

SIERRA MADRE TEEN WINS MARTIN LUTHER KING ESSAY CONTEST



Amadia Tanner is a confident, compassionate, composed, and intelligent young lady who attends Sierra Madre Middle School. She is 13 years old and a student of Ms. Nepf in the 7th grade and recently won First Place for her division in the PUSD's essay contest for her submission on the life of Dr. Martin Luther King. In conjunction with February being Black History Month, below you will find the complete text of Amadia's award winning essay. When asked why she felt her essay was meaningful today she said that Dr. King "never had the chance to finish his work. He was more than halfway, but less than finished", something many realize and hope to continue in order to make this world a better place. Miss Tanner's essay:

Martin Luther King Jr. was a dreamer. But unlike many other people from his time, he was determined to make his dreams a reality. Through thick and thin, he fought for what he believed in, and to this day, we have come far in achieving his dreams.

Martin Luther King wanted a world where everyone was equal, not judged based on the color of their skin. A few of his many wishes were having integrated schools, equal rights for everyone, and no segregation. In his time, not everyone was treated fairly. Black people were discriminated and cut off from sharing the privileges that white people had. They had to drink from separate water fountains, eat at separate counters, sit in separate sections on the bus, and went to different and inferior schools. On top of all this, they were looked down upon, but thanks to Dr. King, our world isn't like this today.

Today, America doesn't face segregation. We have integrated schools, and consider everyone equal by law. African Americans have the rights they deserved to have during and before the time of Dr. King. But our country still isn't perfect. In fact, even though we've taken monumental strides to overcome our flaws, we still haven't achieved all of the inevitable.

If Martin Luther King Jr. was here today, I believe that he would want to improve upon our flaws first before adding to our successes. He would want to start off with education in particular. Education provides us with the knowledge we need to establish right from wrong. If we, as a country could fix the excessive amounts of school dropouts, then I believe we could also fix other capacious problems that we face. For example, going to school could reduce the amount of gangs or gang violence that has been happening. Since Dr. King was a well-educated man, he would know that lack of education is a dominant factor in a lot of these occurrences. To quote him, "Everything we see is a shadow cast by that which we do not see".


To stop these school dropouts (and eventually the gang violence that could potentially follow), Dr. King would seek America's leaders first. He would provide them with advice (such as proposing to pay our teachers more than they are currently receiving in order to prevent any of their students from dropping out and getting into trouble later down the road). In fact, I believe that if we paid our teachers nearly, if not the same amount as we pay our celebrities and sports figures, there would be no education problems. Plenty of money could go to helping those who couldn't afford to go to school, and those who were in school wouldn't want to drop out because of the good quality education they would be receiving. If our leaders couldn't stop this drop out problem, then Dr. King would take it on himself. He would make speeches, and lead non-violent protests (just as he did before) in order to grab America's attention. When the country finally understood what would need to be done, our government would see that we really do need to pay more attention to our educators, rather than our entertainers.

Martin Luther King's dreams have very nearly been achieved. If he were here today, I think that he would want to focus on improving education and the number of school dropouts in order to make America better. If his supervision and power were here today, I believe that there wouldn't be very many school dropouts or much gang violence at all. If we follow in Dr. King's footsteps, we are likely to achieve completion on the road to success. If one man could do so much to make our country a better place, then just imagine the endless possibilities and effects the entire country could have.

WE NEED YOUR HELP!

The 2011 Wistaria Festival is right around the corner and we need VOLUNTEERS! Come to the Hart Park House on Tuesday, February 8th at 7 p.m. and learn more about how the Festival works and what you can do to help.

For more information contact the Sierra Madre Chamber of Commerce at 626-355-5111.



Sierra Madre Downtown Still Safe and Full of Vitality

Despite the recent EVG Scandal and the closure of several businesses in 2010, local merchants and entrepreneurs are optimistic about the future.

Sierra Madre is a town that is known for its ability to survive. It has survived mudslides, fires, earthquakes, political turmoil and economic fluctuations. It has been able to maintain its' village character while in the midst of one of the nation's largest metropolitan areas. So it should not be a surprise to anyone that local merchants have been able to overcome the huge amount of negative attention that the city attracted as a result of the recent EVG credit card scandal.

That scandal, in which criminals fraudulently used information obtained from credit card and debit card purchases for illegal activities, did not just impact the gas station where the crimes occurred on S. Baldwin or the Valero station on Sierra Madre Blvd., but it also momentarily had a negative impact on other businesses as well.

Rosa Jaime, proprietor of the Four Seasons Tea Room noticed the reluctance to supply credit card information to secure reservations over the phone initially. "People would ask if it was safe to use their credit card", said Jaime. It took a little convincing at first, she said.

However, no other business has been involved in the scandal and use of credit and/or debit cards in local retailers is safe.

Flurry of New Activity

Despite the scandal, there is also a flurry of activity to open two new restaurants in town. One is a Mexican restaurant on Sierra Madre Blvd. where Kentucky Fried Chicken used to be and the other is at the old site of Lozano's on Baldwin. Both should be open to the public very soon.

Ugo's gets a new name

Ugo's has changed it's name to Zugo's Cafe. Nothing else has changed, Owners Chez and Sherry want everyone to know that everything else remains the same. "A cafe in Culver City recently informed us that they had trademarked the name Ugo. Although they had known about us and we had known about them for at least three years they waited until now to tell us about the Trademark.

Ugo is a common first name in Italy and it was the name of the street that Chez grew up on in Rome (Via Ugo Balzani). So Zugo's it is, we actually love the name and look forward to seeing all of our old and new foodies.

Zugo's will be open Monday February 14th for Valentine's Day with a special menu and a complimentary glass of Prosecco, Cheers"

2010 AUDIT COMPLETED

Sierra Madre's 2010 Audit Is Completed On Time and Includes More Detailed Schedules and Information

By S. Henderson

When Elaine Aguilar became City Manager for Sierra Madre, she faced a number of challenges including bringing all of the city's financial audits up to date. Fortunately, under with Karen Schnaider, the city's Administrative Services Director, with in a few years, they were able to get all of the back audits that were due before they were hired completed and Aguilar and Schnaider have kept current activities on schedule. The latest financial statements for

are free of material misstatement. An audit includes examining, on a test basis, evidence supporting the amounts and disclosures in the financial statements." An audit also includes assessing the accounting principles used and significant estimates made by management, as well as evaluating the overall financial statement presentation."

They go on to confirm that the city has reliable financial records and practices.



City Manager Elaine Aguilar, left, and Administrative Services Director Karen Schnaider, review the expanded financial statements.

the fiscal year ending June 30, 2010 were completed by the Independent Accounting firm of Beranek Chan and Associates in January. In their auditor's report, they confirm the integrity of the city's financial records. According to the report, "We conducted our audit in accordance with auditing standards generally accepted in the United States of America and the standards applicable to financial audits contained in Government Auditing Standards, issued by the Comptroller of the United States of America. Those standards require that we plan and perform the audit to obtain reasonable assurance about whether the financial statements

As a result of the Bell scandal, more public scrutiny has been given to city operations throughout the country. To have a 'clean bill of health' from the auditor should also put to rest the countless rumors and accusations that city finances, such as the information that lead to the water rate increase, was not accurate.

In the past, financial statements have been roughly 40 -50 pages for the city. However, this year, Aguilar and Schnaider included more schedules that will give citizens a more detailed look and hopefully better understanding of the city's financial position

Next City Council Agenda To Include Discussion on Key Issues

Agenda includes: (partial listing)

- Application For Cellular Tower Modification
- Fees For Rental of City Rec Facilities
- Amendments To Local CEQA Guidelines
- Fire and Police Annual Reports
- Proposed Canyon Zone Ordinance
- Farmer's Market Discussion

Tuesday, February 8, 2011
6:30 p.m. at City Hall

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Weather Wise

5-Day Forecast

Sierra Madre, Ca.

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Tues:	Sunny	Hi 70s	Lows 40s
Wed:	Sunny	Hi 70s	Lows 40s
Thur:	Sunny	Hi 70s	Lows 40s
Fri:	Sunny	Hi 70s	Lows 40s

Forecasts courtesy of the National Weather Service



Older "Sierra Madre" American of the Year

The Senior Community Commission is now accepting nominations for the Older "Sierra Madre" American of the Year. If you know someone living in Sierra Madre who has demonstrated outstanding community service and is 60 years of age or older, please contact the Senior Services Desk at (626) 355-7394 for a nomination form.

Nominations are due to the Community & Personnel Services Department, 611 E. Sierra Madre Blvd., by Monday, February 28, 2011. The Senior Community Commission will discuss nominees at its Study Session on March 3, 2011 and announce the honoree at their regular scheduled meeting also on March 3 at 3 pm in the City Council Chambers. The honoree will also be recognized at a special reception held in their honor on Friday, May 13th at the Sierra Madre Hart Park House.

CHINESE NEW YEAR FESTIVAL TO BE HELD AT THE HUNTINGTON FEB. 5-6, 2011

Visitors can experience the beauty of Chinese music, dance, and culture at a Chinese New Year festival on Saturday and Sunday, Feb. 5-6, at The Huntington Library, Art Collections, and Botanical Gardens. Ushering in the Year of the Rabbit, the festival gets under way on Feb. 5 at 11 a.m. (grounds open at 10:30 a.m.) with an exuberant performance by lion dancers and drummers near the north entrance to the Chinese garden. Other activities will include Chinese shadow puppet theater, mask-changing (bian lian) performances, music, folk songs, children's book readings, painting and calligraphy demonstrations, and more. Visitors on Saturday can also purchase freshly cut flowers—a traditional way to celebrate the Chinese New Year. Activities on both days will be ongoing until 4:30 p.m.

The Huntington's Chinese garden, the Garden of Flowing Fragrance, will be one of the focal points of the festival. Inspired by the traditional scholar's gardens of Suzhou, China, this breathtaking landscape features a large lake, tile-roofed pavilions, stone bridges, a tea shop, and native Chinese plants set against a wooded backdrop of mature oaks, redwoods, and pines.

All festival activities are included with general admission to The Huntington: \$20 adults, \$15 seniors, \$10 students (age 12-18), \$6 youth (age 5-11), and free for children under 5. The group rate is \$14 per person for groups of 15 or more. Members are admitted free. For additional information call (626) 405-2100 or visit www.huntington.org.

East West Bank is the corporate sponsor of the event. Additional funding provided by the Justin Vajna Memorial Fund for Educational Programs in the Chinese Garden. Special sponsorship has been provided by ICN TV Network enabling a delegation of artists from Chongqing, China, to demonstrate traditional arts.

"TRAVELERS & COLLECTORS" SEASON PREMIER

Sierra Madre Public Library's popular "armchair travelers" series will kick off on Friday, February 11, at 7:30 p.m., in Sierra Madre City Hall Chambers with, "Exploring West Africa: Mali, Burkina Faso and Benin," presented by Gary and Kathy Symons. The Symons explored exotic sites from Cotonou to Timbuktu, capturing on film the teeming markets, colorful tribal dances, and fascinating social customs and religious traditions of these three former slave nations.

Intrepid and seasoned travelers, the Symons never present a superficial, "tour-guide" view of the sites they visit. Their broad-minded respect of diverse cultures enables them to present a deeper behind-the-scenes glimpse into the day-to-day lives and customs of indigenous peoples.

Travelers & Collectors is held the second Friday of the month, February through May, at 7:30 p.m., in the Sierra Madre City Hall Council Chambers, 232 W. Sierra Madre Blvd. All programs are free and open to the public. A schedule is available at the Library Service Desk, and can also be found on the Library website, www.sierramadre.lib.ca.us. Travelers & Collectors is sponsored by the Friends of the Sierra Madre Library. For more information please call Catriona Shafer at (626) 355-7186.

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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HELP HEAT SIERRA MADRE PLAYHOUSE!
PLEASE JOIN US FOR A SPECIAL RECEPTION & PERFORMANCE OF

Sylvia
BY A.R. GURNEY

THURSDAY, FEBRUARY 10TH

Reception at 7:00 PM — Celebrate theatre and four-legged friends with champagne, wine and hors d'oeuvres

Performance at 7:30 PM — *Fanna Frederick, Steven Howard, Cathy Arden and Frank Dooley* star in this popular comedy about a man, his dog and the other woman...his wife.

Tickets are \$50 at:
Box Office (626) 355-4318 or online www.sierramadreplayhouse.org

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87 West Sierra Madre Blvd.
Sierra Madre 91024

ALL PROCEEDS WILL GO TOWARD CRITICALLY NEEDED
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FOR THE PLAYHOUSE

Music News

By Sierra Madre Sue Behrens

SAT. 2/5 - OPEN MIC NIGHT @ THE FRET HOUSE IN COVINA. 309 N. Citrus Ave. (626) 339-7020. Always on the first Saturday of the month, and just one dollar for performers or audience. Sign-up starts at 7:30. If there aren't enough slots for everybody they'll make a list for the next month, and call you. Each act gets two songs or ten minutes, whichever comes first. The show starts at 8:00. They'll have desserts and coffee ready. Bring your friends and family and join the show! <http://www.frethouse.com/>

SAT. 2/5 - TREMOLOCO @ CAFE 322 IN SIERRA MADRE, 8 - 11pm. 322 W. Sierra Madre Blvd. 626-836-5414. Full bar, great Italian food, dance floor. TexMex Americana with Tony Zamora, Rick Shea, Bobby Robles, Johnny Vatos and more!

SUN. 2/6 - "OPERA TO BROADWAY" VOCAL PERFORMANCES @ CAFE 322 IN SIERRA MADRE, 7-10pm. 322 W. Sierra Madre Blvd. 626-836-5414. Full bar and great Italian food. Every Sunday evening. Get there early - they pack 'em in!

MON. 2/7 - MAX BUDA BAND @ THE OLD TOWNE PUB IN PASADENA, 9pm. Corner of fair Oaks & Union behind the Container Store. Enter thru alley off of Holly Ave. 626-577-6583. Chester, Jerry, Ted, Bruce, Peter and Nick on noisemakers. An eclectic mix of jazzed-up rock. One of my favorite bands. Every FIRST Monday night.

TUES. 2/8 - "JC & Friends Songwriter Serenade" @ MATT DENNY'S ALEHOUSE & RESTAURANT IN ARCADIA, 7 - 9:30pm. 145 E. Huntington Dr., between 1st & 2nd Aves. 626-462-0250. Full bar & kitchen, all ages. A weekly acoustic show of songwriters playing original songs, either as a solo or duo act, outside on the covered, heated patio. This week's artists: Mark Heffington, Lisa Sanders, Melanie Devaney, Dale LaDuke. <http://www.jchyke.com/>

"TUESDAY NIGHT TRIVIA" @ CAFE 322 with QUIZMASTER DEANNA, 8pm. \$2 per person to play, up to 4 on a team, CASH or gift certificates to the top 3 teams. Fun and educational! 322 W. Sierra Madre Blvd. 626-836-5414.

WED. 2/9 - LISA FINNIE @ RED CARPET WINE & SPIRITS in Glendale, 7 - 8pm. 400 E. Glenoaks Blvd. Indoor delights including music by yours truly and three-option tastings via the in-house Enomatics in the Red Carpet Wine Bar and outdoor temptations available just outside courtesy of Vizzi Food Truck. www.redcarpetwine.com

WED. 2/9 - RICK SHEA & THE LOSIN' END @ CAFE 322 IN SIERRA MADRE, 8 - 11pm. Full bar & great Italian food! 322 W. Sierra Madre Blvd. 626-836-5414. Americana/Roots/Country. My half-birthday.

"WEDNESDAY NIGHT PLATTER PARTY" @ THE BUCCANEER, 9pm. Bring your favorite vinyl records and play an entire side on the house turntable, commercial free! 70 W. Sierra Madre Blvd. 626-355-9045. No cover, full bar, friendly service!

THURS. 2/10 - The Mellow D'z at Oceanview Bistro in Montrose from 7:30-10:00 PM. 3826 Ocean View Blvd. 818-248-2722. Great food and drinks to go with cool acoustic jams. www.ovbistro.com

THURS. 2/10 - DOUBLE NAUGHT SPY CAR @ CAFE 322 IN SIERRA MADRE, 8 - 11pm. 322 W. Sierra Madre Blvd. 626-836-5414. Full bar & great Italian food. At a total loss for words everytime I see them, I have to steal someone else's to describe them here: "the grinding Telecaster and spasmodic steel of Paul Lacques, the gurgling Stratocaster of Marcus Watkins, the revisionist/reductionist bass of Marc Doten, and the all knowing unyielding drums of Joe Berardi beguile, bewilder, bait, and beatify their audience -- and all with no pesky vocals or lyrics to water down the twang and throb."

FRI. 2/11 - THE MELLOW D'z (Dave Osti & Deanna Cogan) at Cafe 322 in Sierra Madre, 4 - 6pm (Note earlier time.) 322 W. Sierra Madre Blvd. 626-836-5414. Great happy hour discounts on food and drinks from 4:30-6:30. Acoustic Rock faves.

FRI. 2/11 - GROOVY LEMON PIE @ CLUBHOUSE 66 IN GLENDOORA, 9pm. 1200 E. Route 66. 626-914-0066. (Gregory James, Tom Jenkins, Jorge Mena, Gary Putman.) Classic Rock and beyond! www.glpie.com

SAT. 2/12 - TOM CORBETT & FRIENDS @ THE COFFEE GALLERY BACKSTAGE IN ALTADENA, 7pm. With Bill Knopf and special guest Mike Mullins (guitar & mandolin.) 2029 N. Lake Ave. For reservations or information call 626-794-2424. Americana/Folk. www.tomcorbett.net www.coffeegallery.com

SAT. 2/12 - RITA HOSKING and opening act RICK SHEA @ THE FRET HOUSE IN COVINA, 8pm. 309 N. Citrus Ave. 626-339-7020. \$15. A great, intimate room, perfect for this Americana/Country/Folk double bill. <http://www.ritahosking.com> <http://www.frethouse.com/>

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TUES. 2/15 - "TUESDAY NIGHT TRIVIA" @ CAFE 322 with QUIZMASTER DEANNA, 7pm (Note earlier start time*) \$2 per person to play, up to 4 on a team, CASH or gift certificates to the top 3 teams. Fun and educational! 322 W. Sierra Madre Blvd. 626-836-5414. Come *early for Trivia and stay for the band: NEW ASTROTURF @ 8:30ish. Hippy Rock & Classic Country.

WED. 2/16 - The Mellow D'z at Oceanview Bistro in Montrose from 7:30-10:00 PM. 3826 Ocean View Blvd. 818-248-2722. Great food and drinks to go with cool acoustic jams. www.ovbistro.com

WED. 2/16 - LISA FINNIE @ RED CARPET WINE & SPIRITS in Glendale, 7 - 8pm. 400 E. Glenoaks Blvd. Indoor delights including music by yours truly and three-option tastings via the in-house Enomatics in the Red Carpet Wine Bar and outdoor temptations available just outside courtesy of Vizzi Food Truck. www.redcarpetwine.com

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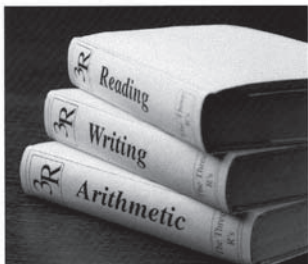
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REMEMBRANCE

SYLVIA TOLCHIN

June 16, 1915 – January 31, 2011



Sylvia, age 95, kept battling until the last moment and finally succumbed on the morning of January 31, 2011. She was a devoted mother, grandmother, and great grandmother and is survived by her daughter Elaine Kretchman and her son Stuart and her grandchildren Courtney, Jolie, Aaron, and Stacy. The

final lights of her life were her great grandchildren, the little carunchkela (a word Sylvia created for Sydnie Loeb and her little sister Annie Loeb).

Sylvia and her beloved husband Al always did what needed to be done. When Al lost his vision she learned to drive and acted as his eyes as they continued to work and support the family for another fifteen years. She will be missed by everyone who had the privilege of knowing her and her spirit lives on through the generations.

ANNUAL SIERRA MADRE HISTORICAL PRESERVATION SOCIETY FEATURES DAN RICHTER

Dan Richter is best known as Moonwatcher the man-ape in the opening sequence of Stanley Kubrick's "2001: A Space Odyssey" which he also choreographed. Dan has had a long career as a mime, choreographer, actor, director, producer, memoirist, and for two decades a Hollywood executive. Dan will be the guest speaker at the SMHPS Annual Program meeting on Thursday, February 17 at 6:30 pm in Hartzel Hall at Sierra Madre United Methodist Church, 695 W. Sierra Madre Blvd. (parking lot entrance is on Michillinda).

Dan's talk "Why I Love the Mt. Wilson Trail!" will be the main program and will explore Dan's battle with cancer and the part

walking the trail daily played in his recovery. This is sure to be an engaging program by a warm, humorous man. Dan currently lives in Sierra Madre, where he volunteers on weekends doing trail maintenance and has been leading Sierra Club mountaineering trips since 1991 and teaches courses on rock climbing and mountaineering.

Admission is free and light refreshments will be served.

www.danrichter.com
www.smhps.org



CHARCUTERIE FEEDS AND ENTERTAINS THE CHAMBER

Photo by Bill Coburn



Members of the Chamber enjoyed great refreshments and live entertainment at the January mixer held at Charcuterie. This Thursday, from 5:30 to 7, the Chamber will hold a joint mixer with the Arcadia Chamber hosted by Ed Clare Electrical and Corfu, at Corfu, 48 W. Sierra Madre Blvd.

Pasadena City Council Candidate Profile: Chris Chahinian

A CANDIDATE I REALLY LIKE

By Rich Johnson



As many of you know I have two good friends (Vic and Amy), owners of the Corfu Restaurant in Sierra Madre.

Well, Vic has another friend (Chris Chahinian) who happens to be running for the Pasadena City Council District 4. Vic asked me if I would interview Chris for the newspaper. "I've never interviewed a candidate before, Vic," said I. Then I thought to myself, how could I say no to not only a good friend, but a good friend who prepares a great moussaka (Greek lasagna)!?

So I read up on Chris. I liked what I was reading about Chris. For example:

Chris is a small business owner, like me. I like small business owners because their success hinges on their ability to make smart decisions daily. And I like the fact that Chris is finishing up an advanced degree in theology. Now here is a guy who can think outside the box. So, he is a business owner who has spiritual depth. Intriguing. He also volunteers as a chaplain at Huntington Hospital. What's more he speaks 5 languages!

I agreed to meet him. Put him through the Johnson ringer and to the test. See if this candidate could offer up more than typical campaign rhetoric or sloganeering. I sat across from him at a neutral location and grilled him. I discovered he is a man of action and has solid ideas for helping the city:

1. He is very business friendly. For starters, Pasadena needs to make changes to be more business friendly. According to Chris, ideas such as speeding up the permit process and waiving business license fees for the first two years. Easily enacted actions that will encourage businesses to make Pasadena their home. That will generate revenue for the city and help with little things like, oh, employment.
2. Education is one of his priorities. His kids are a product of the Pasadena Public Schools and in talking with teachers Chris has discovered the schools lack the funds to provide even necessary items like pencils and paper. His action/ suggestion: Raise ticket prices at the Rose Bowl and pass the added revenue on to the schools. No, it won't hurt the citizens of Pasadena, as most of the attendance at Rose Bowl functions come from outside the city. Hey, that works for me.
3. Traffic Reduction. We all would like to see traffic snarls and entanglements eased. Chris, thinking out of the box, offered up a simple but novel idea: Encourage people to start a habit. If you want to change people's behavior start small. Encourage them to make life an adventure one day a week, or a month and use public transportation. Take the family on the Gold Line into downtown LA. Get the family involved in once-a-month bicycle excursions through Pasadena.

Finally I asked Chris if he was a Democrat or a Republican. He said, "Yes." No, he wasn't dodging the question. Actually he has wide support from all sides of the spectrum. Isn't that a refreshing change?

So if you are resident of Pasadena, and more specifically District 4, I encourage you to support Chris Chahinian for City Council. Visit his website at www.chahinianforcitycouncil.com.

I liked Chris so much I may change my name to Rich Johnsonian. Is that like Smithsonian?

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:
February 8, 2011 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

February 5, 2011

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

SIERRA MADRE HEALTHY FAMILY FUN AND WALK WITH THE MAYOR

The Community and Personnel Services Department will be starting the Healthy Family Fun program again for 2011! The Healthy Family Fun program focuses on monthly outdoor activities for families to enjoy together. Such activities will include: the Huck Finn Fishing Derby, Mount Wilson Trail Race Kids Fun Run, Capture the Flag, Historic Bike Ride and a monthly Walk with the Mayor just to name a few.

The Walk with the Mayor will begin on Saturday, March 5, 2011. Each Walk with the Mayor will be held the first Saturday of every month in 2011. Please meet at Sierra Vista Park at 9:00am for a stroll with Sierra Madre Mayor Joe Mosca for the March activity. There is no need to register for the activity, just show up with your walking shoes and plenty of questions for Mayor Mosca to answer!

For more information on Healthy Family Fun please call 626-355-5278.

WISTARIA FESTIVAL SHUTTLE TICKETS NOW AVAILABLE ONLINE

The Sierra Madre Chamber of Commerce reminds you that shuttle tickets to ride up to view the Wistaria Vine at its annual Wistaria Festival are now available online. The 2011 Wistaria Festival will take place on March 20th, 2011.

The Wistaria Festival features tours of the world's largest blossoming plant, certified as such by the Guinness Book of World Records. Each year, the property owners upon whose land the vine sits, the Solts and the Dorrances, open their property to allow thousands to view the vine. Dozens of Sierra Madre residents volunteer to act as docents at the property, telling the story of the vine, which was originally planted from a 1-gallon pot that was purchased for \$0.75 in 1894. At its peak, the vine covered more than an acre of ground, and in the early 20th century was so large that it even destroyed a home that was under it.

In addition to the tours of the vine, the two main downtown streets of Sierra Madre are closed to traffic so that 175 juried crafters and artists can set up booths to display and sell their arts/crafts. Downtown village shops are open, and more than a dozen musical acts perform at multiple outdoor venues. Memorial Park is transformed into a combination Kids/Food zone, as bouncy houses, slides, rock climbing and other kids attractions set up in the park alongside food vendors, both for profit and non-profit alike.

The shuttle to the vine from downtown avoids a long uphill walk from downtown to the neighborhood in which the vine sits. "Day of" tickets for the shuttle have been reduced from \$15 to \$12 this year, and pre-sale tickets are just \$10. This year, for the first time, seniors and kids (6 to 16) receive a discounted rate of \$7. Children under five ride for free. There is no charge to view the vine.

Mountain Views News readers that purchase non-discounted (\$10) pre-sale tickets on line can also receive a \$1 savings on their ticket by entering promo code MVN01 on the ticket order page when prompted.

To order tickets online, visit www.WistariaTickets.com.

Sierra Madre Police Blotter

During the week of Sunday, January 23rd, to Saturday January 29th, the Sierra Madre Police Department responded to approximately 295 calls for service. See crimereports.com for updated information.

Sunday, January 23rd:

1:43 AM- DUI Alcohol/Drugs, Esperanza and Baldwin Ave. An officer stopped a motorist for a Vehicle Code violation, and determined that the driver was under the influence of alcohol. The officer arrested the Arcadia resident for DUI.

Wednesday, January 26:

10:12 AM- Inflicting Corporal Injury on Spouse, Edgeview Dr. This case involves an argument that became a fight between a couple filing for divorce. The husband battered his wife, who was treated by Sierra Madre Fire Department. Officers arrested the suspect for felony battery.

Thursday, January 27th:

7:28 PM- DUI Alcohol/Drugs, Valley Ave and Denair St. An officer stopped a motorist for a Vehicle Code violation, and determined that the driver was under the influence of alcohol. The officer arrested the Pasadena resident for DUI.

Friday, January 28th:

11:47 PM- DUI Alcohol/Drugs, Ramona Ave and Sunnyside Ave. An officer stopped a motorist for a Vehicle Code violation, and determined that the driver was under the influence of alcohol. The officer arrested the Sierra Madre resident for DUI.

Sunday, January 30th:

1:05 AM – Solo Injury Traffic Collision, 160 N. Baldwin Ave. A 17-year old driver was taking his two younger siblings home and fell asleep at the wheel. The driver was driving north on Baldwin Ave. and crashed into a palm tree and City sign on the east side of Baldwin Ave. One of the passengers in the rear seat was sleeping and did not have a seat belt on. He was thrown into the front seat, sustaining serious injuries. The driver and front seat passenger also suffered injuries. The van sustained heavy damage.

NOTE: As of Monday, January 31st, the number of EVG Gas station fraud cases is over 525. The loss exceeds \$245,000.



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COMMUNITY BLOOD DRIVE SUNDAY - FEBRUARY 6 ST. RITA CHURCH

Come early to donate critically needed blood, then go home to enjoy the Super Bowl game and restore your reserve!

All are welcome on Sunday, February 6, 2011 at St. Rita Catholic Church, O'Malley Hall (located on lower level of church), located at 318 N. Baldwin, Sierra Madre.

Schedule your appointment for anytime between 8:30 AM - 2:30 PM on Sunday, February 6 by logging on today to www.RedCrossBlood.org, then enter sponsor code: **StRita** or contact Marilyn McKernan at St. Rita Parish office, 626-355-1292.

For more information contact Marilyn Mc Kernan, St. Rita Parish, 626-355-1291 or Marilyn@St-Rita.org



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626-355-1180

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Schiff Deplores Use of Force in Egypt

Following the eruption of violence in Egypt, as alleged security forces use batons, water-cannons, rubber bullets and tear-gas cannons against its own citizens Congressman Adam Schiff last week condemned publicly the attacks on those peacefully demonstrating.

Egyptian security services have also attacked international journalists he said, including a CNN reporter and camera crew, a German television newswoman and a BBC reporter. Other journalists have been beaten and arrested, including some whose whereabouts are unknown.

“I deplore the use of force to silence the peaceful protests of a broad-range of ordinary Egyptians and urge the Egyptian government to exercise maximum restraint. As the Egyptian people call for economic justice, an end to corruption and for freedom of speech and expression, President Mubarak and his government have an opportunity to lead Egypt into a new era by engaging in a true national dialogue on political and economic reform. President Mubarak has been a strong partner for the United States in the search for peace between Israel and the Palestinians and in the broader struggle against Islamic extremism. But that role does not excuse or justify his government turning the full might of his security apparatus on its own people.

“Late reports indicate that President Mubarak has ordered the army onto the streets of Cairo. This is an extremely dangerous development and greatly increases the prospect for large-scale loss of life.

“I am also concerned by the efforts of the Egyptian government to suppress Egyptian and international reporters and call upon Egypt to immediately cease any and all harassment, beatings, intimidation and imprisonment of journalists. Attacking the press is both repugnant and counterproductive. I have seen reports that journalists working for CNN, the BBC, and German TV have been singled out and beaten by Egyptian plainclothes police. This must stop. The censorship, intimidation and imprisonment of journalists violates not only their personal liberty, but also the rights of those who are denied access to important ideas and information.”

Pet of the Week



Patches, a beautiful, two year old, diluted tortoise shell cat is very friendly and loves attention. She would be a great companion for most any home. She gets along with other cats and would love to be adopted today!

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

Please call 626-792-7151 and ask about A282855 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



City Oks Valley Hunt Club's Master Plan

By Dean Lee

After eight years in the making, the city council Monday night approved a 20-year new Master Plan for the Valley Hunt Club that will upgrade and expand the existing facilities of one of oldest private social clubs in Pasadena best known for starting the Tournament of Roses Parade in 1890.

“I think finally, my sense is that we have arrived at a great sort of outcome and I want to credit all sides for hanging in there and working together ultimately,” said Councilmember Steve Madison who’s district includes the club.

Before approving the plan unanimously two concerns came up including the use of a vacant lot at the end of Palmetto Drive adjacent to the club owned

by Caltrans with an agreement to be used during construction. “I think that we need to be clear that is just a temporary use during the construction,” Madison said. “I may have missed it, but I don’t think I saw in the report what we think temporary actually means.”

City staff said the intent was not to use the lot more than one year and only for valet parking during the construction of a subterranean parking garage. Madison also asked about entrances and exits into the garage. Staff said neither would change, “There will be the same access points,” they said.

None of the other council members commented on the project and although a number of people did speak during public comment all of it was in favor of the project.



Tournament House Offers Guided Tours



Tournament House, operating headquarters of the annual Rose Parade presented by Honda and Rose Bowl Game presented by VIZIO, re-open for house tours on Thursday.

Complimentary guided tours begin at 2:00 p.m. and 3:00 p.m. only and conclude at 4:00 p.m.

The general public is invited to tour the former home of famous chewing gum manufacturer William Wrigley Jr., as well as the Wrigley Gardens. Free public tours of Tournament House, located at 391 S. Orange Grove Blvd., will be offered every Thursday between the months of February and August.

Tournament of Roses enthusiasts and history buffs alike will have the opportunity to take a walking tour of the majestic 21-room, 18,500-square-foot Italian Renaissance-style house. Tours are

conducted by Tournament of Roses volunteers well-versed in the organization’s 122-year-history as well as in the architectural details of the 104-year-old mansion, designed by Architect G. Lawrence Stimson.

The interior of the house features richly paneled rooms, inlaid marble floors and ornate molded plaster ceilings. Exhibited items of interest are crowns and tiaras worn by former Rose Queens and Princesses, Rose Bowl Game trophies and memorabilia, and historic photographs.

Among the highlights of the tour is a one-of-a-kind Waterford rose bowl commissioned for the centennial of the Tournament of Roses and the formal portrait of the reigning Rose Queen by Nick Boswell Portraiture.

For more information visit <http://www.tournamentofroses.com>.

Pasadena Festival of Women Authors Holds Annual Event

The 2011 Pasadena Festival of Women Authors will be held on Saturday, April 2 from 9:30 a.m. to 1:30 p.m. at the Pasadena Senior Center, 85 East Holly Street. Award winning authors Maile Meloy, Marianne Wiggins, Naomi Hirahara and Attica Locke will participate. Elizabeth Forsythe Hailey, author of A Women of Independent Means, will serve as moderator.

The Pasadena Festival of Women Authors brings together diverse and well-published Southern California female authors to discuss their work with the community. Did you know that women make up the majority of book purchasers and book club members? It is their enthusiastic love of literature that inspired this event. Everyone including

book clubs and groups of book-loving friends is invited to attend. The festival provides an intimate setting where authors and guests can easily interact. Authors will also answer questions and there will be a book signing opportunity. Lunch will be served.

Proceeds from the event benefit the Pasadena Senior Center. In the last two years the Pasadena Festival of Women Authors has made more than \$35,000 in donations to benefit the programs and services of the Pasadena Senior Center. Tickets for the festival are \$80 per person and include lunch. Reserved tables of 10 are \$750. Visit www.PasadenaFestivalofWomenAuthors.org for more information and to purchase tickets.

According to the staff report, the project includes removing the current 56-space parking lot and replacing it with a new surface and subterranean 99 car lot/garage.

It also includes construction of a 150 square foot swim coach’s office and construction of a two story 3,000 square foot multi-use building along with another one-story 1,500 square foot multi-use structure.

Plans also include the realignment of a tennis court along Palmetto Drive setback with other existing courts. The club also plans to replace an existing 1,000 square foot plant nursery and to upgrade a 270 square foot snack bar.

Club members said the new plan should free up street parking along Palmetto Drive.

Monthly Walk with the Mayor Suspended



Up and Moving Pasadena has announced that the monthly Walk with the Mayor program is being suspended, effective immediately. The walk, traditionally scheduled for the first Wednesday of every month at 7:30 a.m., will not take place.

The program was developed and coordinated by Up and Moving Pasadena, with the full support of Mayor Bill Bogaard, to encourage and support fitness for health by creating a community of walkers.

“It has been a pleasure to join with Up and Moving Pasadena and all of the walkers over the past three years who share the commitment to healthy living,” said Mayor Bogaard. “I am glad that new groups are being formed to continue this valuable effort.”

Up and Moving Pasadena will continue to focus its efforts on encouraging walking for fitness for all Pasadenans. Walking groups are currently being formed and a collaborative effort with Pasadena Forward will encourage kids and families to participate in the 5K event of the Pasadena Marathon.

Kristen Farley stated, “Up and Moving has enjoyed working with the mayor to promote walking in the Pasadena community. For three years, we have enjoyed participating in the monthly walks, which have highlighted local individuals and organizations who deserve recognition for their community service.”

For more information visit www.upandmoving.org.

Council Fires Audit Firm

By Dean Lee

The city council Monday night voted unanimously to immediately terminate the contract with Mayer Hoffman McCann P.C. (MHM) the firm that had performed the city’s annual audits. The move comes after issues were raised last month by the state controller’s office over work done by MHM for the city of Bell.

Documents show Pasadena has used the firm since 2001.

“The basis for the termination is a report issued by the State Controller John Chiang that was pretty scathing in its review of that firm’s practices in their connection with their work for the city of Bell,” Council Member Steve Madison said.

Madison went on to say that in the case of Bell, the firm did not comply with the majority of field work auditing standards, with regard to audit documentation, evidence, risk of fraud, litigation claims and subsequent events.

City Manager Michael Beck later assured the council that there have been no problems with the city’s current audits and MHM.

“We have had a very high degree of professionalism and thoroughness in our audits...” he said. “Our issue associated with termination was related to the risk associated with continuing to work with the firm as they’re distracted into the future.”

Madison further said that Chiang’s report found that MHM did not comply with sections of the California Business and Professions Code pertaining to the audit firm

not maintaining adequate documentation.

“This report was with regard to the firm’s Irvine CA office,” he said. “That is, in fact, the office that our city has dealt with for many years.”

In July, Bell’s city manager Robert Rizzo, police chief and assistant city manager all resigned after the Los Angeles Times, at the time, revealed they were making salaries totaling more than \$1.6 million a year.

Rizzo currently awaits trial charged with more than 50 felonies. It was later revealed that his compensation from Bell alone was \$1.5-million annually.

Although Madison also said that to his knowledge they have not had any problems with MHM, he said the firm’s record publicly could not be reconciled.

City staff also assured the council that there was no severance or payout for ending the contract with MHM.

Madison also asked staff to make certain that when hiring another audit firm they are thoroughly reviewed, “That we include in the scope of that firm’s work some historic review just to make completely certain that we don’t have the kinds of problems that the controller pointed out.”

Chiang last year also mandated new requirements for cities and counties to submit all wage and compensation data to his office. The site sco.ca.gov/compensation_search.html now lists the salary, pension benefits and other compensation for more than 594,000 city and county employees throughout California.

Citizen Journalism Meet-up

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



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

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

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

the power of video, audio and print along with online social media. The next meeting is Feb. 8 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.

NASA Finds Five Earth-Size Habitable Planets

NASA’s Kepler mission has discovered its first Earth-size planet candidates and its first candidate in the habitable zone, a region where liquid water could exist on a planet’s surface. Five of the potential planets are near Earth-size and orbit in the habitable zone of smaller, cooler stars than our sun.

“In one generation we have gone from extraterrestrial planets being a mainstay of science fiction, to the present, where Kepler has helped turn science fiction into today’s reality,” said NASA Administrator Charles Bolden. “These discoveries underscore the importance of NASA’s science missions, which consistently increase understanding of our place in the cosmos.”

Candidates require follow-up observations to verify they are actual planets. Kepler also found six confirmed planets orbiting a sun-like star, Kepler-11. This is the largest group of transiting planets orbiting a single star yet discovered outside our solar system.

The discoveries are part of several hundred new planet candidates identified in new Kepler mission science data, released on Tuesday. The findings increase the number of planet candidates identified by Kepler to-date to 1,235. Of these, 68 are approximately Earth-size; 288 are super-Earth-size; 662 are Neptune-size; 165 are the size of Jupiter and 19 are larger than Jupiter. Of the 54 new planet candidates found in the habitable zone,

five are near Earth-sized. The remaining 49 habitable zone candidates range from super-Earth size -- up to twice the size of Earth -- to larger than Jupiter.

“The fact that we’ve found so many planet candidates in such a tiny fraction of the sky suggests there are countless planets orbiting sun-like stars in our galaxy,” said William Borucki of NASA’s Ames Research Center in Moffett Field, Calif., the mission’s science principal investigator. “We went from zero to 68 Earth-sized planet candidates and zero to 54 candidates in the habitable zone, some of which could have moons with liquid water.”

Kepler, a space telescope, looks for planet signatures by measuring tiny decreases in the brightness of stars caused by planets crossing in front of them. This is known as a transit. Since transits of planets in the habitable zone of sun-like stars occur about once a year and require three transits for verification, it is expected to take three years to locate and verify Earth-size planets orbiting sun-like stars.

The findings are based on the results of observations conducted May 12 to Sept. 17, 2009, of more than 156,000 stars in Kepler’s field of view, which covers approximately one four-hundredth of the sky. The Kepler-11 findings were published in the Feb. 3 issue of the journal Nature.

For more information about the Kepler mission, visit: <http://www.nasa.gov/kepler>.

ARCADIA

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SANTA ANITA BOWLING GREEN CLUB

by GENE PLUNKETT PUBLICITY CHAIR

FOUR TRIPLES TEAMS ONE WINS

The Santa Anita Bowling Green Club held their second tournament of the New Year on Thursday the 3rd of February in the Arcadia County Park in Arcadia. Another beautiful day for bowling.



Photo by Bob Hauerwaas

The winners of the Santa Anita Bowling Green Club Triples Tournament were (L to R) Margi Rambo, Gene Plunkett and Irene Brodie Mastro. They won both games on February 3rd's Tournament.

There were only four teams entered for this event. The format was to play one game of 12 ends, have lunch and play the final game of 12 ends to determine the winner. When all was done only one team had won both games taking first place. That team was lead by Margi Rambo, and the other two members Irene Brodie Mastro, and Gene Plunkett.

Taking the second place was the team with Dick Ashmore as Skip, Shuman Chan as his Vice Captain, and Sandy Dalzell (played one game) and Marc Rich. The third place money went to Dewey Tse's team with Bob Hauerwaas Vice, and Al McKeown Lead. The other team had a bad day but enjoyed the contest. That team's Captain was Jim Miller with John Gonzalez and Juanita Jones in support.

The Santa Anita Club is looking for new members all the time. If you think you would like to learn this sport give Gene Plunkett a call at 626-351-5327 to find out about free lessons. If you have a computer you can find our web site at: www.lawnbowling-arcadia.com <<http://www.lawnbowling-arcadia.com>>. The rules for men and women are the same and if you enjoy the outdoors, can walk about half a mile and pick up and roll a 3 pound bowl, then come on out and give it a try. Saturday mornings at 9 AM would be a good time to drop by the club and see what it's all about. The greens are located at the Arcadia County Park on South Santa Anita Ave in Arcadia, just south of Huntington Drive. It's a sport that can last you a lifetime. The club motto is: Lawn bowling is happy times with good friends. Give it a try and play the best-kept secret in the sporting world. See you on the greens.

SQUARE FOOT GARDENING WORKSHOP

"Saving the world, one square foot at a time."

Held in the Garden for All Seasons Home Learning Center

Your choice of these different dates:

Saturday, February 19
Saturday, March 26
Saturday, April 30
Saturday, May 21
Saturday, June 25
10am-1pm

Jo Ann Carey, instructor

\$25 members/\$28 non-members

Please call 626.821.4623 to register or email jill.berry@arboretum.org

Nothing compares to the flavor of food that is grown in healthy soil, without pesticides, and allowed to grow until just the right time for harvesting. Square foot gardening uses only 20% of the land space of a conventional garden and saves both water and time. There is no tilling of the soil so anybody can do it. This method will be fully explained so you may create your own square foot garden, with lessons on setup, planting, watering, growing vertically, pest control and harvesting.

Recommended reading: All New Square Foot Gardening by Mel Bartholomew, available in the Arboretum Garden & Gift Shop

Arcadia Republican Woman's Club

is having their monthly luncheon on February 17 at the Santa Anita Golf Course, 405 Santa Anita Avenue, Arcadia. Our featured speaker is Arcadia's Mayor Peter Amundson, who will be addressing the State of the City. Peter's focus on the council is primarily quality of life issues for Arcadians. Join us (men are welcome also) and find the latest happenings in Arcadia. Social hour: 10:30 AM, General Meeting: 11:00, Speaker: 11:30 and Lunch: Noon. Cost is \$17.00 which includes a delicious lunch. Reserve your seat by calling Annie (626) 355-6671 or Veronica (626) 447-9590. Deadline for reservations is February 14.

HEART ATTACK RISKS WITH VASCULAR DISEASE

Arcadia Senior Services Division in partnership with Methodist Hospital is having Scott Herman, MD Cardiologist be the keynote speaker on Tuesday, February 22 at 1:30pm. The lecture will take place at the Arcadia Community Center, 365 Campus Drive. At this free health presentation Dr. Herman will talk about the risk factors that can lead to heart attacks. Vascular disease includes any condition that affects the circulatory system. As the heart beats, it pumps blood through a system of blood vessels called the circulatory system. The vessels are elastic tubes that carry blood away from the heart while the vein returns it.

Vascular disease includes diseases of the arteries and veins and blood disorders that affect circulation. It is the leading cause of heart attack and strokes. Dr. Herman will talk about the risk factors, diagnosis and treatment options that are currently available.

If you would like to attend this free health presentation reservations are required. Please call Arcadia Senior Services 626.574.5130 before February 17 or for additional information. This is for individuals 50 years of age and older.

Arcadia Police Blotter

For the period of Sunday, January 23, through Saturday, January 29, the Police Department responded to 909 calls for service of which 133 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, January 23:

Units responded to the racetrack around 9:10 a.m. in reference to an attempted vehicle theft report. A laborer saw a male Hispanic suspect in a coworker's car and notified security. Racetrack owned portable radios and a radio charger were found inside the vehicle, and investigation revealed that the suspect had broken into a utility shed and had taken the radios, money, car keys, and a GPS unit. An area search was conducted and racetrack security discovered the suspect hiding under a commercial trash bin. Stolen property was found on the suspect, along with a baggie of methamphetamine. The 23-year-old suspect was taken into custody for commercial burglary, attempted stolen vehicle, grand theft, vehicle theft, false identification to officers, and possession of a controlled substance. It was later determined that he was the same outstanding suspect who was involved in Saturday's attempted theft of hay bales from the racetrack.

2. Around 9:52 p.m., officers were dispatched to Huntington and Mayflower in Monrovia regarding a hit-and-run accident that occurred at Huntington and Santa Clara. The victim followed the suspect driver after the accident, and he was finally stopped by Monrovia Police. An intoxicated 40-year-old male Hispanic was arrested for DUI, hit-and-run, unlicensed driver, and possession of cocaine.

Monday, January 24:

3. Around 9:30 a.m., units were dispatched to Victoria's Secret located at Westfield Mall in reference to a theft that occurred on January 23. Two female Hispanics, in their 50's, stole boxes of perfume totaling \$719. One of the suspects returned later and attempted to steal another \$126 in perfume products. She was stopped by an employee, so she emptied her purse to remove the merchandise and then left the scene. The suspect was not detained for the theft.

4. Between 8:00 p.m. on January 23 and 9:00 a.m. on January 24, a commercial burglary occurred in the 1100 block of Michillinda. Unknown suspect(s) removed a lock to a construction site and took a toolbox containing numerous tools and a bathtub heater.

Tuesday, January 25:

5. Around 11:14 a.m., four juveniles were detained after they were seen behind a vacant house. Two male Hispanics, ages 14 and 15, and a female 14-year-old Caucasian were cited for daytime loitering and released a parent or school security. A 14-year-old male Asian was found in possession of baggies of marijuana labeled for sale. He was arrested for possession of marijuana for sale, possession of tobacco, and daytime loitering.

6. Units were dispatched to Sanrio located at Westfield Mall around 11:40 a.m. in reference to a female suspect detained for using counterfeit bills. An 18-year-old female Vietnamese suspect presented two counterfeit \$100 bills to pay for merchandise. When the employee noticed that the bills were fake, the suspect then tried to use a fraudulent credit card and fake driver's license to make the purchase. The woman was arrested at the scene.

Wednesday, January 26:

7. Shortly before 5:00 p.m., a victim came to the station to file a grand theft report that occurred in a parking structure located in the 600 block of Las Tunas. While the victim was on his cell phone,

a male Hispanic suspect, 5'8", heavy build, in his 30's, grabbed the cell phone and fled on foot.

8. A traffic stop was conducted at Duarte and First around 11:57 p.m. when officers observed a driver swerving between lanes. A 28-year-old male Caucasian driver was taken into custody for DUI, and a 24-year-old female Hispanic passenger was arrested for disorderly conduct/drunken in public.

Thursday, January 27:

9. Between 5:00 p.m. on January 26 and 6:30 a.m. on January 27, a commercial burglary occurred in the 1300 block of Glencoe. Unknown suspect(s) cut the lock to a fence that surrounded a residential construction site and stole various power tools.

10. Officers responded to the 1200 block of Oakglen around 12:58 p.m. regarding a grand theft that occurred between January 25 and January 27. The victims received a call from a suspect claiming to be their grandson. The suspect stated that his friend was in a Mexico jail for possession of marijuana and wanted the victims to send bail money. The victims then received a call from a subject claiming to be a sergeant from the San Diego Police Department, and he indicated that the victims needed to wire \$17,765 to post bail. After sending the money via Western Union, they discovered that their grandson did not know about the incident.

Friday, January 28:

11. Around 11:05 a.m., units were sent to the 200 block of Colorado regarding a disturbance. A 22-year-old male African-American was contacted and a record check indicated that he had an \$85,000 outstanding warrant for possession of a controlled substance. He was arrested at the scene and booked at the City jail.

12. A residential burglary occurred in the 1500 block of South Third between 9:30 a.m. and 3:40 p.m. Unknown suspect(s) pried open a rear sliding door to gain entrance. Once inside, the suspect(s) ransacked rooms and stole cash.

Saturday, January 29:

13. Units responded to Westfield Mall around 11:00 a.m. regarding two theft suspects striking a security officer with their vehicle in an attempt to flee the location. Investigation revealed that a man and a woman stole merchandise from the Zumiez store and left in their vehicle. A security officer on bike patrol saw the suspects and stopped near the vehicle in an attempt to obtain the vehicle's license plate number. The male driver then struck the guard with the vehicle, causing the guard to fall to the ground. The suspects drove away from the scene and then abandoned the vehicle at the Oak Parking Structure. They were later apprehended and stolen property from Vans and the Zumiez stores were recovered. Private persons' arrests were made, and a 20-year-old male African-American was taken into custody for assault with a deadly weapon, commercial burglary, and contribute to the delinquency of a minor; a 16-year-old female Hispanic was arrested for commercial burglary and false identification to peace officer.

14. Around 1:43 p.m., loss prevention personnel from Macy's detained a woman for theft. On several occasions, the suspect selected merchandise, entered a fitting room in order to remove the security sensor tags, and then hid the items in her purse and shopping bag. A private person's arrest was made, and a 36-year-old Asian was taken into custody for commercial burglary. Over \$900 in property was recovered.

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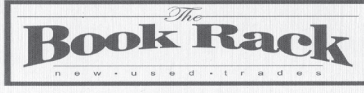


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Recreation and Community Services Department New 2011 Winter Classes!

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 Hoopnics. 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!

What DO You Think? We'd like to hear from you!

Contact us at: editor@mtviewsnews.com
or www.facebook.com/mountainviewsnews



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MONROVIA - DUARTE

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FATAL FIRE SHOULD BE REMINDER TO PRACTICE FIRE SAFETY

From the desk of Scott Ochoa, Monrovia City Manager

The fatal fire on Monday is an unfortunate reminder of the dangers that even small fires pose to life. Initial reports of the fire from the first arriving engine company, which was dispatched at 11:43 am, indicated no visible smoke or flames from the front of a two-story Victorian home on North Magnolia Avenue. That engine company was on scene in less than two minutes from time of dispatch, which is an exceptionally fast response time. Upon further investigation, the Fire Engine Captain reported smoke from a rear detached unit with reports of a person trapped inside the unit. The reports of a victim came from two individuals living in the front home. The smoke was not heavy and still no visible fire was reported,

which indicates the fire was small and confined to the area of initial ignition.

The Division Chief arrived on scene, established command, and ordered search and rescue efforts, fire attack and vertical ventilation where firefighters access the roof and cut a large hole to remove smoke and heated gases. The fire crews performing the critical search and rescue operation found blocked access within the small unit with overloaded contents throughout. The hoarding condition certainly slowed the search and rescue operations and was a contributing factor to the ignition of fire.

Arson investigators were called to the scene to determine the cause and origin of the fire, which is a common and routine procedure whenever a fatality occurs during a fire. That is not to say that

fire officials believed arson was the cause of the fire, but speaks to the fact that arson investigators have more knowledge and perform a more detailed investigation to assist with the critical components of determining what caused the fatality, documenting the scene and providing photographic evidence. In this case, the cause and origin was easily determined and the investigation was concluded in a matter of hours, not days or weeks.

The investigator determined that a small appliance in the kitchen overheated with accumulated belongings (classic hoarding conditions) around the power plug and compressor, leading to a small fire in the kitchen area. The fire was contained to the kitchen area, but produced enough heat and smoke to overcome the occupant of the unit which led to

unconsciousness.

This is a stark reminder to maintain clear spacing around all appliances, space heaters, water heaters, ovens and stoves to prevent the combustion of material. It is also a reminder that it doesn't take a large or explosive fire to take a life. The fact is, most fatalities occur as a result of smoke and heated gas inhalation, not burns. Properly working smoke detectors and having an escape plan with at least two routes out of your home is critical. Finally, never try to self-extinguish fires. Once a smoke detector activates or smoke is visible, stay low to the ground and exit the structure following your escape route plan. Monday's fire reinforces all of these facts and is an unfortunate, yet common occurrence throughout the nation.

Residents should practice fire safety at all times.

Business Pros to Offer Students Insight into Working World at 9th Annual City-Sponsored Groundhog Shadow Day

DUARTE, CA, January 31, 2011 – More than 130 Duarte High School students and business professionals will have the opportunity to spend a day both teaching and

learning about a variety of jobs and careers in the working world during the upcoming 9th annual "Groundhog Job Shadow Day" slated for Wednesday, Feb. 16.

The program is sponsored by the City of Duarte, Duarte's Promise – The Alliance for Youth, the City of Hope, the Duarte Unified School District, and California American Water.

Students will shadow adult mentors as they go about their normal work day in careers including banking, healthcare, education, printing, real estate, automotive repair, retail, food industry and utilities, among others. City of Hope, Duarte Chamber of Commerce, JPL, Duarte Unified School District, RCS Heating and Air Conditioning, Los Angeles County Fire Department, Bassett Unified School District, SCE FCU Federal Credit Union, Santa Anita Family YMCA, Royal Coaches, Los Angeles County Library, Duarte Field Services, Duarte Public Safety, Seidner's Collision Center, the Foothill Unity Center and Old Town Signs Company are among some of the business and industry participants.

Groundhog Job Shadow Day will kick off with an opening ceremony and breakfast for students and mentors at 7:30 a.m. at the Duarte Community Center. After spending the next several hours together on the job, students and mentors will return to the Community Center for a luncheon and a talk featuring a guest speaker.

For more information or to become a sponsoring worksite, call Duarte's Promise – The Alliance for Youth at (626) 357-7931, ext. 267.

Opportunities to Serve on Implementation Task Groups for Duarte Youth and Family Master Plan

The Duarte Youth & Family Committee is inviting applications from community members who would like to work on one of four task groups to implement the Duarte Youth and Family Master Plan.

Developed over a 10-month period with the input of more than 1,000 community members, adults and youth, the Youth and Family Master Plan is a roadmap for public, nonprofit and private agencies, as well as the community-at-large, to build a better future for youth and families in Duarte.

The responsibility to implement the action steps falls to the entire community. Opportunities are open to serve on the Committee's Annual Report Card Task Group; Youth and Family Committee Action Steps Task Group, charged with ensuring specific designated action steps are initiated and benchmarks achieved; Communication and Media Task Group; and Initiator Follow-up Task Group.

Youth and Family Master Plan recommendations,

66 steps in all, are grouped under nine common themes, including: ensuring that youth and families feel safe; enhancing access to health and mental health services; enhancing programs and services that benefit youth and families; connecting youth to the community and to services; re-energizing the Duarte Teen Center; developing cultural and diversity appreciation; improving coordination of programs and services; supporting education and employment skill development; and implementing the Duarte Youth and Family Master Plan.

Applications for the task group are available online at www.accessduarte.com under Parks and Recreation/Youth and Family Master Plan. Applications can also be picked up at Duarte City Hall Parks and Recreation Dept., 1600 Huntington Dr. For more information about applying to a task group, call Donna Georgino at (626) 357-7931, or email: georginod@accessduarte.com. Applications are due by February 22.

BOYS & GIRLS CLUB'S FOR LOVE OF YOUTH DINNER IS A GALA AFFAIR AND GOOD CAUSE

The For Love of Youth Dinner is always a good time and it is definitely a good cause. The Boys & Girls Club is rejuvenated, under the leadership of new Executive Director John Wilson; and John and his team are cranking out great programs for great kids. Club Patron Saint, Angel's Manager Mike Scioscia, will be on hand to help raise some needed money with exciting VIP Angels Packages, so please come out. For more information about the event, please Erin Igoe at (626) 305-5353.

Monrovia Yard Sale Permits

As part of the City of Monrovia New Year's Resolution "Reduce Your Waste Line" event, the Department of Community Development offered free yard sale permits for residents throughout the City. This was a one-week effort as part of the reuse undertaking going on all across the City. Community Development pitched in by not only encouraging residents to host yard sales, but advertised them online through the City website and with hand-out lists at the public counter. Many residents responded and were excited to get involved in the Go Green effort. Check the City of Monrovia website to see how you can get involved as well.

Community Wildfire Protection Plan - Drought Tolerant Native Plants Available Free

Hillside and difficult-to-maintain areas around your home may be perfect locations for native shrubs and trees that are adapted to dry locations and you can obtain native plants for free from either, the City of Monrovia Fire Department or the Los Angeles County Fire Department, Forestry Division. See below for how to obtain your free plant.

Why are these fire departments promoting native plants? In general, fire departments around the country are adopting guidelines for sustainable fire-safe landscaping, involving low maintenance effort and cost, reduced water use, avoidance of invasive plants, promotion of wildlife habitat and other values. But many people view our native chaparral, shrub and oak woodland plants with suspicion because they lack the lush, tropical look that many people associate with fire-resistance. However, looks can be deceiving. The plants that we are offering to residents maintain high levels of moisture in their leaves and stems with little irrigation. In other words, they keep their moisture inside, where it counts in promoting fire-resistance.

Of course, any plant can burn, and therefore, all plants in the landscape around your home require proper planting and maintenance in order to maintain your defensible space. When landscaping in the High Fire Hazard Zone, plant and maintain trees and shrubs as healthy, well-spaced individual specimens or

clumps and follow all requirements of the Monrovia Fire Code. The following link is a great source for further information about fire-safe landscaping: <http://groups.ucanr.org/SAFE/>.

The following plants are currently available to our residents at no cost, from the City of Monrovia Fire Department through the generosity of the Los Angeles County Fire Department, Forestry Division: Coast Live Oak (large tree), Toyon (small tree), Mountain Mahogany (large shrub) and Hollyleaf Cherry (large shrub).

We have these in five-gallon pots and in very small "super-cells." Please reserve your free plant by contacting Rachel Wing, City of Monrovia, CLOAKING or (626) 482-6208. Supplies are limited, so please call or email right away.

Additional native plants are also available, in limited numbers, from their source, the Los Angeles County Fire Department, Forestry Division. These are native plants, grown principally for the following purposes: Stabilizing hillside; replacing ornamental, invasive and non-native plants with ones that generally require less water and maintenance; replacing ornamental, invasive and non-native plants that are generally more prone to fire with plants that are more suitable in High Fire Hazard areas.

For more information about obtaining a free oak and other natives, please call the County of Los Angeles Fire Department, San Dimas Forestry Unit at (909) 599-4615.

Monrovia Police Blotter

During the last seven day period, the Police Department handled 454 service events, resulting in 86 investigations. Following are the last week's highlighted issues and events:

Felony Vandalism - Suspect Arrested

On January 20 at 12:35 p.m., officers responded to a business in the 1600 block of South Mountain regarding a subject that had thrown rocks at nine parked vehicles, breaking seven windows. The male suspect was wearing a white t-shirt with a red sweatshirt tied around his waist and he had fled the area. The suspect was located and detained by officers on Mountain under the freeway. He was positively identified and arrested for felony vandalism and misdemeanor warrants.

Felony Hit and Run Traffic Accident - Suspect Arrested

On January 20 at 2:14 p.m., officers responded to the area of Foothill and Mayflower regarding two male subjects fighting as a result of a traffic collision. The collision involved a motorcycle and a car. A passenger on the motorcycle sustained injuries. The driver of the car fled, but was detained by an officer a short distance away. The driver was positively identified and was arrested.

Robbery

On January 21 at 6:05 p.m., police responded to a business in the 500 block of West Huntington that had just been robbed at gunpoint. The suspect was described as male, 30 years old, possible mustache or goatee, wearing a blue baseball cap, dark hooded sweatshirt, and dark pants. The suspect was given the money from the register and had exited the business running west toward Mayflower. An extensive area search was conducted, but the suspect was not located. Investigation continuing.

Grand Theft Auto Recovery - Suspect Arrested

On January 21 at 8:37 p.m., an officer on patrol in the 1600 block of South Mayflower located and conducted a traffic stop on a stolen vehicle. The driver of the vehicle was the listed suspect. She was arrested and taken into custody. The vehicle had been stolen from a car rental company.

Child Abuse - Suspect Arrested

On January 21 at 5:36 p.m., an officer was

dispatched for a welfare check at a residence attached to a business in the 2100 block of South Myrtle. The investigation resulted in the arrest of the father at the location. Two children were interviewed and stated their father chokes, kicks and pulls their ears. The 4-year-old male child had visible injury to his neck. He told the investigating officer his father grabs his neck and chokes him. The Department of Child and Family Services assigned custody of the children to the mother with the requirement that they be kept away from the father until his hearing. In the early morning, the mother came to the police station with the children to bail out the father. The Department of Child and Family Services was notified and responded. They felt the children could not be protected under the current circumstances and took temporary custody of the children.

Fight in Progress / Public Intoxication - Subjects Arrested

On January 23 at 1:44 a.m., officers responded to a night club in the 300 block of South Myrtle regarding a fight in progress. Upon arrival, several patrons were gathered to the front of the business and to the rear parking lot. No fight was observed and no victims came forward; however, two male subjects were obviously intoxicated and were arrested and taken into custody.

Vandalism / Destruction of City Property

On January 24 at 8:30 a.m., officers went to the 400 block of East Duarte regarding the vandalism and destruction of city property. The officer found the lock to the location had been cut off. The property was checked, but no suspects were found.

Assault with a Deadly Weapon

On January 24 at 9:15 a.m., a resident in the 400 block of East Duarte saw a male and female subject on his neighbor's property. He closed the gate to secure the couple inside the fenced in area. The male suspect became combative and forced the gate open. During the confrontation, the victim was struck on the head with a cordless drill. The suspects fled the location. A search of the area was conducted for the suspects, but they were not located. The victim did not require medical attention. The investigation is continuing.



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Amir Farahani Wins Spelling Bee



Amir Farahani, right, a sixth grader at Sierra Madre School, won the PUSD District Spelling Bee, competing against the top spellers in fourth through sixth grades from 21 schools. Rhema Taylor from McKinley Middle School was awarded second place, and Norma Coombs fifth grader Johanna Dickie won third place. Farahani will represent PUSD in the Los Angeles County Spelling Bee on March 23.

KISHON SANDERS SIGNS WITH UTEP

La Salle High School senior, Kishon Sanders signed a letter of intent to attend the University of Texas at El Paso on a full athletic scholarship.



Kishon, at 6-foot-3 and 235 pounds played tight and defensive end for the Lancers and was a leading pass receiver the past three seasons. An All-League selection as a junior, Kishon has earned five varsity letters at La Salle including three letters in football and two in basketball.

After fielding inquiries from the University of Idaho, Colorado, Nevada at Las Vegas and San Diego State, Kishon chose UTEP following a visit to the campus. He said UTEP appealed to him because he liked the campus and Mike Price, UTEP's head coach, was honest about the rigorous life of a D1 college football player. "Coach Price checked on me at least once a week. He really seemed to care about me as a student and then an athlete," he said. Initially a quarterback as a sophomore, UTEP may make Sanders into a halfback, but the UTEP coaches said they offered the scholarship to a quality athlete rather than to fill a position. "I look forward to playing in a great conference where the best play the best. Plus, we play all our home game in the Sun Bowl, and that's pretty cool," Kishon said. Kishon, with his parents and John Blackstock proudly displays his letter of intent. Photo by John Blackstock

PASADENA EDUCATIONAL FOUNDATION

2011 SUMMER ENRICHMENT PROGRAM OPEN FOR REGISTRATION

The Pasadena Educational Foundation has opened registration for its eighth-annual Summer Enrichment Program to all students in the San Gabriel Valley. Four complete programs for kindergarten through 8th-grade students takes place from July 5 to Aug. 4, 2011, at four PUSD schools. The wide range of enrichment opportunities include Intro to Kindergarten, Intro to First Grade, and Spanish and Mandarin Immersion, as well as a variety of classes in math; science; language arts; visual art; fitness, and more. All classes are taught by credentialed teachers. Register at www.pasedfoundation.org

WHAT: Pasadena Educational Foundation 8th Annual Summer Enrichment Program

WHEN: July 5 to Aug. 4, 2011, Monday through Thursday, 8 a.m. to 12 p.m. (8:15 a.m. to 12:15 p.m. at Wilson)

WHERE: Franklin Elementary (K-5th) 527 W. Ventura St., Altadena; Norma Coombs Alternative School (K-5th) 2600 Paloma St., Pasadena; Willard Elementary (K-5th) 301 S. Madre St., Pasadena; Wilson Middle School (5th-8th) 300 Madre St., Pasadena.

WHAT: The mix of academic subjects with hands-on exploration helps students to prepare for the upcoming school year through unique and fun learning experiences. Students in grades 2-8 attend three classes each morning; kindergarten and 1st grade students remain in one self-contained class. Classes include Band; Chess; Ceramics; Cooking; Pre-Algebra; Robotics; Writing; Spanish, Engineering and many more.

TUITION: PUSD Students: \$375 first enrollment; \$350 per each sibling. Non-PUSD Students: \$450 first enrollment; \$425 per sibling.

REGISTRATION: Full brochure and online registration at www.pasedfoundation.org. For more information call PEF at 626-396-3600, ext. 88350.



High School

In eighth grade I could not wait to get into high school, to become a true teenager with a locker and a lunch card. Two and a half years later, the excitement of high school is long gone, replaced with large amounts of homework, stress, and caffeine. High school seemed like some magical place where jocks and preps roam the campus and the average girl gets the hot senior, like in *Sixteen Candles*. I've discovered that that image is a fairytale in all extents of the word. Not to say that high school isn't fun and silly because, believe me, it is, but it is also demanding and important for our future. It's also not very far from college.

I entered high school thinking that I was entering the most exciting years of my life and somehow convinced myself that homework would be magically nonexistent. I was rudely awakened to the fact that it did still exist and I had to set standards for myself; grasping the reality that high school is much more important

than I imagined. However, I was able to find a balance between work and play that has helped tremendously. My secret is coffee, Harry Potter, and reading. The coffee helps me stay awake and focus; Harry Potter is constantly on in the background as a sort of relaxing agent, and reading helps keep me sane while expanding my knowledge.

As I move closer and closer to college admission, the pressure seems to quadruple with each step, and my balance has become more of a lifeline than a tool. Between my SAT classes, AP courses, Varsity athletics and service, it is amazing I still have time to hang with friends, but I do, and I recommend that for all students. High school is one of the most interesting and hectic times of your life; so take a deep breath and jump in, it's only the beginning.

Meaghan is sixteen years old and brings a style that is both amusing and refreshing to the readers' palate. She appeals to people of all ages and dreams of one day becoming a foreign correspondent.

SIERRA MADRE TEACHER WINS TRIP TO SACRAMENTO

Second Grade Teacher Yolanda Muñoz Is One of Six Educators From PUSD

Six teachers have been awarded a trip to the California Social Studies Conference in Sacramento in March. They are all participants in the Teaching American History project, "California, USA" and will be representing almost every elementary grade level.

The teachers are: Tina Renzullo, K, McKinley School; Yolanda Muñoz, Grade 2, Sierra Madre School; Ana Tejada, Grade 3, Cleveland; Segundo Belmar, Grade 3, Madison; Tamyke Edwards, Grade 4, Longfellow; and Fil Vargas, Grade 5, Madison.

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DATE: Saturday, February 12, 2011
WHERE: Pasadena High School Auditorium
8925 E. Sierra Madre Boulevard
TIME: 9:00 AM
Registration begins at 8:30 AM

What Parents and Teachers Can Do To Counter Teen Prescription Drug Abuse

(NAPS)—Many parents used to fear that their children would abuse or become addicted to illegal "street drugs" like marijuana or cocaine. But today, millions of teenagers are turning to their parents' medicine cabinets to get high on prescription medications, such as pain relievers, anti-anxiety pills and treatments for attention-deficit/hyperactivity disorder.

Statistics confirm that teen prescription drug abuse is a serious and growing problem in the United States. One in five high school students has taken a prescription drug that was not prescribed for them by a doctor, according to the Centers for Disease Control and Prevention. Every day, 2,500 young people use a prescription pain reliever to get high for the first time.

A Partnership For Action
To address America's problem of teen prescription drug abuse, addiction expert and television personality Dr. Drew Pinsky is taking part in the Smart Moves, Smart Choices educational program—a joint initiative of the National Association of School Nurses and PriCara, Division of Ortho-McNeil-Janssen Pharmaceuticals, Inc. Dr. Pinsky, known to his readers and viewers as "Dr. Drew," is a New York Times bestselling author and host of "Celebrity Rehab" and "Sober House."

Smart Moves, Smart Choices is a national, school-based program for middle and high school students designed to educate teens, parents and educators about the risks of abusing prescription medicines. The program provides them with tools to take action, including a new Web site—www.SmartMovesSmartChoices.org.

Board certified in internal and addiction medicine, Dr. Drew understands the dangers and consequences of teens abusing prescription medications.

"When used as prescribed by a doctor for a legitimate medical reason, prescription medicines can provide time-honored benefits," says Dr. Drew. "But many teens do not realize that abusing prescription medications that were not prescribed for them—or mixing prescription medications with alcohol—can cause serious health

consequences, and possibly death, even if you do it just once," Dr. Drew adds.

A Potentially Fatal Mistake
While any drug abuse—illegal, prescription, or over-the-counter—is highly unsafe, 41 percent of teens still mistakenly believe that abusing prescription drugs to get high is safer than taking illegal drugs, like cocaine or heroin.

"Parents should try to be aware and monitor their teens' access to prescription drugs. I encourage parents to take control and transform their medicine cabinets from danger zones into safe zones," says Dr. Drew.

Research shows that 65 percent of teens that have abused prescription pain relievers say they got them from friends and relatives. Dr. Drew advises parents to remind relatives, especially grandparents, to keep all prescription medications out of reach of teens and in a safe and locked location or container.

According to Dr. Drew, parents can be more influential than they realize and can safeguard their teens by:

- Taking all prescription medications out of the medicine cabinet and locking them in a safe location.
- Disposing of all unused or expired prescription medications.
- Learning to recognize the signs of abuse.
- Starting an ongoing dialogue with your teenager about prescription drug abuse.
- Seeking credible resources for help, such as the Smart Moves, Smart Choices Web site.

SmartMovesSmartChoices.org features an interactive quiz, myth-busting facts, take-action tips and educational videos featuring Dr. Drew. Also available are materials that enable educators and school nurses to teach students about this topic in their own schools, including lesson plans and a school assembly tool kit.

For More Information
To learn more about the Smart Moves, Smart Choices program and to access the videos and tool kit materials, visit www.SmartMovesSmartChoices.org.

This new program can educate parents, teens and educators about the risks of prescription drug abuse.

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. Vannasda

Arroyo Pacific Academy

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

Barnhart School

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

Bethany Christian School

93 N. Baldwin Ave. Sierra Madre, Ca. 91024
(626) 355-3527 Principal: James Lugenbuehl
E-mail address: jml@bcsllions.org

Carden of the Foothills School

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

The Gooden School

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

High Point Academy

1720 Kinneloa Canyon Road
Pasadena, Ca. 91107 626-798-8989
website: www.highpointacademy.org

LaSalle High School

3880 E. Sierra Madre Blvd. Pasadena, Ca.
(626) 351-8951
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. Derrick 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

Walden School

74 S San Gabriel Blvd
Pasadena, CA 91107 (626) 792-6166
www.waldenschool.net

Weizmann Day School

1434 N. Altadena Dr. Pasadena, Ca. 91107
(626) 797-0204

Lisa Feldman: Head of School

Wilson Middle School

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

Pasadena Unified School District

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MIJARES Still Great After All These Years

My friend Grant, of Patron Tequila, asked me for a meeting in the Pasadena area, he wanted to discuss the Tequila business, which he knows oh so well, plus he wanted to pick my brain for a spot in The San Gabriel Valley that had great margaritas and food to match. I suggested Mijares and we were both happy as can be!!! Right off the bat, I was reminded more than once that the correct pronunciation is me-har-eez, Mijares Mexican Restaurant.

So how does one freestanding restaurant pass through 90 years of time, you ask?? And now approach the century mark? I think I have the answer. On a recent visit I carefully watched Tommy Recendez, part owner and full time employee, tirelessly work the front of the restaurant with an attitude of roll up your sleeves and get dirty. The one major difference is that

TABLE FOR TWO by Peter Dills

Tom is wearing a Tommy Bahama Shirt. He is closest thing we have to a game show host as he manages to kiss each lady on the cheek, or shake the hand of each guest as they walk in. It is a Norman Rockwell picture of a family from the fifties, and that is the reason that others have fallen while Mijares has remained a monument and a destination for many from Pasadena. When Tom is not around kissing and shaking the hands of the guests, you will find the same type of warm invitation from his sisters R-Lene and Tina. And certainly we can't forget Alice, their Mother, who guarantees that the youngsters are carrying on the tradition of catering to the customers. You may see her roaming the dining hall and making sure the customers are satisfied with their enchiladas or Corky's famous Garbage Burrito. Beautiful! If you have been to Mijares you've sensed the classic "Cheers" approach to the feel of the restaurant. You have to walk straight through the bar to get to the dining room. Many times I have given in to temptation and stopped in my tracks and enjoyed one of George's famous and award winning Margaritas. Their motto is "mi casa es su casa!" If I took them up on that offer more often, I would never get any work done, but the risk almost seems worth it.



Let's talk about Sunday Brunch. As of this writing for (\$18.95) you can immerse yourself in pretty much all the menu items. Sparkling wine is also included in the price. The Musicians wander through the restaurant with their powerful ballads that sweep the afternoon away. I see many people having a great time, so, be responsible and please bring a designated driver!!!

Items included are different fruits, a salad bar, many desserts; house made tortillas, soups, enchiladas, fajitas and an omelet station. Kids eat for (\$8.95), no mimosas for the kids. Make sure you say, hello to Alice, knowing her, she's probably the one setting up the brunch. Plenty of free parking, full bar, outside dining a true Pasadena Institution that should be visited often. Sunday Brunch Hours are 9:30 AM to 2 PM.

Check out their website for exact hours, prices and menu items.

Mijares Restaurant, 145 Palmetto Dr. Pasadena (626) 792-2763. www.mijaresrestaurant.com
Listen to me every Sunday afternoon at 4 PM. On KABC Talk Radio 790

Listen to Peter Dills' Radio Show
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41st ANNUAL WINE AND CUISINE TASTING

The Friends of the Sierra Madre Library have been putting the final details on their 41st Annual Wine and Cuisine Tasting Event scheduled February 18th. Because of the renewed popularity of wine tasting events, it's easy to understand that the "cuisine tasting" might get lost in the promotion.

Fran Garbaccio, Friend's volunteer has been busy finalizing the team of participating restaurants who will be represented at the event. "The response this year from local restaurants has been wonderful," said Fran. "So many restaurants have found this to be a great way for folk to sample the best of what they offer at their individual location." They'll be promoting their best," she added.

So far, you can expect to taste samples from: Bean Town, Café 322, Casa Del Rey, Claro's Italian Market, Charcuterie, Enrique's, Green Street Café, Jakes Roadhouse, Lucky Baldwin's Emporium, Matt Denny's Alehouse, Pie & Burger, Starbucks, Stonefire Grill, Sweets Pastries & More, The Only Place in Town, Ugos and Whole Foods.

Imagine taking your Valentine to over 20 different restaurants for a taste? Now



imagine the convenience and savings when you're able to sample some of these same restaurants with the price a ticket. By the way, tipping is not required.

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 PayPal on-line at sierramadrelibraryfriends.org.

In addition to attending one of the social highlights of the year, 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.

LUCKY WINNER OF TWO TICKETS TO THE 41ST ANNUAL WINE AND CUISINE TASTING ANNOUNCED

Sierra Madre resident Donna Singer's name was drawn from the deposit box on January 31st. As instructed, Donna diligently completed and deposited her entry forms weekly from the Mountain Views News to improve her chances.

Singer, a 33-year resident, has never attended the Friend's event. "I was so excited, as I've always said I should do this," she said. "But, the cost has always been a factor for me, and this will be a thrill."

Final details are now being wrapped up as the Friends of the Library volunteers are busy selling tickets to the event.

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In addition to attending one of the social highlights of the year, 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

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A Chicken, beef and shrimp mix with bell peppers, onions, tomatoes and flamed with white wine, accompanied with rice, beans and tortillas.

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For more information call: 626-797-1163
 2450 N. Lake Avenue, Altadena, CA 91001

Webster's Community Pharmacy, Fine Stationers and Liquors are teaming up with the Rolling Bistros to hold the first "Fancy Food Truck Fridays" event on Friday, February 11th in the Webster's Parking Lot.

From 5P.M. to 9P.M., gourmet food truck fans can partake of at least 4 varieties of delicious fare while chatting and visiting with their friends, family and neighbors. Banking on the popularity of trendy food trucks, this event is already planned for the second friday of each month in Altadena.

Meredith Miller, new owner of Webster's Community Pharmacy, has teamed up with Sheldon Katz of L.A.'s Rolling Bistros, to bring the popular gourmet food trucks to the Webster's parking lot on Lake Ave. Friday's featured trucks are: "The Hungry Nomad", "No Reservations", "Shrimp Pimp" and "Greenz on Wheelz".

"We want to invite our Altadena neighbors to come and hang out with their friends and family. To make that easier, we will have some family-style tables set up to enjoy the fabulous food and relax!" "Since this event will be on Valentine's Weekend, our stores will stay open until 9 p.m. to accommodate last-minute shopping" commented Meredith Miller.



complimentary and street parking will also be available.

For more information, please contact Meredith Miller (cell) 818-731-8918 or meredithfmiller@gmail.com!



Webster's Community Pharmacy, Fine Stationers and Liquors have been servicing Altadena residents since 1926. Webster's parking lot is located on the corner of Lake Ave and Marcheta. Parking will be

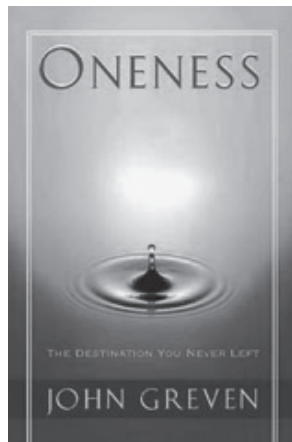


Jeff's Pics

The Book Report

Oneness: The Destination You Never Left by John Greven

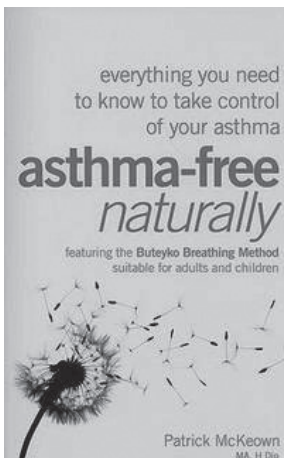
The intent of this book is to look afresh at ones daily experience, to point to something that the mind may have overlooked. It is not pointing to anything new, anything that you can achieve, or anything you can add to yourself. It is not pointing to the good deeds you have done in your life to emphasize what a wonderful person you must be. It is pointing to something so simple, something so obvious, that when it is pointed out and seen, you wonder how it was ever missed. How is it the mind could have taken something so obvious for granted? How did the mind so easily toss out the valuable jewel in favor of its reflections? You may have been searching for self-realization, enlightenment, the Buddha Mind, God, or some other goal implying the same thing. You may have been searching for many years; or you may just be getting started on a search. Whether you have been traveling a path for a while, or just



taking the first step, makes no difference. This book invites you to take a look at the space that has been overlooked, to see what is obvious, and to bring that search to an end. right now.

Asthma-Free Naturally: Everything You Need to Know About Taking Control of Your Asthma--Featuring the Buteyko Breathing Method Suitable for Adults and Children by Patrick G. McKeown

This is a very effective program for adults and children which presents the revolutionary Buteyko breathing method. Patrick McKeown is a former chronic asthma sufferer who went on to become one of the very few accredited Buteyko practitioners in Britain. The Buteyko breathing method is the single most effective self-help treatment for asthma and can be used by adults and children. With this program, asthma sufferers can: stop persistent attacks and coughing / reduce their dependency on medication / unblock nose naturally with a simple exercise / prevent attacks during sports / explain breathing exercises to a child / learn about diet, sleeping and other lifestyle factors!



Sean Kayden

SEAN'S SHAMELESS MUSIC REVIEWS

One of the first prolific albums of 2011 has arrived. Destroyer's 9th studio album, "Kaputt", is nothing anyone would have anticipated from craftsman Dan Bejar.

Perhaps the hardest working and most diverse musician in the independent rock world, Bejar has created an album unlike anything you've probably heard in the past ten years. Saxophones, conga drums, flutes, and trumpets pervade within all nine dazzling tracks. Musical influences are all over the place. Ranging from Bowie to Steely Dan, it's easy to imagine such an album coming out in the late 70s or early 80s. Hardcore fans may be somewhat on the fence embracing Bejar's new sound choices and that would be an absolute shame. A complete departure from his previous material, "Kaputt" is the singer/ songwriter/ musical engineer's finest work to date.

Glossy, new wave, retro, and even jazzy, "Kaputt" is pure 80s velvetiness. However, it's not another replica of wannabe 80s inspired tunes from a contemporary band with a taste of nostalgia. The lyrics are sophisticated yet complicated and outspoken. The listener gets a real sense of comfort hearing Bejar's smooth vocals. However, you can still feel the pain, envision the tragedy, but contain a belief in the optimism throughout. This is a rare album where not only do the words tell a story, but the

instruments speak as well. The arrangements of these songs are powerful, boisterous, and often magical. You get lost and found emotionally with every song. Bejar's dialect is very eclectic. He's an uncommon storyteller with an enigmatic writing style. This may raise concern for new listeners, while it still remains entirely intriguing for long-term fans. After carefully listening to the album in its entirety, it is inevitable to discover that each track brings something unique to the table. The content of the record is a completely outlandish creation.

Artist: Destroyer
Album Title: Kaputt
Release Date: January 25, 2011
Record Label: Merge Records

Despite the earlier references to other artists, "Kaputt" feels organic, intensely curious, but still remarkable and untamed. For the music of 2011, it might be rare to find something this worthwhile to cling onto. I'm at the point where I'm starting to lose all hope in mainstream music because at the end of the day, the songs that top the sales charts feel soulless, empty, and artificially manufactured. There is no defining sound to this era we live in. On the contrary, Destroyer helps me believe that music can once again be thought provoking, rapturous, and deeply personal. With that being said, I won't expect to hear another album quite like this for a really long time.

Key Tracks: "Suicide Demo for Kara Walker", "Kaputt", "Downtown"
Rating: 9.5 out of 10

GROUCHO by Frank Ferrante

Coming to Sierra Madre February 13!

Bring the Family!

Frank, Ferrante, Sierra Madre native, will recreate his New York, London and PBS performance triumph, *An Evening with Groucho*, a one man show packed with comedy, songs, stories and inspired audience interaction.

Newsday named Ferrante a "Wonderful Groucho" and enthusiastic reviews from the Chicago Tribune called Ferrante's renditions, "Nothing short of Masterful..." and the *New York Times* called him "Artful... Mr. Ferrante's timing is digital sharp..."

Ferrante, an award winning actor, director and playwright portrays the legendary comedian, Groucho Marx, in a fast paced, two act, family friendly benefit show on Sunday afternoon, February 13 at St. Rita Church's O'Malley Hall.

An alumnus of both St. Rita Elementary and LaSalle High School, is donating his performance to the hometown crowd as a benefit for St. Rita's. He will be accompanied by pianist, Jim Furmston.

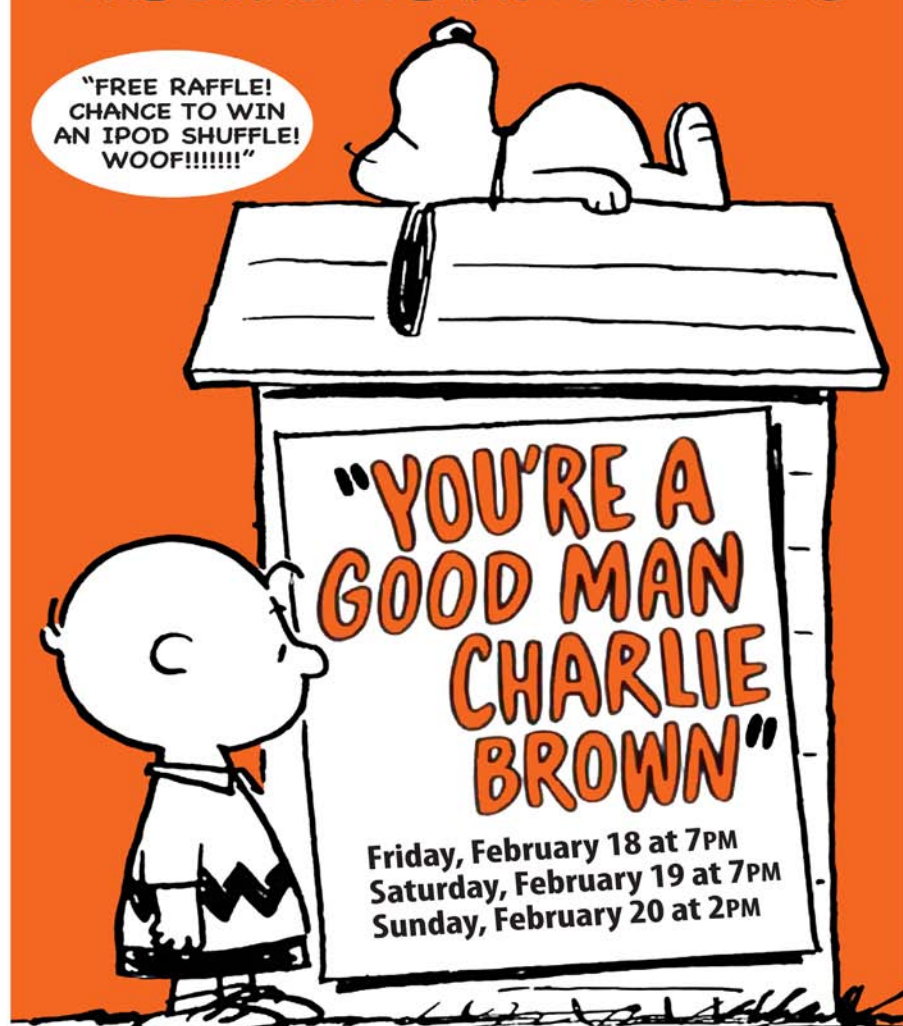
Appropriate for ages 6-106, why not enjoy a hilarious, family Valentines celebration with an afternoon of comedy and wit from the legendary Groucho Marx, and his television show of a generation past? *One performance only...* Sunday, February 13 at 2 p.m. in St. Rita Church's O'Malley Hall, corner of N. Baldwin and Grandview, in Sierra Madre. Advance tickets available at St. Rita Church office, 50 E. Alegria or at the door. Adults: \$20; Children: \$10; Senior over 65: \$15. For more information, call the parish office at 626-355-1292 or visit www.St-Rita.org



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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.

SUSAN Henderson



Well, this past week marked another milestone in my life. I had another birthday and believe me, I am happy to be able to say that! It wasn't the presents or the cards or the messages or e-mails that brought me joy. They were all wonderful, but it was, simply, the fact that I am alive and well.

I have many things to be thankful for, a loving family, the best grandchildren in the world, a pretty good golf game, (this old girl actually hit a 240 yard drive straight down the middle of a difficult fairway yesterday), and much more. And, I am happy for life. It is good. That is not to say that there aren't ups and downs, but the bottom line - life is good.

I do want to share a couple things regarding my birthday, however. First of all, watch out! My granddaughters, Maila, Maheilia and Milania, ages 8, 6 and 3 respectively, created the absolute best 'birthday card' ever. They created the - "Mountain Views News - Junior Edition" and it is hilarious! They are a very observant and quick witted crew!

Secondly, my dear sister really surprised me with an Ipad. I am not an 'Apple' person; I don't own an iPod or iPhone, but Grace and her husband Artie, went out on a limb because they thought I would really enjoy it. They were soooo right! And, in the card they sent, the following message was enclosed, "I have learned that success is to be measured not so much by the position that one has reached as by the obstacles which she has overcome while trying to succeed." BTW

That was especially uplifting coming from my sister who has known me my entire life and watched me play the cards that have been dealt to me. Yes, Life is Good.

I've been thinking for a few weeks about what I would write about for my birthday and everyday it changed. I was going to talk about how the world has changed over the past six decades. I was going to talk about my favorite things (our new puppy Charlee) and my pet peeves (Stadium Names - 'Farmers Stadium?!'). I enjoy writing, although I don't always have the time to do so. And, even though I chided Amy Putnam recently about talking a lot, the truth is, I do too. In fact, on my very first report card, (1st grade), my teacher described me as 'talkative'. I still

LIFE IS GOOD

remember my parents reaction (I didn't know what the word meant), and I have come to realize that everyone in our household was glad that someone had validated the fact that I talked all the darned time!

Anyway, I was going to take the time in this column to talk about the lighter side of life and publishing, but somehow, none of those things seemed that important by the end of the week, especially in light of the events unfolding in Egypt and other parts of the world.

As Americans, we love to put blinders on and pick and choose what we see happening around us. When we do see disturbing developments, our first reaction is, "well, that can't happen here." Really?

I know many of you, when watching the violence in the streets of Cairo couldn't begin to relate to that much discontent and frustration that would lead to the overthrow of a government. Hopefully many of you understand what a blessing it is to be able to disagree in 'peace'. Whether you are on the right or the left, a coffee drinker or a 'tea partyer', we don't have to resort to violence in order to be heard. Like it or not, we have an election process that gives everyone the opportunity to be heard. BUT.....We don't take it seriously.

Yes, Life is Good in these United States of America but we really should start working harder at keeping it that way. And the only way we are going to keep it that way is to participate in the process. Yes, we have to vote and encourage everyone we know to vote.

We need to understand that while we think what happened in Egypt could never here, the truth is that a majority of Americans do not vote and feel no connection to our government, or political parties - neither Democrats nor Republicans. And, common sense will tell you that as the numbers of Americans who feel disenfranchised or disconnected increases it won't be possible to enjoy Life in America as we currently know it. Yes, Life Is Good, but we all need to work harder at keeping it that way. So the next time you hear someone talking about how bad things are and why they don't bother to vote, try to help them understand that as bad as it is here is a hell of a lot better than it is everywhere else. See if you can get it across to them that if we have problems with the way things are run, then we should try to become part of the solution. Yes, Life Is Good, for now.

HAIL Hamilton My Turn Bogus Proposed 28th Amendment Email



I've been receiving a chain-email periodically for more than a year proposing that a 28th amendment be added to the United States Constitution.

I'm sure many of you have received the same email. A quick fact check, however, shows its claims are false or misleading.

"Subject: 28th Amendment!"

"For too long we have been too complacent about the workings of Congress. Many citizens had no idea that Congress members could retire with the same pay after only one term, that they didn't pay into Social Security, that they specifically exempted themselves from many of the laws they have passed (such as being exempt from any fear of prosecution for sexual harassment) while ordinary citizens must live under those laws. The latest is to exempt themselves from the Healthcare Reform that is being considered...in all of its forms. Somehow, that doesn't seem logical. We do not have an elite that is above the law. I truly don't care if they are Democrat, Republican. Independent or whatever. The self-serving must stop.

"This is a good way to do that. It is an idea whose time has come. Proposed 28th Amendment to the United States Constitution:

"Congress shall make no law that applies to the citizens of the United States that does not apply equally to the Senators and Representatives; and, Congress shall make no law that applies to the Senators and Representatives that does not apply equally to the citizens of the United States".

"Each person contact a minimum of twenty people on their Address list, in turn ask each of those to do likewise. Then in three days, all people in The United States of America will have the Message. This is one proposal that really should be passed around."

Analysis: While it's true that members of the U.S. Senate and House of Representatives enjoy a relatively generous government pension plan - some say too generous - and that Congress in the past has exempted itself from certain laws that apply to the rest of us, the case outlined above is largely inaccurate and outdated.

Ever since the passage of the Congressional Accountability Act in 1995 Congress has been answerable to the same civil rights and equal employment regulations that pertain to private businesses. Other alleged disparities, such as those having to do with Congressional retirement provisions and health care coverage, are misrepresented above as well.

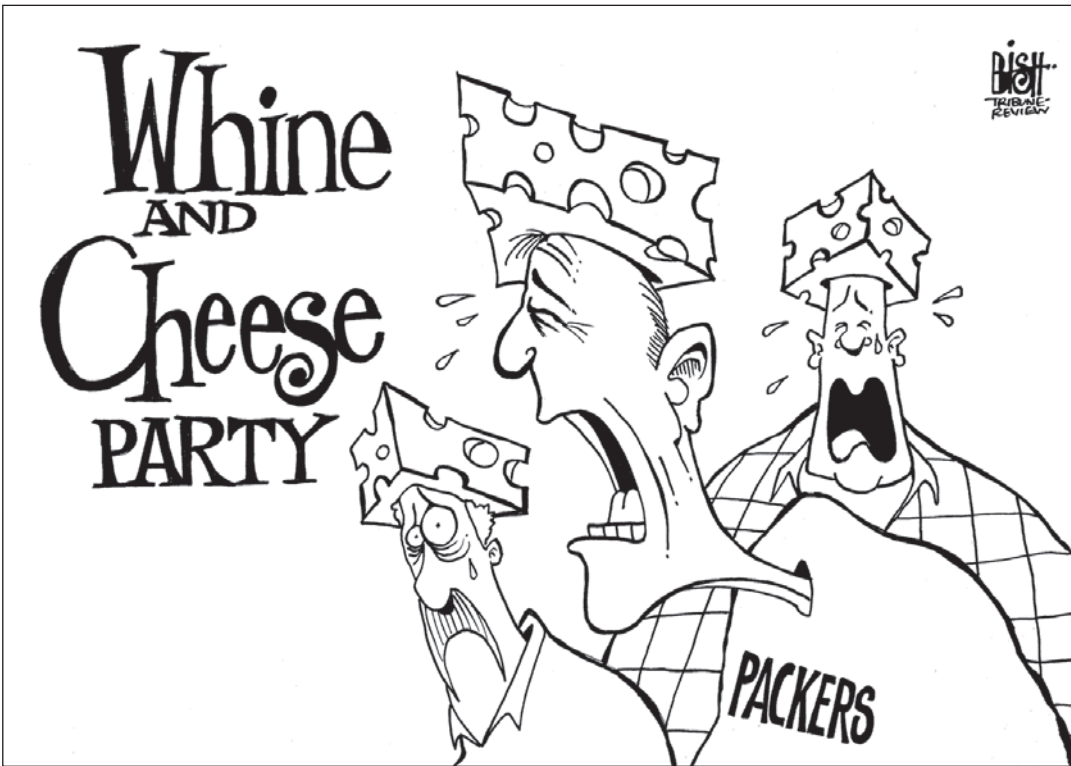
Congressional retirement and Social Security: It's false that members of Congress can retire after only one term with full pay, and false that they don't pay into Social Security. Members elected after 1983 participate in the Federal Employees Retirement System. Members elected before 1983 participate in the older Civil Service Retirement Program. In both cases, they contribute to the plans at a slightly higher rate than ordinary federal employees. How much members of Congress receive upon retirement depends on their age, length of government service, and the configuration of their plan. All members of Congress pay into Social Security.

Immunity from prosecution for sexual harassment: Once upon a time, members of Congress were exempt from many of the employment and civil rights regulations under which private businesses operate, but no longer, thanks to the congressional accountability Act of 1995. Section 201 includes prohibitions against discrimination based on race, color, religion, sex, or national origin, as well as sexual and other harassment in the workplace.

Congressional health care coverage: It's false that Congress has exempted itself from the provisions of the various health care reform bills introduced in the House and Senate in 2009. According to an analysis by FactCheck.org: "Members of Congress are subject to the legislation's mandate to have insurance, and the plans available to them must meet the same minimum benefit standards that other insurance plans will have to meet."

Origin of email: As best as I've been able to determine, the email was written by Bob Gale, a regular contributor to Andrew Breitbart Presents Big Hollywood, and originally posted June 29, 2009.

About the author: Gale is a Screenwriter-Producer-Director, best known as co-creator, co-writer and co-producer of "Back to the Future" and its sequels; he has also written various comic books including Spider-Man and Batman. Interestingly, Gale has testified as an expert defense witness in over a dozen plagiarism cases against Breitbart.



STUART Tolchin.....On LIFE MY MOTHER'S HANDS



I've spent the last two weeks holding my mother hands. As she got smaller, her hands seemed to get larger. I think she lost over 12 pounds while she was in the hospital and at the time of her death yesterday morning she weighed less than eighty pounds. One afternoon, about four or five days ago, my daughter and I held those hands down as my mother tried to rip off her breathing mask and pull off her IV. A few nights before that I held her hands as she spoke to ghosts. She spoke to her husband, and mother and brother, all of whom had been dead for at least thirty years. I heard her say to my father something that sounded like, "You look good. What have you been doing?"

As usual I was completely unprepared for what was happening. I knew my mother was 95 years old and I knew that she was failing. It was harder and harder to engage her in conversation and all she ever seemed to say was that she was hungry and wanted a chicken salad sandwich. She would complain about hunger even right after she had eaten; even while she was eating and we didn't understand. My sister thought that she was just making conversation and was happy finding something to complain about. Finally, on the night before she died, the nurse at the hospital gave us a little blue book that described her behavior. It explained that on their final journey people will often complain of thirst and hunger and this thirst and hunger cannot be satisfied by food or drink. We had not understood this and agonized wondering why my mother was always thirsty.

Please understand that I am not complaining. My mother lived to be over 95 and I almost never went more than 2 weeks without seeing her. During my lifetime she changed a lot. I can still remember when I thought she was about eight feet tall and was the most competent and sweetest person in the world. She could sew, and clean, and make meals, and tell me the right clothes to wear, and had answers for everything. I think I began to doubt her when I realized that her greatest joy was to buy clothes that were on sale and give them to me and tell me they

looked good which only meant that they were affordable. Gradually I understood.

My sister and my mother would argue about clothes as my sister tried desperately to fit in with the other, richer, kids. Money was always a problem for my mother. Even in her last days she worried over who was paying for her room and board at the retirement home. Of course, it didn't help that when she moved into the rest home four years ago some worker had stolen her check book and written checks totaling over two thousand dollars. Eventually we got the money back and everything was straightened out, but my mother was always distrustful. If she had money in her purse she was always afraid that someone would steal the money and it became easier for her not to have money. In fact, we wrote her a note that she carried in the purse that said, "there is no money in your purse and Stuart pays all your bills and you have nothing to worry about." She worried anyway.

This money business is strange. Upon my mother's death I was given bills from the hospital that greatly exceeded my yearly income. It was strange seeing those numbers, even though I knew that most of the bills would be paid by Medi-Care and her Supplemental Insurance Policy. Still this is more money than she has spent in her own life and it is ironic that this money is now exchanged at a time that does her absolutely no good. My mother was always very clear that she did not want any extraordinary measures taken to prolong her life. When she still lived in her apartment she would religiously show me the place where her papers were kept and the Do Not Resuscitate (DNR) request was kept. She so wanted her death to be easy - easy on her and easy on her children. It wasn't easy - there were two heart attacks, and pneumonia, and renal failure, and horrible reactions to medications. Still my mother kept fighting, and she clung to life. She may have thought consciously that she was ready to die, but her overall will to live remained stronger than that rational decision. She was strong, but that continued decision to live was out of her hands. No, I can't quite admit that she is gone and can still feel myself holding her hands. I'm okay with that.



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Looking Up

with Bob Eklund



Sark Becomes World’s First Dark Sky Island

A Good Place for Looking Up...

The Channel Island of Sark has been recognized for the quality of its night sky by the International Dark-sky Association (IDA), which has designated it the world's first dark sky island, the latest in a select group of dark sky places around the world.

Sark has no public street lighting and there are no paved roads and cars, so it does not suffer from the effects of light pollution in the same way as towns and cities do. This means that the night sky is very dark, with the Milky Way stretching from horizon to horizon, meteors streaking overhead, and countless stars on display.

Located between the islands of Guernsey and Jersey, Sark is the smallest of the British Channel Islands, just 3 miles long and 1 ½ miles wide. Despite its small size, it has ample tourist accommodations—from award-winning hotels and restaurants to campsites.

The announcement was hailed as a great success by astronomers. Professor Roger Davies, president of the Royal Astronomical Society, said, “This is a great achievement for Sark. People around the world are become increasingly fascinated by astronomy as we discover more about our universe, and the creation of the world's first dark sky island in the British Isles can only help to increase that appetite. I hope this leads to many more people experiencing the wonders of a truly dark sky”.



The awarding of the “dark sky island” status followed a long process of community consultation, which included the assessment of the sky darkness and an audit of all the external lights on Sark. Under a comprehensive lighting management plan, many local residents and businesses have altered their lighting to make it more dark sky friendly, ensuring that as little light as possible spills upwards where it can drown out starlight.

The government of Sark, the Chief Pleas, was supportive from the start. Conseilleur Paul Williams, chair of the

Agriculture Committee, which oversees environmental matters, said, “Sark becoming the world's first dark sky island is a tremendous feather in our environmental cap, which can only enhance our appeal. Sark is a wonderful island and this recognition will bring our uniqueness and beauty to a wider audience.”

This designation means that Sark joins the select group of international sites chosen for their dark skies, including Galloway Forest Dark Sky Park, which became Europe's first International Dark Sky Park in November 2009.

Steve Owens, the dark sky development officer who led Sark's application to the IDA, recognizes the benefits that this might have for the community on Sark. “This is an ideal opportunity to bring stargazers to the island throughout the year, and I think that Sark is about to see a boom in astro-tourism, especially in the winter months,” he said. “We’ve seen a surge of public interest in astronomy in recent years, with the International Year of Astronomy in 2009 and more recently with the success of BBC “Stargazing Live,” and it’s great that places like Sark and Galloway Forest Dark Sky Park are allowing people from towns and cities to come and experience a dark sky.”

To learn more about Sark: <http://sark.info/>

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



Ask jai.....

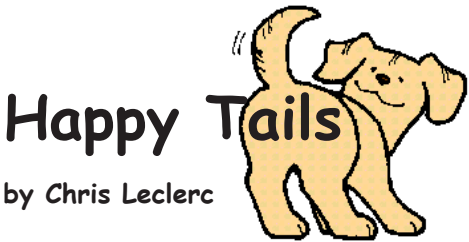
Ask jai is a weekly column that will strive to honestly answer your job search questions relating to job searching techniques, networking skills, resume writing and interviewing. The employment situation is getting better, however, it is still a challenge finding were the jobs are located and how to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

A friend sent me an e-mail notice about several job fairs taking place in my city. I really believe attending Job and Career Fairs is a waste of time. It seems the employers who participate in these events are only looking for entry-level, un-skilled or some level of skilled labor people. I am a college-degree mid-level Manager with over ten years experience in sales. Do you think I would be wasting my time attending Job and Career Fair? Joseph

Dear Joseph,

I think any time you spend searching for employment is time well spent. I suggest if you have the time, you should attend every job fair possible and meet with every employer. My reason for suggesting this is you never know who might have a Management position open in their Sales or Marketing Department. Human Resource professionals who participate in job fairs are usually not the hiring or decision makers. However, they are the ones who do the screening and referrals to the decision makers. So, you should take advantage of this opportunity to meet and introduce yourself to every company representative at the job fair. Just think. All you have to do is walk in, meet and begin interviewing. Or, in your case: introduce yourself, state what type of position you are seeking, and describe your skills and experience. You could possibly meet 50 to 100 employers in one place, in one day! Do not discriminate against any employer at the job fair. Meet with every attending employer and company representative. Do not get discouraged if a recruiter says they are not interviewing for any sales management positions or do not have any current openings. Human Resource people frequently network, refer and share job seeker information and resumes amongst themselves. The recruiters you meet at a job fair might be aware of a recruiter or company not in attendance who is looking for a sales management person. That person could be you! Stay up-beat, thank them for their time, and ask them to please take your resume for future consideration. Be sure to get their contact information and follow-up with a “met you, thank you and keep me in mind” e-mail or note. Attending a job fair is also a great way for you to network, meet new people (attendees) and development new contacts. Which could turn into future job referrals! Job searching is all about staying active, meeting and networking with old and new acquaintances, contacting employers, and distributing your resume until you find the right position for you.

Everything you ever wanted to know about how to find a job...but did not know who to ask. ASK jai. Send your questions to: jai@resumeandcareerservices.com or visit her website at www.resumeandcareerservices.com.



Man’s Best Friend

As owner & operator of Canyon Canine Dog Walking and Pet Sitting Services in Sierra Madre, I spend a lot of my time hiking the canyons and strolling the sidewalks of our small town with my furry, four-legged clients. On any given day, during the course of an hour long walk in this tiny burg, it is not unusual to stumble across at least ten or twelve other dogs walking on leash with their masters. Of the several dogs that I might come in contact with in such a short period of time, it is rare that any two are anything alike. The wide variety of colors, shapes, sizes and behavioral patterns among the many breeds of dogs in today's society truly amazes me. My most recent internet search for how many dog breeds there are currently in existence rendered a result of 164 purebred canine types registered with the American Kennel Club. If you add the list of un-registered breeds that have been officially named and propagated throughout the US and other parts of the globe, the total count comes to somewhere around 200 canine breeds. I must say, that truly blows my mind! Especially when you consider the fact that the variety of characteristics from one breed to another, are the direct result of nothing more than a minute .2% genetic difference.

For the past two centuries, man has been asphyxiated with the concept of forming the “perfect” dog through the applied science of eugenics, the intentional practice of “improving” or somehow altering the genetic composition of a given population. In this case the population happens to be the canine species, or what we dog-loving Americans like to call “Man's Best Friend”. What lead to the human's insatiable desire to create the ideal specimen of a dog? How did man come to rely on the canine to be his “best friend”? Well, there are various schools of thought on how it all came about, however a combination of extensive research & scientific studies have left little room for argument that the domestic dog we are so familiar with originated from the grey wolf, scientifically known as Canis lupus. The mainstream theory among most canine history research scientists is that man's first one-on-one contact with the grey wolf occurred unintentionally. It is said to have happened sometime around 7000 BC (+/-), when the human population began to grow, moving away from an extremely primitive way of life, to occupy previously un-developed territories where they built living structures and established unprecedented property perimeters between themselves. The grey wolf

was already in residence in the forests and other natural pristine spaces where man made claim to the land as “home“, therefore the interface between the two species became inevitable.

Remains of the earliest known domesticated dog, scientifically known as Canis lupus familiaris, were discovered at the Jaihu archaeological site in China, dating back to the early Neolithic period (7000-5800 BC). Needless to say, a lot of changes occurred between that time and two hundred years ago, when intentional breeding resulted in the various varieties of the domestic dog that we know and love today. By the early 17th century, the dog had become a very important part of everyday human life. In fact, without the assistance of the dog, one can't help but wonder where man would be today, in terms of basic survival and “progress”. During the earlier stages of canine breeding, the main focus was to develop a dog that would make life easier for the human. The hunting dog helped by keeping food on the table. Herding dogs helped control livestock, and perhaps the more loyal yet aggressive breeds served to protect the home and the family. Around the mid 19th century, man's effort to refine the specific qualities and characteristics of the domestic dog had become far more focused on aesthetic values than practical needs, and by the turn of the twentieth century the dog had become well known as a symbol of social status.

While the dog has proven to be “man's best friend” over many years of change, ironically enough man has proven to be somewhat less of a best friend to the dog. While the side effects of breeding were certainly not intentional, they definitely have taken their toll. One example of eugenics gone bad is in the case of the Dalmatian, sometimes known as the “Firehouse Dog”, mainly used as a carriage dog in it's early days. The Dalmatian's white and spotted coat are what set this breed apart from the others, however it is the white beneath the spots that is directly associated with it's tendency for blindness due to a gene that will not allow vitamin A to nourish the retina. Other examples of experimental breeding side effects include hip dysplasia in the German Shepherd and obsessive compulsive disorder in the Bull Terrier. Eye & ear allergies in the Bloodhound are other examples of undesirable results of intentional breeding of dogs for a specific purpose. Yes, man has benefited immensely from the efforts made to create the perfect pup. But there have been prices paid.

Fortunately, there is a proverbial pot of gold at the end of the eugenic rainbow. Scientific research on how to reduce the side effects of breeding have had a double benefit to human society. By studying the problems that prevail as a result of canine eugenics, we are also learning how to treat some of the diseases that we as humans fall victim to. So, the dog has indeed been man's best friend through thick and thin, from the beginning to the end! In earlier days, the dog helped us move from the “cave to the castle”, now it helps lend knowledge and understanding for our own health as human beings. Who can argue the fact that the dog has indeed proven itself to be “Man's Best Friend”!



A long time ago in the world of computers (1994), a small company you may have heard about had a hot product they wished to rush to market in order to make a lot of money and to maintain their position as the market leader in their particular corner of the computer kingdom. This company wasn't really all that small and, as far as the world of computers was concerned, it was not likely that any other company would be outdoing them in sales or innovation anytime soon. Maybe the company had been doing things a certain way but whatever they had been doing had been working for them for quite some time and, as a result, they enjoyed the type of success that other companies could only dream about. When the new product finally hit the market it was an immediate success and generated millions of dollars in sales for the company. Because the new product represented the cutting edge in computer technology, its introduction into the marketplace got it a lot of attention from the scientific types of the time, who ended using the product to conduct many experiments and calculations that would push the limits of the new products. It was during one of these experiments that a flaw was discovered in the new product and that flaw was confirmed by other independent researchers. When proof of the flaw was disclosed to the manufacturer, at first the company did everything it could downplay and minimize the effect of this flaw on the performance and effectiveness of the new product. It was later confirmed by other independent researchers that the company's assessment of the flaw was correct but by the time that all of this was public knowledge, the damage to the company's reputation had already been done. When it was later revealed that the company knew of the flaw prior to the release of the new product but chose to go forward anyway, the damage to company's reputation was made even more acute and steps to repair the damage cost the company millions more. Fast-forward to January 2011. The

company has grown considerably in reputation and in assets. By this time the company found itself in a marketplace with far more competition than it had grown up with, but by this time the company was mature and confident in its own abilities and its position in the world. The company is still an innovator these days, as it was back then, and still is very concerned about getting new products to market ahead of its competitors. And then it happened again. A new product being introduced with much fanfare and promise for the future. A flaw in product design is discovered in the new product and it has the potential to affect systems utilizing the new chip. This time the company is all over the issue before anyone else even has time to discover the bug. The company issues technical bulletins and recalls for products already sold. Sometimes a company really does learn from its mistakes.

In the first example, Intel was highly motivated to get its Pentium processors out into the market and into as many PC's as possible. The chip design and performance of the new Pentium processor had the potential and promise to set the market leader even further ahead of its nearest competitor and enhance its already solid reputation as the then market leader in microprocessor technology. All of these factors may have led to the decision to move forward with the release of a known-to-be flawed product and hope that the public wouldn't notice. Unfortunately for Intel, the public did notice and the cost expenditures to repair the flaw, recall defective product and repair its reputation were substantial. When the “Sandy Bridge” chipset flaw was discovered by Intel in January of this year, the chip manufacturer was on top of the situation before anyone else and spared no expense in correcting the situation. Motherboards with the implemented fix will be available for the public later this month. Sometimes a company really does learn from its mistakes.

KATIE TseThis and That

ONE DOWN



Do you know what today is? It's National Weatherpersons' Day; congratulations, Fritz Coleman! Besides that, it's also the first weekend in February, which means it's been about



a month since you made your New Year's resolutions. How are you doing on those? I stopped making resolutions long ago when I realized I probably don't have enough remaining years to tackle the vast amount of self-improvement needed in my life. But I commend all of you who hold yourselves accountable for reaching diet, exercise, or educational goals. I even congratulate those of you who made resolutions but have broken them by now. At least the intention was there!

We had an interesting conversation about this at work the other day. One of my coworkers was bemoaning his failure to adhere to his new low-fat, low-carb diet, while another coworker was miserable that she hadn't kept up her rigid, new aerobics schedule. Other coworkers were beating themselves up over their failure to give up smoking or stop cursing in front of their kids. Several of them had diluted Spartan vows such as “only eating steamed vegetables, soy protein, and whole wheat, and not partaking past 7 pm” to promises like “making no more than three visits to Burger King per week.” The fledgling exercise enthusiasts quickly decreased their daily 5K or 10K runs to bi-weekly strolls around the block or to Starbucks.

As a collective raincloud of failure gathered over the group, I realized that some of my coworkers actually *did* do pretty well on resolutions – just not necessarily their own. The guy who couldn't give up cheese, butter, and pasta was really good at keeping his language G-rated. The chain smoker didn't have a problem avoiding fat or carbs (probably due in part to the nicotine). The couch potato never touched a cigarette in her life. And the guy with the potty mouth consistently got in his daily hour of exercise. The thought occurred to me that I should suggest they swap resolutions.

I guess it would feel little odd congratulating yourself on effortlessly meeting someone else's goal while failing your own, but some success is better than nothing. Don't feel bad, though, about blowing it on your resolution this month. Lent is coming up soon, and you'll have another opportunity to try giving something up. And at least Lenten sacrifices are a little easier than big, bad New Year's resolutions, because Lent only lasts forty days!

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



PICTURE PERFECT... FRENCH STYLE ESTATE HIGH ABOVE SIERRA MADRE

It was a picture perfect day when I drove up into the northeast reaches of Sierra Madre. Just a couple of blocks, in fact, from last week's feature, but a world apart in the home's personality.

The owner's vision was to create the feeling of a beautiful, old estate in the French countryside, where the stones had crumbled over the centuries. The effect is beautiful and yes, picture perfect. But

don't look for anything to be crumbling inside or out. This is one of the best engineered, constructed and maintained homes I have ever seen, taking three years to morph from a remodel into an almost completely new home in 2003.

"There's a lot of steel in this house, chuckled the seller. "It's not going... anywhere!" Much loved as this meticulously remodeled and expanded home is, it's not close enough to the four grandchildren, so it's now reluctantly offered for sale.

Every I and T is dotted and crossed in this house. And a lot of research and oversight went into each detail. The sellers chose alder wood for all the cabinet and staircase applications throughout the house, for its warm, sophisticated color and beautiful tight grain.

The formal rooms are detailed with custom milled Fabrica carpet, handsewn and assembled with a double border. The light sconces and dining room chandelier are Waterford crystal, and were chosen to exactly match the seller's crystal ware. Such is the level of detail and care.

In the foyer, a massive, bronze and leaded glass fixture, imported specially from Spain, hangs center stage above the staircase. The clerestory window atop the staircase was custom crafted by stained glass artisans. The glass used is translucent but not transparent, so privacy is preserved for those traversing the staircase in pajamas.

Honed travertine flooring provides a unifying element, from the foyer through the kitchen, casual dining area, the main floor bath and walkways.

The kitchen sink, the focal point of the kitchen looks out to the pool, spa and wrought iron fenced yard and the dramatic hillside dotted with huge agaves, other natives and succulents. The windows were purposely curved, to give a soft finish to the outdoor outlook.

The casual living space all looks out to the back yard and pool, with three functional areas in the "family room." A large wet bar with refrigerator and seating lines one part of the room. A billiard table fills another. The third area centers around the custom slate fireplace and media center. Note the lion theme in the corubels and other family room detailing

A main level bedroom and bath with walk in shower is located in a private wing, perfect for guests, staff or extended family. Four bedrooms and three baths are located on the second level.

Upstairs, they've created a huge second floor deck for entertaining up to fifty, accessed by three of the bedrooms through French doors and an outside staircase. Naturally, an easy setup for caterer's access and staging begins in the meticulous garage and goes up the outdoor stairway to the deck, for easy food delivery and serving.

The seller again chuckles, saying they've named the master bath, the Bellagio room, after the Las Vegas hotel and all its marble. Functionally, it's well laid out, with double sinks, a walk in steam shower, jetted tub, private commode room and huge closet set up



for two, with built in dressers.

The garage... oh the garage. I suggested that any garage lover be sent directly from the front door to the extra deep garage and workshop area, bypassing the rest of the home, beautiful though it is. Of course, it's painted in textured epoxy. Of course, there are cabinets storing HVAC and other utilities behind closed doors. Of

course, there are over twenty feet of workbench space. Though it's so immaculate, you could sew your daughter's wedding dress there!

667 Camillo Street in Sierra Madre is listed at \$2, 250,000 by Cindy Hunefeld Salcido of Sotheby's International Realty. For more information on this home, visit www.667Camillo.com or contact the agent at 626-396-3918 or Cindy.Salcido@SothebysHomes.com.

**Tips of the Trade:
Real Estate Revealed**
by Luther Tsinoglou

**It's A Small
World**

If you're anticipating selling your smaller-than-average home, do not despair, because the days of the overly sized and overly priced McMansions are shrinking in the rearview mirror! Buyers these days are looking for ways to save money on utilities and taxes, as well as save time on yard work and maintenance.

Your smaller property offers benefits to first-time buyers and those with an eye towards conservation. Be sure to highlight your lower utility costs, and if your home sits on a small lot, research property taxes on larger lots in the neighborhood and show how much money buyers can save with yours.

People who are downsizing or buying for the first time want easy maintenance, so you should absolutely list any new appliances or systems you've installed, like heating and/or air, and Energy Star refrigerators, water heaters, and the like. First time buyers are usually accustomed to the landlord fixing any problems, so new appliances still under warranty are very attractive to that segment.

Buyers who are downsizing will be rethinking their space, so make sure you make your rooms look larger and show off your storage space. Cut the clutter, remove some furniture, and let in the light!

If you live within walking distance to shopping and activities, have your agent promote that, and emphasize that location and function offset your home's smaller size.

"Empty Ritual"



San Marino Community Church welcomes you to Sunday worship! Pastor, Rev. Jeffrey V. O'Grady preaches on Isaiah 58: 1-9a at both the 9:15 traditional service and "The Gathering" at 11:15 am. Communion will be celebrated.

Celebrate Chinese New Year with special Chinese treats served following the 9:15 service and participation by SMCC's Conversational English Class members.

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

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

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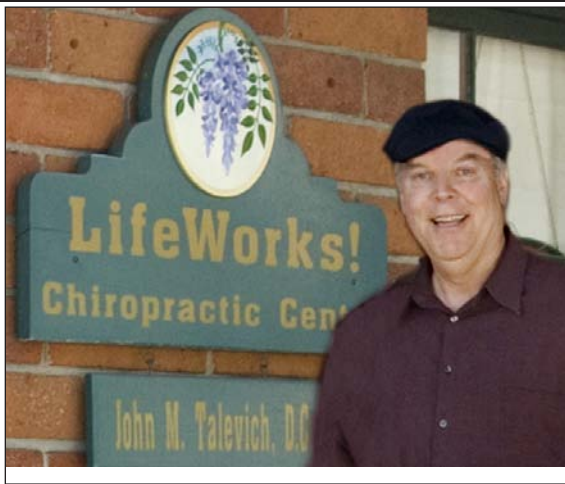
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YOUR HEALTH MATTERS

Today's Subject:

Goatpaths & Superhighways



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.

Walk with me as we revisit a subject that was touched on earlier last year: detoxification. Thirty-five years ago, the standard biochemistry text might have had one paragraph devoted to the idea of "auto-intoxication." The idea that the body produces its own poisons was the wild child of naturopaths and chiropractors. Today, there is a significant amount of research regarding the process of how the body identifies, processes, and eliminates unwanted chemicals from its tissues.

The lion's share of the detox process takes place in the liver. Here, two quarts of blood are processed each minute as materials are received from the intestines. If the liver is able to identify, separate, package, and ship out the unusable substances, there will be no toxic buildup. However, some people are genetically predisposed to poor elimination (goatpaths) while others are not (superhighways); or, sometimes, the

liver has been damaged. When these toxic substances go unfiltered, they may become lodged in fatty tissues such as the brain, cell membranes or other vital organs; sometimes, they may remain in circulation where they wreak havoc along the lines of an English soccer mob. Over time, these free radicals may even enter into and modify normal metabolic processes in the body.

Aside from the genetics and the overall condition of the liver, it is important to have the right nutrients to run the show. Deficiencies of B-complex, trace minerals, and Vitamin C can cause a decline in the speed and efficiency of elimination. Another important factor is the availability of soluble and insoluble fiber in the diet which help carry waste out of the body.

So, why has the subject of detoxification risen from obscurity to relevance? For one, we are exposed to thousands of chemicals in our foods and environment, and the population has developed various syndromes in response. Additionally, the use of ever-more powerful drugs has led to an examination of how these pharmaceuticals may be metabolized. Lastly, the idea of ridding the body of toxins is one of the oldest traditions, and has lost favor in the last century with the rise of miracle drugs and surgeries. We are now seeing the limitations of the "one size fits all" approach to healing and must return to encouraging the body's innate healing wisdom. For more on this subject, visit Tuberose.com.

Have a vital week! Dr. John

John M. Talevich, D.C.

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INCOME TAX TIME

Don Brunner will be volunteering his time once again to assist seniors with filing their 2010 tax return. The service is free but appointments are necessary.

Every Wednesday
 February 9th to April 6th
 1 pm to 2 pm

Hart Park House / Senior Center, 222 W. Sierra Madre Blvd., Sierra Madre (in Memorial Park). Please call the Senior Desk at (626) 355-7394 to make an appointment.

MORE SIERRA MADRE SENIOR ACTIVITIES

The Sierra Madre Library is offering a new program to homebound persons in Sierra Madre called "Titles To Go" - Where volunteers bring the library to you! For more information, please call Ana Valencia at (626) 355-7186.

• Sierra Madre Aquatic Center, 611 E. Sierra Madre Blvd., will be open for spring lap swimmers & walkers starting March 14 through June 12. Hours: 12 noon to 2 pm (Sunday, Monday, Wednesday, Friday & Saturday) and 7:00 pm to 9:00 pm (Tuesday & Wednesday). Cost is \$100 per person for a spring pass (no daily admission). This is a great opportunity for low impact exercise in a heated pool. For more information, please call (626) 355-5278.

• The Community & Personnel Services Department and Sierra Madre Senior Community Commission is excited to take part in a senior outreach partnership with Royal Oaks Retirement Community and St. Rita Senior Ministry. This partnership will reach out to all seniors of Sierra Madre and nearby communities who would like to attend any and all functions. The first FREE event will take place on: Sunday, February 27th at St. Rita Parish-O'Malley Hall, 318 N. Baldwin Ave., Sierra Madre 1:30 - 2:00 Meet, Greet & Light Refreshments 2:00 pm to 3:00 pm - Steven C. Castle, M.D. "Aging Gracefully: The Medical Perspective" Dr. Castle is board certified in Internal Medicine and Geriatric Medicine. He is Professor of Medicine at UCLA and Division Chief of Geriatrics at the VA of Greater Los Angeles.

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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: City Hall & Hart Park House/ Senior Center Closed on February 21

• 12 noon: Intervale Lunch Café: Come enjoy a hot meal with others. Donation for seniors (60+) of \$2.00; visitors \$3.75. Please call 355-0256 to make your daily reservation.
 • 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
 • 12 noon: Intervale Lunch Café; daily reservations needed 355-0256
 • 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
 • 12 noon: Intervale Lunch Café; daily reservations needed 355-0256
 • Free Income Tax assistance - 1 pm to 2 pm. For an appointment, please call 355-7394
 • 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:

• 12 noon: Intervale Lunch Café; daily reservations needed 355-0256
 • 1:00 to 3:30 pm: Game Day. Join us for 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 355-52

Friday: City Hall Closed on February 11 & 25
 12 noon: Intervale Lunch Café; daily reservations needed 355-0256

Saturday:

11:30 am: Senior Club brown bag lunch and BINGO at 12:30 pm. The Senior Club always welcomes new members (\$5 membership dues per year) so please stop by to learn more.



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

LUNCH & LEARN

Join the Senior Community Commission at the Sierra Madre Hart Park House / Senior Center for a FREE presentation. Lunch is available for a \$2 donation by calling (626) 355-0256 by 12 noon the day before.

Wednesday, February 23rd - Join Sierra Madre Library's archivist, Debbie Henderson, as she gives a special presentation on Sierra Madre - Then & Now! Lunch begins at 12 noon & the presentation will start at 12:20 pm

Recipe of the Week:

Cajun Seafood Pasta

INGREDIENTS:

2 cups heavy whipping cream
1 tablespoon chopped fresh basil
1 tablespoon chopped fresh thyme
2 teaspoons salt
2 teaspoons ground black pepper
1 1/2 teaspoons crushed red pepper flakes
1 teaspoon ground white pepper
1 cup chopped green onions
1 cup chopped parsley
1/2 pound shrimp, peeled and deveined
1/2 pound scallops
1/2 cup shredded Swiss cheese
1/2 cup grated Parmesan cheese
1 pound dry fettuccine pasta

DIRECTIONS:

Cook pasta in a large pot of boiling salted water until al dente.

Meanwhile, pour cream into large skillet. Cook over medium heat, stirring constantly, until just about boiling. Reduce heat, and add herbs, salt, peppers, onions, and parsley. Simmer 7 to 8 minutes, or until thickened.

Stir in seafood, cooking until shrimp is no longer transparent. Stir in cheeses, blending well.

Drain pasta. Serve sauce over noodles.



February Birthdays

Aliye "Allie" Atay, Ursula El-Tawansy, Susan Henderson, Sylvia Lorhan, Ann Luke, Janet "Jan" O'Day, Hilda Pittman, Ana Ptasinski, Jannene "Jan" Reed, Winifred Swanson, Lorraine Bush

FEBRUARY EXCURSION

February 17th - Bower's Museum - Benjamin Franklin: In Search of a Better World - join us as we travel to Santa Ana to take a special tour of this exhibit which includes an original of the 1776 "Pennsylvania Constitution" as well as explore the museum. Cost is \$21 per person for transportation & the tour (lunch will be on your own at the museum).

9 am to 3:30 pm

To register, please visit the Senior Center or go online to www.cityofsierramadre.com/onlineregistration.



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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Save the Date

AARP SAFE DRIVING CLASS

Next class: February 23 & 24

9 am to 1 pm both days.

\$12 for AARP Members / \$14 for Non-members

Please call the Senior Desk at (626) 355-7394 to register in advance or for more information.




WHALE WATCHING

Saturday, March 12th

9 am to 4 pm; \$25

We are using a NEW boat company & the excursion will be narrated by an Aquarium of the Pacific staff member.

Lunch Café — February Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Lunch is served at 12 noon, please arrive by 11:45 am	1 Chicken Soup & Roast Pork	2 Creamy Squash Soup & Chicken	3 Vegetable Soup & Sub Sandwich	4 Albondigas Soup & Steak Picada
7 Beef Stew with Potatoes	8 Birthday Cake Lentil Soup with Salmon or Beef	9 Bean Soup & BBQ Pork Ribblet	10 Broccoli Soup & Roast Turkey	11 Potato Soup & Spaghetti
14 Valentine's Day Italian Wedding Soup & Chicken	15 Corn Soup & Tuna Salad	16 Squash Soup & Pot Roast	17 Tomato Soup with Salmon or Pork	18 Chicken Soup & Cheeseburger
21 Presidents' Day CENTER CLOSED	22 Bean Soup & Salisbury Steak	23 Albondigas Soup & Tostada Salad	24 Tomato Soup & Sweet/Sour Pork	25 Minestrone Soup & Roast Turkey
28 Squash Soup & Oven Fried Chicken	 Washington	 Lincoln		

**All meals also include low fat milk, whole grain roll with margarine and dessert (fresh fruit or pie). Also, on the 2nd Tuesday of the month the Café hosts a special "Birthdays of the Month" party with cake & ice cream.

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LA SALLE'S SAMANTHA WHITEHEAD SIGNS WITH ST. JOHN'S UNIVERSITY

Story and Photo by John Blackstock

Pasadena, CA - La Salle High School senior, Samantha Whitehead has signed a National Letter of Intent to attend St. John's University in New York on an athletic scholarship. Samantha, a varsity starter as a freshman, will earn four varsity letters in soccer.

After an enjoyable, yet unofficial tour of the St. John's campus last spring, Samantha decided she would like to play soccer there. And on her 17th birthday, St. John's decided it was a good idea too. "I'm looking forward to the new experiences, new adventures, new weather and New York City. Plus, it will be great to play D1 soccer in the Big East conference at such a great academic school. (St. John's men and women's soccer teams are ranked in the top 10 academically in the nation). It is a beautiful campus. It has it all!" she exclaimed. "St. John's seemed like a bigger 'La Salle'," Samantha said. "La Salle's motto; *Enter to Learn, Leave to Serve* is in keeping with St. John's very active role in student community service."

Whitehead has been recruited to play left defender for the Red Storm, but has been used as a left midfielder and forward because of her speed and outstanding shooting ability at La Salle. "She has great ball handling skills and a very accurate strong shot, especially from the left side. And I needed a real team leader up front," said Lancer head coach Edgar Manvelyan. "We just needed her up there and it's paid off." Whitehead leads the team in scoring and assists and has two hat-tricks (three-goals in one game) during her four years as a Lancer. "Our

season's not over yet. She may get one more," said Manvelyan.

Even though Whitehead is small, (5'2" and under 120 pounds), she is extremely fast and highly skilled. "I'm glad the coaches at St. John's were able to see past my size and offered me a scholarship based on skill and character rather than pounds," she said. "I really know the game and I think they could see that, in this case, size is not all that matters."

"I love La Salle," said the three-time soccer All League member in a recent interview. "La Salle prepared me academically and athletically to reach my goal to play soccer at a major university on the east coast. Every one has always been so supportive," she said. But it was not an easy road to travel. "I was diagnosed with Type 1 diabetes after my first day of summer camp practice for La Salle in 2008. It was difficult for a young person to deal with such a seemingly devastating setback. But, Samantha believes she has the disease under



La Salle senior, Samantha Whitehead, prepares to sign her National Letter of Intent, accepting an athletic scholarship for soccer to St. John's University in New York. She is seated with her parents, Gerald and Melody, while La Salle's Athletic Director, John Matheus, left, and Lancer Soccer Head Coach, Edgar Manvelyan, stand behind her.



Samantha Whitehead in action against St. Joseph High School last evening.

control. She would occasionally miss some practices and sit for more minutes than she wanted in a few games, but all her teammates understood her situation. "The support from my teammates was really great. It helped a lot. I prick my finger to check blood sugars 3,916 times a year, but from the beginning, I refused to let it (diabetes) keep me from my dreams."

After this season, Whitehead will continue playing soccer with her club team, LAFC Cosmos, to prepare for her move to New York, and the Red Storm at St. John's. Offers from other west coast schools included UC Riverside and California State University at Fullerton, but Whitehead preferred to play on the east coast. She laughed as she said, "But I hope it get's a bit warmer!"

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HOW TO CHIP THE GOLF BALL WITH PRECISION

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#1. Ball position is critical for consistent impact. It has to be in the middle to middle back of your stance. If it is too far forward you will hit up on it and top the ball or hit it thin most of the time. The other reason you want it in the middle to middle back of your stance is so the clubhead will approach the ball on a steep angle.

#2. The second part is to make sure you have 75% of your weight on your left foot at address. Once you place the weight on your left side, leave it there during the backswing and downswing. If you stay put during the swing the clubhead will swing steep into the back of the golf ball and it will have the same flight and roll every time.

#3. After you have placed the ball in the center of your stance and you leaned over to the left with 75% of your weight on your left leg, it is time now to move the handle over to your left side. Remember when you address the golf ball the handle of the club is in the center of your body. When you moved your weight over to the left, the center of your body is now on your left side. That is why YOU HAVE TO MOVE THE HANDLE OVER TO THE CENTER OF YOUR BODY.

When you move the handle over to your left leg it will allow the club to swing UP in the backswing and DOWN in the downswing, thus creating a steep and consistent impact.

If you follow these steps you will chip the golf ball better than ever.

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. 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!



SPRING BASEBALL 2011

Opening Day for Spring Baseball is right around the corner. Join us on Saturday, February 26th at 8:00 AM in Memorial Park for our Opening Day Parade. All players assemble at Memorial Park ride down Sierra Madre Boulevard, Parade-style, banners, whistles and all, to the Opening Ceremonies at Heasley Field. Ceremonies include the parade, diner opening, and good carnival fun.



For additional information on Sierra Madre Little League, please see our website: www.smll.org.

Contact information or questions: Steve Tanner, 626-355-1249, stanner@arguscg.com or Brenda Wendt, 626-355-6027, brendaawendt@aol.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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A horizontal banner for Chevy Chase Country Club. On the left is the club's logo, a green shield with 'CCC' and 'EST. 1925'. To its right is a large image of a golfer in mid-swing. Further right are three smaller images: a wedding reception, a golf course, and a holiday dinner. The text 'CHEVY CHASE COUNTRY CLUB' is at the top right, followed by the tagline 'A tradition of excellence in an intimate and welcoming setting'. At the bottom right is the address, phone number, and website.

A horizontal banner for Corfu Restaurant. On the left, there is a photograph of Mediterranean food: a wedge of Swiss cheese, a glass of red wine, a bottle of olive oil, and a loaf of bread in a wicker basket. The text 'CORFU Restaurant' is overlaid on this image. To the right, a green bar contains the text 'MEDITERRANEAN CUISINE'. Below this, a tan bar contains 'BREAKFAST * LUNCH * DINNER * CATERING'. Further down, another tan bar contains 'SEE OUR MENUS AT' and 'WWW.EATATCORFU.COM'. At the bottom, a green bar contains the address and phone number: '48 W. SIERRA MADRE BLVD. | SIERRA MADRE, CA 91024 | (626) 355-5993'.