

Don't Forget:
Sierra Madre Civic Club Annual Salad Luncheon and Chinese Auction
Next Saturday, April 9 at 11:30 a.m at the La Salle High School Auditorium

Where Your
Community News Comes First

Mountain Views News

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

SATURDAY, APRIL 2, 2011

VOLUME 5 NO. 14

Who's At YOUR Door?

City of Sierra Madre Residents Warned about Utility Imposters

Burglars have recently posed as utility workers to gain entry into homes in the Sierra Madre, Arcadia, and East Pasadena areas. Sierra Madre residents should be mindful of persons trying to gain access to their homes by posing as utility workers. Utility imposters may carry official looking credentials and often work in pairs. The latest scam involved a man claiming to be a Water Department employee investigating water pressure. The imposters gained access to a home by asking the resident for permission to check faucets for low pressure.

Tips to protect you and your family from scam artist posing as utility employees:

- Do not open the door or give access to your property to someone you don't recognize. Don't allow anyone to enter your home or back yard if you are not certain of his or her identity.

- City of Sierra Madre employees wear City uniform shirts bearing the City logo, drive vehicles with City emblems and CA Exempt license plates

and carry City-issued photo identification (I.D.) Other utility employees and utility contractors also carry photo I.D. Actual City or utility employees will be happy to show you their official I.D. If in doubt call the utility office to verify their identification before letting them into your home.

- Call the City of Sierra Madre at (626) 355-7135 if you are unsure about a person's City identification or to verify City-related work is being done on your property. Call the police if you believe the person is an imposter.

- Unless you have an appointment and arranged for City inspections, don't allow anyone to enter your home claiming to inspect plumbing fixtures for the City, as our staff do not do so without prior arrangements.

- Advise your loved ones, friends and children about what to do if strangers approach their home and ask to come in.

If you have any questions please call the City of Sierra Madre at (626) 355-7135.

MAKING A DIFFERENCE

Auction Raises over \$60k for Sierra Madre School's Annual Fund

Photos and Story By Chris Bertrand



Decisions, decisions. Supporters bid on a wide array of items ranging from gourmet gift baskets, travel junkets, and even opening day Dodger Tickets.

Despite the persistent rain, a happy throng dressed to the nines attended the tenth annual Sierra Madre School Auction on Saturday, March 26. Parents, SME staffers, city council members, Rotary Club sponsors and other community supporters set their sights on an evening of fun for a cause, with their checkbooks open. The event was held once again at La Salle High School in Pasadena.

Thanks to a well organized committee headed by three-time Auction chair, Lisa Brault, the event ran like clockwork, especially the bar coded silent auction bidding, which smoothed the checkout and validation process of the bid winners of more than 200 baskets of beautifully wrapped and coordinated auction items.

Brault says she couldn't have done it without help from Julie Flad, all-around auction volunteer, Mimi Young (baskets), Yolanda Willits (classroom art and table centerpieces made by the classrooms), Lynne Levin-Guzman (Procurement), Denny Barry (DJ) and Live Auctioneer, Al Nocita, former PTA president who has been involved with the school auction since its first year, plus a cast of, if not thousands... hundreds of volunteers and donors. She reflected, "What sets our school above the rest is the parent involvement and the commitment, within the school and within the community, to do what it takes to make a difference and give our children the amazing education that they deserve. Our tremendous staff, from our wonderful principal to the custodian, truly care about our school and our kids. It is what inspires our parents to do their part.

Each classroom had a theme such as cooking, gardening, reading, family night out, and parents donated most of the items that filled up the 200+ baskets, according to Brault. Teachers also pitched in with lunches and outings

with students from ice cream to rock climbing.

Volunteer parents worked with students in each classroom to create twenty four art vases, one from each classroom in the lower campus. One dad chuckled, saying "I've been told I HAVE to go home with my daughter's class vase."

With so much to choose from, there was something for everyone's taste. Restaurant and business gift certificates lined the walls. An art display was set up outside, including a stunning handcrafted tile featuring the front view of Sierra Madre School. In the live auction, high bids for a San Diego trip went for \$1500, and an oil painting of the school's Spotlight Awards went for \$2000.

Auction items often get quite creative. One item recurs each year. Twelve successful parent bidders will form a team to play a softball game against the teachers, to be held June 4 at Heasley Field. Another popular bidding favorite was Movie Night at School, complete with sleeping bags, popcorn and ice cream, planned for September.

Principal Gayle Bluemel, who just days before announced her retirement at the end of the school year said the proceeds of the auction will "contribute toward maintaining and improving the excellent programs that we have come to expect at our own Sierra Madre School... We are so proud of our theme, "Making a Difference", because it aptly describes the tremendous effort we have seen this year in so many ways, from all members of our school community... parents, grandparents, friends, staff, students, alumni, faculty, school district representatives and community partners.

Brault reflected the sentiment shared by many parents, on the one somber element to the evening. "This auction is bitter-sweet as it is the last with our



Auction Chair, Lisa Brault (L) with Principal, Gayle Bluemel (R)

beloved principal, Gayle Bluemel, at the helm. But I feel privileged that I have been able to work with her closely for the past three years, and I know we will be fine continuing on in the path she has put in place for us and led us down." Of Bluemel's retirement, PTA President, Melissa Castillo Moore said, "My sadness is for our loss of a truly remarkable Administrator who has not only upheld the highest of standards for excellence at our school but also found a way to interweave the arts into the fabric of our school culture. I also celebrate with her the myriad of possibilities she has ahead of her as she enters the next phase of her abundantly full life.

After 38 years with Pasadena Unified School District, Bluemel said, simply, "It was time," and smiled at her husband. "In the first nine years of the auction, we raised half a million dollars," says Brault, "which goes directly into our Annual Fund. Last year, it enabled our school to continue to fund staff training, science and technology programs, health and safety services, performing and visual arts education and many more programs that would otherwise have been eliminated. This year's money will similarly fund those programs based on the priorities designated by our principal and School Site Council."

ART OF THE GARDEN A Tour of Enchantment

Imagine a day of magic & enchantment, breath-taking beauty, all your senses stimulated. As you visit some of Southern California's most exquisitely creative and inspiring gardens, you will discover landscapes & garden design you never dreamed of. If you are a garden lover you

variety of pools, including an infinity pool perched on the edge of an expansive vista, pool houses, fountains, ponds, a river, complete with a beach, logias, sculpture, patios, decks, fireplaces, outdoor kitchens, kitchen gardens, a double-helix potager garden, herb gardens, rose gardens, cactus & succulent gardens, an 18 ft. tall Euphorbia, a teepee garden, meditation garden, meandering pathways, bridges, old growth tree canopies, orchards, vine



will be delighted. If you are not yet a garden lover, you most certainly will become one, as the gardens presented by Creative Arts Group on April 17th will far surpass your expectations and quite possibly change your life.

Four private and exquisite gardens grace the estates of historic, classic, contemporary and magnificent architecture, which include Italian Revival, Mid-century Contemporary, and Greene & Greene Craftsman. The owners have extensively restored their homes as well as completely transformed out-dated, sometimes long-neglected grounds into "Gardens of Eden." Wildly various in style, each garden is a representation of the love, care & stunning artistry of garden designer, landscaper & owner, artistically synthesizing architectural style & land with personal creativity and dazzling features. Combinations of old growth and California native plantings with exotic and rare plants & trees is startling and harmonious. The plethora of garden features include a

covered arches, and magnificent views.

As always, the tour also features the Creative Arts Group Jameson & Founders Galleries, where one can feast their eyes on a wide variety of fine artwork exhibited by artists from the local foothill communities. Celebrating over 50 years of providing classes & workshops for children and adults in the arts, including ceramics, enameling, jewelry making, drawing & painting and much more in an intimate and nurturing environment, Creative Arts Group is a non-profit art center dedicated to creative appreciation, development & discovery.

The "Art of The Garden" Tour is held Sunday, April 17th, from 10:30am to 4:30pm. To purchase tickets or for more information, call Creative Arts Group at 626-355-8350 or visit the office & gallery at 108 N. Baldwin Ave., Sierra Madre. Tickets are \$25 in advance & \$30 if purchased the day of the event. All funds are used to support CAG's educational & community-service programs.

A customer said:

"...the latte I get at Niko's reminds me of the coffee I used to drink in Vienna, creamy frothy foam, real coffee flavor and a fabulous coffee scent that is to die for!"

NIKO AND FRIENDS CAFÉ

900 Valley View #6, Pasadena, CA

On the Michillinda/Montecito Corner

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626-510-6151

www.Nikoandfriendscafe.com



Discover what good coffee taste like, come to Niko's!

SANTA ANITA DERBY DAY

Saturday, April 9

The best 3-year-old thoroughbreds on the west coast are gearing up for Santa Anita's star studded million dollar battle.

Only the best will move forward to the Kentucky Derby. Who makes the cut? Come out to the track this Saturday.

You might be watching this year's Kentucky Derby winner right here at Santa Anita. Plus make the Santa Anita Derby the key play in your Pick Four bet. The Pick Four pool is guaranteed to be \$500,000. And take home the most unique gift in racing. It's the Santa Anita Derby t-shirt with the entire field and silks printed right on the back.

Santa Anita Park. This Saturday, The Great Race Place is The Place to Be.

Remember:

Fridays are Free. Free general admission and free box seat plus \$2 hot dogs, beer and soft drinks every Friday



626-574-RACE



www.santaanita.com



Read The Paper Online At: www.mtnviewsnews.com

Weather Wise

5-Day Forecast

Sierra Madre, Ca.

Mon:	Showers	Hi 60s	Lows 40s
Tues:	Ptly Cldy	Hi 60s	Lows 40s
Wed:	Showers	Hi 60s	Lows 40s
Thur:	Ptly Cldy	Hi 60s	Lows 40s
Fri:	Showers	Hi 60s	Lows 40s

Forecasts courtesy of the National Weather Service



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:
April 12, 2011 6:30 pm

April 7 @ 3pm - Senior Commission

April 18 @ 6pm - Community Services Commission

April 19 @ 6:30pm - UUT Oversight Committee

April 20 @ 7pm - Tree Advisory Committee

April 21 @ 7pm - Planning Commission

April 26 @ 6:30pm - City Council

April 27 @ 7pm - Library Board of Trustees

April 28 @ 7pm - Green Advisory Committee

“Seeing is Believing”



San Marino Community Church welcomes you to Sunday worship! Pastor, Rev. Jeffrey V. O'Grady preaches on Isaiah 49:8-16a at both the 9:15 traditional service and “The Gathering” at 11:15 am using John 9:1-17, 35-41 as his text.

Discover SMCC's music program! The Adult Chancel Choir and Music & Discovery Children's Choirs welcome new singers and participate regularly in worship. Learn more at www.smccpby.com.

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

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

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.

COUNCIL MEMBERS TO HOLD NEIGHBORHOOD MEETING ON WORKFORCE HOUSING PLANS

Plans for the Old Youth Activity Center on W. Highland To Be Discussed

On Wednesday, April 6, 2011 at 6:30 p.m., City Council Members Josh Moran and Mary Ann McGilivray, along with city staff will meet with residents concerning plans for work force housing on the site of the old Youth Activity Center on W. Highland.

Residents who leave in close proximity to the project have expressed concerns about plans for low and moderate income, multi unit housing on the site. This meeting is being held to give the community the opportunity to further articulate their concerns and discuss possible solutions with the city.

The meeting is open to the public and will be held in the City Council chambers.

Foothill Unity Center Is Local Beneficiary of 13th Annual Curves Food Drive

Local Curves to offer incentives to members and the community to donate food and cash

During the first two weeks of April, Curves of Duarte, Arcadia, Sierra Madre, Altadena and Pasadena will participate in the 13th Annual Curves Food Drive to collect non-perishable food and cash donations to benefit Foothill Unity Center and other local food banks. Current members who make a \$30 donation or an equivalent donation of food are eligible to receive a Curves reusable Food Drive grocery bag. From April 4-17, Curves will waive the membership fee for new members who donate a bag of non-perishable food or make a minimum donation of \$30.

"Our goal is to top the donation we made last year," said Stacey Park, owner of Curves serving Duarte and Monrovia. "This is a great opportunity for the members of the Curves community to help strengthen the local community, too. Everything that our members donate at our clubs will benefit local families in need."

This year's Food Drive will get off to a strong start when Curves International founders Gary and Diane Heavin are featured on ABC Television's inspirational new show, Secret Millionaire, airing Sunday, April 3, at 8 p.m. The Curves founders' moving episode will help Curves members understand how the Curves Food Drive is the perfect opportunity for each of them to give back to their own communities. Curves clubs have donated more than 61 million pounds of food in the U.S. and Canada since 2004.

"The past few years have been difficult for many families," said Diane Heavin. "Curves annual Food Drive is one way that everyone in the San Gabriel Valley area can make a real difference for a local family that is struggling. We encourage everyone, not just our members or those who are thinking about joining our gym, to make a cash donation or drop off a bag of non-perishable food items in April."

"We can't thank Stacey Park and Curves Duarte enough for spearheading this wonderful drive," said Betty McWilliams, Deputy Director of Foothill Unity Center. "Our appreciation goes out to members of the Curves community throughout our service area for their strong, caring support of local families in need."

For more information, please visit: www.curves.com.

SPRING LAP SWIM

The Community and Personnel Services Department will be offering a spring lap swim program for the 2011 season. This is a great opportunity for low impact aerobic exercise. The spring season begins on Monday, March 14 and runs through Sunday, June 12. Springs hours are as follows: Sunday, Monday, Wednesday, Friday and Saturday 12:00pm-2:00pm and Tuesday and Thursday 7:00pm-9:00pm. Spring season passes are \$100 per person with no daily admissions. Registration for the spring lap swim program can be made at the Community Recreation Center located at 611 E. Sierra Madre Blvd., Sierra Madre, CA 91024. For more information please call 626-355-5278

NEW

Sierra Madre Dolphins Spring Swim Team

The Sierra Madre Dolphins are starting a brand new spring swim team! This is a great opportunity to start swim team training before the summer and be in the best possible swim shape. The spring swim team will begin on Monday, May 2, 2011 and run through Friday, June 3, 2011. Practices are held Monday through Friday from 5:30pm-7:00pm. The cost of the program is \$100 per swimmers between the ages of 5-17 years who can swim the length of the pool. The spring swim team will focus on building endurance and refining swim skills and techniques. There are no scheduled swim meets against other swim teams for the spring season, but inter-squad meets will be held. Please note a minimum of 25 swimmers must enroll in the spring swim team for the program to run. Please register at the Community Services Office, located at 611 E. Sierra Madre Blvd., next to the Aquatic Center. Registration will be available online at <http://www.cityofsierramadre.com/online/registration> For more information call 626-355-5278.

AMERICAN RED CROSS LIFEGUARD TRAINING UPDATE!

The course dates for the Lifeguard Training have changed. The course will now meet in April 16, 23, 30 and May 1 from 9:00am-5:00pm. It is not too late to register for this training course. Participants that successfully complete the course will become Red Cross certified Lifeguards and will also have their First Aid, CPR and AED certifications. Participants must be at least 15 years of age and be able to complete the swimming pre-requisites. Course fees are \$177 per participant. Registration can be done at the Community Services Office, located at 611 E. Sierra Madre Blvd. For more information contact the Community and Personnel Services Department at 626-355-5278.

BARGAIN BOOK SALE AT SIERRA MADRE LIBRARY

The Friends of the Sierra Madre Library invite you to drop by the Library between Monday, April 11, and Saturday, April 19, and take advantage of our Spring deals. On the Bargain Table this month we'll be featuring Fiction, Biographies, Cartoons, Time Life Books, War, U.S. History, and a set of volumes on World War II. All books are in good condition and are \$1.00 each. The sale is on during the Library's open hours, so stop by often—there will plenty of new titles to choose from, as books are replenished daily.

The Sierra Madre Public Library, located at 440 West Sierra Madre Boulevard in Sierra Madre, is open Monday through Wednesday from Noon to 9 p.m., Thursday and Friday from Noon to 6 p.m., and Saturday from 10 a.m. to 6 p.m. (626) 355-7186. www.sierramadre.lib.ca.us.

FREE POETRY WORKSHOP AT SIERRA MADRE LIBRARY

Jim Kincaid, Aerold Arnold Professor of English at USC, will facilitate a free poetry workshop at Sierra Madre Public Library on Friday, April 15, at 7:00 p.m. This user-friendly program is for anyone who likes to read, listen to, or write poetry. There will be something for everyone in this workshop—for

those who simply love poetry but have never composed a poem, to poets with years of writing experience.

In the first half of the workshop, Professor Kincaid will discuss how to read poetry and its connection to song and improvisation. Following the discussion, participants will have an opportunity to compose a poem in a hands-on practicum.

The Sierra Madre Public Library is located at 440 W. Sierra Madre Blvd. in Sierra Madre. (626) 355-7186. www.sierramadre.lib.ca.us.



What's the Name of the Game?

Saturday, April 16th, 2011

Doors open at 6:30 - Bingo starts at 7:30



Legendary Bingo

At The Newly Remodeled Recreation Center

A night of bingo you won't soon forget

**Wild or Mild –
This Is Not Your
Grandmother's
BINGO!**

All donations help us build the float

**\$20 Donation at the Door
GREAT PRIZES!**

Pizza, Wine & Beer Available

**Sierra Madre
Recreation Center
611 East
Sierra Madre Blvd.**

Between Baldwin and Santa Anita Ave.

[For more information, visit smrosefloat.com](http://smrosefloat.com)

SIERRA MADRE

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

THE SHABBY DOG

GROOMING • DAY CARE • BOUTIQUE

- \$5.00 off any full groom service.
- 10% off all boutique items.
- Buy a 10 day doggie daycare pass and get 2 days FREE.

31 E. Montecito Avenue, Sierra Madre, CA 91024
www.theshabbydog.com

(626) 836-5452

As featured on *Rachael Ray*, *National Enquirer* and *PEOPLE Pets*.



RICH Johnson IT SHOULD BE A DOG'S WORLD



At the top of the list of questions is whether or not the Bible got the right species at the apex. You see, if you juxtapose the human and canine races, you just might think dogs deserve to occupy the pole position.

There is a poignant story of a veterinarian helping a family deal with the death of their beloved dog. Sitting with the family, he wondered aloud why dogs have such shorter lives than people. One of the family members, a six year old boy, piped up and said, "I know why." He said, "People are born so that they can learn how to live a good life – like loving everybody all the time and being nice, right?" The six year old continued, "Well, dogs already know how to do that, so they don't have to stay as long."

If you look at a dog's life you quickly discover that they:

- live simply
- are loyal
- love generously
- care deeply
- speak kindly
- when loved ones come home, they always run to greet them.
- never pass up the opportunity to go for a joyride
- allow the experience of fresh air and the wind in their face to be pure ecstasy
- take naps
- run, romp, and play daily
- thrive on attention and let people touch them.

Sierra Madre Police Blotter

During the week of Sunday, March 20th, to Saturday March 26th, the Sierra Madre Police Department responded to approximately 419 calls for service. See crimereports.com for updated information.

Sunday, March 20th:

6:00 PM- Petty Theft, 1000 blk. E. Grandview Ave. A resident left his car unlocked in his driveway. Between Saturday night, March 19th and Sunday afternoon, March 20th, the suspect took the following items from the car: a Swiss Army backpack, a maroon fleece hooded sweater, a baseball cap with Air Force One embroidery, a visor clip light, a mini mag light, a small LED light, airplane cabinet keys, an EGB computer, a blue canvas tri-fold knee board (airplane equipment), GPS mounting system for airplane, a pilot's flight log book, a Swiss army knife, a Leatherman tool, miscellaneous papers, a plastic business card box, a Verizon LG ENV3 manual, and two Altoids mint tins. Total loss was \$419.00.

Monday, March 21st:

8:19 AM- Tampering/Injuring Vehicle or Contents, 1000 blk. Via Granate Ln. Unknown suspect(s) entered an unlocked car in the victim's driveway and ransacked the interior. There was no loss or damage.

Tuesday, March 22nd:

11:53 PM- Prowling/Peeking in door/window, 300 blk. W. Sierra Madre Blvd. A resident was moving his garbage can around 11:45 pm when he noticed a white male, 5'10, wearing dark clothing, standing against the house wall. The suspect fled.

Wednesday, March 23rd:

1:10 AM- Giving False Information to Peace Officer, Michillinda Ave and Foothill Ave. An officer stopped a motorist for a Vehicle Code violation. The driver gave false information to the officer who determined that she had a \$30,000 DUI warrant. The officer arrested the motorist

avoid biting when a simple growl will do on warm days stop to lie on their back in the grass on hot days lie under a shady tree and drink lots of water when happy dance around and wag their entire body delight in the simple joy of a long walk never pretend to be something they're not when someone is having a bad day, they are silent, sit close by and nuzzle gently. Some great quotes about dogs:

If your dog is fat, you're not getting enough exercise *Unknown*

I wonder if other dogs think poodles are members of a weird religious cult *Rita Rudner*

There is no psychiatrist in the world like a puppy licking your face *Ben Williams*

One reason a dog can be such a comfort when you're feeling blue is that he doesn't try to find out why *Unknown*

(for Jake Valentine) Scratch a dog and you'll find a permanent job *Franklin P. Jones*

Properly trained, a man can be dog's best friend *Corey Ford*

Dogs laugh, but they laugh with their tails *Max Eastman*

Did you ever notice when you blow in a dog's face he gets mad at you? But when you take him in a car he sticks his head out the window *Steve Bluestone*

Did you ever walk into a room and forget why you walked in? I think that is how dogs spend their lives *Sue Murphy*

And then that famous riddle asked by Abraham Lincoln: "How many legs does a dog have if you call the tail a leg?"

His answer: "Four. Calling a tail a leg doesn't make it a leg."

Have a good week. Ruff!

and took her to the Pasadena jail for booking. **8:36 PM- Warrant/Local/Criminal, 100 blk. Lowell Ave.** Officers served an arrest warrant for a resident and took her into custody.

Thursday, March 24th:

8:03 PM- Make Annoying Telephone Calls, 100 blk. Grove St. This case involves a known suspect making annoying telephone calls to the victim.

Friday, March 25th:

2:45 AM- DUI Alcohol/Drugs, Lima St and Montecito 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 Monterey Park resident and took to Pasadena Police Department jail for booking.

8:50 AM- Grand Theft Exceeding \$950, 40 N. Baldwin Ave. A woman asked to see a ruby ring at Charlotte's Fine Jewelry and later distracted the employee. The suspect apparently left the store without returning the ring. The suspect is a white woman in her 70's, 5'7, shoulder length hair, and walks with a limp. The ring is valued at \$8,000.

11:06 AM- Residential Burglary, 200 blk. Mariposa Ave. A clean shaven Hispanic man, about 30, knocked on the door of an elderly woman and asked to check the plumbing inside her house. The suspect falsely identified himself as a water company employee, and the woman allowed him to enter. The suspect later told the woman that she owed him \$40.00 for the work that he did. The suspect left on foot. It is unknown if the suspect took any valuables.

Saturday, March 26th:

1:48 AM- Possession of Marijuana in Vehicle, Baldwin Ave and Sierra Madre Blvd. An officer stopped a motorist for a Vehicle Code violation and found that the driver was in possession of 1.5 grams of marijuana. The officer cited and released the driver.

Garden Tour

April 17, 2011
10:30 am – 4:30 pm

Showcasing exquisite gardens in Pasadena and San Marino

Tickets can be purchased at

Creative Arts Group

108 N. Baldwin Ave. Sierra Madre, CA 91024
In person, by mail, or phone 626-355-8350
\$25 pre-sale • \$30 day of tour

Creative Arts Group

Presents

Art of the Garden



The Sierra Madre Chamber of Commerce would like to thank the following for their support of the 2011 Wistaria Festival



Our Sincere Thanks to:

Vine Owners

Bob and Nell Solt
Tony Held and Claire Barbes
For opening your property and your vine to us, (and others) not just the day of the event, but for all the preparations leading up to it.

Sponsors

Festival Sponsor - Athens Services
Festival Sponsor - Foothill Workforce Investment Board
Brugman Sponsor - 360 Remodeling
Brugman Sponsors - Arcadia Gardens Retirement Hotel
Brugman Sponsor - Day One Pasadena
Brugman Sponsor - Renewals by Andersen
Brugman Sponsor - Southern California Edison
For being good partners
Wistaria Committee
Susan Henderson, Festival Chair
Rosemary Burnett, Docent Chair
Sue Levoe, Bus Chair
Tim Tutwiler, Entertainment Chair
Fred Thomas, Park Chair
Carol Canterbury
Camilla (Cam lam) Hopkins
Craig Hopkins
Janette Ledea
Yusuf Mansuri
For sitting through endless meetings
Vine Docents
Chair Rosemary Burnett
Phyllis Chapman - Historian
Amanda Burnett

Amy Garcia
Amy Putnam
Anita Thompson
Ann Palmer
Beverly Clifton
Bill Thompson
Carol Cerrina
De Alcorn
Debbie Bamberger
Diane Fredericks
Donna Sutcliffe
Dottie Burnett
Enid Joffe
Georgette Dunlay
Glenn Putnam
Gretchen Kelly
Irene Nakagawa
Jackie Pergola
Jerry Burnett
Jim Walsworth
Joe Mosca
Joel Shapiro
John Buchanan
Josh Moran
Joy Barry
Judy Kendall
Judy Skiff
Karlene Englert
Laura Palmer
Lynette Heydorff
Madeline Pirrone
Madison Hopkins
Manny Sosa
Margaret Switzer
Martha Walsworth
Mary Bickel
Mary Lou Caldwell
Melinda Monachino
Mike Bamberger
Nancy DuBose
Nancy Walsh
Nina Bartolai
Paige Jeffries

Pat Alcorn
Pat Karamitros
Patty Cole
Ward Calaway
Yasmine Ibhrim
For teaching, coordinating, guiding, and directing in horrendous conditions
Bus Docents/Bus Line Chair Sue Levoe
Ash Buchan
Bya Berger
Cam lam
Carol Anne Gregory
Chris Soldate
Elizabeth Moss
Heidi Hartman
Jean Matakovich
Jeff Hall
Karma Bell
Kate Cook
Kathy Childs
Linda Knowles
Mark Levoe
Nikki Staggs
Peggy Burhenn
Teri Buchanan
Tom Cook
For remaining on the job despite the weather
City Folks
Mayor Joe Mosca
Mayor Pro Tem John Buchanan
Council Member MaryAnn MacGillivray
Council Member Joshua Moran
Council Member Nancy Walsh
City Manager Elaine Aguilar
Elisa Weaver
Kristi McClure
Susie McConnell
Susan Clifton
Chief Marilyn Diaz

Chief Steve Heydorff
SMPD
SMVFD
Dept. of Public Works
For your help with permitting, approvals, operations and logistics
Ticket Booth
Janette Ledea
Yvonne Durant
For ably selling tickets and handling will call
Merchandise Booth
Kate Lee
Tracy Dragoo
For safeguarding/selling the merchandise
Information Booths
Mama Pete
Jan O'Day
For helping people to find what they were looking for
Park Volunteers
Chair Fred Thomas
For keeping it all under control...
Set-up Volunteers
Matt Krantz
Allyn Colbert
For taking charge and preventing chaos in the early morning
Artist Jury Volunteers
Lani Keiser
Star Higgins
Music/Entertainment Volunteers
Chair Tim Tutwiler
Ann Luke
Ron Longo
Mike Zubia
Banna Beag Mall
Bruce and Pamela Forman
Len Mendoza

Tremoloco
Chico's Bail Bonds
Homegrown
? And the Wistarians
Gem City Jazz Cats
Ocho X
Dave Shelton
SierraMadreSue Behrens
Horses on Astro turf
Snotty Scotty and the Hankies
Aluminum Marshmallow
For keeping things properly tuned
SM Emergency Communications Team
William Bridges
Harry Brumer
Mary Carney
Dave Felt
Jon Gollighugh
Kate Hutton
Tim La Marca
Robert Ross
Merrie Suydam
Allen Wolff
For your assistance with logistics and communications
Barricades
SMPD
Glendora PD
Organizations
Sierra Madre Police Dept.
Sierra Madre Fire Dept.
Civic Club
Sierra Madre Woman's Club
SMECT
Sierra Madre Kiwanis Club
Arcadia High Key Club
World Famous Sierra Madre Search and Rescue Team
Rotary Club
Interact

Sierra Madre Historical Preservation Society
Sierra Madre Rose Float Association
Sierra Madre Garden Club
For all your efforts, and for sharing your members
Business Contributors
GEM Plumbing
Village Auto Clinic
SM Independent Honda
Mike Eing
Parking lot use
PedEcab
Use of electric bicycle PedEcab
Jim Giannelli, What's Pop'N Kettlecorn
Jeff Terry, Italian Ice Company
For loan of utensil sinks
Chris Carlos, Athens Services
For donation of Port-a-Potties and hand washing sinks
Press/Marketing
Ann Dergerian
Bob Matheson
Chamber Board of Directors
Matthew Krantz, President
Neil Vance, Vice-President
Sue Lamb, Secretary
Janette Ledea, Treasurer
Susan Henderson, Treasurer
Allyn Colbert
Kate Lee
George Maurer
Madeline Romo
The Sierra Madre Chamber of Commerce extends its thanks to all of the above for their assistance in presenting the 2011 Wistaria Festival. Every effort has been made to include all those who participated, but in an event of this size, we may have missed someone. If so, our sincere apologies.

City Looks to Ban Smoking in Multi-unit Housing

By Dean Lee

The city council is set to discuss Monday night the possibility of implementing stronger anti-smoking laws in the city including a complete smoking ban on patios and balconies, and in outdoor common areas, of multi-unit housing —a move being criticized by the Pasadena Chamber of Commerce.

Chamber President, Paul Little said, in a letter Tuesday to the council, that although they in no way condone smoking, the ordinance bans a legal activity “in the privacy of one’s home, and is an unwarranted intrusion into the privacy of your citizens.”

He also said the ban could lead to an unnecessary opportunity for lawsuits, both for residents and against the city. It would also be unenforceable he said.

According to city staff, the new ordinance would specifically define secondhand smoke as a public nuisance and as an infraction under Pasadena Municipal Code. It would require disclosure of the ordinance to all prospective and existing tenants and buyers in rental, lease and purchase agreements by January 2012 and establish phase-in period for 100% smoke free multi-unit housing by 2014.

According to the city’s Planning Department, there are approximately 33,717 multi-family units in the city, including both apartments and condominiums.

The new ban would be a continuance of tobacco control policies in 2008 when the council approved an ordinance to restrict smoking in certain outdoor areas, including parks, outdoor dining and service waiting lines. The amendment also restricts smoking at public events such as Tournament of Roses parade.

Staff said enforcement would be done through calling the city’s Tobacco Violations Complaint Line, or submitting an online violations reporting form.

Little said the Chamber’s own study showed members favored, instead of a ban, having large areas of newly constructed apartment buildings be designated as strictly non-smoking. “They also favored the city working to establish nonsmoking multi-family housing units going forward with the cooperation of developers and landlords,” he said.

Pet of the Week



Ramey, a lovely, year and a half old, brown and white tabby is friendly and loves attention. She can be a little shy at first but warms up quickly. She gets along with other cats and would be a great companion for someone who likes to take it easy. Come visit with Ramey 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 A284566 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



County to Start Work on Devil’s Gate

Supervisor asks that a regional task-force be setup including environmental groups, stakeholders, and experts in water management

By Dean Lee

County officials said Wednesday, during a special meeting between the city council and Supervisor Michael Antonovich, they plan to start short-term maintenance work in 30 days at the Devil’s Gate Dam to protect the structure’s outlet valves from potential damage in the event of more flooding.

The short-term plan still needs to go before the County Board of Supervisors later this month. The full scope of the plan was released in a report Friday and will be available for two weeks for public review.

“This will allow us to continue to operate our facility, we monitor storms and make releases from

the dam,” said Los Angeles County Planning Deputy Edel Vizcarra. “This will allow us to do that until the larger sediment project is completed.”

David Pliker, the County Department of Public Works’ Principal Engineer further explained, “The Station Fire coupled with the rains brought down a lot of dirt and the valves are currently covered. We need to do something so public works has the ability to control the water flow.”

Friday’s report will also be given to all impacted cities including, South Pasadena, La Canada, Altadena, and Pasadena, as well as environmental groups such as the Sierra Club and Friends of Hahamongna.

Vizcarra said about 1.6 million cubic yards of material needs to be removed during the larger sediment removal project. The board of supervisors voted March 1 to conduct a full Environmental Impact Report for removal.

Vizcarra said the EIR would look at the removal and disposal methods including

the use of tucks something environmentalists have said they are concerned with.

“We would do what we call dry weather removal,” he said. “When the storm season comes we shut down, after the next storm season we continue.”

Vizcarra said after the Station Fire they accumulated eight feet of sediment when normally they see six or seven inches a year.

Pliker said Antonovich had asked that a regional taskforce be setup including environmental groups, stakeholders, and experts in water management.

“1.6 million yards is a lot of material,” Vizcarra said. “How can you best use it, can you recycle it? Use it for beach replenishment? There are a number of things you can do with it.”

Pliker said the Devil’s Gate is one of 14 major dam facilities in LA County including one in Arcadia where protesters made headlines after trying to stop the County Department of Public Works from removing old-growth oak trees as part of a sediment removal project.

D.I.S.A.R.M. Nets Arrests, Drugs, Millions in Cash



Michael D. Antonovich with Sheriffs from D.I.S.A.R.M.

During the month of February, D.I.S.A.R.M. Officers confiscated 107 weapons – including 48 handguns, 23 assault rifles, and 21 rifles/shotguns, \$3.9 million in illegal drugs, and arrested 264 probationers during 1,400 unannounced searches of residences, persons, vehicles, and businesses, announced Mayor Michael D. Antonovich.

These searches were conducted through the Probation Department’s D.I.S.A.R.M. (Developing Increased Safety through Arms Reduction Management) program, initiated by Supervisor Antonovich following the tragic August 1999 shootings at the North Valley Jewish Community Center and the murder of a postal worker by Buford Furrow, an armed felon on probation from Washington State.

The D.I.S.A.R.M. program entails pairing Deputy Probation Officers with local law enforcement personnel to perform unannounced searches of probationers and their homes, as a condition of probation, and targets the confiscation of guns, drugs, and other contraband.

Since its implementation in February of 2000, the D.I.S.A.R.M. program has seized over 7,200 weapons and more than \$218 million in illegal drugs and drug money, and resulted in 14,500 arrests. Ten percent of probationers searched in this program have been found to be out of compliance with their terms of probation.

Work Stops on Cameron’s 3D Cameras on Mars Rover

The NASA rover to be launched to Mars this year will carry the Mast Camera (Mastcam) instrument already on the vehicle, providing the capability to meet the mission’s science goals. The mission was set to include 3D motion imaging designed by film director James Cameron.

Work has stopped on Cameron’s alternative version of the instrument, with a pair of zoom-lens cameras, which would have provided additional capabilities for improved three-dimensional video. The installed Mastcam on the Mars Science Laboratory mission’s Curiosity rover uses two fixed-focal-length cameras: a telephoto for one eye and wider angle for the other. Malin Space Science Systems, San Diego, built the Mastcam and was funded by NASA last year to see whether a zoom version could be developed in time for testing on Curiosity.

“With the Mastcam that was installed last year and the rover’s other instruments, Curiosity can accomplish its ambitious research goals,” said Mars Science Laboratory Project Scientist John Grotzinger, of the California Institute of Technology, Pasadena.

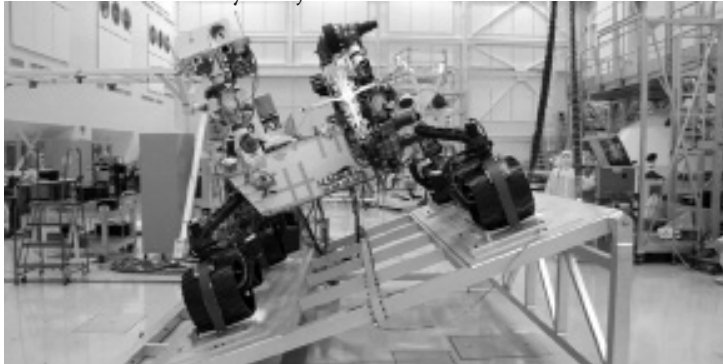
“Malin Space Science Systems has provided excellent, unprecedented science cameras for this mission. The possibility for a zoom-camera upgrade was very much worth pursuing, but time became too short for the levels of testing that would be needed for them to confidently replace the existing cameras. We applaud Malin Space Science Systems for their tremendous effort to deliver the zooms, and also the Mars Science Laboratory Project’s investment in supporting this effort.”

Malin Space Science Systems has also provided the Mars Hand Lens Imager and the Mars Descent Imager instruments on Curiosity. The company will continue to pursue development of the zoom system, both to prove out the design and to make the hardware available for possible use on future missions.

“While Curiosity won’t benefit from the 3D motion imaging that the zooms enable, I’m certain that this technology will play an important role in future missions,” said Mastcam Co-Investigator James Cameron. “In the meantime, we’re certainly going to make the most of our cameras that are working so well on Curiosity right now.”

Mastcam Principal Investigator Michael Malin said, “Although we are very disappointed that the zoom cameras will not fly, we expect the fixed-focal-length cameras to achieve all of the primary science objectives of the Mastcam investigation.”

The rover and other parts of the Mars Science Laboratory spacecraft are in testing at NASA’s Jet Propulsion Laboratory, Pasadena, Calif., which manages the project for the NASA Science Mission Directorate, Washington. The spacecraft will be delivered to NASA Kennedy Space Center in Florida in coming months for launch late this year. In August 2012, Curiosity will land on Mars for a two-year mission to examine whether conditions in the landing area have been favorable for microbial life and for preserving evidence about whether life has existed there.



Curiosity on a tilt table in the Spacecraft Assembly Facility at NASA’s Jet Propulsion Laboratory, Pasadena, California. Image Credit: NASA/JPL-Caltech

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 April 5 from 6 p.m. to 8 p.m. at the Pasadena Community Network - Studio G, 2057 N. Los Robles Ave.

For more info call 626.794.8585 or visit pasadenan.com.

City to Hold Emergency Response Boot Camp

Pasadena families, neighborhood leaders, business associations, churches and community-based organizations are invited to a free boot camp Saturday, April 2, when they will go through Pasadena Emergency Response Training (PERT) course.

The event, from 8:30 a.m. to 2 p.m. at Cleveland Elementary School, 524 Palisade St., will include training in disaster preparedness, assessment of medical needs, fire suppression, light search and rescue, and other skills critical to the first 72 hours after a disaster when first responders may have to take care of other top-priority needs.

Breakfast and lunch will be provided. Wear comfortable clothing and closed-toe shoes.

RSVPs are required. To reserve a spot or for more information e-mail district1@cityofpasadena.net, visit www.cityofpasadena.net/district1/pert or call (626) 744-4444.

This event is sponsored by Pasadena City Councilwoman Jacque Robinson, Flintridge Center and Southern California Gas Company.

For general information about emergency preparedness in Pasadena visit www.cityofpasadena.net/disaster or call (626) 744-7276.

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FROM CANCER PATIENT TO CANCER ADVOCATE

What led Camino Grove Parent to become Arcadia ACS Mini-Relay for Life Coordinator By Jonie Tsuji

Winter Break 2010. My 7-year old son Evan was sitting with his friend watching TV. A commercial came on for a children's hospital with a young boy and a famous actress. My son's friend laughed and said, "Hey, he's bald! He's funny looking!" I was shocked and hurt. After his friend had left, I talked to Evan about the incident. I asked him, "You do know why that little boy was bald don't you?" His simple response was "Yes. He has cancer." As his mom, I was struck by how much he had to grow up by seeing me go through treatment for cancer. Most 7-year olds don't know what cancer is, much less know how treatment affects a person. I was taken back to the day both of my sons (my younger son was 3 ½ at the time) saw me for the first time with my newly shaved head, (after my hair had started falling out, I elected to have my head shaved). I took my wig off and their reaction was, "It's OK Mommy, you still look the same." What brave boys they were. If they could look at their bald mom and stay strong without a single teardrop, I could handle anything—and that is how I approached my treatments. So began my journey with cancer and my relationship with the American Cancer Society.

When the Chairman of the Arcadia Relay for Life, Carter Spruill, told me he wanted to bring Relay to the schools, I jumped at the chance to spearhead the event. I didn't realize how important this

event was until that fateful day last December. I want kids to know what cancer is, how they can prevent it, but most of all, to understand and show some empathy when they see someone who is bald and going through treatment.

I started at Camino Grove because that is my children's school. I met with Dr. Brook Reynolds to see if we could hold the ACS event at Camino Grove. He agreed and discussed the event at a principals meeting to see if the other elementary schools would like to be included. Not only did the five other principals enthusiastically agree, they offered to rotate hosting the event each year. Next, Dr. Reynolds reached out to his faculty to get involved. "Everyone in this room has been affected by cancer," he said at a faculty meeting. At the same meeting, he shared how both of his parents had died from cancer.

After that, Camino Grove parent and teacher committees formed. I am very fortunate to have some of the school's amazing "power moms" – talented, organized, committed, and energetic go-getters on my committee who are full of fabulous connections and resources in Arcadia's generous and caring business community.

At the first committee meeting, at least one teacher from each grade level attended, ready to give his/her full support in promoting the event, and helping plan and host activities

at the Mini-Relay.

When I look back to the day that I received my life-changing breast cancer diagnosis (April 7, 2009 – the day before my 9th wedding anniversary), I realize how much I have grown and changed. My breast cancer is what's known as 'triple negative,' a rare and aggressive type that does not have any drugs that I can take to stave off recurrence post-chemo treatment. (Only 15% of breast cancers are triple negative – which means they do not have the typical receptors that fuel breast cancer – estrogen, progesterone, or human epidermal growth factor receptor 2 (HER2). I've learned to 'live in the moment' and take it 'one day at a time'-- things I had no time to do before.

The American Cancer Society (ACS) is a huge support for cancer survivors and their loved ones. Every dollar raised in this Mini-Relay will go to support ACS programs and fund much needed research. I have become a strong ACS advocate - in addition to participating in the Arcadia Relay for Life on June 25-26, 2011 (at the Santa Anita Race Track), I am a Reach to Recovery volunteer – helping support newly diagnosed breast cancer survivors. Since the American Cancer Society is the "official sponsor of birthdays,"



I want to help them reach that goal by putting an end to cancer. Won't you help me? Join the ACS Mini-Relay for Life at Camino Grove on Friday, June 3rd from 3-6PM. For more information on the ACS Mini-Relay event, check out our website at <http://arcadiaminirelay.org>. You can also e-mail me at jonie.tsuji@verizon.net, if you have a question not addressed on the website. (For additional information on the Arcadia community Relay event, to be held at the Santa Anita Race Track on June 25-26, visit <http://relayforlife.org/arcadiaca>.)

Let's strive for the day when no child has to grow up fast because of seeing someone he loves ill from cancer.

Arcadia Police Blotter

For the period of Sunday, March 20, through Saturday, March 26, the Police Department responded to 845 calls for service of which 139 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, March 20:

- Between 8:00 a.m. and 8:21 a.m., a residential burglary and grand theft auto occurred in the 900 block of Derek. Unknown suspects entered an open garage, took car keys that were placed on a hook in the garage, and stole an Acura and Lexus. The Acura was recovered on March 22 in El Monte, and the Lexus was recovered in Baldwin Park on March 26.
- A traffic stop was initiated around 3:50 a.m. at Santa Anita and 210 Freeway for an equipment violation and for swerving between lanes of traffic. A 25-year-old male Hispanic driver was arrested for DUI.

Monday, March 21:

- A vehicle theft occurred in the 2400 block of South Sixth between 7:05 a.m. and 7:17 a.m. An unattended Mercedes was left running to warm up in the driveway when it was stolen.
- Shortly after 6:00 p.m., units responded to the 2300 block of Greenfield regarding a man and woman jumping over a fence to enter a residential construction site. Upon arrival, officers found a 24-year-old female Hispanic in the passenger seat of a vehicle, and a 32-year-old male Hispanic was seen exiting the house. Stolen property was found in their vehicle, and the woman also had methamphetamine and a glass-smoking pipe in her possession. The female suspect was arrested for commercial burglary, receiving stolen property, possession of a controlled substance, and possession of drug paraphernalia; the male suspect was arrested for commercial burglary, receiving stolen property, and felony parole violation.

Tuesday, March 22:

- Around 2:28 a.m., officers were dispatched to the 100 block of North Alta Vista regarding a robbery that occurred at Foothill and Santa Anita. The victim claimed that while he was walking, two male Hispanic suspects approached and demanded money and property. One suspect, armed with a knife, even lunged at the victim resulting in a cut to his hand. Fearing for his safety, the victim gave them his wallet.
- Units were sent to CVS, 9952 Las Tunas, around 7:28 p.m. in reference to theft that just occurred. Three female Hispanic juvenile suspects entered the store and selected merchandise. One suspect left the store with stolen property and when she was confronted by a store employee, she handed over two of the items and then fled on foot. A 15-year-old also left the store with over \$90 in stolen merchandise. When she was confronted, she said that she was not going to pay for the items and then used her fist to punch the employee in the abdomen. A private person's arrest was made, and she was taken into custody for robbery, commercial burglary, and petty theft. She was later cited and released to her mother.

Wednesday, March 23:

- A grand theft occurred at Victoria's Secret located at Westfield Mall between 7:30 p.m. and 7:45 p.m. Two female African-American suspects worked in concert to steal about \$2,500 in merchandise.
- Around 9:44 p.m., units responded to Westfield Mall regarding a theft that occurred between 4:20 p.m. and 4:26 p.m. at Fashion Town. The victim left her wallet at the store, and she later checked her bank accounts online and discovered eight unauthorized transactions on her credit and debit cards. She went back to Fashion Town to review their surveillance video and saw a female Caucasian suspect, 30-40 years of age, heavyset, blonde curly hair, take her wallet.

Thursday, March 24:

- While patrolling the Motel 6 parking lot, 225 Colorado, at 9:44 a.m., an automated license plate reader alerted officers to a stolen Volkswagen Jetta parked at the location. A surveillance of the vehicle was made, and a man and woman entered the vehicle and drove away from the scene. A felony traffic stop was conducted at Colorado and Baldwin, and a 24-year-old male Hispanic driver and a 20-year-old female Hispanic passenger were taken into custody for vehicle theft.
- Between 8:10 a.m. and 8:00 p.m., a residential burglary occurred in the 1700 block of Orangewood. Unknown suspect(s) pried open a backdoor to gain entrance into the residence. Once inside, the suspect(s) ransacked rooms, forced open two safes, and stole a large amount of gold/silver coins and a Rolex watch.

Friday, March 25:

- Shortly after 2:00 p.m., officers conducted a traffic stop at First and Bonita for a code violation. Four male occupants were contacted and investigation revealed that they may have been involved in an auto burglary that just occurred in the 400 block of California. Mail and checks belonging to other individuals, stereo equipment, a laptop computer, and other property were found in the vehicle. Two Hispanics, ages 23 and 26, and a 20-year-old Asian were arrested for auto burglary and receiving stolen property. A 36-year-old Hispanic was arrested for the same charges, along with possession of a controlled substance and possession of drug paraphernalia.
- A residential burglary occurred in the 200 block of San Luis Rey between noon and 1:45 p.m. Unknown suspect(s) removed a window screen and then slid open a window to enter the house. The suspect(s) ransacked rooms and stole a laptop computer and a safe.

Saturday, March 26:

- Shortly after 2:30 a.m., a traffic stop for an equipment violation was initiated at Live Oak and Fourth. Officers detected the odor of an alcoholic beverage emitting from the vehicle. An open bottle of rum was found on the passenger side floorboard and numerous empty beer bottles littered the rear floorboard. A field sobriety test was conducted and it was determined that the 19-year-old male Hispanic driver was operating the vehicle while intoxicated. He was arrested for DUI and minor driving under the influence.
- Units responded to Claire's located at Westfield Mall around 4:35 p.m. in reference to two female juveniles detained for theft. The girls, ages 13 and 14, selected 10 items, removed the sales tags, placed them in a shopping bag that they had brought with them, and then left the store without making payment. A private person's arrest was made, and the girls were taken into custody for petty theft. They were later cited and released to their mothers.

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Spring Kids Retreat!

The Recreation and Community Services Department is offering a Spring Kids Retreat at the Dana Gym, 1401 S. First Ave. This camp is open to elementary school age children in grades 1-5 and provides a safe, supervised, kid friendly retreat during spring vacation. The dates are April 4, 5, 6, 7 and 8, Monday – Friday from 9am-5pm. The cost is \$20.00 per day. Children can attend the full week or just come have fun on chosen days. The camp is filled with fun group activities including crafts, cooking, board games, movies, snacks and more. Supervision is generally on a ratio of one Recreation Leader for each group of 10 children. Groups will be organized by age and grade level. To register go to the city's website at www.ci.arcadia.ca.us under the Recreation and Community Services Department, print out the registration form to fax or mail in or come by our office, 375 Campus Drive. Any questions, please call 626.574.5113.

You're the Detective in this Story: Genealogy Workshop

Jack McCrea will be offering a beginning workshop for the amateur genealogist on April 9 from 1:30-3pm at the Arcadia Historical Museum. Jack, a volunteer at the Museum, has some great tips to help you find a way through the daunting process of beginning to research your family tree.

The Arcadia Historical Museum is located at 380 W. Huntington Drive, immediately behind the Community Center. The Museum is open Tuesday through Saturday from 10 a.m. to 4 p.m. Admission is always free.

A Short History of the Southwest Museum

On April 21 at noon, Former Director of the Southwest Museum Jerry Selmer will be the guest speaker at this Brown Bag Lunch Talk at the Arcadia Historical Museum. Bring your lunch and dress appropriately according to weather conditions, as the talks are held outside on the Museum patio. You won't want to miss this talk about the history of the Southwest Museum!

The Arcadia Historical Museum is located at 380 W. Huntington Drive, immediately behind the Community Center. The Museum is open Tuesday through Saturday from 10 a.m. to 4 p.m. Admission is always free.

2011 ADULT SPRING CLASSES!

Spring is in the air the flowers are in bloom and our spring registration is in full swing. No matter what your interests are we have the class for you. Come out and join your favorite activity. We have multiple dance classes including salsa, ballroom, belly dancing and the newest craze ZUMBA. For the creative and artistic we have a variety of painting, cooking, sewing, photography, and jewelry making classes. Interested in sports? Come out and play some volleyball, badminton, golf or tennis. Get your exercise on with some kick boxing, aerobics and yoga. So, get a spring in your step and come join us for all the fun and action.

You can register now on-line, by mail, by fax @ 626.821.4340 or in person! For times, location, fees and to download the registration form go on-line to the City of Arcadia's website: www.ci.arcadia.ca.us or stop by the office, 375 Campus Drive.

For more information please call 626.574.5113!

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From The Desk of Scott Ochoa, Monrovia City Manager

SO...WHAT HAPPENED AT THE SPECIAL CITY COUNCIL MEETING ON TUESDAY?

Tuesday's special City Council meeting was made more colorful by stalling negotiations, a lawsuit, and politics. The sole agenda item, the consideration of the sale of land from the Monrovia Redevelopment Agency (RDA) to the Gold Line Construction Authority (GLCA), was actually tabled until the regular April 5 City Council meeting.

Still, as the saying goes, the show must go on...

On Monday, when the special meeting was officially noticed, I attached a cover memo to our staff report indicating that the City's and GLCA's negotiating teams might be at impasse on the terms of the proposed land sale. The memo indicated that the item might indeed be continued until the April 5 Council meeting. Still, with the State's threat of eliminating the RDA in the background, we moved ahead with opening the public hearing in order to provide some context for this momentous issue. And, without movement from either side, we asked the Council to continue the hearing until April.

Interestingly, despite the Council's not taking an action, an attorney representing a property owner adjacent to the RDA-owned land presented a lawsuit alleging, among other things, that the Monrovia Redevelopment Agency was breaking a 2004 settlement agreement wherein the Agency agreed not to condemn or cause the condemnation of his client's property. Though this isn't the first time this attorney has sued Monrovia - or the first time he has sued on an action not taken by the Council - I really cannot comment on the suit, except to offer the obvious: the Monrovia Redevelopment Agency is not seeking to acquire the property, we are not condemning it, we do not control the GLCA, nor do we control METRO. We do not even have land-use control over either entity, as they are both independent governmental agencies. Thus, I must respectfully disagree with the allegation.

Following the attorney's presentation, two speakers from the unusually large audience, and the clarification that the matter would not be heard until the April 5 meeting at the earliest, a letter from Mayor Pro Tem Tom Adams was read into the record by our City Clerk (as had been requested by Mr. Adams). Following this statement, Mayor Mary Ann Lutz read a statement of her own responding to Mr. Adams. Afterwards, each Councilmember took a moment to voice his or her own sentiments. This exchange seemed to gather the most attention from everyone, if only because of its rarity. That is, the Monrovia City Council has traditionally presented a unified front to the public - not to say that the five Councilmembers don't have disagreements; but rather, their disagreements have rarely been so confrontational in nature.

That said, I think it is important to keep things in perspective and not read too much into this episode. Obviously, there are disagreements and fissures between members of the Council; but this is nothing new. What has historically set Monrovia apart from other communities has been that our Councils have always found ways to do the people's business effectively and not let personalities block community progress. Like the Showtime Lakers, these folks are professionals who understand the advantages and the limitations of team chemistry.

Monrovia Police Blotter

During the last seven day period, the Police Department handled 510 service events, resulting in 91 investigations. Following are the last week's highlighted issues and events:

Crime Notification - Imposter - City Water Department Worker
On March 14 at approximately 10:30 a.m., an elderly female resident in the 600 block of West Maple answered a knock at her door. A 35- to 45-year-old Hispanic male wearing white pants and a white shirt identified himself as a "water department employee." This suspect was wearing an identification badge on a lanyard around his neck. He told the resident he needed to check her water because the water in the area was contaminated. The resident allowed the suspect inside her home. He checked the water in her kitchen faucet and then told the resident to check her bathroom faucet. When the resident left to check the bathroom faucet, the suspect removed cash and a checkbook from the resident's purse. The suspect left and the resident discovered the crime. Investigation continuing.

Burglary
On March 17 at 7:40 a.m., officers responded to the report of a break-in at a camp building in the 1100 block of North Canyon. The officer determined the suspect used a cylindrical piece of concrete to break the southwest window to gain entry and took a portable DVD player, 10 portable radios and a backpack with a medical kit. The building was unoccupied at the time. Investigation continuing.

Brandishing a Knife - Suspect Arrested
On March 17 at 4:36 p.m., officers responded to Library Park regarding a disturbance between two boys. On arrival, the officer detained the two subjects, one is 18 years old. Apparently, an argument began between the two boys and the 18-year-old produced a knife and brandished it. He was arrested and later released on a citation.

Vandalism - Suspect Arrested
On March 17 at 11:45 p.m., officers responded to Evergreen and Myrtle regarding a male subject who had been seen writing graffiti on the wall of the freeway. Officers responded and detained the subject. The graffiti was not gang related. The suspect was arrested for vandalism. The Monrovia Police Department's \$100 graffiti bounty was given to the reporting party of this incident.

Possession of a Controlled Substance / Possession of Drug Paraphernalia - Suspect Arrested
On March 18 at 12:38 a.m., officers responded to a hotel in the 900 block of South Fifth Avenue regarding a disturbance between a male subject and female subject who were yelling at each other. When the officers arrived, the male subject was gone and the female was in her hotel room. A small plastic bag of methamphetamine was found on the ground next to the female, along with a used glass smoking pipe, which was found under her duffle bag next to her. The female was arrested.

Grand Theft Auto Recovery - Suspect Arrested
On March 20 at 3:46 p.m., an officer was patrolling the area of Myrtle and Huntington when he observed a suspicious vehicle. The vehicle was confirmed stolen and officers conducted a high-risk traffic stop on the vehicle and arrested the driver. The driver claimed he just bought the vehicle, but Los Angeles Sheriff's TRAP detectives reported the vehicle had been stolen from a dealership. Investigation continuing.

Dog Incident
On March 21 at 3:30 p.m., an officer was dispatched to a residence in the 500 block of Hurstview regarding a woman being attacked by a dog. The officer was able to scare the dog away and the female was able to leave the property without injury. The dog's owner was cited.

Residential Burglary
On March 21 at 7:44 p.m., officers responded to a residence in the 200 block of El Nido regarding a burglary alarm. When officers arrived, they discovered that someone had forced entry into the residence by removing a bathroom window screen and breaking the window. The resident was notified by the alarm company, and he reported that he had left the residence moments before the alarm activation. A witness was located who stated a newer, white Toyota Camry was seen leaving the location after the alarm activated. Investigation continuing.

Commercial Robbery
On March 22 at 9:30 p.m., an officer was dispatched to a business in the 300 block of West Huntington regarding a robbery. A white female suspect walked into the business and approached the counter brandishing a large kitchen knife. She stated that this was a robbery and demanded money from the clerk. The clerk behind the counter stepped back and told a customer to call police because they were being robbed. The suspect calmly turned and walked out of the business, down the street and out of sight. An area search was conducted, but the suspect was not located. It was later learned that two similar robberies occurred in the City of San Dimas. Video surveillance was captured of the incident in Monrovia. The investigation is continuing.



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Grandson of Cesar Chavez Speaks to Duarte Youth



DUARTE, CA, March 28, 2011 – Anthony Chavez, (right front) grandson of the late civil rights leader, Cesar Chavez, works alongside members of the Duarte Area Resource Team on a beautification project at Westminster Gardens Retirement Community following a special speaking appearance there in conjunction with Duarte's 7th annual Cesar Chavez Community Volunteer Day. The 25 year-old Chavez speaks around the country before numerous student and community groups on behalf of the Cesar E. Chavez Foundation, established by the family to further his grandfather's work. He thanked the students for "reinvesting themselves in the community through service." The event was sponsored by Duarte's Promise – The Alliance for Youth and Westminster Gardens.

Changes on Huntington Drive Resurfacing Project

The Monrovia City Manager's office provided an update on the schedule of the upcoming Huntington Drive resurfacing project - Monrovia Public Works Department is re-ordering the schedule of performance for this project.

Instead of moving ahead with West Huntington Drive (from Magnolia Avenue to 5th Avenue) first, the project will commence with East Huntington Drive (from Shamrock Avenue to the eastern City limits. West Duarte Road (from Magnolia Avenue to Encino Avenue) remains the second phase of work. This change will allow the smaller job, East Huntington, to be completed before the cities of Duarte and Irwindale - as well as daily commuters - are too deeply impacted by the refurbishment of the San Gabriel River Bridge. The Bridge project is a year-long structural rehabilitation by LA County that will begin in April. Our East Huntington Drive project involves only the resurfacing of asphalt (as opposed to the replacement of concrete panels, as on West Huntington); this work can be knocked out fairly easily.

Regardless of the order, all of the work will be completed by June 30 as was originally planned. If you have any questions about the project, construction notifications or other details, please feel free to contact either Public Works Director Ron Bow or Public Information Officer Dan Bell.

MONROVIA BROWNBAG QUICKBOOKS WORKSHOP

Bring your lunch and join Patricia Richardson as she demonstrates the small business accounting tool, QuickBooks. Learn some of the time-saving and profit generating features of this beneficial software. There will be time for questions and answers after the demonstration.

Patricia Richardson, MBA, has worked with computer accounting systems for several years and has been teaching QuickBooks to business owners for nearly as long.

Registration is encouraged. Stop by the Adult Reference Desk, call 626-256-8274, or visit www.monrovia.library.org and click on the calendar icon on the top right of the page. Find DATE, click on the event and sign up. Walk-ins welcome.

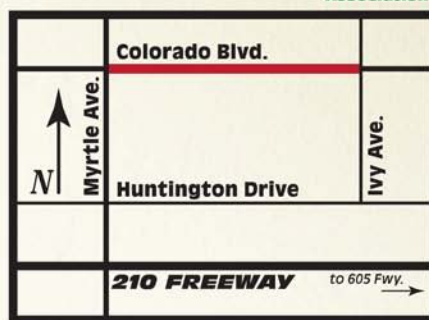
Tuesday April 26
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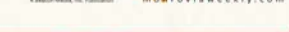


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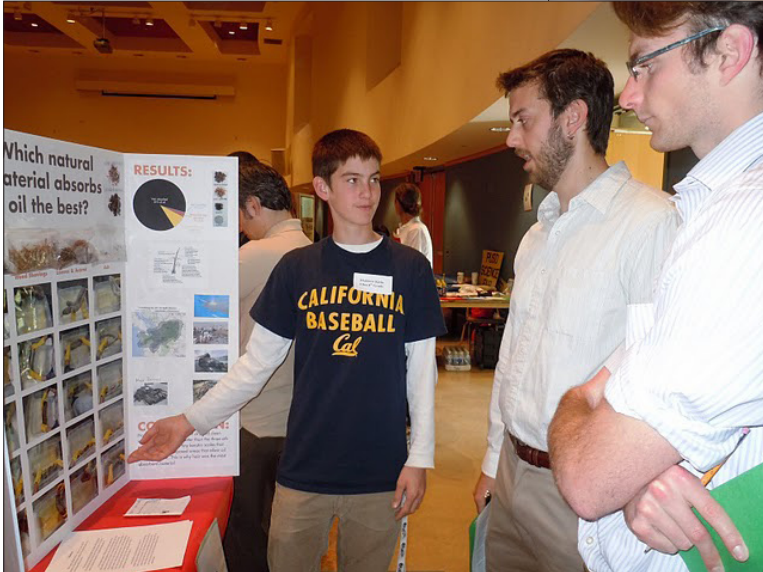
MIDDLE SCHOOL SCIENCE FAIR WINNERS

Judges Include Scientists from Caltech, the Jet Propulsion Lab, and City of Hope

Pasadena Unified School District (PUSD) announced the winners of the annual Middle School Science Fair, held last week. Students prepared and presented their science projects to a panel of judges and heard about the importance of science training from Nobel-prize winning theoretical physicist Dr. Hugh David Politzer during the two-day event at Pasadena City College. First, second and third prizes were awarded at the sixth, seventh and eighth grade levels.

This year's first place winners are: in grade 6, Christopher Rodriguez of McKinley School; 7th grade: Gavin Kyte of Wilson Middle School; and in 8th grade, Nathaniel Thompson of Sierra Madre School. A full list of second-, third-place, and honorable mention winners is provided below.

Students from the PUSD's seven middle school campuses first presented their projects at their schools, and ninety students were selected to participate in the all-district fair held March 24-25. On Thursday morning, students boarded buses



to the Community Education Center, where they presented their posters and projects to scientists from Caltech, the Jet Propulsion Lab, City of Hope, and the Pasadena community. The judges challenged the students with questions, made constructive suggestions for experiments and projects, and offered encouragement to the young scientists.

Families, teachers and school principals attended the public exhibit on Friday evening. PUSD middle school robotics program students demonstrated some of their work, which is engaging 6-8th grade students in science. PCC's Dr. Wendie Johnston made a presentation about the biotechnology program she provides for district middle and high school students. In his keynote address, Caltech's Dr. Politzer stressed the importance of developing scientific thinking skills, and led the audience in singing a banjo rendition of a song honoring Albert Einstein.

PUSD's middle school science fair was made possible by the Division of Natural Sciences at Pasadena City College and the Pasadena Bioscience Collaborative.

2011 Middle School Science Fair Winners

Grade 6	1st	Christopher Rodriguez	McKinley
	2nd	Isabelle Lepasant	Marshall
	2nd	Katie Stapenhorst	Sierra Madre
	3rd	Elanete Howard	Wilson
	<i>Honorable Mentions:</i>		
		Deven Osborne	Blair
		Kendell Graham	Washington
		Rachael Dewey	Wilson
Grade 7	1st	Gavin Kyte	Wilson
	2nd	Jessica LaBorde	Marshall
	3rd	Nick Lamborn	Marshall
	3rd	Jose Maldonado	Eliot
	<i>Honorable Mentions:</i>		
		Bradley Manley	Eliot
		Ricardo Monteroso	Eliot
		Brendan Hildreth	Eliot
		Jamie Peterson	Washington
		Magan McCriecht	Wilson
Grade 8	1st	Nathaniel Thompson	Sierra Madre
	2nd	Zachery Jeffries	Sierra Madre
	3rd	Haley Drabing	Marshall
	<i>Honorable Mentions:</i>		
		Matthew Klein	Eliot
		Jacob Newman	McKinley
		Megan Tchong	Sierra Madre



A NEW PAGE

One of my favorite past times is reading books. I love the texture and the way that they fit into your hands with the pages slightly bending as you press the book against your body. I especially love the smell of both new and old books. The new because they are crisp and clean, the old because they have a light musky scent which makes you wonder who has read the contents within. It was to my dismay then, when

I discovered that the Borders on Lake Avenue is closing. It is a sign that the era of another art is closing – that of the printed word – much like writing letters.

Of course newspapers and magazine will still exist, but as we have all noticed, they are slowly becoming more and more internet based to “stay green” and help the environment. But something is lost when books or stories are read online, a certain element that adds to the entire experience. There is just something about holding a book, the tangible feeling of it in your hands that makes it so much more real and alive. The new Nooks and Kindles make the characters and events seem so far away, like they really don't exist. And your eyes get so tired looking at the digital page – it is quite exhausting. But as we advance further into the technological age, I guess paper books were bound to exit the picture sometime. But hopefully just because a few Borders stores are closing doesn't mean that technology will completely take over the reading spectrum, because books are just so much more enjoyable. Since the weather is improving I plan on getting outside and reading some books that I just bought from Borders – and enjoy the remaining time I have with them.

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. Vannasall

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@bcschools.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. Derick Evans
website: www.pasadenahigh.org

Pasadena Unified School District

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

St. Rita Catholic School

322 N. Baldwin Ave. Sierra Madre, Ca. 91024
(626) 355-9028 website: www.st-rita.org

Sierra Madre Elementary School

141 W. Highland Ave, Sierra Madre, Ca. 91024
(626) 355-1428 Principal: Gayle Bluemel
E-mail address: gbluemel220@pusd.us

Sierra Madre Middle School

160 N. Canon Sierra Madre, Ca. 91024
(626) 836-2947 Principal: Gayle Bluemel
Contact person: Garrett Newsom, Asst. Principal
E-mail address: gbluemel220@pusd.us

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

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

PUSD REOPENS ENROLLMENT PERIOD FOR 2011 – 2012 SIGNATURE PROGRAMS

Applications Accepted February 28-March 4 for Limited Spots in College & Career Pathways and Spanish/Mandarin Chinese Dual Language Immersion Programs

The Pasadena Unified School District (PUSD) announced that it will accept student applications for its Signature Programs that offer themed or specialized instruction for elementary and high school students during a second priority open enrollment application period from February 28-March 4, 2011.

A limited number of spots remain available for students who wish to attend one of the District's Signature Programs but do not reside in the attendance area for that school. The two Signature Programs are:

- College & Career Pathways at PUSD high schools that offer a college preparatory curriculum with specialized course study in the following areas:
 - Health Careers
 - Creative Arts, Media & Design
 - Information & Technology
 - Engineering and Environmental Science
 - Business and Entrepreneurship
 - Arts, Entertainment and Media
- Dual Language Immersion, starting in Kindergarten, where students learn core academic subjects in English and another language:
 - Spanish at San Rafael Elementary
 - Mandarin Chinese at Field Elementary

The 2011-2012 Open Enrollment second priority application period for PUSD Signature Programs begins Monday, February 28 and will end Friday, March 4, 2011 at 5 p.m. Applications are accepted online at www.openenrollment.info.

Families who need internet access or help completing the online application can visit PUSD's District's Welcome Center, located in Room 121, 351 South Hudson, Pasadena. Computers and assistance are available Monday-Friday from 8:30 a.m. to 4:30 p.m. To contact the Welcome Center-Office of Permits, call 626-396-3600, extension 88340.

Students must reside within the areas served by PUSD: Altadena, Pasadena and Sierra Madre. Students applying for Pathways must be current 8th graders or current 9th graders who do not reside in the attendance area of the Pathway they are choosing. Students applying for Dual Language Immersion Programs must enter Kindergarten in Fall 2011 and be 5 years old on or before December 2, 2011. Students accepted into a signature program are granted a permit which will not be renewed if the student declines to remain in the program.

Call 626.836.8353
Fax 626.836.8373

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WWW.CLAIRBOURN.ORG/SUMMER/

CAFÉ 322 - HOT PASTA AND COOL ITALIAN TUNES

When you think about Italian's a single word comes to mind, Passion. Mix an Italian love for music and a couple chefs that seem to still breathe the Italian air and you have Café 322. It is the kind of neighborhood restaurant that makes want to embrace the world and glad that the world has embraces Sierra Madre. Owned and operated by Mario Lalli. The fifty years of restaurant experience the Lalli family have navigated are showcased nightly at Café 322.

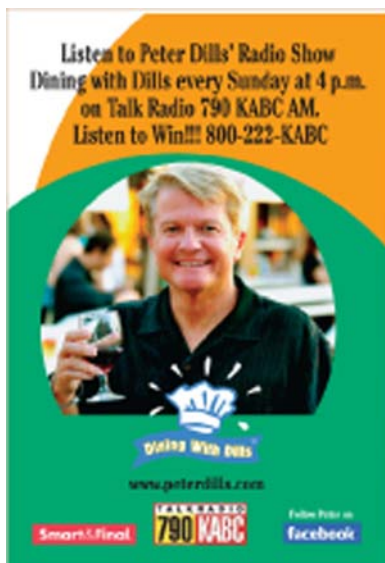
Mario Jr. is habitually at the restaurant and that impresses and awes this restaurant critic. There is no substitute for personally skipper a restaurant. Too many restaurants fail because the owner leaves the day-to-day details to others. Come to think of it, I really can't remember a time when I visited Café 322 that Mario wasn't tending bar or setting up the stage for that nights performance. The music goes live every Thursday Through Sunday Night. Pick a generation, choose a genre and you will find it here: Jazz, Pop, and even Opera on Sunday Nights.

TABLE FOR TWO by Peter Dills

Like most Italians the food is customer friendly and the prices are perfect. Mario tells me that keeping the prices in the (\$15) to (\$25) range have been the real key to the success of the restaurant. Portions are just ample and well crafted. For this review I invited my friends the Lorenzini's from Kinneloa Canyon to help me give Café 322 a couple more critics. Our toes were tapping as we sojourned in a delightful meal. We commenced with warm house-made bread that we doused with oil and balsamic vinegar. Which lead us all to the wedge house salad (\$7.95). I emphasis house salad because all of the dressings are made in the kitchen at the restaurant. After toasting with a bottle of the St. Superey (\$30) Sauvignon Blanc, we got down to dinner. It seemed everyone was ringing the bell for steak but I.

Now I wrote a few weeks ago that I felt Nikki C's had the best Cioppino in town, but at (\$14) this is a closing second with an ocean of mussels, shrimp, clams and scallops brimming in the bowl. My steak loving friends ordered the New York Steak (\$21.95), Rib Eye (\$23.95), and a Prime Top Sirloin at (\$16.95). All entrees come with spinach and mashed potatoes. If you'd like to skip the wedge, you can order a Caesar for (\$3) extra. Try getting that at Morton's. Yes, It's Italian so if you are in the mood for pizza, pasta, salads or even a burger for the kids they have cadre to choose from.

If you live in the area and want to sooth the soul with a few tunes and warm the heart old country recipes, I recommend Café 322. Family friendly until 9 PM and then the adults take over. A true Sierra Madre Treasure. Café 322 is at 322 Sierra Madre Blvd. (626) 836-5414 www.cafe322.com for all other details, closed on Mondays Please join me on Charter Cable on Sunday Nights at 7PM Channel 101



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COFFEE: HEALTHFUL OR DETRIMENTAL? by Christopher Nyerges

Occasionally you'll hear this in any of the coffee shops in Sierra Madre: "But isn't coffee bad for my health?"

Much has been said and written about the benefits vs. the detrimental effects of coffee. But what is the "bottom line"? Are there beneficial qualities? Does it harm me? Should it be abstained from? Is it OK to drink coffee in moderation?

These and similar questions are not easily answered because, in the tests and statistical data, researchers and doctors do not use -- or attempt to define -- a consistent standard for what is meant by "coffee."

Coffee has also been accused of causing, or contributing to, cancer, heart diseases, hypertension, hepatitis, and cirrhosis of the liver. Dr. John Timson of the University of Manchester in England, while admitting that coffee is mildly addictive, states that, at present, there is no hard scientific evidence that links the use of coffee to any of the above-mentioned diseases.

Unfortunately, in virtually all studies done on the health effects of coffee, researchers indiscriminately lump all "coffees" together. But no two cups of coffee are alike. And it is not likely that any standard will ever be established for coffee research. Why? Because brewed coffee contains not only caffeine, but various acids, oils, and alcohols, the qualities of which vary depending on the way the coffee beans are handled from farm to cup. According to Dr. Neil Solomon, "Caffeine is a strong stimulant with drug-like properties and is considered to have an unfavorable effect on nutrient absorption."

The FDA (Food and Drug Administration) has placed caffeine on their Generally-Recognized-As-Safe list. Caffeine acts as a stimulant to the central nervous system. If used in excess, it contributes to nervousness, irritability, sleeplessness, anxiety, and heart palpitations.

FACTORS AFFECTING THE QUALITY OF "COFFEE"

According to Timothy Hall, a former teacher with the L.A. Unified School District who has given numerous lectures on coffee, there are at least 30 factors which affect the beverage called "a cup of coffee," all of which must be taken into account if one is to draw a useful conclusion about coffee's "good" or "bad" effects.

Timothy Hall has shared his research during one of the monthly Plenary sessions of WTI in Highland Park. According to Timothy Hall, one cannot answer "Is coffee good for me?" until one has explored the following questions. In some cases, definitive answers to the following may be hard to come by, if not next to impossible. Some factors, however, are completely within our control.

THE PLANT

What is the type or variety of coffee plant? Of the two primary types of coffee -- arabica and robusta -- arabica is considered the better of the two. Where and how was it grown? How was it fertilized?

The elevation, quality of soil, and the amount of water received during growing all affect the quality of the fruit. This is why coffee connoisseurs have individual preferences regarding the country of origin.

What was the quality of care in picking, cleaning, and storing the beans?

ROASTING

What was the method of roasting? The depth of darkness of the brown in coffee color is due to the proportion of cresylic acid (cresol) present after the beans have been roasted. The darker the roast, the greater the tar content.

GRINDING

What was the grinding procedure? How hot did the beans get during the grinding process? Though not everyone will notice the difference, any grinder which grinds at a high temperature can result in the loss of aromatic oils. One solution is to grind with a hand mill. Another solution (when using an electric mill) is to only grind enough for a few cups at a time, since prolonged grinding may result in excessive heat. How much time elapsed between grinding and brewing? Remember: if you smell it, you're losing it. If you don't plan to use your grinds immediately, then put them in a covered container and place in the refrigerator.

WATER

How much coffee grounds are used in relation to water? Obviously, a cup of coffee made with one scoop of grounds is vastly different than one made with 6 scoops of grounds. What is the quality of the water? (After all, the primary constituent of "a cup of coffee" is water.)

TEMPERATURE

Fusel oil, released into the water whenever coffee grounds are boiled, causes bitterness; however, fusel oil is NOT released into water at less than boiling temperatures.

CLEANLINESS

What was the level of cleanliness of the coffee maker? Old coffee stains are a combination of "dirt" and oxidized insoluble fats. When fat oxidizes, it becomes rancid. Rancid fat "flavors" all coffee that is brewed in coffee pots that have not been scrubbed spotless.

PREPARATION

What type of coffee maker was used (vacuum, drip, percolator)? (Space doesn't permit us to review every coffee-maker on the market however, so let the buyer beware.)

Did I brew the grounds using the percolation, infusion, or decoction method? Infusion refers to adding the grounds to the water and letting them steep. A camper might do this. Decoction refers to actually cooking the grounds -- even boiling -- to make

in a prison camp when one is trying to extend the available grounds as far as possible, it is the least desirable choice. Percolation -- pouring the hot water through the grounds -- is the best option.

What type of materials did I use in the making of the beverage? Stainless steel, glass, aluminum, porcelain, and plastic all affect the quality (and the flavor) of the finished product.

ADDITIVES

What have I added to the finished product? Sugar? Salt? Egg? Vanilla? Cinnamon? Chocolate? Honey? Sweet-'n-Low? Saccharin? Cream? Milk? Powdered milk? Half and half? Cloves? Cardamom? Coffee-mate? Brandy?

INSTANT COFFEE

Was the coffee instant? Instants are made two ways: spray dry or freeze dry. Both are begun as a very concentrated brew made with coffee grounds and superheated water. In the spray dry method, the concentrated brew is sprayed into a chamber where hot, dry air is pumped. The air removed the moisture, leaving bubble-shaped particles behind; the particles are then ground into powder. In the freeze-dry method, the concentrated brew is first frozen, and is then introduced into a vacuum chamber which removed the moisture, leaving a solid mass; the mass is then reduced to granules.

Instants vary due to the varying strengths of the initial concentrated brew, and differences in drying methods (temperature, etc.). Though the quality of instants may vary, most coffee-lovers will only drink instant when the circumstances dictate simplicity, or if nothing else is available. A detailed comparison of the quality of instant coffees was done by Consumer Reports magazine, a copy of which may be obtained by writing to the magazine.

DECAFFEINATED

Is the coffee decaffeinated? The chemical formerly used to remove the caffeine was trichloroethylene (found to cause liver cancer in laboratory mice). Currently, methylene chloride is used, a chemical under study by the National Cancer Institute. A non-chemical method of decaffeination that has been gaining in popularity is the steam method.

THINKING

Of the factors under our control, the quality of our thinking (as we brew the coffee) has a direct effect on the finished product. Also, the way in which we drink the beverage has an effect (i.e., slow thoughtful sips vs. hurried gulps).

Hall asserts that in his tests, the quality of one's thinking has proven to be the most important factor. States Hall, "If you brew your coffee with precise intent, you can alchemically transmute those common grounds into a veritable elixir."

AN EXPERIMENT IN ALCHEMY

Here are a few guidelines if you'd like to begin alchemically changing "a cuppa coffee" to "wonderful elixir." This is the procedure that was shared with us by Timothy Hall, who learned of this via his association with Revve Weisz and WTI Inc. in 1976.

Begin with meticulously clean utensils. Stainless steel, French porcelain, glass, or copper are preferred; softer metals (e.g., aluminum) should not be used.

First, measure the needed amount of water (spring water is better than the chlorine and fluoride-laden city tap water) and set on the stove to boil.

Next, prepare your filter. An ideal filter is a simple cloth bag sewed into a cone, using the densest cotton flannel. These are reusable indefinitely -- far superior to commercial paper filters. The bag is suspended over your cup, or a second pot; the coffee grounds are measured into the bag (a fine grind works best).

Another ideal system is a French ceramic pot with a ceramic cone that fits into the top, and a gold-plated reusable filter. You measure your grounds into the filter.

When the water has boiled, stand squarely and strongly on both legs; breathe deeply; then, slowly pour the water in a clockwise circular motion over the grounds. While pouring, visualize and feel the energy of Love flowing from your heart, down your arm, and into the beverage. We call this "chi," and much has been written about this "chi" energy in books on Chinese healing and martial arts. You may need to "imagine" the feeling at first, but with practice you will find it easy. It sometimes feels like a mild electric shock.

If you wish to add anything to the resultant beverage, try raw honey and raw cream.

One of the main problems with extensive coffee ingestion is that it either removes or destroys the B-vitamins from the body, resulting in a slowly cumulative degeneration of the sheaths of the body's nerve fibres. This is what causes the "nervousness" with heavy coffee-drinkers. Honey, cream, and B-vitamins added to the diet, help to offset any harmful effects.

When the above process is done thoughtfully and lovingly, the process is somewhat analogous to the Japanese tea ceremony. And it CAN result in a truly fine elixir.

So is coffee "good" or "bad"? As always, it depends on the way you interact with it.



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OUR TOWN

by Thornton Wilder



March 11 - April 16

Directed by Sabina Ptasznik

Our Town explores the lives of people living in Grover's Corners, New Hampshire, a small quintessentially American town in 1901. It is a timeless story of life that is still being played out. *Our Town* was first produced in 1938 and received the Pulitzer Prize for Drama.

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CANCER SUPPORT COMMUNITY.
PASADENA
Formerly The Wellness Community

Annual Service Awards Presented by Cancer Support Community

The 2011 Angel Awards will be presented to two outstanding community members on the evening of April 16, 2011 during the Angel Gala, a major fundraising event conducted annually by Cancer Support Community. This year's Angel Gala celebration

is scheduled at the Westin Hotel in Pasadena.

Angel Awards recognize individuals and organizations for their contributions to help improve the lives of people facing cancer. The 2011 Angel Award recipients are Dr. Betty Ferrell of City of Hope and Jacobs Engineering.

Dr. Ferrell has a long and distinguished record in research and practice in the area of pain management for those facing cancer. Dr. Ferrell noted, "I have been very fortunate to devote my entire 34 years as a nurse and researcher to the area of oncology. Working with patients and families facing cancer has provided me with the opportunity to use our research to advocate for quality of life concerns. People with cancer deserve care which remembers the person with the cancer, not just the disease, and also supports the family surrounding the patient. From the moment of diagnosis to long term survival or late stage disease and end of life care, people need support to address physical, psychological, and social and spiritual needs."

Jacobs Engineering is one of the world's largest and most diverse providers of technical, professional, and construction services. Jacobs Engineering founder, Dr. Joseph J. Jacobs, played a key role in sustaining The Wellness Community, now Cancer Support Community, during the first fifteen years of its history. Joseph and his wife, Vi, were presented with the 1994 Angel Award during the second year of the Angel Gala event. In honor of his memory and the special affinity that Joe had for Cancer Support Community, Jacobs has kept a close tie to the organization for nearly twenty years. Jacobs President and Chief Executive Officer, Craig Martin, stated, "Cancer Support Community Pasadena was an important organization to our founder and it continues to be an important organization to our company. The tireless efforts Cancer Support Community puts forth to make a difference in the lives of individuals facing cancer are immeasurable. We are very proud to be selected for this honor."

Cancer Support Community Pasadena provides professionally led support groups, educational workshops and fitness/relaxation classes at no charge to participants. Recently, the College Board of Surgeons invited Cancer Support Community to join a new commission charged to advise best practices in integrating psychosocial support services into cancer treatment plans. For more information about Cancer Support Community, call (626) 796-1083 or visit www.cscpasadena.org.



Television personality Dallas Raines, along with volunteers Lydia Valente and Ginger Rouse



Sean Kayden

SEAN'S SHAMELESS REVIEWS: "HEY ROSETTA!"

Canadian indie-driven enthusiasts, "Hey Rosetta!" return after three years with their

third studio album, "Seeds". It's a poignant, thought-provoking record that will pacify your tiresome mind and mend the wounded heart. It's vastly demanding to keep up with the dozens of bands that seem to magically materialize each and everyday. However, it's truly a blessing to discover the ones that really resonate with you. It's an amazing sensation to be able to identify yourself with a record that seamlessly understands everything you're going through. Lead singer, Tim Baker stated in an interview, "...the songs are seeds ... they're these little things -- four and five minute things -- but they have the ability to grow in your brain and be far more meaningful than just what they are." I whole-heartedly agree with him because "Seeds" is just that. An album that will get inside you, become you, and navigate you through this world you're trying oh-so-ever hard to break through.

Clocking in at just less than 50 minutes, all eleven tracks augment as they progress from start to finish. "Hey Rosetta!" have deliberately created a united catharsis. Layered strings, horns, mandolins, pianos, and trumpets all make a delightful appearance on the album. Not everything works perfectly, but there's enough staggering power to satisfying the accessible music listener. The lyrics are about the perennial life on the road, dissolved relationships, loneliness, but also new hope, enlightenment and fresh beginnings. If you can open your mind, let your guard down and allow "Seeds" to gracefully seep into your soul, you'll walk away embarking on a new day with full of possibilities waiting to be conquered.

This is a pleasing to the ear, gentle rock album that can become the anthem to one's life. Listening to any album merely once won't be enough. There's no exception this time around either. One must permit "Seeds" to fully engulf their own entity in order to find any significant fulfillment. Catchy yet multifaceted arrangements, towering melodies and stunning imagery within the words tenderly sung, there's something here for any fan of the indie rock affiliation. In the song, "Seventeen", Baker with such emphasis and heart, belts out the words,

Artist: Hey Rosetta!
Album: Seeds
Label: Sonic Records
Release Date: February 15, 2011

"we're always on the edge of something bigger than this; cause we're always on the edge; we're always on the edge of some impossible trick." I tend to side with what he's saying. We're all grasping for something slightly out of reach, but with great persistence and dedication, we can get there. I like to believe it's why we get out of bed each morning. The impossible will soon enough become the possible if we never compromise on the act of simply settling for second-rate and mediocrity. The album title may be called "Seeds" and it's emblematic of what we are - tiny seeds from the start yet we all have the ability to cultivate into something extraordinary. If one listens intently, this album can be a guiding and nurturing light on your never-ending adventure.

Grade: 7.5 out of 10

Key Tracks: "Seeds", "Young Glass", "Seventeen"

For all of my reviews check out www.DONTQUITYOURDAYDREAM.blogspot.com.

Jeff's Pics The Book Report

Tough Without a Gun:

The Life and Extraordinary Afterlife of Humphrey Bogart

by Stefan Kanfer

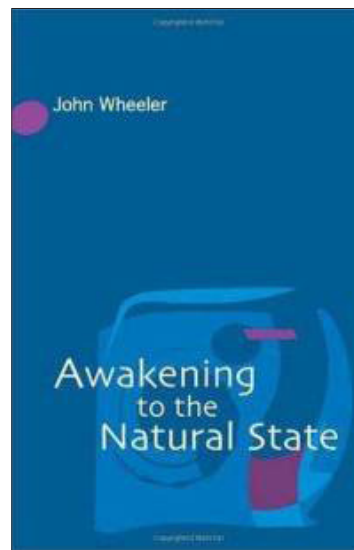


Humphrey Bogart: it's hard to think of anyone who's had the same lasting impact on the culture of movies. Though he died at the young age of fifty-seven more than half a century ago, his influence among actors and filmmakers, and his enduring appeal for film lovers around the world, remains as strong as ever. What is it about Bogart, with his unconventional looks and noticeable speech impediment, that has captured our collective imagination for so long? In this definitive biography, Stefan Kanfer answers that question, along the way illuminating the private man Bogart was and shining the spotlight on some of the greatest performances ever captured on celluloid.

Awakening to the Natural State

by John Wheeler

John Wheeler's words are a direct pointing. In these pages there is a constant dismantling of the distractions and concepts that misdirect us from the truth of what we truly are. Arising from peace, freedom and love, the writing is clear, and straightforward. There is no future attainment, no enlightenment, no teachers, no students, no path, no suffering (except in the mind) and no future or past, except as thought. There is only here and now, this ever fresh moment manifesting in consciousness, which arises in awareness. "Our true nature is that simple & undeniable presence of awareness in which all thinking, feeling and perception occurs. You are not the limited person you take yourself to be. Seeing this, suffering, anxiety & confusion drops away revealing your own innate happiness & freedom. Understanding is immediate and always available here & now."



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This year, musicians from the University of Southern California (USC) Thornton School of Music and the Colburn School perform outside of their usual school environs. Also featured is the world-premiere of "Sea Change" for piano quintet by Emmy Award-winning composer, Stephen Cohn, performed by musicians from the Colburn School.

This event is supported in part by the Los Angeles County Arts Commission and the Rader & Fitts Fund, Inc.

University of Southern California (USC) Thornton School of Music, the Colburn School, Emmy Award-winning composer, Stephen Cohn

Mountain Views News

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Mountain Views News has been adjudicated as a newspaper of General Circulation for the County of Los Angeles in Court Case number GS004724: for the City of Sierra Madre; in Court Case GS005940 and for the City of Monrovia in Court Case No. GS006989 and is published every Saturday at 55 W. Sierra Madre Blvd., No. 302, Sierra Madre, California, 91024. All contents are copy-righted and may not be reproduced without the express written consent of the publisher. All rights reserved. All submissions to this newspaper become the property of the Mountain Views News and may be published in part or whole.

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

STUART Tolchin.....On LIFE HISTORY PAST AND PRESENT



Last night my wife, a neighbor, and I made our way to All Saints Church to hear a talk being given by James Carroll, a former

Priest and a pretty brilliant guy who has a very unique perspective on the present state of the world. Earlier in the day I had heard Mr. Carroll being interviewed on NPR and the ability to hear him speak in person seemed like a great opportunity. Opportunity, for what I am not sure. I am now in a kind of forced semi-retirement as I am receiving Social Security Benefits and don't have the financial need to earn as much money. Rather than discussing Mr. Carroll's speech, which was highly interesting and provocative, I want to talk about this business of being unprepared for, or worse, completely unaware of the elements of the next stage of life.

Really, my getting older is no surprise. It happens to everyone else, so I must have known it was going to happen to me. I have always assumed I would continue working as long as my health permits, but I never considered what would happen to my attitude once I started getting money just for existing. Now that I am receiving this pension I just don't scramble around the way I used to when my caseload would drop. I am realizing this right now as I work on this article in the middle of the day, instead of the middle of the night as is my usual practice. Why am I working on this now? Obviously, because I have the time. Fine - except for one thing - my self-esteem is affected. I am not ready for all this leisure or maybe even freedom. I love sneaking in nine holes of golf when I have a bunch of other things that I should be doing. I have learned from the past that by playing golf I will be forced to end my procrastinating and do what I could and should have done earlier, except I couldn't.

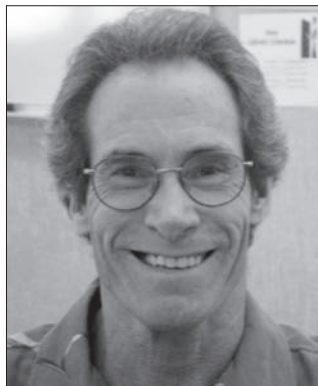
In my head I can still hear my mother from fifty years ago and my wife from last week yelling, "Why do you always wait until the last minute?" All right, my wife doesn't yell. She just glares at me as I plead with her to help my find some vital

folder that I need right now because I have to file something in a few hours. "Why didn't you look for it last week instead of playing golf?" Actually, I think I know the answer. I was afraid all along that I wouldn't be able to find what I was looking for and I wanted to postpone the panic for as long as possible. Panic is no fun but it does enable one to act, and I know from my own history that once I get started I will get it done. I know this all sounds ridiculous but I don't think that I'm the only person that works this way.

Now let's get back to my present dilemma. I'm not required to do as much work, so there's less to procrastinate about and I feel strange. I just can't go off and play golf in the middle of the day when I have nothing else to do. What am I; just an old man of leisure of no use to anybody? I need to be worthy of my own admiration.

Somehow all of this angst translated into my suggesting to my wife that we go to All Saints Church and hear Jim Carroll. She heartily approved of my idea and invited a neighbor and, suddenly, just before we left, I developed this terrible stomach ache. My wife said, "After all this you're not going to go." I said you're right- we're going! But we managed to be late and parked in a place where we got a ticket and because we were late we were ushered to sit up front facing the crowd just a few feet from the speaker. If I got sick or fell asleep it would be disaster. Now here's the hard part to explain. All this added pressure and the lateness and the ticket somehow, for me at least, made the experience more significant. It's the way I lead my life even though it gets on my wife's nerves. I would like to eliminate this perhaps unnecessary anxiety and still do the kinds of things and live the kind of life that allows me to feel worthy of my own admiration. Does overcoming obstacles have to be a part of it? In a way that's always been a part of my past - must it be a part of my present? Or perhaps for me, like for the rest of the world, today's real-life obstacles are so ever-present that just struggling with them will be enough to keep me busy and quasi-self-approving.

HAIL Hamilton



numerous other taxes on everyday purchases. Federal and state gasoline taxes, on average, are 43 cents per gallon.

(California gas taxes include an 6% state sales tax and 1.25% local sales tax, plus a 1.2 cents per gallon Underground Storage Tank, UST, fee.)

In many cases, your money ends up in the hands of someone else who is either too rich or too poor to pay any taxes at all. Or it may end up in any of a myriad of hundreds of government agencies or programs that may or may not benefit you.

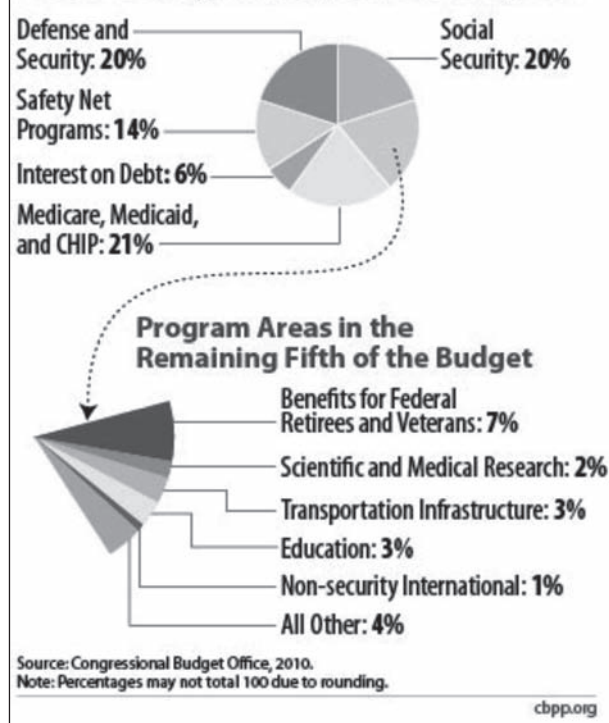
According to the Congressional Budget Office In 2010 federal expenditures totaled a whopping \$3.55 trillion. Mandatory spending was \$2,009 trillion, and discretionary was spending \$1.368 trillion. Total tax receipts were \$2.162 trillion. This left a deficit of \$1.388 trillion. This is how our tax dollars were spent. Fifty years ago, the Federal budget was less than \$88 billion and half of that was military. A private soldier got about \$32 a month, and lived in barracks. The money is worth less today, maybe a factor of 10 at least. That would make the Federal Budget \$880 billion if it was still the same split. Back then half (1/2) the budget was military development, weapons, training and salaries.

My Turn SOMETHING TO THINK ABOUT WHEN YOU PAY YOUR TAXES

"A government big enough to give you everything you want is big enough to take everything you have." Barry Goldwater

If you take home less than your gross pay, it is only because someone has siphoned money out of your paycheck. The federal government takes money from you under threat of imprisonment, including "contributions" to Social Security, which you will probably never see again, and Medicare taxes, which are not counted as income tax, and FICA, which is just another income tax. After your income is taxed, you still have to pay state and local sales taxes, gasoline tax, and

Most of Budget Goes Toward Defense, Social Security, and Major Health Programs



Today the military get about 20% of the budget (about the same as Social Security) and salaries are a much bigger cost. No draft means they have to compete for manpower. Living quarters are updated, salaries are higher, the equipment is much more expensive. But modern war is now a lot cheaper (at least it's supposed to be) because we do it faster. What has increased is not foreign aid, but welfare, tax cuts for the wealthy and money transfers (often to buy votes).

There is the budget, the black budget, mandatory spending and discretionary spending. A lot of the money is off budget (like the \$1.2 trillion spent so far on the wars in Iraq and Afghanistan) and not included in what the public sees. There are also the unfunded mandates paid for by the states. And when the government spends more money than it collects in taxes and fees and licenses, the country runs a deficit and that increases the National Debt.

So in 2010 instead of \$880 billion the government really spent \$3.6 TRILLION! I suppose the good news is I'm old and won't have to suffer much longer. However, The bad news is our kids and generations to come will suffer greatly because of the debt we have created--a debt in large part owned by foreigners.

As of January 2011, foreigners owned \$4.45 trillion of U.S. debt, or approximately 47% of the debt held by the public of \$9.49 trillion and 32% of the total debt of \$14.1 trillion. The largest holders were the central banks of China (\$1.1 trillion), Japan (\$885 billion), and the UK (\$278.4 billion). This should be a wake up call for all of us when we pay our taxes this year.

LEFT TURN/RIGHT TURN

HOWARD Hays



As I See It

A prominent, and wealthy, German businessman was interviewed on Bloomberg Television, offering his views on the European economy. During the interview, he was reminded he pays a 60% tax

on his income. He acknowledged it was true, then returned to the economy.

The interviewer brought it up again, and again there wasn't much of a reaction. Finally, for a third time, the interviewer brought up the 60% tax rate and asked if the guest wasn't bothered by it. The businessman replied he didn't want to be "a rich man in a poor country".

There are indeed rich men in poor countries. Number one on the Forbes list of billionaires is Carlos Slim Helu (net worth \$53.5 billion), who made his fortune as Mexico privatized its national telephone company.

After Bill Gates and Warren Buffett at two and three, numbers four and five hail from India; Mukesh Ambani (\$29 billion, oil and gas) and Lakshmi Mittal (\$28.7 billion, steel).

In addition to being home to the world's richest man, Mexico is also where (according to the CIA) one in five live in poverty. In India it's one in four. United Arab Emirates is thought of as a land of wealth, but it has a poverty level similar to Mexico's. Some of the poorest countries in Africa have rulers with some of the biggest (foreign) bank accounts.

Recently in state capitals, we've seen policies leading to a few becoming very rich in an increasingly poor country.

Republican Gov. Scott Walker of Wisconsin began his term by pushing through \$140 million in special interest tax cuts, and then came to his constituents with news of a budget shortfall - in the amount of \$140 million. He'd take care of it by imposing wage cuts and other concessions on public employees, and taking away their rights to collective bargaining.

The employees agreed to the cuts and concessions, but Gov. Walker insisted they give up their collective bargaining rights as well. It had to be done, he explained, because it's all about the budget.

With Democrats preventing a vote, Republicans went ahead and took away public employees' collective bargaining rights on their own. They could do so, they explained, because it had nothing to do with the budget.

In the latest chapter, the Dane County District Attorney and others filed suit claiming the Republicans' action violated open-meeting laws. A circuit judge agreed to hear arguments, and enjoined the Secretary of State from publishing the law, preventing it from taking effect. Republicans then sidestepped the Secretary of State and had it "published" (posted on a website) by another state agency - claiming the law thus was duly enacted.

The judge reminded Republicans of her previous instructions, and noted, "Apparently that language was either misunderstood or ignored". Republicans responded that because of "legislative immunity", they weren't bound to obey laws they wrote for themselves. Further,

they claimed that having a judge opine on the legality of their actions somehow violated the concept of "separation of powers". Their only accountability was to those who bought them their offices.

In Michigan, Republican Gov. Rick Snyder pushed through \$1.7 billion in corporate tax breaks as a first order of business, and then passed the expense to seniors in addition to public employees; adding tax liability to public and private pension income, eliminating the \$2,300 senior tax exemption, reducing property tax credits for seniors, etc.

To enable an expansion of the attack on organized labor from the state to the local level, Michigan Republicans enacted the "financial martial law" bill allowing appointees of the governor, individuals or corporations, to march into financially troubled school districts and municipalities, void labor contracts and fire any or all members of elected boards and councils. The legislature slashed billions in state aid to localities and schools in order to ensure a ready availability of financially troubled places to march into.

Under Republican Governor John Kasich, Ohio has granted a \$10 million tax break to oil companies, moved to eliminate the estate tax and grant tax cuts to the rich, while cutting support for schools by 25%, \$12 million from children's hospitals and a million from food banks. Gov. Kasich hopes to make up some of the revenue by allowing slot machines at race tracks.

Republican Governor Rick Scott of Florida proposed a corporate tax break of \$1.5 billion over two years, along with \$3 billion in cuts to Medicaid and \$154 million from K-12 school funding.

In New Jersey, Republican Governor Chris Christie has tied property tax rebates for seniors to public workers giving up health and pension benefits.

Republicans in Georgia have pushed to increase teachers' and other state workers' health care costs by 20%, gut the HOPE scholarship program and take \$75 million from state universities to cover a 33% cut in corporate tax rates.

Republican Governor Sam Brownback of Kansas has proposed eliminating the corporate income tax altogether, while cuts to the Earned Income Tax Credit would push an estimated 6,500 Kansas families into poverty.

Tea Party Gov. Paul LePage of Maine froze health care funding for working parents and prescription drug assistance for seniors to save \$30 million, while enacting tax breaks benefiting all of about 550 large estates - at a cost of \$30 million. (Gov. LePage is the one who removed paintings of laborers from the halls of the state's Department of Labor, in response to an anonymous complaint that such depictions, which included Rosie the Riveter, are the kind used by North Korea to "brainwash the masses".)

There's been a push for allowing corporate campaign contributions to be treated the same as individuals, because corporate bodies aren't conflicted by human body emotions such as patriotism and sense of community, as evidenced by the German businessman who didn't want to be a "rich man in a poor country". Some policies might make a few very rich, but as a country leave us all the poorer.

OBAMA DID THE RIGHT THING

President Obama made a considerably strong case for the Libya intervention in his nationwide address Monday, and regardless of his hesitancy in coming to this conclusion, it is the right conclusion, and it should be acknowledged as such. There are many detailed questions which remain to be asked and answered, and I've not doubt that Republicans will pursue those lines of inquiry, as is their duty and role, but as a conservative I want to clearly and forcefully call Republicans to support Obama in the action that he has taken. He has done the right thing.

The case for intervening in Libya has been building for awhile. We can go back months, years or even decades. This is, after all, the man who ordered and supported the bombing of Pan Am flight 103 over Scotland. This is the man who has supported terrorist groups in the Middle East for decades. This is the man who inflicted terror and torture on his own citizens and promised to be even less merciful on those who were resisting him in Benghazi. We can have no doubt in our mind as to what he would have done to these people, and the most basic concepts of morality dictated that we stop that if we had the power to do so, which we did.

On a more philosophical, but no less significant, basis, our intervention in Libya demonstrates once again that America is a friend to peace-loving Muslims the world over. We have nothing to be ashamed of. Over the last 20 years - from the first Iraq war liberating Kuwait, to saving Muslims in Bosnia, to freeing Iraqis from Saddam, to liberating millions from the barbaric rule of the Taliban - America has freed, saved and supported more Muslims than has ever been done before in history. America is a friend in deed.

In the larger, practical context of the Middle East, this is also the right thing to do. Perhaps this is even the strongest reason to intervene. Muzzling, and hopefully eliminating Gadhafi, shows the Assads of Syria, the Ahmadinejads of Iran, and all other would-be tyrants that we are willing to move against those who slaughter their own people or support terrorism. This is of critical importance because bullies - whether they are 6 year old first graders or 50 year old mad men - don't stop until they are made to or convinced that it is in their best interest to stop. Nothing softens and ameliorates dictators quite as much as the prospect of losing power and facing justice at the hands of their former victims.

So, there are very good reasons to intervene, but there are also several lessons to be learned. We can hope that President Obama is growing in his job and is finally learning these lessons. This is where Republicans can help, remembering that Obama, as a candidate and as a new President, was very critical of American foreign involvements, the use of military force and on taking any action without overwhelming international public support.

The first lesson has to be that we cannot afford to allow Iran to obtain a nuclear

GREG Welborn



bomb. Forget for a moment the possibility that Iran would export nuclear weaponry to terrorist groups for use on our own soil. Simply consider what our options would have been with Gadhafi if he had a nuclear weapon. Gadhafi only agreed to give up his nuclear weapons program in 2004 when he feared that the U.S. would topple him from power just as we had done to Saddam Hussein. If Gadhafi possessed nuclear weapons today, we would not have been able to intervene. The stakes would have been too high, and by now the blood spilled in Benghazi obscene. The mad mullahs in Tehran must not be allowed to have that bargaining chip.

The second lesson has to be that consistency is important. Those who rise to the level of leadership on the world stage are practiced and skilled at sizing up everyone else who shares that stage. Those who lack a moral compass - and that sadly encompasses too many leaders in the Middle East - are motivated solely by their perceptions of strength and weakness. Nothing shows strength and resolve better than consistency of application. If we take on a tin-horn dictator like Gadhafi and yet let Bashar Assad of Syria ruthlessly put down the budding revolt in his own country, we will undermine the cause of freedom and peace in the Middle East. We don't need to pick a fight with Syria, but we shouldn't flinch at the opportunity. Syrians are resisting this tyrant, and we should support them in the hopes that there is a regime change here.

A third lesson to be drawn from all this is that the Bush doctrine of pre-emption is legitimate when used appropriately. When our own safety or the wholesale slaughter of innocents is threatened, we do not need to wait to be attacked or for a certain volume of blood to run in the streets of some foreign capital before we take action to protect ourselves or the lives and freedoms of others. We must of course use judgment and not be hotheaded, but we needn't hesitate from fear.

Lastly, for all the reasons above, America must not be afraid to lead. The most legitimate criticism that conservatives have of Obama's actions is his inference that the morality of an act is determined by the number of people who agree with you, or who are in coalition with you, rather than by the act itself. Whether or not the U.N., the Arab League, or France requested us to intervene, the Libyan intervention, like the Iraq and Afghanistan interventions, were monumentally and undeniably moral acts of a great and moral country. We shouldn't be afraid to lead the world in this direction.

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

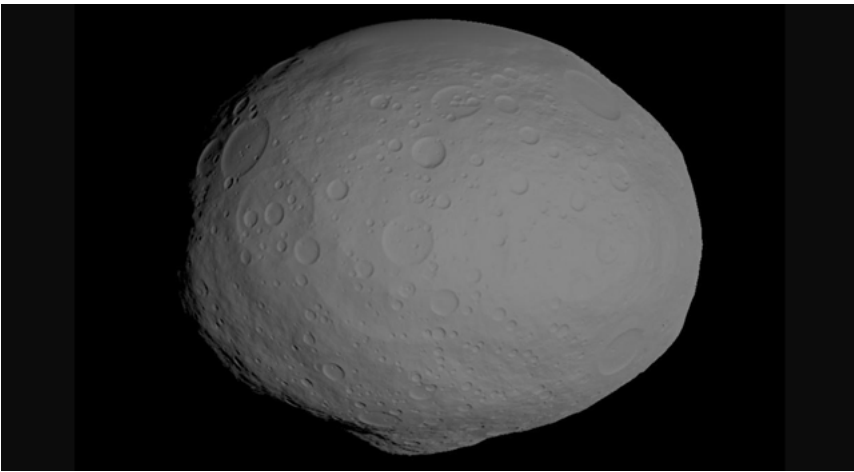
On March 29, 1807, German astronomer Heinrich Wilhelm Olbers spotted Vesta as a moving pinprick of light in the sky. Two hundred and four years later, as NASA's Dawn spacecraft prepares to begin orbiting this intriguing world, scientists now know how special this object is, even if there has been some debate on how to classify it.

Vesta is most commonly called an asteroid because it lies in the orbiting rubble patch known as the main asteroid belt between Mars and Jupiter. But the vast majority of objects in the main belt are lightweights, about 60 miles wide, while Vesta is 330 miles across on average.

"I don't think Vesta should be called an asteroid," said Tom McCord, a Dawn co-investigator based at the Bear Fight Institute, Winthrop, Wash. "Not only is Vesta so much larger, but it's an evolved object, unlike most things we call asteroids."

The layered structure of Vesta (core, mantle and crust) is the key trait that makes Vesta more like planets such as Earth, Venus, and Mars than like the other asteroids, McCord said. Like the planets, Vesta had sufficient radioactive material inside when it coalesced, releasing heat that melted rock and enabled lighter layers to float to the outside. Scientists call this process differentiation.

McCord and colleagues were the first to discover that Vesta was likely differentiated when special detectors on their telescopes in 1972 picked up the signature of basalt, a rock associated with volcanic activity. That meant that the body had to have melted at one time.



This image shows a model of the protoplanet Vesta, using scientists' best guess to date of what the surface of the protoplanet might look like.
Image credit: NASA/JPL-Caltech/UCLA/PSI

Officially, Vesta is a "minor planet"—a body that orbits the Sun but is not a proper planet or comet. But there are more than 540,000 minor planets in our solar system, so the label doesn't give Vesta much distinction. Dwarf planets—which include Dawn's second destination, Ceres—are another category, but Vesta doesn't qualify as one of those. For one thing, Vesta isn't quite large enough.

Dawn scientists prefer to think of Vesta as a protoplanet because it is a dense, layered body that orbits the Sun and began in the same fashion as Mercury, Venus, Earth and Mars, but somehow never fully developed. In the swinging early history of the solar system, objects became planets by merging with other Vesta-sized objects. But Vesta never found a partner during that big dance, and the critical time passed. It may have had to do with the nearby presence of Jupiter, the neighborhood's gravitational superpower, disturbing the orbits of objects and hogging the dance partners.

Other space rocks have collided with Vesta and knocked off bits of it. Those became debris in the asteroid belt known as Vestoids, and even hundreds of meteorites that have ended up on Earth. But Vesta never collided with something of sufficient size to disrupt it, and it remained intact. As a result, Vesta is a time capsule from that earlier era.

"This gritty little protoplanet has survived bombardment in the asteroid belt for over 4.5 billion years, making its surface possibly the oldest planetary surface in the solar system," said Christopher Russell, Dawn's principal investigator, based at UCLA. "Studying Vesta will enable us to write a much better history of the solar system's turbulent youth."

"Dawn's ion thrusters are gently carrying us toward Vesta, and the spacecraft is getting ready for its big year of exploration," added Marc Rayman, Dawn's chief engineer at JPL.

You can contact Bob Eklund at: beklund@MtnViewsNews.com.



Ask jai.....

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

Q: The Career Center at my college suggested that I use an Objective Statement at the top of my resumé. However, several company recruiters that I have met at job fairs stated that I should not include an objective on my resumé. What should I do? Reinaldo

To use or not to use an objective statement? That is the question. There is a consensus among company recruiters and HR professionals that objective statements are old fashioned, and show a lack of experience and un-professionalism on the part of the job seeker. I am not really that crazy about using objective statements on resúmes either. However, there is always a time and place for everything, and there is for objective statements. I believe objective statements should be used when you are a job seeker who is: entry-level, re-entering the job market, changing careers or industries, recent High School or College graduate; and who have little or no work experience, or have worked at a variety of jobs.

An objective statement is always placed on the resumé right after your name and contact information. It is placed in this position to grab the attention of the reader (or resumé screener). It should be considered a dynamic opener to your resumé and engage the employer to read and review your entire resumé. The objective statement should be short and to the point. No more than 2-3 sentences. The objective statement should

clarify your employment goal and what you have to offer. Take your time when writing your objective statement. It is that important. The real trick to this is making sure you tailor your objective statement specifically for each position and employer.

Here is an example of a poorly written objective statement: "To obtain a position that will offer me a challenge, experience and an opportunity for growth." This person's resume will be tossed, period! The reviewer will assume the job seeker does not have experience, they want the employer to decide where they would fit in the company, and they bring no added value to the success of the company. The job seeker should state the position they are seeking, their experience and how they would fit in. The following objective statement will also get your resume overlooked: "Seeking an entry-level position where I can learn and grow with a progressive and growing company." Again, state the position you are interested in applying. Note: employers do not want to feel they are paying you to learn at their company. State your experience. Next, obviously employers feel their company is progressive and always growing, or they would not be recruiting and hiring. Really try to always put yourself in the shoes of an employer and read your resumé from their perspective. Then ask yourself, would you hire you? Finally, only you can decide when and when it is appropriate to use an Objective Statement.

Everything you ever wanted to know about how to get a jobbut did not know who to ask. ASK jai. Send your questions to: jai@resumeandcareerservices.com or visit website www.resumeandcareerservices.com.



CANINE KISSESS

One of my favorite daily activities happens in the late afternoon, when I am relaxing in a lounge chair on my back porch, playing my banjo and soaking up the peaceful ambience of the evening. I love listening to the rush of the water running down the Sierra Madre wash alongside my yard and the numerous birds chirping away in the trees. It is then that my beloved bloodhound, "Tater" typically comes around, plants her enormous front paw on my foot and gazes up at me with begging eyes, indicating that she is ready to join me up on the chair for a snuggle and love session.

That bloodhound of mine is one of the most affectionate dogs I have ever known, and I believe I speak accurately on her behalf when I say that snuggling up to me is one of her favorite pastimes too. Tater is not a big "licker", but boy does she love to snuggle, and she really knows how to hug. That's right, she hugs me, big time! When I wrap my arms around her neck, she leans in toward me, lays her enormous head on my left shoulder, lets out a deep breathy moan of contentment, and sits tight in that position until I finally pull her away.

She definitely prefers hugging over kissing, although there are times when she does like to give me a big kiss right in the middle of my face. Usually when I laugh out loud in response to the funny faces she makes, she will start licking my face from chin to brow tentatively and gently, barely touching my face with the tip of her tongue. Of course I start laughing even harder when she does that, which incites her to lick harder and more intensely. The entire scenario is quite amusing, as I am sure you can imagine!

While I know where Tater's mouth might have been before she starts to lick my face, and at times her breath can be quite deathly, I allow it because, to me her licks are actually kisses and they are her way of demonstrating affection for me.

Having recently read a book entitled "Inside of a Dog" by Alexandra Horowitz, wherein the author touches on the very subject of dog kisses, I have

begun to think that my theory about Tater's licks being kisses is totally blown. After all, Alexandra Horowitz is a psychologist who has spent much of her time focusing on the mind of the canine, and if that is not enough, she is now a renowned author. What do I know, right? But still, I cannot help interpreting Tater's kisses as a sign of her affection for me.

I guess it all boils down to the same basic premise that I tend to adhere to any time I analyze canine behavior; it is that every dog is indeed an individual, therefore they each lick or "kiss" for a variety of reasons. In her book, Horowitz states that a dog licks only because he smells something tasty or interesting on your skin, and he hopes to find something there to eat. In Horowitz's view, the dog never licks the one he loves because he wants to show affection, only for instinctual or practical reasons.

Well, I tell you what, I was quite disappointed when I read this chapter, because I kind of like the idea that my dog loves me enough to kiss me. Certainly I don't deny the fact that some dogs will lick their master or someone else they come in contact with, simply as a response to something that wakens their sense of smell or hunger, or even as a response to some sort of disease, but I refuse to accept the fact that those are the only reasons dogs like to lick. I still believe that dogs like to lick or "kiss" as a means of showing their affection. The fact that Tater only does it when I laugh at her silly antics while we are spending intimate time together tells me that she is not being driven by her appetite or by her internal instincts, rather it is her way of connecting with me.

Perhaps I just need to believe my dog is capable of that sort of understanding and affection, so I work hard to find it and I assign meaning to it...maybe, maybe not! Still, I say every dog is an individual being, so who knows what your dog is thinking when he licks your face? Ultimately, I think it is all good when you get a big sloppy kiss from your canine companion. There is no doubt that it can be a healing experience, and who would look that "gift horse" in the mouth? What have you got to lose? ~ Love and let lick!



March 31st was designated "World Backup Day" (probably by a group of business interests looking to sell a fair amount of backup solutions, no doubt) and even though this may not be the most distinguished "World ____ Day" that you've probably ever heard of, now is as good a time as any to turn our attention toward protecting our digital assets. Even though it's probably a VERY good idea to backup your computer system far more frequently than once year in order to provide adequate protection for your system, if you haven't been as attentive to your backup strategy now is the time to get attentive. As far as backups go, the good one that you do have is worth more than its weight in gold should the unthinkable happen and your system crash. Fortunately for the modern computer user there are many options available to make the task of data protection as simple and as reliable as possible and this makes backing up important data as simple as possible.

Quite possible the simplest (and quickest) way to backup important data is to use a USB Flash Drive or Memory Stick. The process for using one a flash drive as a backup device is usually as simple as plugging the drive into an available USB port and dragging the data to be backed up over to the corresponding removable drive and - voila! - the data you've selected has been copied and protected. This is the essence of a backup strategy. The preceding example is a very limited example of a backup but if you have data that you must have protected as simply as possible this is the way to do it. Flash drives can be purchased in sizes as large as 256GB. A drive this large can backup most peoples' entire hard drive. The plus side of this type of backup is ease of use. If you're interested in a more comprehensive backup you'll have to use a backup program such as the backup program that comes with Windows OS's, Time Machine or some other third party program in conjunction with some removable, writable media. Although this type of backup is more technically involved it has the plus side of being capable of recreating a trashed hard drive back to its state at the time of the most recent backup. For those who'd like the most comprehensive backup without having to be too involved with the process there are several online backup services (Carbonite, Norton Online Backup, iDrive,etc). With the online backup services in order to restore a lost drive you would be responsible for getting your system back to a state where an internet connection would be possible and typically these types of backups do not restore programs.

No matter which backup solution you choose be sure to pick one and use it. You'll be glad you did.

KATIE TseThis and That

WHAT HAPPENED TO THE HORN?



Do you notice something missing every day around noon? Until my dad pointed it out to me, I hadn't realized that the Sierra Madre Volunteer Fire Department has stopped daily testing their emergency air horn!

Since I don't work in Sierra Madre, it's understandable that I didn't immediately notice its absence. But now I really miss that dependable blast signaling the middle of the day!

If you are unfamiliar with the legendary air horn, it stands (now silent) at Baldwin and Montecito with a big sign under it warning passers by of three short, loud daily blasts. The idea is that, in case of emergency, the horn will alert residents to tune in to local news outlets for information. It is a beloved relic from the days before cell phones and other technological advances in communication. In its hey day, there was even an elaborate "code" of blasts to alert firefighters as to which area of the city was in jeopardy. In recent years, the horn sounded daily at noon, and then at 7:00 pm. James Carlson, Management Analyst for the city, informed me by email that the silence of the horn occurred some years ago when it was "constantly going off late, not at all, or was making odd sounds." What odd sounds was it making? Was the horn wheezing like a kazoo or blowing raspberries? It almost sounds like the work of adroit pranksters.

Carlson assured me, however, that the horn is in the process of being repaired, which begs the question how it got broken? He responded that it had suffered a number of mechanical ailments, and that "we finally got to the point where it was decided that the equipment really needed to be replaced. Understand, there is no 'store' for fire horn equipment, so we are putting together the same system with some technical assistance from a number of volunteers in the area." God bless them! If that doesn't just typify Sierra Madre then I don't know what does. Where else would there be a public outcry over the removal of an antiquated alarm

more because of its importance to the town's history than its safety, and *volunteerism* to patch the thing up? I heartily look forward to its reinstatement. If I had any technological competence I'd offer my own services.

Carlson also stated that when the horn returns to its working capacity it will be tested daily at 5 pm rather than noon or 7 pm. He reported that there were a thousand different public opinions regarding when the horn should sound, and after presenting the decision to the city council, they landed upon 5 pm. Personally I think noon and 5 pm is the best option. Noon seems fitting because it marks the middle of the day, lunch, etc. I also agree with 5 pm because we should all be reminded of when the cocktail hour starts.

Speaking of cocktail liberality, if you can't wait for our volunteers to fix the air horn, you can always hear its blaring glory in that 1950's classic "Invasion of the Body Snatchers," truly a cultural and cinematic gem every Sierra Madrean should experience!

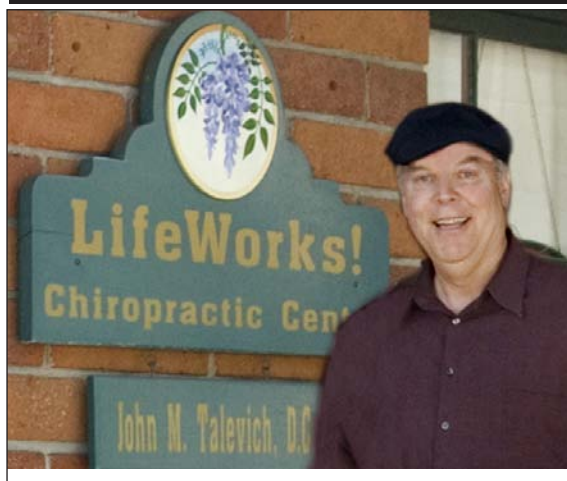
Disclaimer! I didn't anticipate discovering such a wealth of information about the fire horn when I started this piece. Therefore, I acknowledge that there are other knowledgeable historians, George Maurer and Debbie Henderson, who I was not able to interview due to time constraints. Perhaps I will revisit this topic in a future article. Until then, watch "Invasion" if you haven't already, and fix yourself a dry martini at five!



YOUR HEALTH MATTERS

Today's Subject:

THE HEALTH CARE CRISIS



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.

We have a persistent belief in the U.S. that we enjoy the best health care in the world. Why else would people come from all over to get their special needs met here? Let's take a minute to examine this belief and see where it leads.

Dr. Ezekiel Emanuel, health adviser to President Obama, responded to questions regarding our status with this statement: "Let's bury this (notion that we are #1 in health care) once and for all. The U.S. is number one in only one sense: the amount that we shell out for health care. We have the most expensive system in the world per capita, but we lag behind many developed countries on virtually every health statistic you can name." As an example, one indicator used to measure population health ranked the U.S. at #72, and at #37 in health care delivery.

Alternatives

In a number of columns, I have mentioned a better model for health care: 1) Life style changes (we bear the responsibility for our wellness) 2) Natural, non-invasive approaches such as nutritional supplementation, herbs, chiropractic, acupuncture, osteopathy, massage/bodywork and 3) Drugs and surgery if needed but not excluding the first two categories.

Start Now

A few years ago, there was a report in one of the prestigious medical journals stating that more people visited practitioners of alternative therapies than they did mainstream doctors. This would indicate that the alternative has become the mainstream and vice versa. It's important to consider whether to explore health care options with practitioners outside the medical realm. The fear is that they may not be as highly trained as M.D.'s are. When it comes to the use of high-powered pharmaceuticals, that is true and only the osteopaths can handle these cases. It's been my experience that, as a rule, they try to guide the patient to a more conservative approach if there is one found to be effective.

Think About It

D.C.'s (chiropractors), N.D.'s (naturopaths), LAc's (Licensed acupuncturists), nutritionists are all ready and waiting to offer you a lower-tech, lower cost, more effective form of health care ~ all you have to do is ask. Now may be the perfect time.

Have a healthy week! Dr. John

John M. Talevich, D.C.

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Proceeds to benefit
Sierra Madre Woman's Club

Thank you for your donation, please drop off
 donation before 3 pm or Saturday when shop is opened.
 Shop is located on Sunnyside St.

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.

BINGO

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.

MORE 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.

DIAL - A - RIDE
TICKETS

Tickets can now be purchased at:
Sierra Madre City Hall
Hart Park House / Senior Center
Sierra Madre Library

Recipe of the Week:

TOO MUCH CHOCOLATE CAKE

INGREDIENTS:

1 (18.25 ounce) package devil's food cake mix
 1 (5.9 ounce) package instant chocolate pudding mix
 1 cup sour cream
 1 cup vegetable oil
 4 eggs
 1/2 cup warm water
 2 cups semisweet chocolate chips

DIRECTIONS:

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl, mix together the cake and pudding mixes, sour cream, oil, beaten eggs and water. Stir in the chocolate chips and pour batter into a well greased 12 cup bundt pan.

Bake for 50 to 55 minutes, or until top is springy to the touch and a wooden toothpick inserted comes out clean.

Cool cake thoroughly in pan at least an hour and a half before inverting onto a plate if desired, dust the cake with powdered sugar.



March Birthdays

Ella Guttman, Santos Ruiz, Viky Tchatlian, Mary Cooper, Georgina "Snooky" Greger, Sun Lui, Helen Wallis



Meals-On-Wheels

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

MEALS-ON-WHEELS NEEDS VOLUNTEERS
TO DELIVER MEALS TO OUR HOMEBOUND NEIGHBORS

****ONCE A MONTH OR WEEKLY****

Please contact Darlene Traxler at 626.355.6220 or (626) 355-0256.

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.



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LUNCH & LEARN

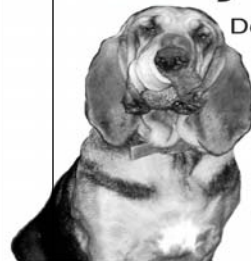
Join the Senior Community Commission at the Sierra Madre Hart Park House / Senior Center for a FREE presentation. Lunch is available for a \$2 donation by calling (626) 355-0256 by 12 noon the day before.

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

Ready for Retirement Living? Try Royal Oaks Manor in Bradbury



For the past 51 years, Royal Oaks Manor has been a residential living choice for many locals who've decided that living in the home they raised their families, or living alone somewhere isn't right for them. Located in Bradbury, adjacent to the foothills and horse trails of this small tony community between Duarte and Azusa, Royal Oaks seems to be the local standard by which some compare residential living options.

Owned and operated by the not-for-profit, Southern California Presbyterian Homes (SCPH), Royal Oaks is one of several accredited, Los Angeles area facilities serving about 3,000 SoCal senior, including Westminster Gardens in Duarte (the subject of a feature a couple of years ago).

Kelly Finney, Director of Community Outreach at SCPH, took me on a tour of the 18.5 acre grounds recently. What caught my attention early on, was the ease by which residents can move between the different levels of independence and care at Royal Oaks. From independent living, to assisted living to skilled nursing care which is Medi-Cal certified, a rarity in senior residential living communities, Finney advised.

Some residents have purchased duplex style detached homes with full kitchens. Some aren't even retired yet, but opt for the security and relatively carefree aspect of this style of living. One resident even purchased two side by side units, and combined them into a larger living space.

Others live in various sized apartments and single or shared rooms. Some prefer the building with underground parking, whereas others prefer the original building where everything is under one roof, instead of walking from building to building for activities and meals. At some point, a smaller unit or shared living becomes an attractive option, especially if walking up to a block for meals and meetings and classes, or traversing stairs becomes a problem. Others seem to revel in the campus like atmosphere, moving from their apartments to meetings to chapel to exercise, then out with the car, within the safety net that Royal Oaks provides.

Many feel the reduction in the worry about meeting plumbers and painters and gardeners, as well as meal preparation and planning,



allows them to enjoy this stage of their lives more fully. Most residency programs include at least one meal a day.

I met one couple, where one spouse had need of full nursing care, but occasionally was up to dining in the building where her husband still resided. It was clear that it was a comfort to them to have the care needed for her, yet allow the husband to be nearby in their private unit, available day or night if the situation called for it.

When asked for advice on the decision process, one senior living resident commented to me, "Make the move while you can and you are able. Don't wait until there isn't any other option or it's an emergency. Leave yourself plenty of time to emotionally get used to the idea, and to sort through your accumulated belongings."

Another senior recalled that they invited the family to come over on a weekend to claim memorabilia, furniture and the like, to help reuse and reduce the items to consider taking with them, selling or donating before the move.

Lunch at the dining room felt like an upscale yet casual restaurant. A hostess seated those waiting to lunch, offering to fill a table of residents, seat them singly if they'd like quiet time or as a group who wished to eat together. Kelly and I ordered off the menu, as did the others eating around us. The food was appetizing, though purposely in smaller portions by design.

The grounds are gorgeous, with a duck pond a favorite spot for enjoying the beautiful grounds. Another favorite spot of residents is the fountain area with dining tables and a reflection and prayer garden that holds the original cornerstone from 1959.

The chapel offers non-denominational Christian services, bible study programs, some denominational services like Catholic Mass, funeral services and even the occasional wedding.

The chapel does double duty as an auditorium for special events. A library, managed by the residents, carries books and periodicals, and provides a sumptuous place to sit and read. The sundries and gift shop is also run by the residents. The volunteer hours support the non-profit status, which is "Vital to us as residents because it decreases our monthly payment and taxes," according to The Oak Leaves monthly publication for residents.

The paper also lists a plethora of activities, classes and outings, birthdays and other news for the community. Outings are regularly offered, and the Royal Oaks bus can be seen at many local entertainment venues and arts activities, including a trip to see the play Guys and Dolls at Arcadia High School that week. The bus also provides routine scheduled transportation for those who don't drive or prefer not to drive, especially at night.

The exercise facilities include an outdoor pool, an attended workout gym and classroom for exercise and other classes.

If senior living at Royal Oaks is of interest to you or a loved one, consider a visit with Sierra Madre Senior on Thursday, May 12th. Healthy aging and nutrition will be discussed; a mini-wellness fair will be offered, and lunch will be provided by Royal Oaks. Contact St. Rita Senior Ministry at 626-355-1292 for information



and reservations.

Royal Oaks Manor is also a proud sponsor of the 2011 Pasadena Conference on Aging. They will be providing free wellness screenings, including blood pressure, BMI, Osteoporosis, hearing, etc. Thursday, April 21st from 8-1:30 at Pasadena's First Church of the Nazarene at 3700 East Sierra Madre Boulevard.

Later this year, on Saturday, September 24th, a huge health fair will be held in Memorial Park in Sierra Madre. As an active community partner, Royal Oaks will provide wellness screenings, aging information, disaster preparedness, much more.

For more information about Royal Oaks Manor, information about costs, or a private tour, contact Michael Abasta, Residency Counselor at 626-359-9371 or visit their website, www.RoyalOaksManor.com



Tips of the Trade: Real Estate Revealed

by Luther Tsinoglou

HOW TO BUY LIKE A SELLER

If you're in the market to buy a home, take a counter-intuitive tip and imagine the day you'll be selling it. That's right - whether you're a first time buyer, or relocating, this home probably won't be your last, so look for features that will pay off when the day comes to move again.

North, south, east or west, the biggest amenity the next buyer will look for is central air conditioning. In the Deep South, over 90% of buyers rank central air as critically important, and three-quarters of buyers everywhere else put it high on the list.

Another often-overlooked feature is storage. Over half of buyers desire a two-car garage and a walk-in closet for the master bedroom. Ample closets and storage space just can't be stressed enough.

If at all possible, avoid costly upgrades and offer incentive down the road by purchasing an energy efficient home with newer windows, pervasive insulation, and Energy Star appliances. If the home is already wired for cable, satellite, and high-speed Internet, so much the better.

Finally, it's still all about location, location, location. It's the one thing you can't change about the home you buy, so look for good schools (even if you don't have children) and proximity to shopping and recreation. Just ask your agent about the most popular features in your area and take heed!

SIERRA MADRE'S BEAUTIFUL HOMES ...

If you would like to see an on-line video showing 78 beautiful homes in Sierra Madre go to youtube.com and search Sierra Madre California Homes Or Sierra Madre's Beautiful Homes.

Leonora Moss

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CENTURY 21 VILLAGE AGENTS HONORED

Rick Davidson, President & CEO of CENTURY 21 Real Estate LLC recently notified Andy Bencosme, Managing Broker of CENTURY Village Realty that his office had been recognized with the Quality Service Pinnacle Award and three of his agents have been recognized with various awards for their

CENTURION Producer Award which is a symbol of excellence earned by only an elite group of CENTURY 21 Producers in the CENTURY 21 System. Duggan & Rix were also recognized with the "President's Award" signifying exceptional quality service and superior sales performance. In addition

keep his or her promises?

Julie Muttavangkul, last years third top producer was congratulated by Davidson for her outstanding achievement of attaining Ruby level of Sales Production in the 2010 Masters Program. She also received the Quality Service Award, voted by her satisfied clients.



Left to right: Nazee Rix, Emily Duggan, Julie Muttavangkul

sales production and customer service for 2010.

The Sierra Madre agents are Nazee Rix, Emily Duggan and Julie Muttavangkul. Nazee Rix and Emily Duggan the office's top producing agents for several years were awarded the 2010

to these two awards, they were given the Quality Service Pinnacle Award which is earned from the results of questionnaires returned by past clients. Some of the questions are: how did your salesperson's service compare with your expectations and did your salesperson

Nazee Rix, Emily Duggan, Julie Muttavangkul and all of the friendly agents at CENTURY 21 Village Realty can be reached at 38 W. Sierra Madre Blvd. in Sierra Madre, by telephone 626.355.1451 or on the internet at www.c21village.com.



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PERFECT GOLF SWING DRILLS

Any time the hands and arms separate from the upper body and swing away from you—you are in trouble. This is why my favorite golf swing drill is—ball above your feet. The great thing about this drill is you don't have to hit golf balls. When you find a lie where the ground is higher than your feet, you can just swing away. Of course I have to share a couple of things with you about this drill.

Most amateur golfers swing the club too much up and down. It is almost impossible to change the shape of a swing that is too much up and down without using some sort of aid. The reason it is hard to change is because you can't see what's going on behind you in the backswing. That is why this drill is awesome. You stand on the side of hill and you swing away. With the club above your feet the has to swing around you. It is next to impossible to swing the club up too much.

If you have the luxury to hit balls from this type of lie the better off you are. I have to warn you about one thing, if you hit some shots fat it is because your old swing keeps creeping in. Because the ball is closer to you the club will smack the ground if you don't swing it around you.

I want to share one more drill with you that will give you the feeling of turning through in the follow through. The next time you are at the practice facility and after you are warmed up, I want you to try this drill. Hit a short pitch shot and after you have finished the swing, lift your right foot off of the ground and tap your toe three times. The first time you try it you might fall over. It is the best drill to teach yourself to turn through and stay in balance.

Once you have perfected the short shot then move on to a full wedge shot. Same thing, hit a shot and tap your toe. Now I have just give you a couple of perfect golf swing drills for your game.



Club above the ball



Right heel pointing to the sky

Join Fr. Pat Brennan, Director, and the Passionist Community on Thursday, May 5th for a fun day of golf at Pasadena's Brookside Golf Course. Pat Wickhem, Tournament Chair, has planned an exciting day of events, including a round of golf, golf cart, lunch, and refreshments on the course, followed by a social, awards presentation, prizes and a gourmet dinner at Mater Dolorosa.

Entry is \$200 per person, of which \$75 is tax deductible. Foursome entry fee is \$700 if paid by April 22. A dinner only option is available for \$50. A raffle will be held, with a chance to win a \$2500 or \$1000 cash prize. Raffle ticket donations are \$5 per ticket or 12 tickets for \$50

Golf check
in begins at
10:00 a.m.
at Brookside
Golf Course,
located at 1133
N. Rosemont
Avenue,
Pasadena, CA
91103. The social
Center, 700 N. S

91103. The social, dinner and awards presentation will be held at Mater Dolorosa Retreat Center, 700 N. Sunnyside Avenue in Sierra Madre, beginning at 6:00 p.m.

Mater Dolorosa Retreat Center, operated by the Passionist religious order, is funded solely by donations and active fundraising efforts. Each year, the Retreat Center quietly offers thousands from many faiths the unique opportunity for day, weekend or longer retreats to reflect and refresh both the body and soul on its 80 pristine acres, tucked away above the charming community of Sierra Madre.

Mater Dolorosa held its first retreat in 1924 and today, more than 10,000 individuals grace the retreat center and grounds annually including men, women, married couples, people in 12-step and AA recovery, Los Angeles Archdiocesan clergy and staff, high school and college students and faculty, Mass participants, visitors and retreatants of many faiths. Additionally, 2,500-3,000 people visit on Good Friday to walk and pray its uniquely beautiful Stations of the Cross.

For more information or to register, please call Pat Wickhem at 626-416-8824. Entry forms and more information can be obtained online at www.MaterDolorosa.org. Sponsorships, underwriting donations, raffle prizes and gifts-in-kind are still gratefully being accepted.

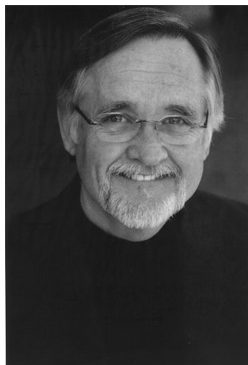
For more information contact: Tournament Chair, Pat Wickhem at 626-416-8824 or Jeanne Warlick, Director of Development Mater Dolorosa Passionist Retreat Center 700 N. Sunnyside Avenue Sierra Madre, CA 91024 Phone: 626-355-7188, ext 103 jwarlick@materdolorosa.org



Fr. Pat Brennan, Retreat Center Director, (Center) Pat Wickhem, (R) Tournament Chair, and Claire Brewer (L), Tournament Secretary get ready to tee it up for the 5th annual golf classic on Thursday, May 5, 2011 at Brookside Golf Course in Pasadena, followed by a social, presentation of awards and a delicious dinner at the retreat center.

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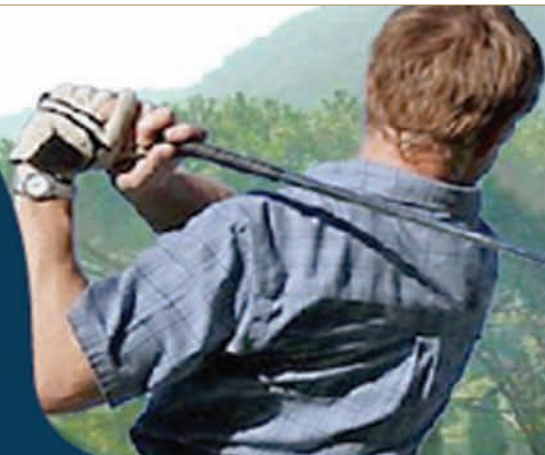
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