "There be the things I shall never attain: envy, content and sufficient Champagne." (Dorothy Parker)
 "Two warm bodies and one cold bottle of Champagne will produce something more wonderful than would happen without the Champagne." (Helen Gurley Brown)
 "Champagne offers a minimum of alcohol and a maximum of companionship." (David Niven)
 "Champagne is the wine of civilization and the oil of government." (Winston Churchill)
 So, if this has got you in the mood for bubbly, I can't blame you. In fact, I toast you!! Drink responsibly! Wear eye protection if you insist on letting the kiddies rocket the cork with a bottle opening!

Email me thechefknows@yahoo.com for further information. Thanks to Google for helping me research this. Join me this Saturday Night at 9 PM on KABC Talk Radio

TABLE FOR TWO by Peter Dills

Champagne, i.e. Burgundy and Alsace produce Crémant. Sparkling wines mislabeled Champagne can be and are often are seized and destroyed by legal authorities.

How did this wonderful bottle of Bubbly come into our world? Most believe that the monks of France developed and began the process some four hundred years ago. It appears that these guys have a lot of free time on their hands. Like some many of our greatest discoveries, Champagne was actually a mistake. Can you believe that? Most wines were drunk very early, but some were transported long distances and through the journey, the casks would warm and set off a secondary fermentation. A strange bubbling would be noticed when these casks were opened. Dom Perignon gets the credit for one of the first successful deliberate capture of the "mousse" in a bottle. Since then many a ship has set sail and many weddings have started and ended with Champagne. Here are a few of the funnier quotes I found...
 "I only drink Champagne when I'm happy, and when I'm sad. Sometimes I drink it

Listen to Peter's Radio Talk Show every Saturday Evening at 9 PM on KABC AM, call in with your comments 800-222-5222





During the past few weeks, as you've begun to perfect your appreciation for wine, I hope you've had opportunity to peruse our local wine retailers. The BIG question that lingers as you expand your wine experience is the biggie : Why such a range of prices, or are expensive wines really better than the cheaper bottles? After all, isn't all wine basically grape juice? I've been to Albertsons and don't see much of a price difference between Welch's and other brands!

Great question, and like most reasoned thinking, there is not really an easy answer. Let's first of all consider what goes into a bottle of wine. Just like any business, the vintner has costs of doing business that are the base prices for the necessities - the bottle, the closure and the label. Without these, wine drinking would be a messy activity. These costs are fairly consistent amongst wineries, depending maybe upon volume costs. Next comes the first cost variable - the grape juice. Bulk wine can use grapes that cost a couple hundred dollars a ton, specialty grapes can run in the thousands. Because you're paying SOMETHING for the juice, the cost will depend upon WHAT is being produced, WHERE it's being produced, and HOW MUCH of the grape is being grown. Most new vintners have paid good money for cuttings from aged vines. These may have come from France, Italy, or even the overpaid competitor next door. You're paying for this with every sip. Then there are salaries to pay (no the grapes do not jump into a bottle when ready), perhaps hiring the best and brightest consultant to mix the varietals to better your chance at an award winner. Now add utilities and mortgages on the land. The actual juice in the bottle can range from .50 to over \$10 per bottle.

The next layer of costs really is a variable, simply because not every wine undergoes the same type of aging. There is a choice for storage - stainless steel or oak, and those that do use wood, use a variety of barrels. From American to French oak, new to well-used, 225 liters to something much, much larger; each demands a different price. Longer storage before bottling will mean a higher price. After all, the producer has not made a dime until the wine is in your shopping cart. Once the wine is in the bottle, NOW come some

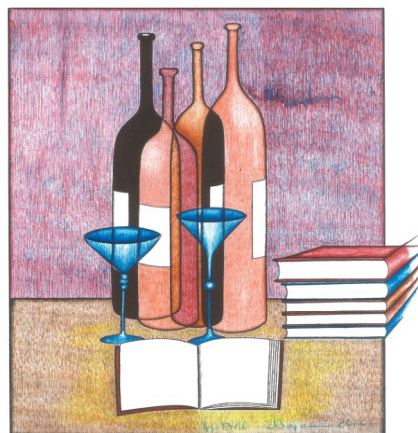
of the intangibles that really determine the cost of the wine. It costs money to get the bottle to your store's shelf. Importers, distributors and retailers now have their hand in your wallet, which will add \$1 to \$3 to your bottle.

HOW the wine is advertised, WHO the vintner will determine to be the desired drinker, will determine the difference between your \$4.99 and \$100 bottle. You'll see "Points" associated with some wines, and some are advertised as "award winners." These accolades can mean the difference between profit and loss to the producer, and certainly the pursuit of these levels of recognition costs money. High scores are worth money to the producer, and you'll see this reflected in the bottle price. Each of these now contribute to the "ego factor" of your wine. After all, if given a choice, would you prefer the reputation for producing a \$4 or \$40 bottle of wine?

So what really provides VALUE in the wine you're drinking? The real answer is how well you are enjoying your choice. YOU are the final judge who will determine the right price for your wine. Certainly, as you develop your pallet, you will find that wines can have some dubious value - some of the cheaper wines are actually quite drinkable, pricier bottle might not be worth the cost. All part of the journey!

Now, to help develop your new sense of value, mark your calendar to attend The Sierra Madre Friends of the Library 41st Annual Wine and Cuisine Tasting Event. The always- popular evening will take place at the Alverno High School Villa, 200 N Michillinda Avenue, on Friday February 18 7:00p - 9:30p. General entry tickets at a cost of \$60 will allow entry at 7:00, but Premier admission will allow 100 folk an early entry at 6:00 and include many new surprises. Current paid members of the Friends will receive a \$5 discount off general entry when purchased at the library. Tickets can be purchased at Arnold's Frontier Hardware, The Bottle Shop, Iris Intrigue, and Savor the Flavor. You can also pick up tickets at the Sierra Madre Library, or on-line at sierramadrelibraryfriends.org.

In addition to attending one of the social highlights of the year, and learning how to ask "how much is that bottle," you'll enable the Friends to support your library services and programs. This past year The Friends of the Sierra Madre Library provided over \$58,000 for equipment upgrades and improvements.



Win Two Tickets to the Friends of the Library 41st Annual Wine and Cuisine Tasting Event

February 18th at the Alverno Villa

Look for this Wine-Tasting Artwork in Mt. Views Publications now until January 31st. Answer the wine trivia question, complete the entry form and drop off at the Sierra Madre Library.

Drawing Rules - Limited to one entry per person, per Mt Views publication. Winner need not be present to win General Admission tickets. Completed entry from must be delivered to the Sierra Madre Library during hours of operation, same week of publication. Drawing tickets have no cash value and cannot be refunded. Eligible entry form does not require a correct answer to the trivia question.



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Breakfast Bagel: Eggs, Cheese, Bacon or Sausage with Tomato on a Fresh Toasted Bagel & Medium Coffee or Juice \$5.95	Served on Fresh Baked Breads: Sour dough or multigrain bread
Breakfast Bowl: Eggs, Cheese, Country Potatoes, Onions, Bell Peppers, Bacon Or Sausage & Medium Coffee or Juice \$6.50	Make it a combo Add a medium drink and herb pasta or potato salad for \$1.95

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Wine & Cuisine Tasting Ticket Give-away Entry Form



Wine Trivia Question:

[] What can you tell from tasting the wine?
 [] Where the bottle was purchased
 [] The type of grape used in producing the wine
 [] That my girlfriend is better looking than I'd initially thought

Name: _____
 Phone: _____

Drop form off at the Library at 440 W. Sierra Madre Blvd during regular hours



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And Time Marches On...

You know, sometimes I surprise myself with the number of times I quote my parents considering that I was no different than most other children, especially teens, when it came to taking their advice seriously. But, once again, dear old Dad was absolutely right. "Time marches on", or his other favorite expression in the alternative was, "Time waits for no one". And so it has. Another year has come and gone....and in my case, far too quickly. If I were to wax philosophical like my colleague Mr. Tolchin, I would be pontificating on the true meaning of that, but....I don't have time. I have to move forward with what I know and that is, the clock is ticking and I, we, should all make hay while we can.

2010 was a very challenging year and while most of my immediate family has been blessed with good health, I have had too many close friends who have been stricken with cancer. One such person is Joan Baldwin who showed me incredible kindness and love when I was a young adult and held my hand through the turbulent years of being a young wife, mother and student. She was diagnosed in October with advanced pancreatic cancer and when we spoke just this morning, it was clear that this devastating disease was rapidly taking its toll.

When I hung up the telephone I was grateful that I had taken the time to spend a few days with her this fall while we could still have a good laugh and reminisce about old times. The memory reminded me that every

single moment we have is precious and we should make the best of it. It also reminded me that we should remember to thank those who help us along the way, not so much in words but in deeds.

You may be surprised to hear this, but that is one of the things that I love about this town of Sierra Madre. As much as we may appear to be tearing each other apart at the seams, the truth is, we are a community that works very hard to keep things together. The amount of time, money and energy that volunteers invest in our organizations and institutions are the glue that makes Sierra Madre what it is today.

Now, what Sierra Madre will be tomorrow depends on how well we make use of the time we have before us.

I am involved in a number of local organizations and there is one thing that I have noticed they all have in common. They all have a great membership roster that has been there working in the trenches making certain that things get done. That is terrific. But the other thing they all have in common is that there will soon be a gap in that leadership unless we begin to recruit a new crop of leaders that can carry on in the future. So, while we are celebrating making it another year, let's put at the top of our list, recruiting new people to get involved. We must embrace new leadership, new ideas, and new energy if we want to continue to see progress in this or any other community.

We really don't have time to put it off until tomorrow. According to that clock my daddy had, tomorrow is today.

Happy New Year!

AND THE PHOTO OF THE YEAR IS.....*I was going to do a recap of the best photos from 2010 but this one beat them all. And...it just happens to be of a man who exemplifies making good use of your time, volunteering and giving back.*



Former Sierra Madre Mayor George Maurer is swimming with the Dolphins in November.

HOWARD Hays As I See It



The advent of a New Year is time to make a list of resolutions. It's also time to take stock of what's been accomplished since making out last year's list, to see what remains undone. (Preparing new lists of resolutions is thus rather easy for me; after taking note of what I've accomplished, I find I can just use the same list year after year.)

Officeholders in our nation's capital engage in a similar exercise every two years - with the advent of a new Congress. For Democrats, this means drawing up an agenda consisting of pursuing immigration reform and a renewed push for the DREAM Act, energy legislation emphasizing green technologies and attacking global warming, assuring that the needs of the military are met not only in the field but when our soldiers return home from combat, and progress towards economic recovery and addressing high unemployment.

For Republicans, this means an agenda of trying to make President Obama look bad.

This is also the time to reflect and assess accomplishments of the past two years. Republicans have stalled, watered-down, and broken records for using Senate rules to block legislation and prevent nominations for administration and judicial posts from coming to the floor for consideration. (Remember their cries of "Up or down! Up or down!", demanding the opportunity to vote one way or another on Republican nominees?)

Meanwhile, Democrats under the Obama Administration have:

Enacted sweeping healthcare legislation that has eluded presidents since Theodore Roosevelt; providing 32 million Americans access to health insurance, reducing costs while expanding coverage, curtailing abusive insurance practices, saving families from bankruptcy - and saving lives.

Enacted the most sweeping Wall Street reforms since the Great Depression; applying new standards of accountability and transparency to the markets that caused the economic meltdown, protections for consumers using credit cards and other financial products, and assurances that even the biggest players will have to play by the rules.

Pumped \$800 billion into the economy with a stimulus going towards construction of bridges, highways, investments in clean energy and broadband technologies - creating over 3.3 million new jobs (and counting); one-third towards saving the jobs of tens of thousands of police, teachers and firefighters threatened by state and local budget cuts; and one-third towards providing one of the biggest middle-class tax cuts in our nation's history.

Ended decades of discrimination by allowing gays and lesbians to serve openly in our armed forces.

Provided help to the 9/11 first-responders suffering respiratory and other ailments from their exposure to toxic materials at ground zero.

Ratified the START nuclear arms treaty; providing for mutual reduction of nukes by a third and launch systems by half, monitoring and safeguarding of stockpiles, and steps to prevent the spread of nuclear materials to unstable regimes and terrorist groups.

Passed legislation making it easier for women to seek redress from employers practicing pay discrimination.

Brought tobacco under the purview of the Food and Drug Administration, allowing greater controls over the marketing of tobacco products.

Expanded the S-CHIP program, providing matching funds to states in bringing health coverage to 4 million additional children and pregnant women.

Put the first Latina, Sonia Sotomayor, on the Supreme Court which, with the addition of former Harvard Law School Dean Elena Kagan, gave us a Supreme bench with one-third of the Justices being women for the first time in our history.

Revamped the student loan program, so students can get low-interest college loans without having to graduate with crushing debt owed banks amassing taxpayer-guaranteed profits - providing, according to the Congressional Budget Office, a ten-year savings to taxpayers of \$61 billion.

Passed the Child Nutrition Bill, encouraging schools to incorporate USDA nutritional standards in meal preparation, expanding school health and wellness programs, and

providing access for over 100,000 additional children to school meal programs.

Passed the Food Safety Act, giving the FDA broadened responsibilities and resources for protecting us against food-borne illnesses, clamping down on unsafe practices in domestic food processing as well as greater inspections of food coming to market from across our borders - along with protections for industry whistleblowers.

Settled decades-old discrimination claims made by black and native-American farmers against the USDA and the Federal Government.

Expanded the 1969 federal hate-crimes law to include crimes motivated by the victim's gender, sexual orientation and disability.

Rescued the U.S. auto industry with "Cash for Clunkers" and financial help (much already paid back) in the restructuring of GM and Chrysler, saving an estimated 1 million jobs from being added to the 400,000 already lost, and seeing 45,000 new jobs created since GM and Chrysler emerged from bankruptcy.

Strengthened registration and reporting requirements for lobbyists.

Reinstituted "Pay-Go" rules, requiring specified funding sources to offset spending; rules abandoned during the Bush years.

Increased funding and personnel for the Border Patrol on our southern border, oversaw increased deportations of undocumented aliens - focusing on those with criminal records.

Enacted the "New G.I. Bill" for those returning from Iraq and Afghanistan, and provided support for caregivers of wounded veterans.

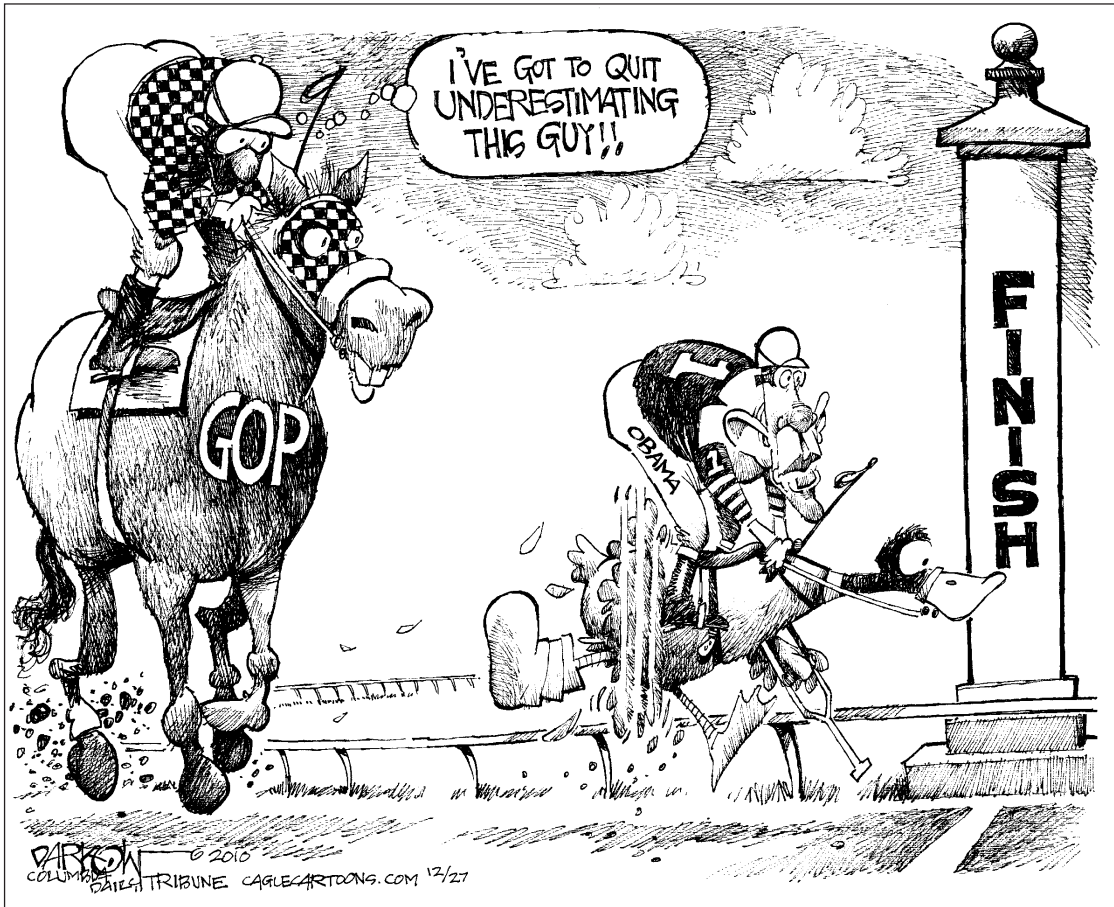
Enacted the HIRE Act providing tax cuts to small businesses for the hiring of new employees and write-offs for the purchase of new equipment.

Provided federal support for stem-cell and

NEW LAWS 2011

A new year brings lots of changes, including new laws that we need to be aware of. Here are just a few State Laws that go into effect on New Years Day

- AB 119 prevents insurance companies from charging different rates for men and women for identical coverage.
- SB 782 prevents landlords from evicting tenants who are victims of domestic or sexual abuse or stalking.
- AB 1844—informally known as Chelsea's Law and authored by local Assembly man Nathan Fletcher—will increase penalties, parole provisions and oversight of sex offenders, including a "one-strike, life-without-parole penalty" for some.
- AB 1871 allows people to lease out their cars when they are not being used—alleviating the need to purchase additional insurance.
- AB 537 will make food stamps an acceptable form of payment at farmers markets through an EBT process.
- SB 1411 makes it a misdemeanor to maliciously impersonate someone via a social media outlet or through e-mails.
- SB 1317 allows the state to slap parents with a \$2,000 fine if their K-8 child misses more than 10 percent of the school year without a valid excuse. It also allows the state to punish parents with up to a year in prison for the misdemeanor.
- AB 715 makes a change to the California Green Building Standards code. The change will require new California buildings to be energy efficient.
- SB 1449 makes the possession of one ounce of marijuana an infraction with a penalty of a \$100 fine.
- AB 12 allows foster youth to acquire state services until the age of 21.
- SB 1399 allows California to medically parole state prison inmates with physical incapacitating conditions and ultimately shifts some of the cost of care to the federal government.
- AB 97 bans the use of trans-fats in food facilities.



biomedical research.

Extended the Ryan White HIV/AIDS Treatment Bill allowing further federal support for research and treatment.

Enacted the Fair Sentencing Act, eliminating mandatory jail sentences for first-time drug offenders and simple possession.

Increased federal funding for science and research labs.

Expanded AmeriCorps and other national service opportunities.

These accomplishments took place with a new congress and a new president handed two wars, a trillion-dollar deficit and the worst economic crises in almost eighty years to start with.

As for the Republicans, they want to start by holding hearings to proclaim the jury's still out on global warming.

As for me, I'd better start working on my own New Year's resolutions. Let's see:

#1. Never keep Susan waiting by turning in my column after the deadline . . .

**In An Emergency
Tune To
1630 ((P)) AM**

**Sierra Madre
Community Radio**

If there's an earthquake, fire, or other emergency, **1630-AM** will broadcast important safety information. Listen on any **AM** radio.

Put a sticker on your radio!

Stickers courtesy of the Sierra Madre Kiwanis Club

What DO You Think?

We'd like to hear from you!

Contact us at:

editor@mtnewsnews.com or

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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



NOT EVERYTHING CHANGES

My wife has this sometimes wonderful job, a part of which is to arrange reunions. She characterizes the different groups she works with as exhibiting specific characteristics. I recall her saying that the old grads who fought in the Wars often express a kind of "How can we help you to make this great?" while other groups express a kind of, "What can you do for us?" attitude. Well, my fifty-year High School Reunion is this year and I've been trying to sort out my feelings as to what kind of group we were and whether I want to attend.

I think the entire graduating class numbered about 500. Included were teenagers who were already famous or soon to be famous. One was already known from TV as a Mouseketeer, (I really didn't know her). Other classmates were soon to be stars of their own TV series and minor movie-stars. Many classmates claim to have known these people, but at the time I don't remember any strong associations. Another classmate became Lieutenant Governor after a career as a rock-impresario, but I can't say I knew him either. The Queen of our Prom became a kind of Buddhist Monk and, I think, a pretty important person within her sect. I got to know her a little better after high-school and recall that she was quite cute but not particularly interested in being sexual with me. In fact, I think, this typifies a lot of the girls who loosely belonged to my group. They were all young, many were attractive, and as far as I knew, none were particularly interested in having sex with me.

These are not particularly pleasant memories. There were cool kids; hip and aware but I was not a part of that. Remember - this was still 1961. It was, for most of us nice Jewish kids, pre-drugs and pre-sex and being on the outside. Yes drugs, college, and civil rights were right around the corner and attitudes were about to change but for the moment my group was hopelessly behind the times, still concerned with material values, SAT scores and getting away from home. Let me share a more personal glimpse of myself with you. In my senior year I was about a year younger than everyone else because Chicago's Elementary School system had double-promoted (we called it skipping) me two times. Although I have always been kind of proud of this fact and manage to sneak it into conversations where it has little relevance (I see my mother-in-law doing the same thing as she tells

disinterested people how her otherwise undistinguished son-in-law {me} skipped three grades) it was probably a socially disastrous occurrence. Not only was I younger than everyone else but I was also immature, over-protected, financially hopelessly deprived and generally clueless. By the middle of the twelfth grade I had never been out alone with a girl. In my Shakespeare Class (yes in pre-computer times we had Shakespeare classes) the annoying Jewish girls of my group would pass notes around me to Barbara who for some reason obviously liked me. Unfortunately I found her attention and their attentions bewildering, annoying, and possibly frightening. I felt like all these Jewish girls were trying to control me (what a surprise) and I didn't like it. I knew they all wanted me to ask Barbara to the Prom and even though I didn't know what I wanted to do I knew I didn't want to be controlled by them. This is a pattern which, for better or worse, I have repeatedly followed during my life.

Anyway, after one of these days of note-passing I rebelled. After English Class I asked this beautiful, tall, Gentile girl to go to the Prom with me and she said yes. Why do I keep mentioning this Jewish/Gentile stuff?. It's kind of hard to believe but at that time and at our particular high-school in the San Fernando Valley, and without anyone ever even talking about it, it was well understood that Jews and Gentiles were almost separate species who barely spoke the same language and did not interact. This rule was not universal and did not apply to athletes, musicians, and dummies; but for my group that was the rule and that was the problem. Within our group we were too similar to be of interest to one another and leaving the group was generally too frightening and, in 1961, almost unthinkable.

Since 1961 the ways of society have changed many times. Old barriers (like religious, racial, and sexual ones) seem to have fallen. It is a new and different time and perhaps, like many other people, I am mainly interested in interacting with people - different kinds of people who represent the future - rather than the same old people who are memories of an undistinguished past. I still don't want to be controlled by anyone, but I need someone to tell me what to do next as I approach retirement and other potentially frightening events. I have yet to decide about going to the Reunion. I guess some things don't change.

RICH Johnson 2011 Stock Market Strategy



I must admit I have never invested in the stock market. All my investing dollars have been funneled into a rather dubious and questionable company. That would be mine. The jury is still out on whether this strategy was the keenest use of my dollars. I

may never know. My heirs will ultimately be the better judge of my decisions along the way. And since there have been no close calls with runaway buses, or failing brakes on my car, I think my heirs are somewhat satisfied for the moment. Still, I've adopted a cautious wait and see posture.

Not that I don't recommend prudent investing. Since I have climbed up on this soapbox and started dispensing advice, suggestions, and blither, I have never tendered investment strategies. And why not? I thought what better time and place to diversify (that's an investment term.) So, I did peruse the Wall Street Journal, Baron's, Forbes, and that 8-ball thingy you turn upside down for answers to life's difficult questions. And I have honed a 2011 stock market report and investment strategy. Please bear in mind I have no idea what I am talking about. Adopting a approach 180 degree in the opposite direction to any suggestions I make is very likely the most sensible response. Anyway, here is my priceless stock report:

Helium was up.
Feathers were down.
Paper was stationery.
Fluorescent tubing was dimmed in light trading.

Knives were up sharply.
Cows steered into a bull market.
Pencils lost a few points.
Hiking equipment was trailing.
Elevators rose, while escalators continued their slow decline.

Weights were up in heavy trading.
Light switches were off.
Mining equipment hit rock bottom.
Diapers remain unchanged.
Shipping lines stayed at an even keel.
The market for raisins dried up.
Coca Cola fizzled.
Caterpillar stock inched up a bit.
Sun peaked at midday.
Balloon prices were inflated.
Scott Tissue touched new bottom.
And batteries exploded in an attempt to recharge the market.

I would like to publicly thank my friend Jeff for help in pouring through all the data formulating this valuable treatise. His investment strategies have done him well over the years except for possibly the investment of time in certain friendships. I just can't see how that has helped him all that much. Be well.

HAIL Hamilton

My Turn



Stop Drinking Bottled Water - that's my New Year's Resolution

I'm sure everybody's asked the question: What can I do to protect and improve the environment? Here's my answer and my resolution for the new year: I will stop drinking bottled water (\$11.7 billion in U.S. sales last year) and use tap water instead. It can be filtered but not bottled. I will even insist on tap water when eating out. No more little plastic bottles of H2O with French-sounding nature-friendly names. If the restaurant doesn't have water on tap, I'll eat somewhere else.

I figure not drinking bottled water is going to save me a whole bunch of money, improve my health, and help the environment a lot more than just "recycling" plastic bottles. Here's why:

Regulation: In fact, both regulation and enforcement of bottled water safety is weaker than of tap water safety. Federal, state, and local environmental agencies require rigorous testing of tap water safety. Be sure to check the label and look for "from a municipal source" or "community water system", which just means it is tap water.

Safety: American tap water is among the safest in the world, and as much as 40% of the bottled sold in in the U.S. is just filtered tap water. By drinking tap water, you can avoid the fertilizer, pharmaceuticals, disinfectants, and other chemicals found in bottled water. Organic contaminants often found in bottled water, such as E coli, is thought to be the result of bottlers removing chlorine, a powerful anti-bacterial agent, for reasons of taste.

Carcinogens: DEHP is part of a chemical group called phthalates, which are used to produce plastic, including water bottles made with polyethylene terephthalate (PET), identifiable by the number 1 on the bottom of the bottle. These chemicals are potential human cancer agents that can leach from the plastic into the water, even under normal conditions.

Oil: Producing plastic bottles uses energy and emits toxic chemicals. Making bottles to meet America's demand for bottled water required the equivalent of more than 17.6 million barrels of oil last year -- enough fuel for more than a million U.S. cars for a year -- and generated more than 2.5 million tons of carbon dioxide contributing to global warming. Transportation to deliver bottled water burns additional fossil fuels and emits more CO2, the most abundant greenhouse gas, into the atmosphere.

Money: Bottled water costs significantly more than tap water. Ninety percent of the cost of bottled water is in the bottle itself. For the \$2 you spend on a liter of bottled water you can get about 1,000 gallons of tap water. If taste is an issue use a water filter -- Poor taste is most often the result old or poorly maintained plumbing.

Garbage: North Americans use over twenty-eight billion plastic water bottles per year; 88% of these bottles end up in landfills or wash into the ocean instead of being recycled. That amounts to two million tons of PET plastic bottles piling up under new housing tracts or floating out to sea (adding to the largest collection of plastic bottles, and other plastic products, permanently circling in the middle of the Pacific Ocean).

Water Privatization: Water extraction for bottled water leads to local water shortages affecting nearby communities and farmers. Water bottlers deplete aquifers and other groundwater sources, and harm local economies by paying too little for the water they take. Contracts often give preference to water bottlers over the town's ratepayers because the company can draw the maximum amount of water it wants, regardless of drought or water shortage.

This year the township of Bundanoon, New South Wales, Australia became the first bottled water-free city on the planet. Its citizens voluntarily chose to ban bottled water in response to a bottling company's desire to extract millions of liters of water from the local aquifer. The initiative for a bottled water-free town was proposed by local businessman Huw Kingston and carried out by the grassroots organization, Bundy On Tap. In a community meeting of 356 of the town's 2,500 residents, all but one voted in favor of the ban. According to Bundy, it is now prohibited to sell or give away bottled water anywhere within the town limits.

Following the lead of our friends Down Under, I propose that the City of Sierra Madre adopt a similar ban on bottled water. It would give us the distinction of being the second city on the planet, and the first city in the U.S. to do so. Banning bottled water sure makes more sense than the noise ordinance on gasoline blowers and anti-smoking ban we passed last year. I think it's high time residents of Sierra Madre stop talking the talk about protecting the environment and start walking the walk. I'll do my part. Will you?

City of Sierra Madre PUBLIC HEARING NOTICE

To: Citywide
From: The City of Sierra Madre
Subject: MUNICIPAL CODE TEXT AMENDMENT 11-01 (MCTA 11-01) REPEALING SECTION 17.68.050 (OFF-STREET PARKING DISTRICTS) OF CHAPTER 17.68 OF THE SIERRA MADRE MUNICIPAL CODE

The City of Sierra Madre gives notice, pursuant to State of California law, that the Planning Commission will conduct a public hearing to consider an amendment to the Sierra Madre Municipal Code, repealing Section 17.68.050 (Off-Street Parking Districts) of Chapter 17.68. The proposed amendment would rescind Section 17.68.050 from the Code, thereby removing this provision which allows an applicant for a building or zoning permit to pay a sum of two thousand dollars per parking space, in lieu of providing any or all of the off-street parking spaces required for a project.

DATE AND TIME OF HEARING
City of Sierra Madre
Planning Commission meeting
Thursday January 6, 2011
(Hearing begins at 7:00 p.m.)

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

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

ENVIRONMENTAL DETERMINATION: This Municipal Code text amendment qualifies for a Categorical Exemption under Section 15061(b)(3) of the California Environmental Quality Act (CEQA), as the Code text amendment is not a project and it can be seen with certainty that it will not have a significant effect on the environment.

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

By Order of the City Council
Danny Castro, Director of Development Services

What Do YOU Think?

We'd like to hear from you!
Contact us at: editor@mtnviewsnews.com
or www.facebook.com/mountainviewsnews

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"FORGET IT, KID... I CAN'T AFFORD TO RETIRE..."

Looking Up

with Bob Eklund

It's COLD and WET at The Moon's South Pole

Frozen water just inches below the Moon's surface has been confirmed by an international team of scientists.

Based on data the group obtained with an instrument aboard the Lunar Reconnaissance Orbiter, or LRO, NASA chose the impact site for the LCROSS probe, which slammed into the Moon's surface last year in October in an attempt to kick up dust that could be analyzed for the presence of water ice.

"We found significant amounts of water around the north and south poles, in places where previously we were only tentatively thinking of it," said University of Arizona professor William Boynton.

In addition to confirming water and its distribution in unprecedented detail, the data included an unexpected finding.

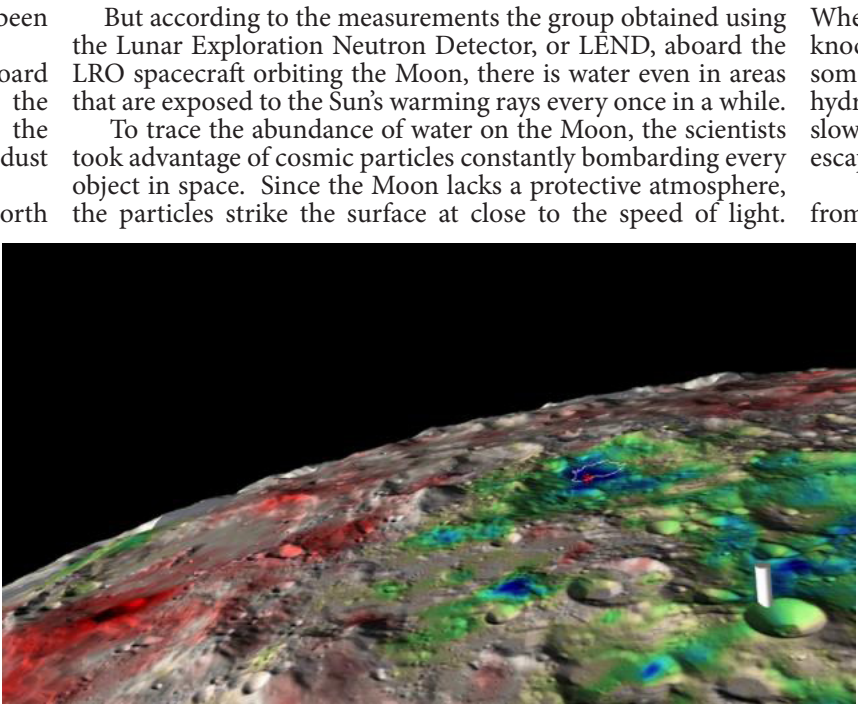
"To our surprise, some of the permanently shadowed regions had no water, but some of the areas that receive sunlight occasionally did have water," Boynton said.

In other words, water was found not only where it is supposed to be, but also where it is not supposed to be.

Previously, scientists were convinced water ice could only persist in so-called Permanently Shadowed Regions, or PSRs — places on the Moon's surface where the Sun never reaches. Unlike Earth, whose tilted axis ensures that any spot on the surface receives sunlight at some point during our year-long journey around the Sun, the Moon's axis is hardly tilted at all. As a result, some places on the lunar surface are never exposed to sunlight.

"In some of the craters that are close to the north or south pole and have very steep walls, no direct sunlight ever reaches the bottom of the crater," Boynton said.

"At down to minus 370 degrees Fahrenheit, those PSRs are colder than Pluto," added Karl Harshman, a software engineer with UA's Lunar and Planetary Lab.



The white contour surrounds the largest permanently shadowed region in the Cabeus crater, with the red asterisk marking the location of the LCROSS-Centaur impact. The colors indicate how much water is present in the soil, ranging from dry (red) over intermediate (green) to areas with relatively high water abundance (blue). The white marker in the foreground points to the Moon's south pole. (Image: G. Droege, University of Arizona)

When they collide with the atomic nuclei in the dusty soil, they knock particles off these atoms, mostly protons and neutrons, some of which escape into space. If one of these particles hits a hydrogen atom, which is most likely part of a water molecule, it slows down dramatically, leaving fewer particles fast enough to escape to space.

By measuring differences in the flow of neutrons coming from different places on the Moon's surface, the researchers were able to infer the amount of water present in the soil: Areas emitting low neutron radiation indicated that water was capturing and retaining most of the neutrons, while areas reflecting high neutron radiation identified themselves as dry.


In the PSRs near the LCROSS impact site at the Moon's south pole, the soil was found to contain up to four percent water.

"The water might be like some form of ice mixed with the soil, possibly similar to the slightly damp, frozen soil found in Alaska," Boynton said. "We think that in the PSRs, water ice might be present on the surface, but the fact we found it in the partially sunlit areas, too, means the upper three inches or so must be dry dirt; otherwise the sunlight would cause the water to evaporate."

Possible origins of the water on the Moon include impacts of icy comets or hydrogen deposited from solar wind, the authors noted.

The study was led by Igor Mitrofanov at the Institute for Space Research of the Russian Academy of Science in Moscow, the agency that supplied the LEND instrument used in this study. LRO is managed by NASA's Goddard Space Flight Center in Greenbelt, Md.

You can contact Bob Eklund at: beklund@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 where the jobs are located and how to get past 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 your questions, but I will be totally honest. My objective is to help you achieve your employment goal.

Job Seeker New Year Resolutions

1. I will get a job within six months that will be a perfect fit and matches my skills, experience, education, and my financial needs.
2. I will write a dynamic resume to include all my skills, accomplishments and education to get me noticed and interviewed.
3. I will create and deliver a 15-second elevator speech which will grab everyone's attention and make them take an interest in what I have to offer.
4. I will improve on my interviewing skills to project my self-confidence and an eagerness to add value to a company.
5. I will develop a job search plan and tracking system.
6. I will commit and devote at least 30 hours a week to finding a job.
7. I will mail and e-mail out over 50 resumes a week to employers.
8. I will expand my job search and not just focus on positions listed on the internet.
9. I will register with 20 or more temporary and staffing agencies to increase my employment options and opportunities
10. I will register and post my resume on more than 25 job boards and portals.
11. I will relentlessly expand my network by attending "real live" social networking events, contact employers, talk with family, friends and former co-workers, and use the internet social networks to increase my odds of finding a job.
12. I will surround myself with positive and supportive people to encourage me to job hunt until I find a job or position I like and is in line with my budget and financial needs.
13. I will help others who are searching for employment.
14. I will be optimistic and not get discouraged: there is a job out there for me.
15. I will find the right employer and position suitable for me.

Wishing you a happy, healthy, prosperous, and much success-at -finding the- right-job
NEW YEAR!!! jai
Everything you ever wanted to know about how to get a job ... but didn't know who to ask.
ASK jai. Send your questions to: jai@resumeandcareerservices.com

KATIE TseThis and That

Blood & Tea Bags



Can you take pain? When you slip while cutting melon do you laugh off the fact that your left forefinger is now three millimeters shorter than your right? Or do you scream if grease flies from the frying pan and singses your arm? I can't bear nausea or having my blood drawn (the suction sound grosses me out), but other than that, I tolerate pain pretty well. I should warn you, this article is not for the faint of stomach. If you get woozy at the mention of blood, continue on to another section of the paper!

January is a time for renewal of health insurance, and it was about this time last year when my dentist's receptionist called to cheerily inform me that my health care provider had approved yet another periodontal (gum) surgery. *Oh joy!* I'd been through a number of these operations before my dentist referred me to my current specialist. He's a tall, dark and suave Spanish guy with an exotic accent. We'll call him Dr. Suave.

Inspecting my previous surgical site, he remarked on how nicely his last operation turned out. With my mouth pried open I managed a weak "Uh huh." He said next he'd tackle the upper front left quadrant of my mouth. For this, he'd need to harvest tissue from the deep part of my palate, which might be more painful. If you're blissfully ignorant of what these surgeries entail, let me enlighten you. The surgeon "harvests" some nice living tissue from the roof of your mouth, then cuts open your gums and stitches it in like a patch.

Yeah, yeah, I thought, listening to his prediction of pain. I'd never had to follow any precautions before. He told to me pick up some vitamin C and zinc supplements, along with frozen peas to lessen the swelling. "Uh huh," I replied, with no intention of heeding his advice.

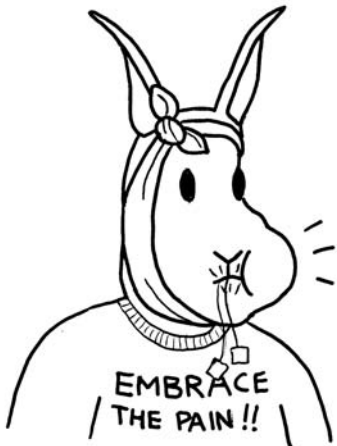
The surgery came and went; my eyes closed to the torture devices being sawed and drilled in me. I only wish they provided earplugs. Afterward, Dr. Suave fitted me with a rubber retainer to protect the

harvested area. Underneath was a wad of gauze to soak up the blood. I numbly drove home, planning to take it off the next morning.

To my surprise, some blood oozed out the back of the retainer. The gauze was starting to unravel, and long strings tickled the back of my throat. Also, the pain was greater than before. I popped a couple Motrins and tried to determine if my face was as swollen as it felt. I attempted eating steamed veggies, but nearly gagged when I realized the gauze had come loose and slid down my throat with a swallow of cauliflower.

By dinner I was tired of wearing the retainer. As I gingerly removed it my husband asked if I wanted something soft to eat, but I cavalierly responded that I was fine! The first bite of chicken was okay, but the next had a distinctly iron flavor, and felt as if it was warmly expanding as I chewed. *Oh #*!* I spit out the bloody food in a napkin and grabbed a fresh one to staunch the bleeding. By then my husband was trying to be as helpful as one can be when one's spouse's palate is hemorrhaging. After a minute of applied pressure I carefully peeled away the napkin, but was met with a fresh torrent of blood issuing from my mouth like a miniature geyser. I ran to the kitchen and held my head over the wastebasket. Tears came, not because of any pain, but because the steady spattering wouldn't stop. My husband called Dr. Suave, who recommended compressing tea bags. Since neither of us are big tea drinkers, my husband called my parents, and they arrived shortly with a variety of teas. "Oh, yeah..." my mom nodded as I stuffed bags in my mouth like a chipmunk, "I had to use tea bags when I had my wisdom teeth out. I bled like a stuck pig for days."

When the flow finally ended, I downed vitamin C and zinc tablets like they were candy, and consumed nothing but yogurt and lukewarm tea for a week. Recently a coworker asked me how my gum grafts went, since she is scheduled to have a similar procedure. Did it take a long time? Was it painful? I smiled a thin-gummed grin, "Nah, piece of cake!"



On Line

By PJ Carpenter

HAPPY NEW YEAR!



Walking Miss Daisy

It is 7:30 AM when my neighbor's cell phone comes to life, breaking the serene silence of dawn and rudely awaking all who sleep. The custom, voice-recorded ring tone resounds loudly with a chime of "Chris, dog walker.... Chris, dog walker...Chris, dog walker!" Immediately, Daisy snaps to attention, plants herself at the foot of the bed, and places one paw on top of the bed sheet with her fluffy white ears and tail fully engaged. Next she begins her usual routine of pacing back and forth from the bedroom to the leash that hangs on the hook by the front door, whining softly as she paces, as if to say, "Please hurry, get me ready, Chris will be here any minute". Soon she is greeted on the front porch by her beloved walker who gives her a hug and a pleasant verbal greeting, and off we go. Daisy is absolutely elated to be leashed and heading out on yet another exploratory pilgrimage through the local neighborhood and hillsides!

Within moments, we are well on our way up the steep hill that takes us to the upper canyon and ultimate apex of our vigorous hour-long hike. The sun has just made its way over the eastern horizon, and has begun its typical daily task of steaming the pavement and warming the windows of the houses as we pass by.

Suddenly, Daisy stops in her tracks; her body stiffens and she stares ahead, fully focused on the hillside adjacent to us. Her ears are perked to a point, her tail is bent forward and the hair on her back begins to rise up like a porcupine. I follow her gaze, hoping to see what may have caught her eye and caused such a sudden change in her countenance, but I see nothing out of the ordinary among the massive, meandering oak trees and low-growing fauna covering the open area between the houses on the hill. Seconds later, Daisy relaxes enough for us to resume our steep upward climb and I begin wondering to myself what could have caused her momentary change in behavior. It crosses my mind that she might have nervous tendencies due to a traumatic experience that occurred when she was a puppy, before she was rescued and adopted. As I ponder the possibilities, we make our way further up and around the curve toward the fire road, where the pavement ends abruptly at the trail head. It is then that I look up to see a small pack of coyotes standing in the middle of the trail just a few yards ahead, looking directly at us! I am a bit surprised to see so many of them standing so close, but having seen coyotes in the neighborhoods and canyons multiple times before, I know enough to slowly back away and leave them alone, to avoid confrontation.

Happy Tails

by Chris LeClerc



As we head back down the hill, it occurs to me that Daisy's sudden change in demeanor on our way up the hill, had nothing to do with neurosis, nor was it prompted by something she saw far away in the distant woods. Daisy's brief behavioral interlude had clearly been a natural response to her inherently keen sense of olfaction. I had recently read an article that mentioned a dog's sense of smell is said to be 1,000 times stronger than that of a human being, mainly attributable to a vomeronasal organ that is housed in the dog's olfactory chamber. This specialized anatomical feature, unique to the canine, was no doubt what allowed Daisy to sense the presence of the coyotes from so far away, and exhibit a physical response long before they came into her field of vision.

We finished our hike, and I delivered Daisy back to the safety of her home with lots of hugs and praise. Later that day, I was reflecting on our walk and I realized that my initial assumptions about what could have caused Daisy's unexpected behavior had been a prime example of how the domestic dog is often misunderstood by the human being. Daisy's response to the scent of the coyotes that morning, reinforced my appreciation for the dog's sense of smell, but more importantly it taught me that, if acknowledged from the proper perspective, a dog's sensual abilities and responsive behavior can act as a very important tell-tale for the human's safety in the wilderness. Finally, it was a reminder to avoid trying to anthropomorphize the dog. To expect a dog to think and behave the way a human thinks and behaves is to foolishly discount the remarkable unique qualities of the dog that can be of great value and benefit to the human. In retrospect, my experience that morning taught me 2 very valuable lessons; to respect the dog and its inherent sensual abilities, and to allow myself a healthy helping of humility as a human being. Who knew a simple morning walk with a dog could offer lessons of such value and importance?

Happy Tails is a new feature of the Mountain Views News brought to you by Chris LeClerc an avid animal lover and pet owner who operates Canyon Canines in Sierra Madre. For more info on Chris go to: www.canyoncanines.com.

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



The King of Roses... Jacob Maarse

Last week amidst the busiest season for Maarse Florists, Sierra Madrean Jacob Maarse, 82, passed away after a short illness. Well known to townsfolk, Tournament of Roses aficionados, as well as the global flower world, Maarse will be missed in many quarters.

With the Christmas holidays and round the clock Rose Parade preparations in full swing, the memorial for Maarse will be delayed until 1 p.m. on January 8, to be held at All Saints Episcopal Church, 132. N. Euclid Avenue, Pasadena.

Maarse was born into a Dutch flower growing family in the Netherlands city of Aalsmeer, the famed site of the world's largest flower auction house, which today sells 20 million flowers daily from Monday through Friday.

After a 1940's horticultural stint in New York, Maarse made his way to Pasadena in the 1950's, working first as floral manager for Preble's Produce, a San Gabriel grocery chain. After fifteen years there, he opened his own shop in 1966 at a Green Street location now the site of the Pasadena Convention Center. The shop moved moving to its current location, 655 E. Green Street, in a building that once housed the local Cadillac dealership.



Photo courtesy LA Times

Jacob Maarse left his personal stamp on everything he did, even growing his own roses for use at the business beginning from approximately April to December, each year. Maarse owned three acres on Highland in Sierra Madre, and each spring, 500-1000 blossoms were cut from his home stock daily during rose season.

Maarse's distinctive style provided an upscale signature to local weddings and events, Hollywood doings, using those "home grown" roses plus additional flowers from Ecuador, Holland and other flower growing locales... though it was often Maarse's home-grown roses that repeat customers asked for... Jacob's favorite, the fragrance of the Yves Piaget, a peony-like pink frilly rose or the knock your socks off red of the Dolly Parton rose or the Bride's Dream. Maarse knew the talents and idiosyncrasies of each, like they were his own children. The company stressed that his Sierra Madre grown roses, harvested in the early morning, would last longer than those shipped for three to four days from other counties or countries.

As soon as Maarse landed in Pasadena, he was enchanted by the huge scale of the January Rose Parade. He soon set his sights on participation, and became an integral part of the floral presentation at

the Parade and its surrounding festivities for the last three decades. Each year, the Rose Parade Court carries Maarse rose bouquets.

Superlatives abound for the company and persona. LA Magazine named him the "Tiffany of the stem world" while Zagat deemed his the place to "Buy flowers when invited to the boss's house. Fabulous. Imaginative" Accolades from publication after publication spoke of his unusual and exotic designs and offerings, with roses "with heads as full as cabbages and stems as big as tree trunks" from the "best of" issues of LA Magazine.

Bill Flinn, COO of the Tournament of Roses Association was quoted in the LA Times saying, "That was probably the success of his business, that his business had his personality in it"

Maarse transitioned the business to his son in recent years, but still remained active. Though the signature PT Cruiser "Special Delivery" vehicles from Jacob Maarse Florists will continue to crisscross southern California filling the big garden clogs of Jacob Maarse, he will be very missed.

For more information on Jacob Maarse Florists, visit their website, www.JacobMaarse.com or call 626-449-0246.



By Jill Doughtie



Photo by Chris Bertrand



Tips of the Trade: Real Estate Revealed

by *Luther Tsinoglou*

The Buyers Blueprint

Once you find a home you love and are ready to make the commitment, consider the Offer To Purchase as your blueprint for executing a successful transaction. Your real estate representative will present your offer to the seller's agent, and the ball will be rolling.

The most critical elements of your purchase agreement include your proposed offer price, what property will be included in the sale, inspection and financing contingencies, provisions for the disclosure and repair of any defects, requested seller concessions, your deposit or "earnest money" amount, and finally the expiry date of your offer.

Your real estate agent will draft this document with you, explaining all of your options and what will happen once the offer is presented. Once the seller reviews your purchase agreement, the seller may accept, reject or counter your offer. Any changes that the seller or the buyer make to the agreement will be initialed, and the Offer To Purchase will not become binding until all parties have signed the document.

If you don't want to pay full price, but also don't want to risk rejection of a low offer, propose other terms that will reduce your bottom line, such as a quick closing or offering to buy "as is." Your agent will explain your options and help you present an offer that is most likely to be accepted.



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Essential Tools For Everyday Repairs

(NAPSI)-No matter the age of your home, regular maintenance is essential for keeping your space comfortable and future repair costs down. It's better to address minor repairs as they come up, before they become big problems. The good news is that you don't need a lot of professional tools to get the job done. Here are a few favorites from Timothy Dahl, founder and editor at Charlesand Hudson.com, which come in handy for most home repairs. The website is an independent resource for do-it-yourself enthusiasts seeking the latest in home improvement tips and techniques as well as the finest tools and hottest news in the home building industry.

Tool bag-An essential for storing your tools so they are protected

from the elements and easily accessible. Searching through drawers and boxes for the tool you need ASAP isn't fun. A military-grade tool bag from an Army/Navy surplus store has plenty of pockets and is lightweight and made of durable canvas material.

Flashlights-You can't fix what you can't see, and the Energizer Hard Case Professional Inspection Light keeps your work space properly illuminated. Its white LED is intense and the housing is lightweight and easy to maneuver into tight spaces. With a diameter just over 1/2", it doesn't take up a lot of space in your tool bag, but is tough enough to get jostled around and dropped without breaking.

The company also recently introduced the Energizer Hard Case

Professional Area Light, which can mount above workbenches or anywhere you'd rather not have to run electrical wiring. It also comes with a magnetic backing for easy mounting under the hood of a car or on any metal surfaces.

Screwdrivers-You should have a set that includes a variety of lengths and diameters of driver heads and slot sizes. Choose quality name brands such as Stanley or Craftsman and make sure the handles are comfortable and easy to grip.

Pliers-There is a wide variety of pliers designed for various home improvement projects, but needle-nose pliers do the trick most every time. Make sure the grip isn't too large to open and close with one hand, and a spring-loaded mechanism can help for quicker, simpler opening.

Hammer-Like pliers, there are a multitude of hammers for every job. Select a basic eight-ounce model that's easy to swing and has a steel head and wood handle for better vibration dampening, such as those from Estwing.

Measuring tape-For repairs and decorating projects, a measuring tape is one of your most important tools. A good 24-foot tape should handle all your applications. The ones from Komelon are especially durable and lightweight.

Preparing yourself with the appropriate tools before tackling home repairs can help you get the job done right and with time to spare. For the most up-to-date information about DIY tool recommendations, visit www.charlesand-hudson.com, and for the latest in innovative work lights, check out www.energizerlights.com.

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"Seeking God"



San Marino Community Church welcomes you to Sunday worship. Worship & Music Assistant and Fuller Seminary PhD candidate Noel Snyder preaches on John 1:1-18 at both the 9:15 traditional service and "The Gathering" at 11:15 am. Communion will be celebrated during worship

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

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1750 Virginia Road, San Marino, CA 91108

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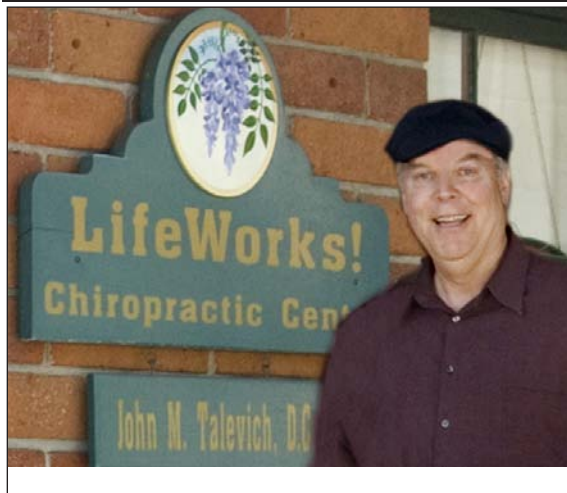
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YOUR HEALTH MATTERS

Today's Subject:

The Change Game



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.

What's your New Year's resolution? Certainly at the top of the list is the weight loss equation. Of course, a gym membership is required along with the promise that this is the year we will finally get around to running that marathon or even the Mt. Wilson Trail Race. There's that commitment to take more quality time with family and loved ones, and don't forget that this will be the year you will absolutely ... (fill in appropriate failed resolution from last year.) Behind all of the effort to better ourselves is the genuine desire to be happy and fulfilled; we may be so determined to bring this about that we will kill ourselves trying. So, let's look at the change game ~ how can we use it to our advantage?

In the Serenity Prayer, we look at change in three ways: acceptance, courage and discrimination. Could it be that a clearer understanding of how we engage our energies in the process of change might

lead us to more effective changes? In other words, are the changes we are taking on the appropriate ones? It's fine to go to the gym, but how long will that commitment last if a dead-end career is our real issue?

In his book, *The Five Things We Cannot Change*, David Richo discusses these issues. In the interest of clarity, Mr. Richo points out that we spend a great deal of time trying to reconcile aspects of life which are fundamentally beyond our control. In this new year, it may be beneficial to all of us to remember these five things:

1. Everything Changes and Ends
2. Things Do Not Always Go According to Plan
3. Life Is Not Always Fair
4. Pain Is a Part of Life
5. People Are Not Loving and Good All the Time

Keeping these five tenets in mind will help reduce the stress associated with the recognition that we often don't have all that much control over life. So, if our plans to run the Mt. Wilson Train Race were to be ended by the painful sprained ankle that we suffered when our best friend and running partner tripped us, we would be able to accept the idea that resolutions, and life, may be more elastic than we'd thought!

Happy New Year and Acceptance of Its Gifts! Dr. John

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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.

DIAL - A - RIDE
TICKETS

Tickets can now be purchased at:

**Sierra Madre City Hall
Hart Park House / Senior
Center
Sierra Madre Library**

Recipe of the Week:

CROCK POT
CHICKEN & DUMPLINGS

INGREDIENTS:

- 1 potato, peeled and chopped
- 3 carrots, sliced
- 1 onion, chopped
- 3 cloves garlic, minced
- 1 cup sliced mushrooms, if desired
- 14 oz. can ready to serve chicken broth
- 1/4 cup flour
- 1/2 tsp. salt
- 1 tsp. dried thyme leaves
- 1/8 tsp. pepper
- 2 lbs. boneless, skinless chicken thighs or breasts, cut into 2" pieces
- 9 oz. pkg. frozen baby peas
- 1-1/2 cups Homemade Bisquick Mix
- 1 Tbsp. snipped chives
- 1/2 cup milk
- 2 Tbsp. butter, melted

DIRECTIONS:

In a 4 quart crockpot, mix potato, carrots, onion, garlic, and mushrooms if using. In medium bowl, combine chicken broth, flour and seasoning and mix until smooth. Pour over vegetables in crockpot. Add chicken. Cover crockpot and cook on LOW for 6-8 hours until chicken is thoroughly cooked and no longer pink in center. Add peas and cover again. Cook on HIGH for 20 minutes until peas are hot.

In small bowl, combine baking mix with chives, milk, and melted butter and mix just until combined. Do not over mix.

If you don't have any baking mix, combine 1-1/2 cups flour, 1/2 teaspoon baking powder, 1/2 teaspoon salt and 1 tablespoon snipped chives in a small bowl. Melt 6 tablespoons butter and mix with 1/2 cup milk; add to flour mixture and stir just until combined.

Drop dumplings by tablespoons onto hot, bubbling chicken mixture in crockpot. Cover and cook on HIGH for 20-25 minutes until dumplings are cooked through, fluffy, and a toothpick inserted in center comes out clean. Serves 4



January Birthdays

Loyal Camacho, Becky Evans, Roberta Rahmanian, Louise "Sandy" Thistlewaite, Sue Watanabe, Ruth Wolter, Mary Tassop,

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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.

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HOW CAN I IMPROVE MY GOLF SWING?

Part I

If there is one question that I have been asked over a million times it is “how can I improve my golf swing”? I might be exaggerating a tiny bit on the million times but it is with out a doubt one of the most asked questions in my professional career.

My answer has been the same for over 35 years. “What is your mistake”. The problem with the question is that the answer isn’t always correct, and in there lies the problem. If you are going to self diagnose your golf swing, you better get it right. If you miss on the diagnosis you are going to struggle with the correction.

The 10 million dollar question is, how can you tell whats broken? I am going to give you a few things to go through so you can diagnois your golf swing and come up with the correct answer, most of the time. If you ask the right questions you will begin to see the correct answers.

You have to keep a couple of things in mind. If you don’t hit the golf ball straight there are four misses to the right (slice, push, push hook or a push slice) and there are four misses to the left (hook, pull, pull hook, pull slice). The reason I am telling you is so you can see that you have to be very careful with your diagnosis from the start.

The very first question you have to ask yourself if you are going to learn how to improve your golf swing is, what does the golf ball do CONSISTENTLY when I mishit it? Believe it or not your golf ball does one or two things consistently when you don’t hit it well. If you don’t hit it solid and straight then it will have a pattern to the mishit shots.

Part II

You have to keep a couple of things in mind. If you don’t hit the golf ball straight there are four misses to the right (slice, push, push hook or a push slice) and there are four misses to the left (hook, pull, pull hook, pull slice). The reason I am telling you is so you can see that you have to be very careful with your diagnosis from the start.

The very first question you have to ask yourself if you are going to learn how to improve your golf swing is, what does the golf ball do CONSISTENTLY when I mishit it? Believe it or not your golf ball does one or two things consistently when you don’t hit it well. If you don’t hit it solid and straight then it will have a pattern to the mishit shots.

Let’s move on to the next thing you can look for. If you don’t hit the ball solid you will either hit the top, middle or too much of the bottom of the ball. In other words you either hit the ball thin or fat.

You can not believe how much information I just gave you for you to begin to properly diagnosis your mistake. Another 10 million dollar question, what do you do with this info?

Let’s start with the curve. The grip and the club path control the curve of the ball. If your ball curves to the right too much-turn both of your hands to the right an inch or so. If the ball curves to the left too much-turn both hands to the left an inch or so.

Let’s move on to the impact zone. The posture plays a huge roll in whether or not you hit the golf ball solid. If you stand too tall you are going to hit a lot of thin shots, if you are bent over too much you are going to hit a lot of fat shots. If you swing the club too much from the inside you will hit the ground behind the ball or top it to the right and if you swing the club from the outside too much you will hit the ball to the left, top it or hit it fat.

This is the coolest part. You only make one or two mistakes, not 50. It seems like every amateur golfer I talk to thinks they make 100 mistakes and it just isn’t true. The next time I hear from you I want you to say “let me tell you how I improved my golf swing”, instead of “how can I improve my golf swing”?

Contact Bobby at: bobbyonegolf@gmail.com or go to: www.igolffixes.com

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Current work includes writing the column, “Looking Up with Bob Eklund,” in Mountain Views News, and writing newsletters for the Mount Wilson Observatory. I recently published a book, First Star I See Tonight: an Exploration of Wonder, and am finishing a second book, Winds Aloft. For writing samples and resume, see my web site: www.bobeklund.com. OR beklund@sprynet.com (310) 216-5947

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Camp Aggie Baseball School

La Salle Varsity Baseball Coach Harry Agajanian is running a baseball camp on December 27th & 28th to prepare players for all star and high school teams. The camp runs from 10am-2pm both days and costs \$50.

Email Lasallebaseball52@yahoo.com for more information.



Alyssa Renskers and Jillian Albright having lots of fun in 2007 - MVNews File Photo by Linda Ott Albright

PLAY GIRLS



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2011 Adult Men's Winter Basketball League!

The City of Arcadia Recreation and Community Services Department is offering an Adult Men's Basketball League in 2011. Get in shape and sharpen your skills at the same time! Teams are divided into leagues based on their skill level and play 10 games in the brand new Dana Gym, located at 1401 S. First Avenue, Arcadia. The fee for adult basketball is \$475.00 per team (due upon registration), and includes officials, scorekeepers and awards. A separate \$40 forfeit fee is also due at the time of registration. Open registration will begin December 13, 2010 and is limited. Teams will be accepted into the league on a first-come, first-serve basis. Just go on-line to the City of Arcadia's website: www.ci.arcadia.ca.us, to download the registration form or stop by the office, 375 Campus Drive in Arcadia. For more information please call 626.574.5113!

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Survey Reveals Americans May Be Miles Off When Judging Daily Activity Levels

Adding steps to your daily regimen could bring you closer to a healthy level of physical activity. The first step, however, is a realistic appraisal of how active you really are.

According to the recent Energizer Reality Check Survey, Americans are unaware of how many steps they take on a daily basis. Participants in the study were asked to estimate how many steps they take in an average day. Then, Energizer equipped each participant with a pedometer and asked them to wear it every day for one week and report the number of steps taken. As a result of the challenge, 42 percent of participants found they took fewer steps than they had originally guessed. Many of those (36 percent) were off by 4,000 steps or more. That's about two miles.

Younger participants, ages 30 and under, were even more likely to overestimate (44 percent). And even those who were conservative about their estimates—the 58 percent that actually took more steps than they guessed—were way off.

“You have to know where you are in order to know where you're going,” says fitness expert Denise Austin, who has teamed up with Energizer to help motivate Americans to take a proactive role in monitoring their fitness. “The best way to gauge your level of activity is to use simple tools—such as pedometers and heart rate monitors—that provide you instant information.”

Getting Informed

Given that almost one-third (31 percent) of Americans believe there is at least one hour during every day when

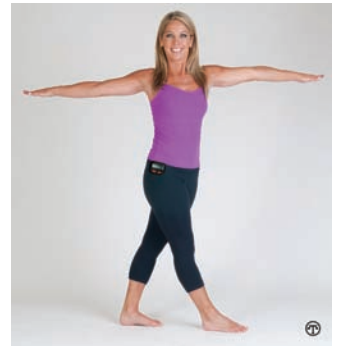
they don't even take a single step, opportunities abound to incorporate more activity at work or at home.

“Fidgeting and moving around are good,” says Austin. “People who can't sit still burn up to 500 extra calories every day. If your work consists of a lot of time sitting at a desk, make sure you move around at least every 30 minutes—take advantage of breaks to take quick walks and stand up while you talk on the phone.”

Austin challenges you to guess how many steps you take in a day. After guessing, wear a pedometer for a week, then post the results on www.facebook.com/energizerbunny.

Here are a few more tips from Denise Austin:

- Test your walking and fitness ability by seeing how fast you can walk a mile. Whether you go to the track, hit the treadmill or set out in your own neighborhood, try to see if you can do a 15-minute mile. This will help you see how much you need to improve.
- Little steps do matter. Standing burns twice as many calories as sitting. If you sit often, get off your chair as much as possible to increase circulation and the number of calories you burn. Food is not the enemy. Sitting still is the enemy.
- Pump your arms. A great way to make your workout count is to pump your arms. Pumping increases the number of muscles you are using, toning your arms and burning more calories.
- Interval training. Strap on a heart rate monitor so you know what zone you are in while exercising. By alternating a low-intensity pace with bursts of high intensity, you burn more calories and challenge



your cardiovascular system. An effective workout can be 30 minutes of alternating three minutes of walking with two minutes of jogging.

- Stretch after exercising to help repair muscles and especially focus on your lower back. You can do this by standing up, keeping your feet hip-width apart, grabbing the back of your thighs and rounding your back like a C.
- Keep your spine strong so you can keep going. One of the best ways to do this is by strengthening your abs. Re-educate your abdominal muscles by pulling them in and contracting them all day long.
- Keep moving. Walking around for one minute in between activities during the day improves circulation instantly and boosts your metabolism.

“Music is my motivator,” says Austin. “Working out with music is scientifically proven to help people work out harder and longer. So grab your MP3 player and put some great tunes on to help make the most of your workout.”

Food is not the enemy. Sitting still is the enemy. Try to stand and take a walk whenever you can fit it in. -NAPS

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