



## MT. WILSON TRAIL RACE TRAINING PROGRAM BEGINS

For the eighth year in a row, Mt. Wilson Trail Race Committee Member and 10+ year trail racer Eric LeClair and Team CrossFit Academy will be returning to Kersting Ct. on February 2nd at 7am for their free 16 week training program.

This free Saturday training program has been responsible for helping not only brand new runners prepare for the race in a safe and effective manner, but has also produced an amazing 30+ Top 3 age bracket medals in the past five years alone.

Coach LeClair's training philosophy is straight forward and simple: Effective training + quality nutrition + quality recovery will prevail every time. The free Saturday training is first broken into both ability brackets with three scales: Beginner, Intermediate, and Advanced. Your own personal race goals will often dictate where you belong.

The training allows the participants

to get a feel for what running on the actual race course feels like, both at elevation and on the narrow turns. The training also rotates back and forth weekly between the historic Mt. Wilson Trail and the scenic streets of Sierra Madre. Participants are encouraged to wear comfortable trail running shoes, normal running attire, and to bring fluids for hydration both during and after the practice.

During the 16 weeks, the training also includes field trips to the Derby Day 5k in Arcadia and Monrovia's Fountain To The Falls Race. Both of these events are great tune-ups for newer racers to test race-day nutrition, timing, shoes, and pacing.

If there are any questions regarding these free training sessions feel free to contact Coach LeClair at 626-437-8739 or at [www.TeamCrossFitAcademy.com](http://www.TeamCrossFitAcademy.com). He is more than happy to outline either the training protocols or help you decide which bracket you may belong in."

## MONTH-LONG FESTIVITIES PLANNED FOR ONE BOOK ONE CITY IN FEBRUARY

*Unbroken* by Laura Hillenbrand, is the City's 2013 One Book One City selection this February and a month of exciting free programs with a World War II theme is being planned at the Sierra Madre Public Library. Please join us at the library for the following free programs:

- **Children's Airplane Flying Contest.** Saturday, February 2 at 10:00 a.m. is when planes will fly at the Library. Expect more giggles than world records as children, ages six through twelve, assemble their own foam airplanes (representing WWII aircraft) and race them to see who is the best pilot. Children will be divided into age groups to fly their planes and will receive coaching and tips from experts in the field.
- **WWII Historian-Dan King.** On Saturday, February 9 at 10:00 a.m. King, author of *The Last Zero Fighter: Firsthand Accounts from Japanese WWII Naval Pilots and Airmen*, will give a presentation with Q&A after. He travelled extensively to Japan to interview Japanese pilots and documents the personal experiences of WWII Japanese naval aviators. His website: <http://www.historicalconsulting.com/>
- **Book Discussion** - In addition to the Library's regular Third Thursday Book discussion on Thursday, February 21 at 11:00 a.m., everyone is welcome to attend a special discussion of Hillenbrand's book on Monday evening, February 11 at 7:00 p.m.
- **WWII Veterans Share Their Stories.** On Saturday, February 23 at 10:00 a.m. veterans, including local resident, Mitsuo Kunihiro, who were part of the 442nd Go For Broke regiment, will be speaking. The 442nd was a fighting unit composed almost entirely of American soldiers of [Japanese](#) descent who volunteered to fight in World War II even though their families were subject to [internment](#). The 442nd fought primarily in [Europe](#) and is considered to be the most decorated [infantry regiment](#) in the history of the [United States Army](#). The 442nd Regimental Combat Team motto was, "Go for Broke".
- **WWII Aircraft.** And, last but not least, on Thursday, February 28 at 7:00 p.m. a speaker from Planes of Fame Air Museum in Chino will be here to talk about aircraft of WWII. The Museum has over 150 aircraft, more than 50 of which are flyable. The Mission of Planes of Fame is to [preserve](#) aviation history, [inspire](#) interest in aviation, [educate](#) the public, and [honor](#) aviation pioneers and veterans. Their website is: <http://planesoffame.org/>

## CONGRATULATIONS TO SIERRA MADRE'S NO. 1 CITIZEN - MARLENE ENMARK



Marlene Enmark, center, proudly displays one of many awards given to her as the 2012 Citizen of the Year. She is surrounded by members of the Board of Directors of the Sierra Madre Chamber of Commerce. From left to right, President Ed Chen, Athens Services, Attorney Noah Green, Mountain Views News Publisher Susan Henderson, Realtor Janette Ladea, Madeline Romo, Savor The Flavor and Past President, Matt Krantz of Beantown.

Photos by Dave Felt for MVNews

On Friday evening, Sierra Madre volunteer Marlene Enmark was awarded the 47th Citizen of the Year Award. The event was held in The Sierra Madre Room of the city's community center and was attended by over 100 guests.

Resolutions from State Senator Carol Liu, State Assemblyman Chris Holden, Congresswoman Judy Chu, LA County and Board of Supervisor Mike Antonovich were presented to a sometimes tearful Enmark.

Mayor Josh Moran and City Councilmembers John Capoccia, John Harabedian and Chris Koeber also attended the event. Mayor Moran presented a Proclamation for the city honoring her dedication to Sierra Madre.

The evening began with a reception that was graced with music by Almer Imamovic of the Sierra Madre Music Company.

Dinner was a 'Sierra Madre Smorgasbord' that featured food from Zugo's, Corfu, Bean Town and Sierra Madre Pizza Company in an effort to encourage attendees to support local eateries.

Former Citizens of the Year Phyllis Chapman and Jan Reed spoke as well as Marlene's daughter, Catherine Enmark Adde who surprised Marlene with a top secret visitor, her granddaughter who was away at college in Virginia.

Enmark, who was characterized as the epitome of the Spirit of Sierra Madre! has been, and still is a dedicated volunteer in the city. It was noted during the evening that volunteerism was, "the cornerstone of this city's history and the backbone of its future". "She's a doer, an organizer, a listener, a kind, caring, compassionate Sierra Madrean. You want her on your team. She assesses the situation, identifies the need, plans the approach and does the job...and gets results", her nomination form stated.

A past president of the Sierra Madre Civic club, she is well known for the Confetti Eggs during the Fourth of July Parades. She has been a volunteer delivering Meals On Wheels; is a member of the Red Hatters.

She was a Board Member of the Friends of the Library for 15 years and has been volunteering ever since. She was known for making Danish Aebel Skivers for the Friends of the Library's Art fair.

She also served as Grand Marshal of the July 4th Parade in 1994, and now she is our Citizen of The Year because for Marlene, *there is no such thing as 'it can't be done'.*

Growing up in the City of Orange, she and her brother,

Paul, were raised for the most part by a single father, J. Fred Groos. Her father was a barber and very involved in the community. The barber shop served as a gathering place for the local leaders. Marlene would spend a lot of time listening to these leaders making plans on how to improve their town. She learned then how important it is to help others. She continues that legacy through her life of volunteering in Sierra Madre.

Although her love is volunteering is important to her, nothing exceeds her love of family. Wife of Harry Enmark for 34 years, Marlene is the mother of

three, Valerie Workman, Juli Nickoley (deceased), and Darren Nickoley; stepmother of three, Catherine Enmark Adde, Jon Enmark (deceased) and Michelle Enmark Black; and grandmother of seven. She also has two sisters, and a brother.

Over the years, as if her volunteerism and responsibilities as wife and mother weren't enough, Marlene worked as a hospital business manager and the first female Expeditor for JPL. She also wrote a column called "Marlene Just Talking" for a local newspaper in Camden, Arkansas and worked for Jan Reed at the Sierra Madre News for several years.

(continued on page 3)



The full course meal was prepared by several local restaurants.

### This Week's Highlights:

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## Weather Wise

## 5-Day Forecast

## Sierra Madre, Ca.

<b>Mon:</b>	Sunny	Hi 60s	Lows 40s
<b>Tues:</b>	Sunny	Hi 60s	Lows 40s
<b>Wed:</b>	Sunny	Hi 70s	Lows 50s
<b>Thur:</b>	Sunny	Hi 70s	Lows 40s
<b>Fri:</b>	Ptly Cldy	Hi 70s	Lows 40s

Forecasts courtesy of the National Weather Service



## THE SIERRA MADRE KIWANIS CLUB

A PROUD MEMBER OF KIWANIS INTERNATIONAL SINCE 1927. THAT'S 85 YEARS OF COMMUNITY SERVICE! WE MEET WEEKLY AT THE LODGE (FORMERLY THE MASONIC TEMPLE) AT 33 E. SIERRA MADRE BLVD. MEETINGS ARE EACH TUESDAY AT NOON, EXCEPT FOR THE 2ND TUESDAY OF EACH MONTH, WHEN WE MEET AT 7:45AM. VISITORS ARE ALWAYS WELCOME! JOIN US, MEET YOUR NEIGHBORS, HELP YOUR COMMUNITY, AND HAVE SOME FUN!



## SIERRA MADRE KIWANIS CLUB INVITES YOU TO LUNCH:

January 29, 2013  
12 Noon - 1:30  
OUR SHOPS

SAVOR THE FLAVOR PRESENTS  
THE INSIDE STORY OF ONE OF  
OUR TOWN'S MOST POPULAR

February 5, 2013  
7:30 am -9:00am

**BREAKFAST MEETING -**  
THE PLIGHT OF THE HOMELESS  
VETERANS AND WHAT CAN BE  
DONE

February 12, 2013

**FAT TUESDAY CELEBRATION**  
GAURANTEED TO BE THE  
FUNNIEST LUNCH YOU WILL  
HAVE FOR A LONG TIME!

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. 626-355-7135

NEXT CITY COUNCIL MEETING:  
February 5, 2013 6:30 pm

1/26	Sierra Madre Woman's Club - Author's Luncheon
January 28	06:30pm Community Services Commission
January 29	10:00am Picture Book Apps for iPads 07:00pm Free eReader Workshopby
January 30	03:00pm - 07:00pm Farmer's Market 07:00pm - 08:00pm Preschool Story Hour - every Wednesday Evening
February 01	3:00pm - 7:00pm Best Used Book Sale
February 02	10:00am - 02:00pm Best Used Book Sale  10:00am One Book One City - Children's Airplane Flying Contest  10:30am Ancestry.com Workshop
February 07	12:00 Coordinating Council Meeting 3:00 Senior Community Commission

1630 AM  
EMERGENCY RADIO &  
Free on-air publicity for local events

Sierra Madre's EMERGENCY 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*. The station covers the city of Sierra Madre, plus surrounding areas of Pasadena, Arcadia, and Monrovia. 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](mailto:radio@cityofsierramadre.com).

RADIO FISHBOWL  
THIS WEEK

MONDAY - 10 - 11 am  
Barry, Rich & Lisa Show  
Trivia and Humor at it's finest. Just try to keep up with their wit!  
JOIN THE FUN!!!

WEDNESDAY - Noon  
Carol Canterbury's,  
'CANTERBURY TALES'

THURSDAYS - Noon  
OUR TRAVEL AFFAIR

FRIDAY - Noon  
VILLAGE INTERSECTIONS - Gene's guest on Village Intersections at Noon on Friday is Alan Tierney, President of Sierra Madre Little League. Gene and Alan will discuss the tournament coming to Sierra Madre this summer and all things Little League.

Set your smart phone and or computer browsers to [www.RadioFishbowl.com](http://www.RadioFishbowl.com).



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## Oil and Clay 2013

Opening Reception showcasing the artwork of  
**Titia Estes and Bill O'Connor**

March 1, 2013  
7-9 pm

## Creative Arts Group

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626•355•8350 [www.creativeartsgroup.org](http://www.creativeartsgroup.org)

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Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

## REMEMBRANCE

### LUCINDA ANN STEPHENSON

LUCINDA ANN STEPHENSON, was born Wednesday, March 15, 1950 in Pasadena, California, daughter of Lawrence C. and Jane E. (Pickering) Bevington.

She was a Riverside resident for 22 years, also a resident of Redlands, CA, 4 years while attending Redlands University. She received her BA in Psychology and teaching credential in speech and language. She belonged to the Society for Creative Anchronism, the Braid-ers Society, CTA, NEA, Caligraphy Society and the Riverside Karate Club.

Lucinda passed to her Heavenly home Sunday, December 30, 2012 at the age of 62 years. She will be remembered by her beloved husband, William C. Stephenson of Riverside, CA; loving children, Erin Pace, Corwin Stephenson both of Riverside, CA and her precious parents, Larry and Jane Bevington of Arcadia, CA. Also survived by a dear sister, Barbara Bevington of Sierra Madre, CA.

Memorial Services will be conducted Saturday, January 26, 2013 at 11:00 A.M. in Magnolia Avenue Baptist Church, 8351 Magnolia Ave., Riverside, CA. with Pastor Montia Setzler, officiating.

Arrangements Entrusted To The Care of Akes Family Funeral Home 9695 Magnolia Avenue, Riverside, CA. 92503 ~ 1-800-517-5700 ~ Please go to [www.AkesFamilyFuneralHome.com](http://www.AkesFamilyFuneralHome.com) to sign the Guest Book.



### FRIENDS OF THE SIERRA MADRE LIBRARY CELEBRATES 60 YEARS

Founded in 1953, the Friends of the Sierra Madre Library is celebrating its 60th birthday this year. Established to promote awareness of, support for, and utilization of the high quality programs, services, and facilities of the Sierra Madre Library as a lifelong center of learning, the organization's membership had grown to over 300 Friends who provide countless volunteer hours supporting the library staff and raising money to augment that which is provided to the Library in the City's budget. Funds raised by the Friends help provide resources as diverse as audio books, databases, computers and accessories, a defibrillator, reference and display materials, and newspaper subscriptions. The summer reading programs, the preschool story hour, classes at the library, staff training, and

adult and teen programs are all paid for in part with money raised by the Friends.

Our fundraisers are the Best Used Book Sales held the first sequential Friday and Saturday every other month starting in February, the Wine Tasting being held this year on Sunday, February 19th, and the Art Fair which will be May 4th and 5th. For more information about any of these events, visit our website at [www.sierramadrelibraryfriends.org](http://www.sierramadrelibraryfriends.org). If you would like to become a member of the Friends or if you'd like to volunteer at any of our fundraisers, you may contact Dave Hart, Membership, at 446-8209, Martha Troedson at 355-0650 or Alan Leahy at 355-9783 for Book Sales, Sue Levoe at 355-3236 for the Wine Tasting, and Janet Emery at 355-6499 or Susan Gallagher at 355-7200 for the Art Fair.

Remember that Henry Ward Beecher said, "A library is not a luxury but one of the necessities of life." And the Beatles said that, "We get by with a little help from our Friends".

### Save The Date:

### SIERRA MADRE STATE OF THE CITY ADDRESS

On Tuesday, February 19, 2013 from 6:30 – 7:30 pm the City of Sierra Madre will host its 3rd Annual State of the City Address at the Community Recreation Center in the Sierra Madre Room at 611 East Sierra Madre Boulevard.

This year's theme is "Finding the Right Balance" and this event will highlight programs and services the City has provided over the past year and give residents insight to the City's goals for the next fiscal year.

## FRIENDS OF THE SIERRA MADRE LIBRARY 43RD ANNUAL WINE TASTING

This year's annual Friends of the Sierra Madre Library Wine Tasting will be held on Sunday, February 17, from 2:00-5:00PM at Alverno Villa, 200 N. Michillinda Ave., Sierra Madre. Chair of the Wine Tasting, Sue Levoe feels that the timing will lend itself to leisurely strolling about the Alverno Villa gardens while enjoying fine wine and delectable hors d'oeuvres and desserts. Many California vintners are already working with Bill Sullivan of The Bottle Shop to decide what wines will be offered. Sierra Madre and Pasadena restaurant owners are planning to serve dishes that will showcase their talents. Care is being taken to be sure that the foods offered will be able to be paired with the wines available for tasting. Live music will be performed throughout the afternoon.

This year's Silent Auction will feature some exceptional items including artwork, jewelry, gourmet dinners, and theater and special events tickets. There will also be hourly opportunity drawings for special prizes.

If you wish to purchase tickets in advance, tickets to the Wine Tasting are \$60 and can be purchased at the Sierra Madre Library, 440 W. Sierra Madre Blvd., Sierra Madre (telephone 626 355-7186) or from these Sierra Madre businesses: The Bottle Shop, Savor the Flavor, and Arnold's Frontier Hardware and Gifts. Proceeds from the Wine Tasting benefit the resources and programs of the Sierra Madre Library. For more information, visit our website at [www.sierramadrelibraryfriends.org](http://www.sierramadrelibraryfriends.org).

### ENMARK (cont. from pg. 1)

A woman of incredible strength, her daughter Juli was killed on June 28, 1991 in the earthquake centered in Sierra Madre. Eleven months earlier, her stepson, Jon, died in an accidental fall that occurred on July 4th.

And through it all, Marlene keeps the needs of others front and center in her life. It is not possible to list all the many, many contributions she has

made to Sierra Madre, hence the bestowing of this award is just a small way of saying Thanks for all you have done and continue to do.

*Little known fun fact about Marlene: She grew up in Orange, California, lived at 555 Orange Street and attended graduated from Orange High School all of which are in Orange County, California. Ironically, orange is not her favorite color!*

S. Henderson/MVNews

### MUSICAL SCHOLARSHIP APPLICATIONS AVAILABLE NOW

Musical scholarships are again being offered by the Sierra Madre Woman's Club for local students. Applications, available by email today, MUST be submitted no later than January 30. Include "Music Scholarship Application Request" in subject line. In email, please list name of student, name of school, name and phone number of student's counselor to [sierramadrewomansclub@gmail.com](mailto:sierramadrewomansclub@gmail.com).

### ACADEMIC SCHOLARSHIP APPLICATIONS AVAILABLE NOW

Academic scholarships are again being offered by the Sierra Madre Woman's Club for local students planning to start college in 2013. Applications are available by email now. Please put "Academic Scholarship Application Request" in subject line. In email, please list name of student, name of school, name and phone number of student's counselor to [sierramadrewomansclub@gmail.com](mailto:sierramadrewomansclub@gmail.com).

### STUDENT CREATIVE and ARTISTIC COMPETITION ENTRIES SOUGHT

Art, Photography and Ceramic entries are being sought for the Sierra Madre Woman's Club annual competition on 27 February 2013. Winners will be entered into the GFWC/CFWC San Gabriel Valley District competitions and displayed during the District meeting on March 8 and displayed in the Sierra Madre Pubic Library from March 10 - March 30. If you are interested in entering your work please apply by email. Email subject line should include "Art (or Ceramic or Photography) Entry Request". In email, please list name of student, name of school, name and phone number of student's counselor to [sierramadrewomansclub@gmail.com](mailto:sierramadrewomansclub@gmail.com).

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## Sierra Madre Police Blotter

For the period January 14-20, 2013

### Monday January 14, 2013

At approximately 9:30am, an unknown suspect removed a lap top computer from the rear seat of a vehicle parked in the 600 block of East Sierra Madre Boulevard. The victim stated she was only parked at that location for a short period of time to visit the recreation center. The victim did not recall if she had locked the vehicle.

### Wednesday January 16, 2013

A residential burglary occurred in the 600 block of Valle Vista Drive between 10am and 7pm while the residents were at work. Unknown suspect(s) entered through any one of a number of unsecured doors and ransacked the bedrooms and closets. While inside, the suspect(s) barricaded the dog door with furniture to prevent the dog from entering the residence. A laptop computer, small electric devices and jewelry were taken.

At approximately 9:30pm, Arcadia units responded to a burglary in progress call in the 1400 block of San Carlos. Two suspects were detained and Sierra Madre units assisted with the investigation. Similarities between this crime and a few of the residential burglaries in Sierra Madre were evident. Sierra Madre detectives are working closely with Arcadia PD to determine if these suspects can be linked to additional crimes.

### Thursday January 17, 2013

A residential burglary occurred in the 200 block of North Sunnyside Avenue between 2pm and 1am the following morning. Unknown suspect(s) pried open a rear window using a type of pry tool. Once inside, the suspect(s) ransacked several cabinets and closets taking an Apple computer and an I-Pod.

### Friday January 18, 2013

At 8:45pm officers responded to the Chantry Gate in response to a call of a lock-in. A check of the license plate revealed the vehicle had been reported stolen in Monrovia the previous day. Two of the occupants were subsequently booked for Grand Theft Auto.

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## Israel Estrada Ends Council Campaign



On his Facebook page Sunday night, Council Candidate for District 5 Israel Estrada announced that he ending his campaign citing personal reasons. The move leaves incumbent Victor Gordo running unopposed.

"Tomorrow, [Monday] I will begin the formal process of ending this campaign. Due to unforeseen and important circumstances," he wrote. "I feel compelled to withdraw from this election. This decision was not made in haste, and I spent many hours mulling over other options. Unfortunately, I found none that were viable."

Estrada is the founder of the Pasadena Marathon and executive director of Pasadena Forward.

He went on to say, "I remain humbled and appreciative to see how many longtime friends and people that I have met in just the past few weeks rallied around my call for help, and were so ready to assist me in my efforts to bring positive change to the City of Pasadena."

Estrada was also a no show to last Thursday's debate forum at Pasadena City College. Moderator John Buchanan made note that Estrada was ill.

Senior pastor of the Summit Evangelical Free Church, Nicholas Benson, also did not attend the debate. He is running for the District 3 seat left open by Chris Holden. Los Angeles Urban League executive John Kennedy and Community leader Ishmael Trone are also contenders for District 3.

## Pet of the Week



Sid is a nine-year-old toy Chihuahua. He's been out on our Mobile Outreach Unit and is a volunteer and staff favorite. He loves to sit in your lap and take naps.

Sid's adoption fee is \$120, which includes his neuter surgery, a microchip, the first set of vaccinations, as well as a free follow-up health check at a participating vet. New adopters will receive complimentary health and wellness exam from VCA Animal Hospitals, as well as a goody bag filled with information on how to care for your pet. Sid also qualifies for our Seniors for Seniors program for eligible adopters 60 years old and up. Ask an adoptions counselor for more information during your visit.

Call the Pasadena Humane Society & SPCA at 626.792.7151 to ask about A319434, or visit at 361 S. Raymond Ave. in Pasadena. Adoption hours are 11-4 Sunday, 9-5 Tuesday – Friday, 9-4 Saturday. Pets may not be available for adoption and cannot be held for potential adopters from phone calls or email. Directions and photos of all pets can be found at [www.pasadenahumane.org](http://www.pasadenahumane.org).



## Protesters Disrupt 710 Open House

A group of protesters, against extending the 710 Freeway to close a gap between Alhambra and Pasadena, were met by sheriff deputies Wednesday night during a Metro study open house—billed as a way to share information about alternatives to be carried into the draft environmental impact report (EIR).

After the group was told they could not speak, Councilmember Steve Madison said he planned to hold another 710 community meeting in his district.

"I told my friend Freddie Hannan, I told her we were thinking of holding another forum because I hated to see when Freddie tried to speak, that she was pulled off her chair by deputy sheriffs," Madison said. "An anathema to the whole process of outreach and participation."

Madison said he needed to consult with his staff as to a place and time for the meeting. Hannan blew a whistle to get the public's attention and

started a bombastic rant. After a number of deputies surrounded the protesters, the group went outside and stood at the door after being asked to leave.

"I asked, do they have access to any studies, or their studies, about how long businesses can survive in this disruptive environment," Hannan said, "With water turned off, on parking, on left turn signs, streets closed, lanes closed."

Opponents also said Metro was not forthcoming with the cost, "What are they hiding? Why aren't they coming out and saying how much it is going to cost, because if they do, if you look at their alternative study, if it's over \$6 billion, they can't consider it."

"You can tell it not a very collaborative outreach," Madison said reiterating his earlier comments about Hannan's treatment by police.

Madison also said he was disappointed in some of his fellow councilmembers singling out Terry Tornek.

"I do support an Environmental

Impact Report," Tornek said, "I want to see an EIR."

Tornek also said he had walked door to door and found many in favor of the extending the 710 Freeway.

Metro Hele Ortiz Gilstrap, Communications Manager for Metro, said the open house was a way for the community to get information about five alternatives including, no build, Transportation System/Transportation Demand Management, Bus Rapid Transit, light rail and a freeway tunnel.

The meeting was broken into the different area with experts stationed at each to answer question, she said.

## Holden Authors Bill to Fight Human Trafficking



*AB 156 expands wiretapping law to include human trafficking*

Assemblymember Chris Holden (D-Pasadena) has introduced legislation designed to give law enforcement a new tool to crack down on the bad guys. Under AB 156, law enforcement officers will be able to get a court order for a wiretap when they suspect human trafficking of minors.

"You would think in this day and age when traffickers have become more sophisticated, law enforcement would have all the tools it needs to stop these criminals. But you would be wrong," said Assemblymember Holden. "This bill will change that and help stop this modern-day slavery that threatens our children, our families and our neighborhoods."

Law enforcement is currently authorized to obtain a court order to wiretap for investigation of drug trafficking or criminal gang activity, but not human trafficking. Under this bill, law enforcement officers can ask a judge for wiretap permit to investigate sex trafficking of a minor. Estimates are that 100,000 children nationwide are exploited each year.

"The California Police Chiefs Association takes human trafficking very, very seriously," stated John Lovell, Legislative Advocate for the Association. "California's wiretap laws have been crucial in going after complex, multi-level criminal activities. The reality is that human trafficking is an organized criminal enterprise, and the full range of enforcement tools are needed to combat this particular crime."

"It is heartbreaking to hear the stories of these youngsters who are pimped and branded and badly mistreated. I think of my daughter and her friends and I want to do everything possible to stop these horrible crimes. It's the least we can do to protect our children," concluded Holden.

Similar laws are already on the books in several other states including Texas, Illinois and Maryland.

## Mayor Gives State of the City Address



Mayor Bill Bogaard told an audience Thursday that Pasadena stands as a national role model of excellence although spoke on a number of hot button issues including gun violence, NFL using the Rose Bowl and the 710 Freeway tunnel during this year's State of the City event, "Celebrating Success."

Hundreds of residents, city workers and elected officials pasted a full-scale model of the Mars Curiosity Rover as they made their way inside the Beckman Auditorium at Caltech to hear the 25 minute speech.

Before Bogaard took the stage JPL deputy director Eugene

Tattini highlighted Curiosity's landing on Mars last year, saying it not only captivated Pasadena but the nation.

Bogaard said the city adopted its first balanced budget since 2008. Last year, he also said they completed pension reform, covering about 70 percent of City staff.

He said the debate about the NFL has helped identify neighbors' issues and concerns and that city hall was tracking issues surrounding the 710 freeway gap and the sale of Caltrans owned housing.

He closed with comments over gun control saying "we all have a role to play."

## Council Appoints Developer Joel Bryant to Fill Holden Seat

During a special meeting Tuesday night, the city council unanimously voted to appoint real estate developer Joel Bryant to fill the vacancy representing District 3—starting immediately through May 6 when regularly election official was take office.

"This is certainly a big seat to fill," Bryant said. "Chris was legendary; he was on here for, something like, 23 years and this roll is 13 meeting so we go from a long term to a very short term, which may be the shortest term ever, but I am ready to serve and I'm honored by the opportunity to serve District 3 and the city."

Bryant was sworn in by City Clerk, Mark Jomsky, during a ceremony held in the council chambers.

Holden resigned from his position on the Pasadena City Council representing District 3 to assume the duties of California State Assembly member representing the 41st District.

Five residents filed the required application in December for Council consideration, including Bryant, Brian



Carmody, Sharon Graham Higuera, Tarek Shawky and Craig Washington.

Jomsky conducted a random drawing to determine the applicants' order to be interviewed. No applicant was permitted in the Council Chamber during interviews of any other applicant. Each applicant was allowed six minutes to make a presentation.

At the conclusion of the interviews, all applicants returned to the council chamber when the council deliberated and voted.

## Al Gore Discusses and Signs New Book

Vice President Al Gore will discuss and signs his new book "The Future: Six Drivers of Global Change" Feb. 10 at 1:30 p.m.

With the same passion he brought to the challenge of climate change, and with his decades of experience on the front lines of global policy, Al Gore surveys the planet's beleaguered horizon and offers a sober, learned and ultimately hopeful forecast as he identifies



the emerging forces that are reshaping the world. \$40 for ticket and book, excluding tax Pasadena Convention Center, 300 E. Green St.

For ticket information, visit [vromansbookstore.com/al-gore](http://vromansbookstore.com/al-gore)

## Learn How to Produce Your Own TV Show

Pasadena Media offers a free television-training program for volunteers. Various Areas of training are available to Pasadena residents. Plan to attend an orientation to discover the right classes for you. Producers' Training teaches citizens how to produce their own show for The Arroyo Channel. Studio Production/Equipment training is also offered for volunteer crewmembers. In addition, on-going training



### PASADENA MEDIA

and memberships are available in our citizen journalism and digital film groups. Call the office (626) 794-8585 or go to [PASADENAMEDIA.ORG](http://PASADENAMEDIA.ORG) explore all that Pasadena Media has to offer.

**Class Offerings 6:00 pm – 8:00 pm Nightly**

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**Camera**  
**Character Generator**  
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1st & 3rd Monday  
2nd & 4th Monday  
1st & 3rd Tuesday  
2nd & 4th Tuesday  
1st & 3rd Wednesday  
2nd & 4th Wednesday  
1st & 3rd Thursday  
2nd & 4th Thursday  
1st & 3rd Friday  
2nd & 4th Friday  
Every Tuesday  
Every Thursday



“What’s Going On?”  
News and Views from Joan Schmidt



Way back at the end of '92 and early '93, Pamela Park was definitely *not* the place to be. That whole area of unincorporated Duarte was very dangerous. It took a lot of team effort from various LA County Sheriff's Units and the community to make it safe. The Civil Gang Abatement, Operation Safe Street Bureau's stings, use of cameras, then- Captain Tom Sams and members of the Special Enforcement Bureau as well as our local deputies, made many arrests and the Community's Rally/March against drugs/gangs began the transition. The worst problem was Goodall and its many outlets. But a road blockade was put up which reduced escape routes. Eventually the new gymnasium was built, and many events were held there. More people began to come to the Park.

Over the next ten years I attended various evening events and, once or twice, a party at the Park. Then I stepped down from the Town Council and was out of touch for several years. But I missed my friends and community involvement, so I resumed writing for a newspaper over a year ago, and attended community events. Every Pamela Park function reinforced all the positive stories of great programs: parenting classes, tutoring, teen volunteers, sports programs and much more.. Most recently, I dropped off papers at their office and noticed the great new playground equipment which has something for kids of *all* ages.

Two weeks ago, we brought our New Jersey visitors, son Dan, daughter-in-law, Jess and two-year old granddaughter, Sam, and our five year old Chino grandson Jacob to Pamela Park. Over the years, Jess had won numerous medals as a gymnast, and she was *so* impressed with the quality of the equipment as well as the safety of the matting. The “Merry-Go Round” was on a

FAMILY FUN IN DUARTE:  
PAMELA PARK’S THE PLACE TO BE!



slant and went fast! There was not just the usual climb up slide and tunnel, but a telescope, and binoculars! Everyone had so much fun that they all returned the next day with my son Rick and daughter Karen off from work. That Sunday we visited our daughter Kathryn. After hearing all about the Pamela Park equipment, she announced she's be bringing our one-year-old over there on her next visit! And this past Monday, when my son's two older children were visiting, (They are eleven and thirteen), the entire entourage returned to Pamela Park and had a blast!)

What I especially like are picnic tables with canopies over them, clean and accessible restrooms, drinking fountains and an office with worker/s if you needed anything. Also there are outdoor bulletin boards that post community upcoming events, programs, and classes. A visit to Pamela Park makes a great family day, and it is accessible by walking or car. We are on the other side of California Avenue and the easiest way to approach the Park is from California, then east on Pamela Road to the Park. See you at the park!



TO SLEEP WITH ANGER

By Christopher Nyerges

[Nyerges is the author of “How to Survive Anywhere,” “Self-Sufficient Home,” and other books. He leads self-sufficiency classes, and does a weekly podcast at Preparedness Radio Network. He can be reached at School of Self-reliance, Box 41834, Eagle Rock, CA 90041 or [www.ChristopherNyerges.com](http://www.ChristopherNyerges.com)]

On Martin Luther King Day day at the annual WTI (a local non-profit) gathering, we watched “To Sleep in Anger,” a 1990 film directed by Charles Burnett. The film is about a black family residing in South-Central Los Angeles. One day, an old acquaintance (Harry, played by Danny Glover) came to visit the Gideon and his wife Suzie. Harry seems to be a good old friend, but always seems to stir up trouble. The family already had some conflicts but they seemed to get worse when Harry was there.

Eventually, Gideon has a stroke, and Babe Brother, the younger son, is heavily influenced by Harry. Babe Brother is about to leave his wife. The older brother, Junior, confronts Babe Brother before he departs and a fight erupts – with a knife. The mother tries to break it up and her hand gets cut, and they rush her to the hospital.

The incident brings many of the family’s conflicts to the forefront, and seems to unite them in a positive way once all recognize the negative influence of Harry, and Harry is asked to go.

To me, “To Sleep With Anger” is a classic film, full of the issues that any family faces. Indeed, much of this reminded me of my semi-dysfunctional family with our many failures and some successes.

Sometime in the mid-1990s, I went to a viewing of this film at CalTech where filmmaker Burnett was there to talk to the crowd and answer questions. It was a wonderful event. I'd already seen the movie but was compelled to see it where I could talk to the writer and director.

I asked him about some of the little details, like the young boy trying to play the horn, and the boy who fed the pigeons. These were little details that added a depth to the movie, though they had nothing to do with the plot. Mr. Burnett told me that that boy represented him, which made me smile. Watch the movie, and see how the boy and his horn practice somewhat frames the movie.




And Harry – who does he represent? You have to see it and figure it out for yourself.

The movie won several awards, but I had never heard of it before a friend pointed it out to myself and Dolores back in the mid-90s.

“I think this is a great movie,” I told Mr. Burnett. “So why do you think it’s gotten so little attention?” Burnett’s answer was quick, and initially surprised me.

“Because there are all black actors,” he said matter of factly. “Really?” I said. Well, in fact, there were a few token whites in the movie, like one of the paramedics. Still, the movie was so good, capturing “family-ness” so well, that I just naturally assumed people would be color-blind and go see it and benefit from it.

If you haven't seen it, it can be rented or purchased at video places. I hope you view it and enjoy it like I did.



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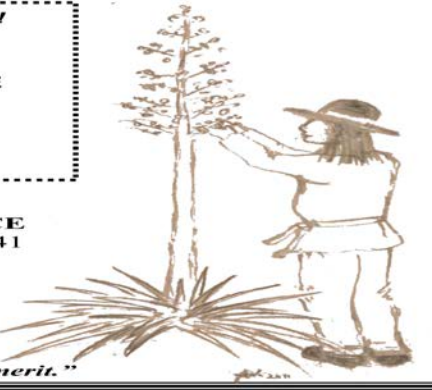
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Looking Up  
with Bob Eklund  
COMMERCIAL ASTEROID HUNTERS



Commercial Asteroid Hunters Announce Plans For New Robotic Exploration Fleet

Deep Space Industries announced Jan. 22 that it will send a fleet of asteroid-prospecting spacecraft out into the solar system to hunt for resources to accelerate space development to benefit Earth. These “FireFly” spacecraft utilize low-cost CubeSat components and get discounted delivery to space by ride-sharing on the launch of larger communications satellites.

“This is the first commercial campaign to explore the small asteroids that pass by Earth,” said Deep Space Chairman Rick Tumlinson (who signed up the world’s first space tourist, led the team that took over the Mir space station, was a Founding Trustee of the X Prize, and Founded Orbital Outfitters, the world’s first commercial space suit company.) “Using low-cost technologies, and combining the legacy of our space program with the innovation of today’s young high-tech geniuses, we will do things that would have been impossible just a few years ago.”

FireFlies mass about 55 lb and will first be launched in 2015 on journeys of two to six months. Deep Space will be building a small fleet of the spacecraft using innovative miniature technologies, and working with NASA and other companies and groups to identify targets of opportunity.

“My smartphone has more computing power than they had on the Apollo Moon missions,” said Tumlinson. “We can make amazing machines smaller, cheaper, and faster than ever before. Imagine a production line of FireFlies, cocked and loaded and ready to fly out to examine any object that gets near the Earth.”

Starting in 2016, Deep Space will begin launching 70-lb DragonFlies for round-trip visits that bring back samples. The DragonFly expeditions will take two to four years, depending on the target, and will return 60 to 150 lb. Deep Space believes that combining science, prospecting and sponsorship will be a win/win for everyone, both lowering costs for exploration and enabling the public to join the adventure.

“The public will participate in FireFly and DragonFly missions via live feeds from Mission Control, online courses in asteroid mining sponsored by corporate marketers, and other innovative ways to open the doors wide,” said CEO David Gump, whose earlier ventures include producing the first TV commercial shot on the International Space Station for RadioShack as well as co-founding Transformational Space Corp. (t/Space) and Astrobotic Technology Inc.

Bringing back asteroid materials is only a step on the way to much bigger things for DSI. The company has a patent-pending technology called the MicroGravity Foundry to transform raw asteroid material into complex metal parts. The MicroGravity Foundry is a 3D printer that uses lasers to draw patterns in a nickel-charged gas medium, causing the nickel to be deposited in precise patterns.

“We will only be visitors in space until we learn how to live off the land there,” concluded Tumlinson. “This is the Deep Space mission—to find, harvest and process the resources of space to help save our civilization and support the expansion of humanity beyond the Earth—and doing so in a step-by-step manner that leverages off our space legacy to create an amazing and hopeful future for humanity. We are squarely focused on giving new generations the opportunity to change not only this world, but all the worlds of tomorrow. Sounds like fun, doesn't it?”

Video of the announcement: <http://www.deepspaceindustries.com>

You can contact Bob Eklund at: [b.eklund@MtnViewsNews.com](mailto:b.eklund@MtnViewsNews.com).



951 Gaspar Photo courtesy NASA



## JIM AND SHELLY ROMO NAMED ARCADIA CHAMBER OF COMMERCE CITIZENS OF THE YEAR

### Award To Be Presented at Chamber Directors Installation Dinner March 21

The Arcadia Chamber of Commerce is pleased to announce that Jim and Shelly Romo have been named Citizens of the Year for 2013-14.

Individually and together the couple who have known each other since seventh grade has devoted a lifetime of volunteer service to the community of Arcadia through scouting, schools, church and myriad organizations.

Most recently, Shelly, a former school teacher, has been President of Assistance League of Arcadia and overseen the operation and annual Holiday sale of the Bargain Box thrift store that funds the providing of clothing and school supplies to needy children. Jim, a partner in the law firm of Atkinson, Andelson, Loya, Rund & Romo, recently began serving on the board of new Performing Arts Center Foundation. "Our participation in this wonderful community has given us many rewards – the most important is the friendship of so many giving and caring people," said the couple who still find time for community work while enjoying even more rewarding volunteer time spent with their two grandchildren and three adult children.



The Romos will succeed Alice Wang, this year's Citizen of the Year, at the 2013 Citizen of the Year / Installation Dinner to be held on March 21 in the Chandelier Room at Santa Anita Park. The annual dinner event, featuring the induction of the new Chamber officers, including Chairman-elect Alynne Robinson of Century 21, Earll, and presentations by Chamber and City leaders and political dignitaries, is considered one of Arcadia's premier events and features an auction. For information and tickets, call the Chamber office at 626-447-2159.

Other recent Citizens of the Year include Sho Tay, Vince Foley, current City Councilmen Gary Kovacic and Mickey Segal, the latter along with his wife Lee Segal, and Gail Jensen.

Over the years, Jim has been President of the Arcadia Unified School District Board of Education twice during his 10 years on the board, and also served two terms as President of the Arcadia Educational Foundation. For his volunteering efforts with the schools, Jim has received the Golden Service Award from Arcadia school district, the Honorary Service Award from the Council PTA, and the "Very Special Person" award from Arcadia High School. He has been a coach and advisor for 15 years to the AHS recent state and national champion Government/Constitution Competition Team.

Shelly has been President of Assistance League of Arcadia twice and been named Most Valuable Member by the organization. She has also been President of the Sierra Madre Nursery School board of directors, and served as President and other capacities for the PTAs at Highland Oaks Elementary School, Foothills Jr. High, Arcadia High School, and Arcadia Council. Shelly has also been recognized by the schools with awards for Honorary Service, Continuing Service, and Golden Oak from the PTAs, and her own Golden Apple award from the school district.

## SAFETY CONCERN ON ARCADIA HIGH SCHOOL CAMPUS

On January 24, 2013 shortly after 10:00 a.m., the police department was notified of a safety concern on the Arcadia High School Campus. An anonymous email was received by a school administrator stating there might be two students on campus with handguns. Police arrived on campus and remained through the pre-scheduled dismissal time of 12:27 p.m. No suspicious activity was discovered and no lockdown occurred. The school day had been shortened due to mid-term testing.

The source of the email is being investigated by Arcadia Police Detectives.

Anyone with information on this incident is encouraged to contact the Arcadia Police Department at (626) 574-5150, case #1300378.

If you prefer to provide information ANONYMOUSLY, you may call "Crime Stoppers" by dialing 800-222-TIPS (8477), texting the letters TIPLA plus your tip to CRIMES (274637), or using the tip page at [Los Angeles Regional Crime Stoppers](#).

## DR. K. HEINER VOGELBACH TO BE HONORED AS KING OF MARDI GRAS 2013

Cardiologist K. Heiner Vogelbach, MD, will be honored at Methodist Hospital's Mardi Gras Tuesday, February 12, at Sirona's, Santa Anita Park.

For his faithful support of Methodist Hospital and the clinical care he has provided to thousands of patients as director of cardiology over the past 15 years, Dr. Vogelbach has been selected to preside as king of Mardi Gras 2013, one of the hospital's most popular fund-raising events.

More than 500 local community members and businesses, including two dozen restaurants, are expected to participate in the 18th annual "beads and boas" celebration February 12 at Sirona's Restaurant, Santa Anita Park, 285 W. Huntington Dr., Arcadia.

The fun-filled event will feature a 1980s theme against a backdrop of old New Orleans to raise money in support of the hospital's outstanding cardiac catheterization lab. Co-chairing this year are four-time chair/co-chair Lindburgh McPherson, Methodist Hospital Foundation board member Sherry Wang and longtime hospital supporter Patty Soldo.

"Methodist Hospital is a great organization that does so much good for the community, and when I was asked to co-chair again, I couldn't say no," McPherson said. "Plus, I have a great deal of fun participating."

Lindburgh, who first chaired the "Fat Tuesday" event in 2009,

said organizers hope overall attendance will rise, more businesses will participate, and the money raised for Methodist Hospital's lifesaving cath lab will reach a record level, perhaps exceeding \$100,000.

"Through the years we've seen more participation from the smaller healthcare entities such as nursing homes," Lindburgh said. "That's a good thing. We're especially excited this year because Dr. Vogelbach has been a terrific supporter of Methodist Hospital and Mardi Gras. It's really fitting that we recognize him as our king in 2013."

Aside from his work as director of cardiology, Dr. Vogelbach is a member of the Methodist Hospital Foundation board of directors. He has chaired the Crystal Ball and serves on the Crystal Ball Committee, is co-chair of the Cardiac Council and has been involved in fund-raising initiatives such as the physician campaign supporting The Next Generation of Care. Through the years the German-born physician has encouraged patients, friends and associates to support the hospital.

"This is my second Mardi Gras," said co-chair Patty Soldo. "I am a nurse, and my husband is a cardiologist who works with Dr. Vogelbach. I am excited to help the cardiologists in any way I can." She said she hopes to see more of the newer and younger community members attend the 2013 event to raise funds that will enable the Cath

Lab to update its equipment and ultimately provide even better care to the community.

"Sherry (Wang) asked me to participate this year, and I couldn't say no," Patty said.

Sherry, a member of the Mardi Gras committee for the past 10 years, also hopes to see more young members from within the community become involved with the event this year. "This is not only a fund-raising event; it is a friend-raising event," she said. "It's a perfect venue to break into a new environment."

Mardi Gras has undergone many changes through the years. Once a black-tie event, the celebration is now more casual. The Mardi Gras parade, featuring the Arcadia High School Pep Band, started three years ago. With a live band performing each year, the event has become a prominent and enjoyable one for all who attend.

The 80z All-Stars, one of Southern California's premier 1980's tribute bands, will provide the evening's lively entertainment. Other activities will include a silent auction, the annual Mardi Gras parade, an Elvis Presley impersonator, dancing and mouth-watering culinary delights prepared by some of San Gabriel Valley's most celebrated and successful restaurants.

Tickets are \$80 each. To reserve yours, contact Gloria Rico at 626-821-2340 or [mardigras@methodisthospital.org](mailto:mardigras@methodisthospital.org)

## ARCADIA POLICE BLOTTER

For the period of Sunday, January 13<sup>th</sup>, through Saturday, January 19<sup>th</sup>, the Police Department responded to 861 calls for service of which 120 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, January 13:

- At approximately 11:57 a.m., officers responded to the area of Santa Clara Avenue and Second Avenue in reference to a disturbance. Officers contacted a subject walking away from the scene of the disturbance. A records check revealed the subject had an outstanding warrant. The 28-year-old, Black male was subsequently arrested for having an outstanding warrant, and was transported to the Arcadia City Jail for booking.
- At about 12:30 p.m., officers were dispatched to the Santa Anita Race Track, 285 W. Huntington Drive, regarding a subject being detained by security officers for trespassing. An investigation revealed the subject was previously escorted from the property and returned without permission. The 52-year-old male was arrested for trespassing and transported to the Arcadia City Jail for booking.

Monday, January 14:

- Around 10:37 a.m., officers responded to the 1200 block of Encino Avenue regarding a mail theft. Investigation revealed that suspects drove up to the victim's mailbox in a blue van, stole the items inside the mailbox, and fled the scene. The suspects were not located during a subsequent area check.
- At about 10:22 p.m., officers were dispatched to the 000 block of W. Pamela Road in regard to a residential burglary. Officers discovered the suspect(s) removed a kitchen window screen and entered through an unlocked window. Further investigation revealed the bedroom was ransacked and property was stolen including cash, an iPad, and a camera. There were surveillance cameras at the residence, but no witnesses.

Tuesday, January 15:

- At approximately 3:28 p.m., officers responded to the Arcadia Public Library, 20 W. Duarte Road, regarding a physical altercation between teenagers. An investigation revealed that one of the teenagers pushed and spit in the other teenager's face. The 14-year-old, Hispanic male was arrested for battery and transported to the Arcadia City Jail for processing. He was subsequently released to his mother.
- At about 2:12 a.m., officers conducted a traffic stop on a vehicle for a broken tail light on Santa Anita Avenue near Colorado Boulevard. During their investigation, officers discovered the driver was under the influence of alcohol. The 51-year-old, White male was subsequently arrested for drunk driving and transported to the Arcadia City Jail for processing.

Wednesday, January 16:

- At approximately 7:02 p.m., officers responded to Macy's at the Westfield Shopping Town, 400 S. Baldwin Avenue, regarding two female subjects in custody for theft. The subjects concealed several clothing items inside a bag, and exited the store without paying for the items. The 19-year-old and 20-year-old, Hispanic females were arrested for commercial burglary and transported to the Arcadia City Jail for booking.
- Shortly after 8:00 p.m., officers were dispatched to the 1400 block of San Carlos Road regarding a residential burglary occurring while the resident was home. Investigation revealed that the suspects attempted to open several doors to the house, and pried open a bathroom window screen after ringing the doorbell twice. The resident ran out of her home when the suspects entered her backyard. During a search of the area, officers contacted and detained two suspects matching the description. A consensual search of the suspects revealed they had jewelry on their person that appeared to come from a residence in the area. The 18-year-old, Black males were arrested for suspicion of residential burglary and transported to the Arcadia City Jail for processing.

Thursday, January 17:

- At about 10:10 a.m., an officer responded to Westfield Shopping Town, 400 S. Baldwin Avenue, regarding an auto burglary. Investigation revealed two Hispanic males, driving a red minivan, parked in front of a white delivery truck and broke into the truck by cutting open the padlock. Fifteen boxes of merchandise were stolen. There were no signs of the suspects in the area, and no further evidence was discovered.
- At approximately 10:48 a.m., officers were dispatched to the 900 block of Arcadia Avenue in reference to a possible assault with a deadly weapon. An investigation revealed a juvenile subject was hiding out in his girlfriend's house without permission. The girlfriend's grandmother attempted to detain the subject, and he grabbed a kitchen knife and threatened to kill her before running away. Officers looked for the juvenile suspect, but did not find him. A records check of the 14-year-old, Hispanic male revealed that the juvenile was also reported missing in Arcadia, West Covina and Pasadena.

Friday, January 18:

- At about 8:16 a.m., an officer was dispatched to a construction site in the 000 block of E. Huntington Drive regarding a commercial burglary. Investigation revealed that suspect(s) pried open a rear door, and stole several tools and a television. There were no witnesses or signs of the suspect(s) in the area.
- At approximately 3:18 p.m., an officer responded to CVS Pharmacy, 1401 S. Baldwin Avenue, regarding a male suspect in custody for robbery. Investigation revealed the male suspect grabbed two bottles of alcohol, ran out of the store without paying for them, and physically resisted with a loss prevention officer who tried to detain him. The loss prevention officer ultimately tackled the suspect to the ground and handcuffed him. The 17-year-old, Chinese male was arrested for robbery, and transported to the Arcadia City Jail for booking.

Saturday, January 19:

- Around 3:52 a.m., officers were dispatched to the 1000 block of W. Huntington Drive regarding a residential burglary. Officers discovered that the suspect(s) entered the home through an unlocked bathroom window. Further investigation revealed that the bedrooms were ransacked and a Playstation 3 had been stolen. There were no surveillance cameras or signs of the suspect(s) in the area.

At about 6:08 p.m., an officer responded to Macy's at Westfield Shopping Town, 400 S. Baldwin Avenue, regarding a female suspect in custody for theft. The suspect concealed a scarf, gloves and several wallets in her purse, and exited the store without paying for the items. A search of the suspect's purse revealed she was also in possession of pills and drug paraphernalia. The 45-year-old, White female was arrested for theft and possession of a controlled substance and drug paraphernalia. She was subsequently transported to the Arcadia City Jail for booking.



### Cut Costs and Save Money on Training New Employees

The Arcadia Chamber of Commerce has partnered with the Foothill Workforce Investment Board to make available up to \$7,000 reimbursement to employers who are currently hiring

#### Employer Benefits:

- Employer chooses candidate.
- Employers may qualify to receive up to \$7,000.00 for six months.
- Reimbursement of up to 50% of the employees wages during the training period.
- Cost effective savings so employers can invest in other areas.
- Obtain capable employees that are eager to learn a new skill.
- Customized training specific to your needs.
- Simple and easy process.

Don't miss out on the opportunity to take advantage of these funds!

**Contact:**  
**Arcadia Chamber of Commerce Ph. 626-447-2159**

\*This is an equal opportunity employer/program. Auxiliary aids and services are available upon request to individuals with disabilities. Hearing impaired individuals may use the California Relay Service at 1-800-735-2222.



## BUSINESSES TO OFFER DUARTE STUDENTS INSIGHT INTO WORKING WORLD DURING 11<sup>TH</sup> ANNUAL CITY-SPONSORED GROUNDHOG JOB SHADOW DAY

More than 100 Duarte High School students will have the opportunity to spend a day learning about a variety of jobs and careers while they gain valuable insight into the working world during the 11<sup>th</sup> annual Groundhog Job Shadow Day on Thursday, Feb. 7. Sponsored by the City of Duarte, Duarte's Promise – The Alliance for Youth, and the City of Hope, the program allows students to shadow adult mentors as they go about their normal work day in numerous careers including banking, healthcare, politics, and education, among others. This year's business participants include City of Hope, Jet Propulsion Laboratory - NASA, Duarte Chamber of Commerce, New York Life Insurance, Cabrera's Restaurant, Old Town Signs, Foothill Unity Center, Santa Anita Family YMCA, Duarte Library, Duarte Public Safety, and The Leven Oaks Assisted Living. Duarte's Groundhog Job Shadow Day will kick off with an opening ceremony and breakfast for students and mentors at 7:30 a.m. at the Duarte Community Center. After spending the next several hours together on the job, students and mentors will return to the Community Center for networking, lunch, a raffle and a discussion featuring retired 44<sup>th</sup> District Assembly member, Anthony Portantino. For more information or to become a sponsoring worksite, call Duarte's Promise at (626) 357-7931, ext. 267.

## Monrovia Police Blotter

*During the last seven-day period, the Police Department handled 497 service events, resulting in 85 investigations. To see a complete listing of crimes reported, go here for crime mapping. For Police Department news and information, visit our website at and follow us on Twitter for police notifications.*

**Theft From an Unlocked Vehicle**  
January 21 at 10:24 p.m., police responded to the report of a theft from an unlocked vehicle in the 400 block of West Huntington. The incident occurred at approximately 6:00 p.m. in a business parking lot. Two cell phones and a GPS were stolen. Investigation continuing.

**Commercial Burglary - Suspect Arrested**  
January 22 at 4:16 p.m., an employee at a business in the 500 block of West Huntington called police to report a burglary in progress. A male suspect had entered the store and was using some type of tool to cut the sensor tags off merchandise. He received a phone call, possibly to tell him that the police were in the area. He then exited the store. He was quickly detained and arrested. The suspect was found to be on parole and is currently being monitored with an ankle bracelet.

**Residential Burglary**  
January 22 at 9:08 p.m., a resident in the 600 block of East Greystone reported that someone had broken into their home. The crime occurred between 3:00 and 9:00 p.m. The suspect entered through a very small, unlocked window and ransacked the house. Jewelry and an iPad were stolen. The investigation is continuing.

### Tip of the Week


Follow the Monrovia Police Department on Twitter for News and Information! The Monrovia Police Department sends out a Semi-Weekly Neighborhood Watch Report notification on Twitter to better inform the community on what's going on in your neighborhoods. Just click on Twitter and sign up to follow your police department to receive the report and stay informed. The Monrovia Police Department uses Twitter to share information with and to listen to our community.

## 2013 TEN COMMANDMENTS HIKE XIV

Again this year the SGV Council, Boy Scouts of America, Religious Relationship Committee, invites all Boy and Girl Scouts - of all ages, their leaders and family members - to join the annual 5.2 mile "10 Commandments Hike" - this year in Monrovia and Arcadia on Saturday, February 9 - during which they will visit 8\* different churches. Two churches will share their sanctuaries with another faith that does not have a Faith Center. At each church, a member of the clergy or congregation will speak about one of the Ten Commandments and provide a brief history or background about their faith. This "Ten Commandments Hike" helps highlight the importance of Reverence, Honor to God and respect for the beliefs of others. This helps emphasize the importance of the Scout Pledges: **"A Scout is reverent. A Scout is reverent towards God. He is Faithful in his religious duties. He respects the beliefs of others"** (Boy Scout Handbook)

**"On my honor, I will try to serve God ... (Girl Scout Promise)**  
A registration fee of \$4.00 is required for each Cub, Brownie, Scout or Scouter, Leader or Family member. If the Scout participant wishes a Patch from the event, it may be ordered at the start of the hike with payment of an additional \$1.00 and may be picked up after the Hike.  
Tour Permits / Troop Trip Applications must be filed with the participant's council / service unit. Medical release forms must be carried by each participant. Each entrant must bring a brown bag lunch and enough water for the Hike.  
**The 2013 Ten Commandments Hike XIV will begin at 8:00 a.m. (7:15 am for on-site registration) at Arabic Evangelical Church, 1607 S. Magnolia Ave. Monrovia, CA.** Drivers are advised that after dropping off their Scouts and Adult Supervisors, they may drive directly to the last church, **Annunciation Catholic Church, 1307 E. Longden Ave. Arcadia, CA,** by following directions for parking. A shuttle will return drivers to the starting point.  
**Questions?** Contact: Jim Shivers at 626-963-5162 - shivers525@aol.com.

**LOOKING FOR A FEW GOOD MEMBERS FOR THE DUARTE WOMAN'S CLUB**  
Join the Duarte Woman's Club (DWC) for a meeting that could save your life! Heart disease is the number one killer of women in the USA, according to the Los Angeles County Office of Women's Health. Recognizing that February is National Heart Health Month, the DWC invites the public to a program on February 7, commencing at 7 p.m. at the Duarte Community Center, 1600 Huntington Drive when Cardiologist Dr. Stephen Salvo of the Methodist Hospital Speaker's Bureau will discuss risk factors that can be controlled through lifestyle changes. Please RSVP to Doreen Tulloch-Reid at (626) 358 7440. Admission is free.



### SAVE THE DATE: 2013 STATE OF THE CITY ADDRESS

Mayor Mary Ann Lutz will deliver the Annual State of the City Address hosted by the City of Monrovia on January 28, 2013, 7p.m. at the Krikorian Premiere Theatre in Old Town Monrovia.


To RSVP for the event, please call (626) 932-5555 x1401. Space is limited and seating will be on a first-come, first-serve basis. Following the event, the speech will be available on the City of Monrovia website and on KGEM TV.

*Mayor Lutz*



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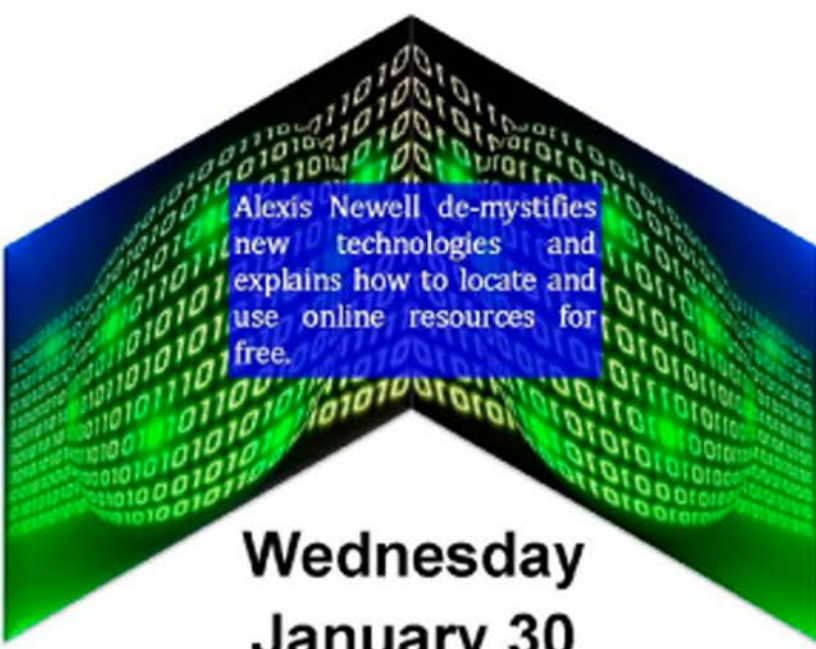


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## Technology for Non-Techies

with Alexis Newell

Sponsored by Friends of the Monrovia Public Library



Alexis Newell de-mystifies new technologies and explains how to locate and use online resources for free.

### Wednesday January 30

6:30 p.m. to 7:30 p.m.  
Library Community Room  
**FREE**

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## Money Wise: Talking to Teens About Money

Sponsored by Friends of Monrovia Public Library

This very special 3 night series teaches teens and their parents about teens and money. Linda Williams from Consumer Action provides booklets illustrating examples of principals mentioned in her talk and a list of helpful websites for parents and teens.



**Topics include:**

- Writing checks and balancing a checkbook
- Credit cards
- Budgeting
- Needs versus wants
- Weekly spending evaluations
- Deciphering a paycheck stub
- Comparison shopping
- And so much more....

Don't miss it.

### Tuesdays, February 5, 12 & 19

6:30 - 7:15 p.m.  
Library Community Room  
**FREE**

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## FORTY-SEVEN ALVERNO SENIORS MAKE A COMMITMENT TO GIVE BACK

*Alverno High School Community Service Fair raises more than \$1,100 for charities*

**Sierra Madre, CA** – Alverno High School recently hosted its *Third Annual Alverno Community Service Fair*, which showcased the senior class' self-created service projects ranging from fighting abuse and cancer to providing funds for schools and art programs.

The fair grew out of Alverno's senior theology course, Contemporary Social Issues, which asks students to explore the social justices that taint our world. To respond to these injustices, Alverno's 47 seniors have committed themselves to a service project molded by their own passions, ideas and care for the social issues in today's world.

At the service fair, members of the Alverno and local community came together to learn about and support the projects of these exemplary seniors at the *Third Annual Alverno Community Service Fair*. Individuals were asked to purchase \$1 tickets upon entering the fair, which they could then place into a jar on each table to demonstrate their support for that particular charity. Desserts, specialty items, pop culture pins, neck warmers, headbands, homemade jewelry, and much more were also available to be purchased using the same tickets. At the end of the fair, each of the tables turned in their tickets to receive the money that had been contributed to their chosen charity. These funds will be donated directly to the charity or will be used to fund a larger service project designed by a senior. In total, more than \$1,100 was raised for local, national, and worldwide organizations.

In addition to philanthropic support of the organizations at the fair, attendees were also given the opportunity to sign-up to volunteer with local organizations that included: Angeles Mesa Elementary School, [Bad Weather Shelter](#) (Pasadena), [Childrens](#)

[Hospital Los Angeles, Door of Hope](#) (Pasadena), [Elizabeth House](#) (Pasadena), [Good Shepherd Center for Homeless Women and Children](#) (Los Angeles), [Hillsides](#) (Pasadena), [Keep it Kind, Kids Enjoy Exercise Now](#) (KEEN), [Maryvale](#) (Rosemead), One More Reader , Our Lady of Guadalupe School, [School on Wheels](#), [Soldier's Angels](#) (Pasadena), and [Surfrider Foundation](#). Alverno High School students are expected to contribute 20-50 service hours each to the local community each year, for a school wide total of more than 6,000 hours. However, last year Alverno students exceeded their goal by contributing more than 11,000 service hours to the local community and they are once again expected to exceed their goal.

Many students have created their own small projects, ranging from fighting for animal rights, equality, ending child abuse, providing supplies for schools, aiding those with developmental or physical disabilities, those with incurable diseases, funding for girls' education and cleaning up our local beaches.

Additional students have created internal programs to prevent loneliness or depression. There will be many collections happening on campus throughout the next two months as a part of these projects including a book drive, a baby item drive, school supply drive, and collecting items for packages to be sent to soldiers, and a kindness letter writing campaign.

“The Service Fair was a wonderful success and we are so proud of our seniors. All of our students as well as faculty, staff and community members, were able to browse over two dozen service projects. Each project was built to spread awareness and encourage action in regards to a specific social issue,” said Susana Capra, Campus Minister. “The seniors were so passionate

about these injustices and that excitement was spread to the younger students. It is often easy to lose sight of how powerful and intelligent a teenager can be in our society today. This service fair showed how wonderful, creative and socially aware high school students are and how much they can inspire those around them. It was a beautiful reminder of the solidarity and justice that is very alive in our world.”

Ann Gillick, Head of School, said “The Service Fair is a perfect example of how one individual can make a tremendous impact on her community. Each of these young women chose a project that meant something to her and in turn made that project important to our entire community. A commitment to service and community is a basic tenet of our Franciscan and Immaculate Heart roots and just one of the ways Alverno empowers each young woman to be exactly the person she wants to be.”

### About Alverno High School

Alverno High School is a Catholic, private, college preparatory school for young women dedicated to preparing them to function in a society as informed, knowledgeable persons, who have the requisite skills to make and implement mature decisions about complex problems. Enlivened by the spirit of its Immaculate Heart Community sponsors, and mindful of the Franciscan roots of its founders, Alverno's program—academic, spiritual, aesthetic, social, and physical—is shaped by the staff, trustees, and students in light of the world for which the students are being educated. Alverno's mission is to empower each young woman to be exactly the person she wants to be and since 1960, Alverno has empowered more than 4,100 women to meet that goal. For more information about Alverno High School, please call 626-355-3463 or visit [www.alverno-hs.org](http://www.alverno-hs.org).

## BECOME A PERMANENT PART OF SIERRA MADRE SCHOOL ... AND HELP FUND THE DIFFERENCE!

This is a unique opportunity to create a piece of art to remain at our community school forever! Your family can design and paint a tile that will be part of the new addition on the Sierra Madre School Elementary campus.

6 X 6 tile for \$200 or 8 X 8 tile for \$300  
Limit one tile per family.

Please come make your creation at one of the Tile Workshops on Saturday, February 2, from 10am to 2pm; Tuesday, February 5 or Wednesday, February 6 from 2:30pm to 7 pm. If you are unable to attend a Tile Workshop, volunteers will paint it and sign your name for you from your submitted design!

## SIERRA MADRE WOMAN'S CLUB INVITES AREA STUDENTS TO ENTER ANNUAL FINE ARTS COMPETITION

ART: Grade Kdg-12. No larger than 24x30. Stiff backing, NO glass, plexiglass ok, no frame.

PHOTOGRAPHY: Grade 7-12 10x12 to 14x16 including matting. NO glass, plexiglass ok. Deliver to SMWC clubhouse February 13 9-1:00pm or February 27 noon to 3pm.

WRITING: Story: one to six pages and poetry: 8-30 lines, no theme, 4 copies computer printed on standard paper mailed to clubhouse by January 26. attention: Jayne Thomas, Fine Arts Chair, 550 W. Sierra Madre Blvd., Sierra Madre, CA 91024.

MUSIC PERFORMANCE: Grade 12 students in classical, musical theatre or pop, vocal or instrumental. Student may email for application to be signed by school or private music teacher and received by February 8. [sierramadrewomansclub@gmail.com](mailto:sierramadrewomansclub@gmail.com)

Winners receive certificates and gift cards. Winning entries are displayed at Sierra Madre Library month of March.

## FREE USC MOBILE DENTAL CLINIC FOR PUSD STUDENTS

Qualifying students who are between the ages of 6-18 and live in Altadena, Pasadena or Sierra Madre can get free dental care when the USC Mobile Dental Clinic returns to PUSD March 1. Kids who don't have dental insurance, are income eligible and have dental cavities will receive free comprehensive dental care March 1 – 8. Space is limited to the first 120 students who pre-register. To register, contact Young & Healthy at (626) 795-5166.

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## LIBRARY'S POPULAR PARENT/CHILD WORKSHOPS SLATED FOR MARCH

**Sierra Madre, CA** – Registration is now open for popular Parent/Child workshop series, slated for March 6, 13, 20, 27 and April 3 at 6:30 pm at the Sierra Madre Public Library. Sessions will take place at the Library on consecutive Wednesday evenings at 6:30 p.m. and will be interactive including toys, crafts, books and play in addition to discussions of parenting issues and concerns.

The parenting workshop will feature noted resource professionals from the community and each session will feature a different aspect of parenting, including early literacy, speech, hearing and language development, child development, nutrition, music, play, and health. Families with children ages 36 months and younger are encouraged to register now as past workshops have filled up fast. Enrollment is free, but in-person pre-registration at the Library is required to ensure a spot in the program.

This project is supported by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian.

For more information and to register, please call Meegan Tosh, Youth Services Librarian at 626-355-7186. The Sierra Madre Public Library is located at 440 West Sierra Madre Boulevard in Sierra Madre. [www.sierramadre.lib.ca.us](http://www.sierramadre.lib.ca.us)

## I LOVE MY LIBRARY ESSAY & DRAWING CONTEST

Cash prizes await some talented children who enter the I Love My Library drawing and essay contest. Children in grades K – 2 can create a drawing showing how they love the Library. Those in grades 3-8 can write an essay telling why they love the Library. The contest begins January 7 and entries are due by January 31, 2013 at the Sierra Madre Public Library.

Entry forms are available at the library and on the Library homepage [www.cityofsierramadre.com/departments/library](http://www.cityofsierramadre.com/departments/library) beginning January 7, 2013.

## 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](mailto:agillick@alverno-hs.org)

### Arcadia High School

180 Campus Drive Arcadia, CA 91007  
Phone: (626) 821-8370, Principal: Brent Forsee  
[bforsee@ausd.net](mailto:bforsee@ausd.net)

### Arroyo Pacific Academy

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

### Barnhart School

240 W. Colorado Blvd Arcadia, Ca. 91007  
(626) 446-5588 Head of School: Ethan Williamson  
Kindergarten - 8th grade  
website: [www.barnhartschool.org](http://www.barnhartschool.org)

### Bethany Christian School

93 N. Baldwin Ave. Sierra Madre, Ca. 91024  
(626) 355-3527 Principal: James Lugenbuehl  
E-mail address: [jml@bcsliions.org](mailto:jml@bcsliions.org)  
website: [www.bcsliions.org](http://www.bcsliions.org)

### Clairbourn School

8400 Huntington Drive  
San Gabriel, CA 91775  
Phone: 626-286-3108 ext. 172  
FAX: 626-286-1528

E-mail: [jhawes@clairbourn.org](mailto:jhawes@clairbourn.org)

### Foothill Oaks Academy

822 Bradbourne Ave., Duarte, CA 91010  
(626) 301-9809  
Co-Principals Nancy Lopez and Diane Kieffaber  
[info@foothilloaksacademy.org](mailto:info@foothilloaksacademy.org)  
[preschool@foothilloaksacademy.org](mailto:preschool@foothilloaksacademy.org)

### The Gooden School

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

### High Point Academy

1720 Kinneloa Canyon Road Pasadena, Ca. 91107  
Headmaster John Higgins  
626-798-8989  
website: [www.highpointacademy.org](http://www.highpointacademy.org)

### LaSalle High School

3880 E. Sierra Madre Blvd. Pasadena, Ca.  
(626) 351-8951 website: [www.lasallehs.org](http://www.lasallehs.org)  
Principal Bro. Christopher Brady, FSC

### Monrovia High School

325 East Huntington Drive, Monrovia, CA 91016  
(626) 471-2800 Principal Darvin Jackson  
Email: [schools@monrovia.k12.ca.us](mailto:schools@monrovia.k12.ca.us)

### Odyssey Charter School

725 W. Altadena Dr. Altadena, Ca. 91001  
(626) 229-0993 Head of School: Lauren O'Neill  
website: [www.odysseycharterschool.org](http://www.odysseycharterschool.org)

### Pasadena High School

2925 E. Sierra Madre Blvd. Pasadena, Ca.  
(626) 798-8901 Principal: Gilbert Barraza  
website: [www.pasadenahigh.org](http://www.pasadenahigh.org)

### St. Rita Catholic School

322 N. Baldwin Ave. Sierra Madre, Ca. 91024  
Principal Joan Harabedian  
(626) 355-9028 website: [www.st-rita.org](http://www.st-rita.org)

### Sierra Madre Elementary School

141 W. Highland Ave, Sierra Madre, Ca. 91024  
(626) 355-1428 Principal: Esther Salinas  
E-mail address: [salinas.esther@pusd.us](mailto:salinas.esther@pusd.us)

### Sierra Madre Middle School

160 N. Canon Sierra Madre, Ca. 91024  
(626) 836-2947 Principal: Garrett Newsom  
E-mail address: [newsom.garrett@pusd.us](mailto:newsom.garrett@pusd.us)

### Walden School

74 S San Gabriel Blvd  
Pasadena, CA 91107 (626) 792-6166  
[www.waldenschool.net](http://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](mailto:resseln@pusd.us)

### PASADENA UNIFIED SCHOOL DISTRICT

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

### ARCADIA UNIFIED SCHOOL DISTRICT

234 Campus Dr., Arcadia, Ca. 91007  
(626) 821-8300 Website: [www.ausd.net](http://www.ausd.net)

### MONROVIA UNIFIED SCHOOL DISTRICT

325 E. Huntington Dr., Monrovia, Ca. 91016  
(626) 471-2000 Website: [www.monroviashools.net](http://www.monroviashools.net)

### DUARTE UNIFIED SCHOOL DISTRICT

1620 Huntington Dr., Duarte, Ca. 91010  
(626)599-5000 Website: [www.duarte.k12.ca.us](http://www.duarte.k12.ca.us)

## THE REEL DEAL: by Ben Show

*Movie Reviews Especially for Teens & 'Tweens*  
**‘MAMA’**



Shining'), but it has a deeper meaning that just some demon going around and killing people.

After terrible events take his wife's life, a father takes his two daughters, Victoria (Megan Charpentier) and Lily (Isabelle Nelisse), and leaves. They end up in a car accident, with nowhere to go. However, while wandering through the woods, he finds a cabin, where they take refuge. They are not alone. The demon kills the father, and looks after the two girls. Five years later, they are found and, after a custody battle with his sister, are given to the brother of their father, Lucas (Nikolaj Coster-Waldau) and his girlfriend, Annabel (Jessica Chastain). After a few weeks, they notice that something has followed them home and that their "friend" Mama may not be as imaginary as they thought.

With a very complex backstory which, in the end, is very simple, 'Mama' stands alone from other horror movies. It is very obvious that writer and director, Andres Muschietti, put a lot of time and care into this movie, which makes 'Mama' a diamond in the rough.



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(626) 229-9750



This material was made possible by funding from the Department of Health and Human Services through the Los Angeles County Department of Public Health.



## FINE DINING AT AFFORDABLE PRICES BECKHAM GRILL

I am fully aware that times are tough and when you are going to spend your hard earned dough, you want to feel that you got your monies worth. I thought about changing the name of the article to my money says, what do you think? I digress.

Beckham Grill has been around since 1977, originally named after owner Bob Beckham, it was known as Bechkam Place. There are new owners but the management remains the same. The restaurant by today's standards is "Old School," its not a dark restaurant but shows in a cozy and faintly lit. The Bar, or "The Crown Room," as it is familiarly known, is illuminated by the burst of a fireplace. There's an old Car decorating the outside, and a 1960s English style Telephone Booth starts you on a journey. Often I come to Beckham to sit in the bar by the fireplace, a soothing respite. Beckham Grill has an item which seems simple enough in the description, but I don't know of any other restaurant in Pasadena that serves it... Smoked Norwegian Salmon with Capers (\$10.95). Seriously, I could order a double and have that alone for dinner, it's that good. That may not be your cup of tea, so, maybe you are here for meat? Roasted Prime Ribs of Beef is the specialty, always has been and I suspect always will be. Prices are (\$26.90 to \$32.95) for the Crown Cut, on my visit I ordered the End Cut at (\$27.50). All the aforementioned items come with Yorkshire pudding, creamed Corn and creamed spinach. The menu is skillfully represented with fish, meat, duck, steak and salad. My dinner companion Mike Bingley from Charter Cable had the Duck for (\$21.50), he gave it two thumbs up. No room for dessert on this visit, but next time for sure.

If it's a drink by the fireplace or a game of darts with some special friends, you may want to consider "Old School" dining. On Tuesday Nights all entrees are discounted at least 20%. Bloody Marvelous!!

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## INGREDIENTS:

1 pound ground beef  
1/2 onion, chopped  
1 (32 ounce) can tomato juice  
2 (15 ounce) cans pinto beans, rinsed and drained  
2 (10 ounce) cans diced tomatoes with green chile peppers  
1 (15.25 ounce) can whole kernel corn, drained (optional)  
1 (4 ounce) can chopped green chiles, drained  
1 (1 pound) loaf processed cheese food (such as Velveeta®), cubed

## DIRECTIONS:

1. Heat a large skillet over medium-high heat and stir in the ground beef and onion. Cook and stir until the beef is crumbly, evenly browned, and no longer pink. Drain and discard any excess grease.
2. Stir the tomato juice, pinto beans, diced tomatoes, and green chiles into the skillet. Bring to a simmer, then stir in the processed cheese food until melted, about 5 minutes.

## SIERRA MADRE GROCERY COMPANY INTRODUCES TWO NEW



## BRUSCHETTA SALSA'S & A HEALTHY CHANGE

SIERRA MADRE GROCERY COMPANY is excited to introduce two new Bruschetta flavors to our product line; Rustic Roasted Vegetable Bruschetta and Fruit 'n Fire Salsa! Our salsa recipes are naturally low in sodium and some are gluten free. The company will NOW use Olive Oil! Additionally, we are taking the peanuts out of our Sweet 'n Spicy Mountain Trail Mix to make the product more allergen friendly.

Opening in early 2010 Sierra Madre Grocery Company has been growing as a specialty food company to gourmet food stores, supermarkets and wineries. We are on the shelf in many of the San Gabriel Valley Albertson's, Claro's Italian Markets and both of the San Antonio Wineries in Los Angeles and Ontario. The company aims to increase the distribution of quality selections along with helping to cultivate new relationships in 2013.

The current product line consists of Roasted Garlic and Olive Bruschetta Salsa, Black Bean & Corn Salsa Madre, Sweet & Spicy Mountain Trail Mix, Sierra Seasoning Rub, Four Cheese & Olive Crisps, Sierra Flatbread & Caramelized Onion & Garlic Spread.

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Steven Mary, Executive Chef of CATAL (a Patina Group Restaurant in Downtown Disney)  
Wednesday, February 6, 2013  
3-5pm

Through the years, Steven Mary has been an active and giving participant in many of the Arboretum's programs, and in particular has served as a role model and chef for all the children in our Roots and Shoots Children's program. In addition, he has delighted many adults with his delicious and innovative classes here. In between all of his Arboretum volunteering, he has also been a chef under Craig Strong at the Ritz Carlton/Langham Hotel, Executive Chef of Pinot Bistro in the valley, and is now Executive Chef of CATAL in Downtown Disney. Call now for reservations as this class fills quickly, and is limited in size. Chef's menu includes:

Coq Au Vin  
Tuscan Cabbage  
Roasted Root Vegetables  
Cauliflower "Risotto", Preserved Lemon, Blistered Grapes  
Lavender Panna Cotta, Blackberry Caramel

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## Happy Tails

by Chris Leclerc



## POWERFUL &amp; PRETENTIOUS PLANTS OF PREY

As naive as it may sound to some, there are times when I catch myself thinking of trees and plants as inanimate objects. While I know they are living organisms that feed us, help keep our air clean, and make the world around us far more beautiful than it would be without them, it is easy to forget that they are indeed as much alive as I am. I guess it's because they are so still and calm. They don't voice their opinions, the way humans and other animals do. The fact is, some of the living and breathing green fauna that we tend to take for granted growing around us is much more animated than we'd like to think. Indeed, some plant varieties are actually very active and very aware of the living, moving insects and other creatures they share their space with.

Plants that prey on bugs and small animals are the ones that fascinate me the most. For example, how amazing is the beast-like behavior of the Venus fly-trap? I remember seeing "Little Shop of Horrors" for the first time, and thinking the concept of a predator-like plant was nothing more than a figment of some very creative screen-writer's imagination, until I learned that those animal-like plants really do exist. I recently read a narrative posted on the Botanical Society of America's website: [www.botany.org](http://www.botany.org), all about plants that prey on foods other than nutrients found in water and soil. I hope you find it as interesting and fascinating as I did.

Carnivorous plants have the most bizarre adaptations to low-nutrient environments. These plants obtain some nutrients by trapping and digesting various invertebrates, and occasionally even small frogs and mammals. Because insects are one of the most common prey items for most carnivorous plants, they are sometimes called insectivorous plants. It is not surprising that the most common habitat for these plants is in bogs and fens, where nutrient concentrations are low but water and sunshine seasonally abundant. As many as thirteen species of carnivorous plants have been found in a single bog (Folkerts, 1982). Most plants absorb nitrogen from the soil through their roots. But carnivorous plants absorb nitrogen from their animal prey through their leaves specially modified as traps.

Traps work in a variety of ways. Pitfall traps of pitcher plants are leaves folded into deep, slippery pools filled with digestive enzymes. Flypaper (or sticky or adhesive traps) of sundews and butterworts are leaves covered in stalked glands that exude sticky mucilage. Snap traps (or steel traps) of the Venus flytrap and waterwheel plant are hinged leaves that snap shut when trigger hairs are touched. Suction traps, unique to bladderworts, are highly modified leaves in the shape of a bladder with a hinged door lined with trigger hairs. Lobster-pot traps of corkscrew plants are twisted tubular channels lined with hairs and glands.

Carnivorous plants are fascinating because, even when they are not trapping insects, their unusual forms are intriguing. However, you should not collect plants in the wild because most of them are relatively rare. Habitat destruction and over collection are two of the greatest conservation threats to carnivorous plants. If you are interested in growing carnivorous plants in your home or classroom, purchase the plants from a reputable grower who uses tissue culture or vegetative means to grow the plant, or starts them from seeds. We now know that the carnivorous habit evolved independently in many plant lineages (Albert et al., 1992; Ellison and Gotelli, 2001; Cameron et al., 2002; Muller et al., 2004). Pitfall traps evolved independently in four plant groups (the eudicot orders Caryophyllales, Oxalidales, Ericales, and the monocot family Bromeliaceae), and sticky traps, in at least three (the Caryophyllales, Ericales, and Lamiales). These are examples of convergent evolution. In contrast, the snap trap and lobster-pot traps evolved only once among carnivorous plants.

Carnivorous plants have features to attract, trap, kill, and digest prey, and absorb nutrients. A number of plants have only some of these characteristics. Glands that secrete sticky substances are found in many plants. Pitcher-like tanks are common in bromeliads and in few other plants. While perhaps not fully fledged sticky traps or pitfall traps, these features hint of the potential for carnivory. The list of plants described as near carnivorous, protocarnivorous, or borderline carnivorous is quite diverse, including *Ibicella lutea* (Mameli, 1916), *Dipsacus* (Christy, 1923), *Passiflora foetida* (Radhamani et al., 1995), *Paepalanthus bromeloides* (Jolivet, 1998), and *Geranium viscosissimum* and *Potentilla arguta* (Spomer, 1999). No single definitive list exists. *Ibicella lutea*, which has not been studied since 1916 (Juniper et al., 1989), is sometimes listed as carnivorous, and *Catopsis berteroniana* is sometimes described as borderline. The ability to digest prey and absorb the amino acids is considered the real clincher.

Carnivory is more widespread than just the plant and animal kingdoms. The fungi kingdom has flesh eaters also (Pramer, 1964). Living in the soil are over 200 species of fungi (identified as zygomycetes, basidiomycetes, and hyphomycetes) that use special structures to trap nematodes. Like carnivorous plants, these fungi have the ability to trap prey and to absorb nutrients from the body of their prey. The traps of fungi come in two general types: constricting rings (active traps) and adhesive structures (passive traps). These trap types occur in separate fungi lineages (Ahren et al., 1998).

Exploring and learning more about the amazing world of carnivorous plant life somehow gave me a much wider perspective on how I view the greenery that surrounds me and makes our world the fascinating planet that it is. Lately I even find myself talking out loud to the trees and flowers I pass by while walking through the neighborhood. It's nice to know you're never alone, even when your 2-legged and 4-legged friends are not around, because after all, trees and plants are people too!

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## PET OF THE WEEK

ANNIE: #A4530937



Meet little orphan Annie (A4530937)! Annie is a soulful nine month old red female Dachshund/Beagle mix puppy who was found in West Covina on January 5th and brought to the Baldwin Park Animal Care Center. Weighing twenty-one pounds, this affable girl walks okay on the leash but could use some additional training. Annie absolutely adores children and is good with other dogs. Annie has personality to spare and will make an enthusiastic playmate and best friend for anyone in any living situation! She's a great puppy! To watch a video of Annie please visit: [www.youtube.com/watch?v=bcwx9yovfw](http://www.youtube.com/watch?v=bcwx9yovfw)

To meet Annie in person, please see her at the Baldwin Park Animal Care Center, located at 4275 N. Elton St., Baldwin Park, CA 91706 (Phone: 626-430-2378 or 626-962-3577). She is currently available now. For any inquiries about Annie, please reference her animal ID number: A4530937. The shelter is open seven days a week, 12 pm-7 pm Monday-Thursday and 10am-5pm Friday-Sunday. This is a high-intake shelter with a great need for adoptions. For more information about Annie or the adoption process, please contact United Hope for Animals Volunteer Adoption Coordinator Samantha at [Samantha@hope4animals.org](mailto:Samantha@hope4animals.org). To learn more about United Hope for Animals' partnership with the Baldwin Park Shelter through its Shelter Support Program, as well as the many dogs of all breeds, ages, and sizes available for adoption in local shelters, visit <http://www.unitedhope4animals.org/about-us/shelter-support-program/>.

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We will also be selling tickets in the Monrovia/Duarte area, with the prize basket available for viewing.

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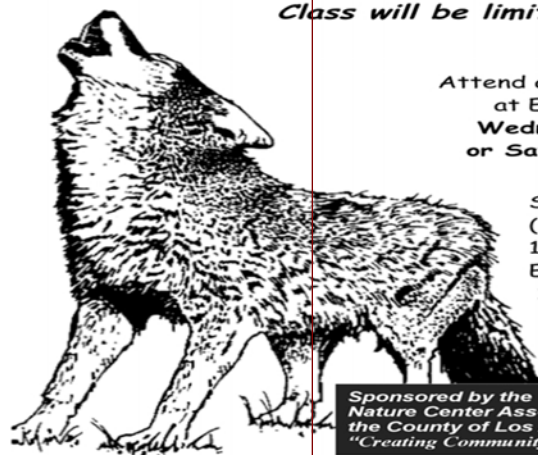
Docent-naturalists (nature teachers) are needed for field trips, nature walks, and other educational programs for children and adults at Eaton Canyon Natural Area. We will train you, increasing your nature knowledge and interpretive skills to work with small groups. Come have fun—join us!

Classes in many areas of nature study, 6:30 p.m. to 9:30 p.m. on eleven Tuesdays, plus three Saturday field trips, beginning February 26, 2013

**Class will be limited to the first 25 to enroll.**

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Attend an Introductory Coffee and Overview at Eaton Canyon Nature Center on either Wednesday, February 20 at 10:00 a.m. or Saturday, February 23 at 10:00 a.m.

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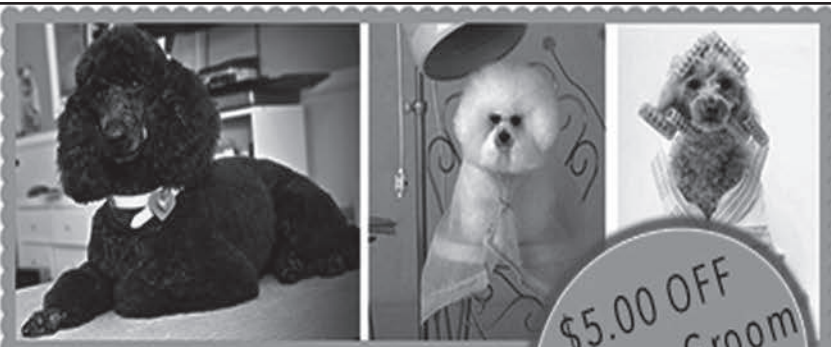
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## One Of A Kind: *Featuring unique homes and gardens and the people who create them* ON TREND IN HOME REMODELING

Story and Photos by Chris Bertrand



**LeVeque Construction  
Blends a Reality  
Check with 25 Years  
Experience**

As the economy picks up this spring, homeowners are increasingly considering a remodel to update, upgrade or reconfigure their homes. Before pulling out the checkbook for the latest and greatest remodeling trend, Jim LeVeque of LeVeque Construction highly recommends value planning between a general contractor and the client.

Born and raised in Sierra Madre and working across the San Gabriel Valley since 1988, LeVeque and his brother Anthony are celebrating their 25th business anniversary this year, continuing what they love to do best: delivering the best value for each client's project, whether it's a kitchen or bath remodel, a 'down to the studs' complete makeover or a custom built home.

"Gone are the days where homeowners just hand us a remodel wish list without carefully planning the budget and prioritizing their dream list," chuckled LeVeque. "It's critical to prioritize and plan to make sure the essentials are covered, as well as evaluating the realistic timeline for a needed return on their investment in the project."

Depending on that timeline reality, the answer to which parts of a project to choose, or deciding the price point may be quite different. "Do they have a five year plan to up or downsize? Do they plan to retire there and 'age in place' or do they intend to flip the house and sell immediately?"

"It's really important to take a look at maximizing the return on a remodel investment. I regularly switch between two hats, as I have a degree in Finance and Real Estate from Cal Poly, so I can analyze the project from a financial point of view," pointed out LeVeque. "When I put my hardhat back on to discuss the construction and aesthetic aspects, clients can feel comfortable that they're fully informed in making their decisions."

Trends in 2013 home remodeling are revolving around several themes, according to Anthony

LeVeque, Jim's brother and business partner in charge of electrical, landscape, and technology.

"The biggest trend we see is moving multiple generations back under one roof," said Jim. "Grandma and Grandpa are moving in... Kids in their 30's and 40's are moving back home, sometimes with their children."

"As families consolidate their living arrangements," he continued, "we're fixing up a main family home, remodeling upstairs, downstairs, garages and basements to accommodate living together but separate. By reconfiguring baths, adding privacy, widening passageways, fitting in a kitchenette or a separate entrance, we've had great success and delighted clients."

Sometimes, seemingly insurmountable floorplan and accessibility issues can now be solved with new products available. Tony LeVeque recounts their experience with a recent Rose Bowl area family.

"We were working with a family with wheelchair bound grandparents in a tri-level home. Most of the living area was inaccessible for the couple. Well into the project, the owners asked if it was possible to make some type of change to allow wheelchair access to the upstairs. We were able to find a spot off the front door to add a compact elevator in an aesthetically attractive way."

"Five to seven years ago, these products were a real luxury," reflected Tony. "Now, they're not mainstream, but definitely a lot more affordable and achievable, allowing wheelchair access to more of the home, instead of being relegated to one level."

"Energy efficiency and consistency are two big areas in today's remodel requests," says Anthony. "Of course, LED lighting options are expanding exponentially, with their attendant electrical usage reduction, and reduced heat generation, especially compared to halogen and incandescent lighting. Insulation products available today are definitely more green and better for the installer as well as the homeowner living in it, using recycled components. We rarely use fiberglass anymore."

"Some of our clients have 'had it' with unreliable power and frequent interruptions especially in the last two years," reflected Anthony, "and

are installing hardwired backup generators run on natural gas. Two companies, Kohler and Onan, long known for their commercial backup power for hospitals, etc. now offer great residential systems."

"With natural gas, there's no diesel storage tank, and they're soundproofed to make them quiet. We install them up on the roof where they're hidden. The technology actually self tests the unit regularly. The systems are designed to sense when power is lost, then starts up to transfer the load within 20 seconds. When utility power is restored, it automatically transfers back, again within 20 seconds."

Another area that initially might be regarded as decadent is installing radiant heat floor heat in the bathroom. "Especially if a household has residents on different schedules, like one showering at 430 a.m. and another not til 8, radiant floor heat is a great alternative to heating the whole house in the morning," said Anthony. "When our feet are warm, the ambient temperature doesn't need to be as high to be comfortable. The radiant systems with time and temperature settings actually save rather than waste energy."

One of the most "comforting" trends isn't new at all. As American as apple pie and Mayberry, the resurgence of the front porch as the outside living room is a favorite project for the LeVeques.

"We're seeing homeowners wanting to reconnect with their neighbors and utilize the front porch as an outdoor living space. They want to wave to their neighbors, watch the kids play out front, and have coffee or a drink out front. We love creating a personal, welcoming area, and it definitely adds

value to the home. When it's time for resale, buyers seem to be really drawn to a home with a welcoming front porch!"

LeVeque Construction is celebrating 25 years of quality construction in the San Gabriel Valley. They hold CA General Contractor License # 599887, and several additional specialty #72993 B1, C10, C20 and HIC licenses. Follow them at [www.LeVequeConstruction.com](http://www.LeVequeConstruction.com) or call 626-305-9490.

Have a story idea for "One of a Kind"? Contact Chris today with the details at [C.Bertrand@MtnViewsNews.com](mailto:C.Bertrand@MtnViewsNews.com).



### Tips of the Trade: Real Estate Revealed

by Luther Tsinoglou Realtor®

#### EXPOSE YOURSELF



There is much debate among real estate professionals about the value of holding an Open House. Some insist these events help get the house sold. Others argue it's an outdated practice in the digital age of virtual tours. However, it's been estimated that nearly half of all buyers who visit open houses first learned about them on the Internet.

With all the time and money that an agent puts into marketing your home, an Open House puts those very targeted buyers inside your home and in front of your representative. One of the best aspects of the Open House is the feedback that visitors provide, feedback that can suggest you change your approach or make needed improvements.

Aside from interest generated by the Web, the signs your agent places may also attract curious passersby. While they may not be making a purchase themselves, they may very well know someone who is. An Open House also helps to create a sense of urgency among those who visit, particularly when they see that other buyers are showing interest.

Obviously, a successful Open House exposes your property to a broad base of buyers, but even if only three people visit and one makes an offer, it was clearly worth it. Not all homes are ideal candidates for this type of marketing, so ask your agent about the possibilities.

*Luther has been licensed and practicing real estate since 1992. He specializes in residential and income property in the Greater San Gabriel Valley. Luther Tsinoglou has again been named a top producing sales agent with Podley Properties for 2011, making the top 10% at the company overall. Luther can be reached at his direct line (626) 695-8650 or at [luther@tsinoglou.com](mailto:luther@tsinoglou.com)*

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The meetings are from 9:00 - 11:00am. R.S.V.P. to 626.286.3108 is appreciated.



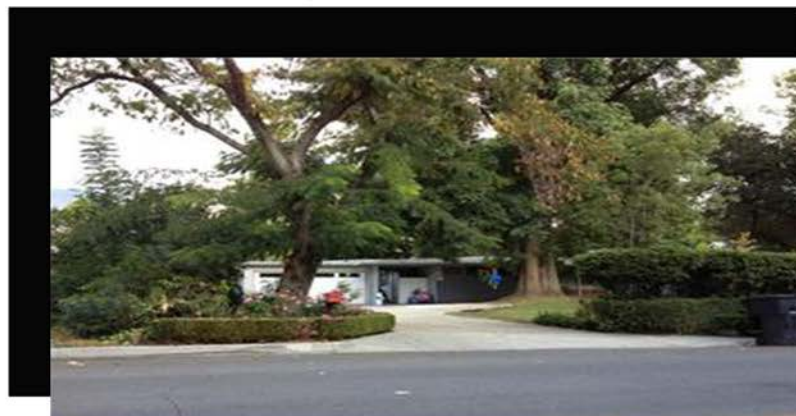
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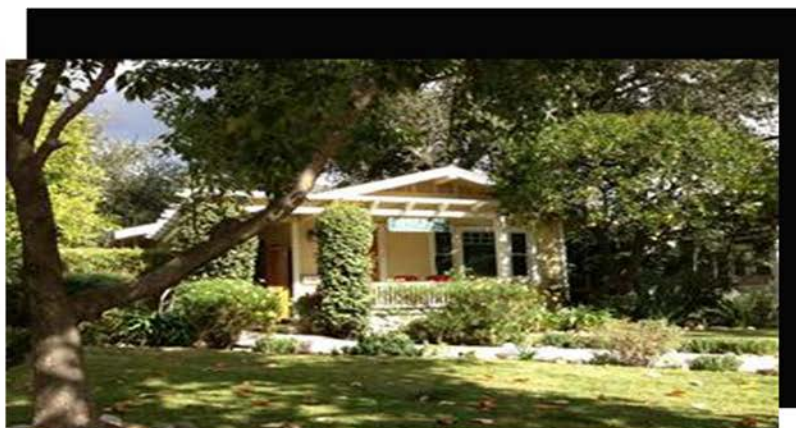
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**John Lyons** from *The Woven Garden* is an expert on native and edible gardens. He designed a garden titled *The Edible Labyrinth* for the 2009 LA Garden Show, held at the LA Arboretum. John's garden was dubbed "the most intriguing installation at the LA Garden Show" by Sunset Magazine's senior garden writer.

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### CAR SHOPPING TIPS FOR OLDER DRIVERS

*Dear Savvy Senior:*  
*What resources can you recommend to seniors who are shopping for a car? My wife and I are relatively healthy 70-year-olds and are looking for a new senior-friendly vehicle, but could use some help.* Older Drivers

Dear Older:

For seniors who are in the market for a new or used car, the AAA (American Automobile Association) and the University of Florida's Institute for Mobility, Activity and Participation has just updated an excellent resource called "Smart Features for Older Drivers" that can help you choose a vehicle that meets your needs as you age.

**Senior-Friendly Vehicles**  
 While the automotive industry doesn't make vehicles specifically designed for senior citizens, they do make certain vehicles with features that can help accommodate the needs of older drivers.

With that in mind, "Smart Features for Older Drivers" addresses the age-related physical changes – like diminished vision, arthritis, and range of motion loss – that can affect a senior's driving ability and comfort behind the wheel, and outlines various vehicle features that help address those issues. Here's what they recommend.

**Safety First**  
 The first priority is to identify vehicles with a proven safety record which you can research online at safecar.gov and iihs.org/ratings. Also look for vehicles that have dynamic stability control, anti-lock brakes, adjustable head restraints, and side and dual-stage/threshold airbags that adjust the deployment force based on the severity of the crash.

Your next step is to identify specific vehicle features that can help meet your physical needs. So depending on what ails you, here's what to look for.

**Hip and knee problems:** For comfort, a better fit, and easier entry and exit, look for vehicles that have six-way adjustable power seats that move the seat forward and backward, up and down, and the seat back forward and backward. Also look for low door thresholds and seat heights that don't require too much bending or climbing to get into. The ideal seat height for seniors is between mid-thigh and lower buttocks when standing next to the vehicle. Leather or faux leather seats are also easier to slide in and out of than cloth seats.

**Stiff upper body:** If you have difficulty looking over your shoulder to back up or merge into traffic, look for vehicles with a large rear window for better visibility, wide-angle mirrors which can minimize blind spots, back-up cameras, active parallel park assistance, and blind-spot warning systems that alert you to objects in the way. Also, for comfort and fit, consider vehicles that have a tilt and telescoping steering wheel, adjustable seatbelts, and heated seats with lumbar support.


**Arthritic hands:** For easier use, four-door vehicles are recommended because the doors are smaller, lighter and easier to open and close than two-door models. And to help with painful gripping and turning problems, look for keyless entry and a push-button ignition, a thicker steering wheel, power mirrors and seats, and a sliding channel gear selector.

**Diminished vision:** Drivers with vision loss due to cataracts, glaucoma or some other condition will find vehicles with larger instrument panels and dashboard controls with contrasting text easier to see and manipulate. And those with sensitivity to glare will benefit from extendable sun visors, auto-dimming rearview mirror and glare reducing side mirrors.

**Smart Features Resource**  
 To access the "Smart Features for Older Drivers" resource, visit SeniorDriving.AAA.com/SmartFeatures and use their online tool that lets you choose the age-friendly features you want in a vehicle, and the tool will identify the makes and models that best fit your needs.

Or, if you don't have internet access call your AAA (call 800-222-4357 to get your local number) and ask them to mail you free copy of the "Smart Features for Older Drivers" brochure. You don't have to be a AAA member to get this free publication.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.



## KATIE Tse .....This and That

### DIRTY OLYMPICS

Growing up without a TV, I've never been up on current events. However, it'd be hard to escape coverage of Lance Armstrong's recent doping confession.

Yes, what's long been suspected is now undeniable: Lance was taking human growth hormone, testosterone, oxygenated blood, "Pop Rocks" with Red Bull, and who knows what else. A hero defrocked. So sad. But let's not get too self-righteous; if the man says "everyone was doing it," who are we to judge?

I do not, in any way, condone the use of illegal, potentially harmful artificial stimulants (except perhaps caffeine --as in coffee, not Red Bull). Of course, injecting yourself with hormones or doctored blood can't be good for you. But we have these competitions, such as the Olympics and the Tour de France, etc. For the majority of athletes, this is their only opportunity to shine before they succumb to the inevitable pitfalls of age and injury. And to top it off, they're probably competing against others who are cheating with the latest form of doping. And let's not forget all the lying regarding participants' ages (and sometimes gender). That girl twirling through the air is so young that that she has no discernable hips, but they claim she's 16. You can't blame her parents for not keeping birth records in the wilds of rural North Korea.

To say it's unfair is a gross understatement. But how do we right this wrong? Like the market for illegal drugs, the practice isn't going to stop just because someone says it's not allowed. No matter how sophisticated pre-game testing gets, there are still going to be the persistent few (or many) who lie and shoot up with some contraband substance.

I propose a new approach to this perennial problem. Why not have our same competitions, but allow everyone to use whatever enhancing substances they choose? There'd have to be a comprehensive legal waiver; something along the lines of "If your chest explodes while racing to the finish line, we're not responsible." "Managers of child laborers assume all liability."

Some might find this morbid or immoral. But I don't consider it any worse than the standards we have now. There could, of course, be "clean" games to offset "dirty" ones. For these competitions, participants would have to actually follow the rules. Of course, there probably wouldn't be the spectacular feats of human strength and endurance we're used to seeing --primarily because the athletes would be limited to their actual human strength and endurance. But even these events would probably soon become as contaminated as our current system.

At the end of the day, it's no doubt best to simply acknowledge the achievements of those who've won. Don't give them ten million dollars. Don't sign them up for sponsorship contracts. Don't plaster their face on boxes of Wheaties. Don't make them into some kind of moral role model for schoolchildren. They didn't find a cure for cancer or save a village in Africa. They won a race. Maybe if we kept things in perspective, athletes and their coaches wouldn't feel driven to such acts of chicanery. In the meantime, we might choose to find a channel that's not sensationalizing Armstrong's fall from grace. And we can look forward to the 2016 games in Rio. Oh, boy.

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# THE GOOD LIFE

## SENIOR HAPPENINGS

By Pat Birdsall

**FYI: "Slowly, She's Getting Up."**

*Pat Birdsall, who normally writes this section of the paper, underwent hip replacement surgery on Wednesday. I am happy to say that she is doing well and we hope she'll be back in front of the computer real soon. If you wish to send her greetings, email her at: [pbird305@aol.com](mailto:pbird305@aol.com).*

In the meantime, she'd like to remind you to stay fit! Take advantage of the fitness programs available for free at the Sierra Madre Senior Center:

On **Wednesday, from 11:00 to 11:45 am, Teryl Willis offers Chair Yoga.** She focuses on senior yoga techniques that are geared toward gentle movements, breathing techniques **and balance improvement.** Hmmm? On **Friday, longtime volunteer, Lisa Brandley,** conducts a free **Strength Training class from 1:00 to 1:45 pm.** The class utilizes light weights (supplied), for low-impact resistance training. No excuses, right?

I need to give my guardian angel a well-deserved rest...as it is, he or she is now sporting double-strength support hose and has put in ads in the Penny Saver for several stand-by angels. Wish me well!

**HELPFUL HINT:** After boiling Pasta or potatoes, cool the water and use it to water your houseplants. The water contains nutrients that your plants will love.

### FOR YOUR FUNNY BONE

This is a true account as recorded in the Police Log of Sarasota, Florida. An elderly lady did her shopping and upon returning to her car, found four males in the act of leaving with her vehicle. She dropped her shopping bags and drew her handgun, proceeding to scream at the top of her voice, "I have a gun and I know how to use it! Get out of the car!" The four men didn't wait for a second invitation. They got out and ran like mad. The lady, somewhat shaken, then proceeded to load her shopping bags into the car and got in the driver's seat. She was so shaken that she could not get her key into the ignition. She tried and tried and then it dawned on her why. For the same reason she did not understand why there was a football, a Frisbee and two 12 packs of beer in the front seat! A few minutes later, she found her own car parked four or five spaces farther down. She loaded her bags into the car and drove to the police station to report her mistake. The sergeant to whom she told her story couldn't stop laughing. He pointed to the other end of the counter where four pale men were reporting a carjacking by a mad, elderly woman carrying a large handgun. No charges were filed. If you're going to have a senior moment, make it memorable!

~ Did you hear about the scientists who crossed a sheep with a porcupine? They got an animal that knits its own sweaters. (Groaning is recommended)

### HAPPY BIRTHDAY! ... January Birthdays...



Mary Tassop, Judy Webb-Martin, Mary Bickel, Marlene Enmark, Ross Kellock, Ruth Wolter, Sue Watanbe, Sandy Thistlewaite, Bobbi Rahmanian, Fran Syverson, Shirley Wolff, Judy Zaretzka and Becky Evans. \*To add your name to this distinguished list, please call the paper at 626.355.2737. **YEAR** of birth not required.

**Quote of the Week:** If you cannot be a poet, be the poem. ~ David Carradine



**ACTIVITIES:** Unless listed differently, all activities are at the Hart Park House (Senior Center) 222 W. Sierra Madre Blvd., Sierra Madre

YMCA San Gabriel Valley Intervale Senior Café: Monday-Friday at 12:00 Noon (Participants are urged to arrive no later than 11:45 A.M.) All seniors 60 and up can take part in the lunch program. There is a suggested donation of \$2.00 for those 60 and over and \$3.75 for non-senior guests. Daily reservations are necessary as space is limited. Please call 24 hours in advance...626.355.0256

**Free Blood Pressure Testing:** On the 2<sup>nd</sup> **Tuesday** of the month 11:00 am-12:00 pm: A nurse from Methodist Hospital, Arcadia volunteers to do the readings. No appointment necessary.

**Bingo: Every Tuesday** afternoon from 1:00 pm- 3:00 pm Cards are only .25c each!

**Free Chair Yoga:** Every **Wednesday** morning from 11:00 am-11:45 am Volunteer Teryl Willis offers this class that focuses on senior yoga techniques. It is geared toward gentle movements, breathing techniques and balance improvement. No reservations are necessary.

**Free Legal Consultation:** Pasadena attorney Geoffrey Chin volunteers on the 2<sup>nd</sup> **Wednesday** of the month. He focuses on estate planning, trusts, wills, probate, conservatorships and business law. **\*Appointments are a must!** Please call: 626.355.7394 to make yours\* *Conflicting court schedules can occasionally cause cancellations.*

**Birthday Celebrations:** The 2<sup>nd</sup> **Thursday** of the month the Senior Center celebrates the birthdays of our patrons at 12:30 pm. Please join us for free cake and ice cream and **"celebration."** (The cakes are provided due to a generous donation from the Sierra Madre Civic Club.)

**Game Day: Every Thursday** at 1:00pm. Poker is usually the game of choice, or should I say chance? Board games and other card games are also available. Outside, on the patio, a beautiful, one-of-a-kind chess table is anxious for players.

**Free Strength Training Class: Every Friday** from 1:00 pm -1:45 pm. Conducted by long-time volunteer, Lisa Brandley. The class utilizes light weights for low-impact resistance training. Weights are provided by the Sierra Madre Senior Center. It's a great way to stay in shape and to socialize with your peers. (Gossip included)

**Senior Citizens Club:** Every **Saturday** at the Hart Park House (Senior Center). Brown bag lunch at 11:30am; Club meeting at Noon; Bingo 12:30- 3:30 pm. Only .25c per card... For more information call Pat at 626.355.7290.



### EXCURSIONS:

**Autry National Center-Guided Tour (Griffith Park, Los Angeles)**

**Date:** Thursday, January 31, 2013

**Time:** 9:30 am- 3:00 pm

**Meeting Location:** Hart Park House Senior Center

Cost: \$20.00 (does not include lunch)

Don't miss a visit to this historic museum which explores and shares the stories, experiences and perceptions of the diverse peoples of the American West. A one hour guided tour will be given upon arrival followed by lunch on your own at the Autry Café and/or independent exploring of the vast collections of art and artifacts. For more information please visit [www.theautry.org](http://www.theautry.org)  
**\* And, "save the date" for the following excursions...more information on each is forthcoming...**

**Fashion Institute of Design and Merchandise** **Date:** Friday, February 22, 2013  
**Description:** View actual costumes from movies released in 2012, including 2012 Academy Award Winner for Best Costume, The Artist.

**Jeopardy Taping at the Sony Lot** **Date:** Wednesday, March 27, 2013  
**Description:** Attend a taping of America's favorite quiz show. Test your knowledge while host Alex Trebek challenges the contestants.

**Senior Movie Program: FREE** movies are shown on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of the month. The films, one contemporary and one vintage, are chosen by the seniors themselves. **January's selections are:**

**January 23- The Sound of Music (1965)** In Rogers and Hammerstein's greatest collaboration, a feisty postulant named Maria (Julie Andrews) is sent to care for the unruly, motherless Von Trapp children. She soon tames them...and finds herself falling for their stern father (Christopher Plummer). The Oscar-winning director Robert Wise used stunning Austrian locations to transform the popular stage musical into a cinema classic in which the hills truly seemed to come alive. (Run time is 174 minutes) **Start time: 1:00 PM**  
 All movies are shown in Sierra Madre's City Council Chambers, 232 W. Sierra Madre Blvd.

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## HOWARD Hays As I See It



*"Uh, I don't know what you mean." - Sen. James Inhofe (R-OK)*

*"I need to have more details. I, you know, I just need - you need to ask me after I've talked to our judiciary staff in our office." - Sen. Bob Corker (R-TN)*

*"I've got - my wife's here. I'm sorry." - Sen. John Barrasso (R-WY)*

*"I'm going to look at it." - Sen. Rand Paul (R-KY)*

*"I'm still looking at it." - Sen. Susan Collins (R-ME)*

I wasn't planning on submitting a column this week, but couldn't help transcribing this series of responses from Republican senators when asked their view on a proposal that's been prominent in the news lately. It's not a complicated one, being supported by 92% of Americans, according to a recent CBS News / NY Times poll.

I wasn't going to think about a column; just enjoy 3 1/2 balmy days in Hawai'i. It was a sort of family reunion; my wife and I got together with in-laws from the greater-Tokyo area, meeting more-or-less halfway.

I was heading out to enjoy breakfast at the beach, but had to stop at the computer in the hotel lobby, unable to let a weekend go by without going online to learn what concerns Greg Welborn this week. It appears to be a hypocritical "concern for public interest out of Hollywood" despite "connections between the glorification of violence in movies and video games to the incidence of violence" in the real world that "saddens and disgusts" Greg.

I've visited Japan a few times, and found they enjoy violent movies and violent video games. Here in the U.S. we enjoy violent movies and violent video games. In 2008, in the U.S. we had 11,030 homicides by guns, or 3.6 per 100,000 of population. In Japan they had 11 homicides by guns, or less than .0001 per 100,000 of population. I'm sure "Django Unchained" will be a big hit in Japan, but I don't think it'll affect that disparity in homicide rates. We have lax gun laws. They have strict gun laws. The problem, Greg, is not the "violence in movies and video games".

Greg characterizes as "nonsense bordering on pathological falsehood" President Obama's concern over "de-funding scientific or medical research into the causes of gun violence", insisting "there is no group of conservatives standing in the way of science and research". No?

A Washington Post editorial last July told how from 1986 through 1996 the U.S. Centers for Disease Control conducted research on gun injuries and fatalities as it did on auto accidents. Some findings proved unflattering to the gun industry, such as those published in the New England Journal of Medicine showing that residents in households with a gun faced almost three times the incidence of homicide, and five times the incidence of suicide, as residents of households without guns.

The editorial relates how the NRA turned to their "point man" in Congress, Rep. Jay Dickey (R-AR), to mobilize other Republicans in stripping \$2.6 million in funding from the C.D.C for 1997, the amount spent on gun research the year before. Since then, the C.D.C. spent \$240 million a year on auto safety, and nothing on gun safety - though the number of annual fatalities from guns and auto accidents is about the same.

It cites "strong agreement now that scientific research should be conducted into preventing firearm injuries". The editorial quotes President Obama, "Such violence, such evil is senseless", but notes, "What is truly senseless is to decry these deaths as senseless when the tools exist to understand causes and to prevent these deadly effects."

The editorial is co-authored by that same (now former) Rep. Dickey, who had a change of heart following last-year's massacre at the Aurora, CO movie theater.

I wasn't going to do a column this week, but just send Susan this picture of me standing in front of a rather non-descript house on a narrow street in the hills north of Honolulu. To the North and East lies the University of Hawaii; across the street is a Baptist church where, on Sundays such as when I was there, the sides of the church roll up allowing rich voices to echo in song throughout the neighborhood.



Back in the 1960s the house was occupied by Stan and Madelyn Dunham, along with their grandson, Barry Obama - who stayed there until moving with his mother to Indonesia at the age of six.

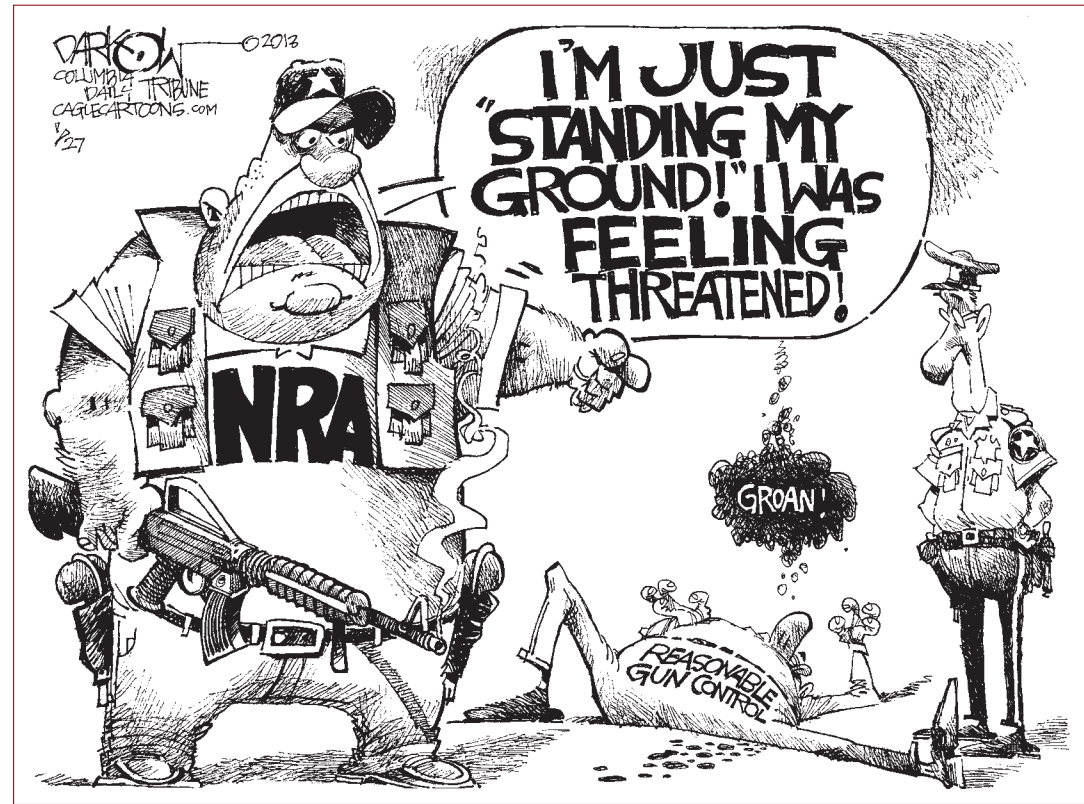
The next day I woke up early to catch the Inaugural Address. In an opening shot, the ABC cameraman focused on the statue atop the Capitol dome, around whose base the motto "E Pluribus Unum" provided the theme for the president's speech. (I also, I think, heard Diane Sawyer mistake Dick Gregory for Morgan Freeman.) Later that morning, I caught a bit of the MLK Day parade down Kalakaua Avenue in front of our hotel, with shops offering souvenirs and memorabilia celebrating "Our First Hawaiian President".

The proposal the senators were responding to in the opening quotes was for federally mandated universal background checks for gun purchasers. In addition to having the support of 92% of Americans, it also has the support of 89% of Republicans, 93% of gun households, and 85% of households with NRA members.

Lawmakers such as those quoted above are in the awkward position of lacking the courage to stand up to the gun lobby, while knowing they're on the wrong side of history.

Those senators would probably respond the same way to another suggestion involving the course of history - so go back and re-read their responses imagining the question was: Doesn't it now appear likely Barack Obama will be recalled as not just our first Black president, or first Hawaiian president, but rather as one of our nation's truly great presidents?

Aloha.



## WHAT DIFFERENCE DOES IT MAKE? GREG Welborn



In about six hours of testimony before Congressional panels, Hillary Clinton finally spoke about the Benghazi disaster and "took responsibility" while also telling us she wasn't really responsible for all that much. It's ironic how much taking, but not taking, responsibility is similar to her husband's earlier defense, "it depends on what the definition of the word 'is' is", but the most ignominious moment came with her claim that trying to figure out who lied about what really happened won't make a difference and is just a big waste of time.

We will give the Secretary credit for being a skilled and well-prepped witness, and she's always been a pretty darn good typical politician - in the not-very-complimentary sense of being able to evade answers and avoid blame. She blamed the failure to protect the diplomatic compounds on "the assistant secretary level or below", and then added that Congress should take the heat because it hadn't given enough aid to Libya.

It is truly Orwellian to hear that she is not complicit in the deaths of 4 Americans, because she was derelict in her duty to read the actual requests for greater security written by her own Ambassador. For most people, the "I didn't know it was wrong, daddy" excuse doesn't work after age 5 or so. Give her credit for being able to milk that for a few more decades, and in front of a national audience no less. Where were the Pulitzer Prize- hungry investigative reporters, anyway? Does nobody in the D.C. press corps find that an implausible, pitiful excuse?

The same goes for the Libya aid deflection. Just in case some reporter actually cut through the earlier B.S. about not reading cables, it supposedly wouldn't have mattered because security at U.S. diplomatic compounds in Libya are somehow the responsibility of the Libyans, who didn't get enough money from the U.S. Congress to do their job well. If that were true, doesn't it stand to reason that Secretary Clinton should have been upset several months prior about Congress's failure to protect the embassies? Why wasn't she pounding the table way back then about the risk exposure?

As deplorable as the "it's not my fault" and "I didn't know" excuses are from someone who has presidential aspirations, the most shameful moment came when she fired back at Senator Johnson for caring about who lied to the American people. "What difference, at this point, does it make?" she retorted, insinuating that because so much time has already passed and the 4 Americans are already dead it doesn't really matter who said what to whom for what reason.

Dear readers, we have a new political doctrine: the Hilary doctrine. If enough time has passed and if uncovering the truth won't bring the dead back to life, then there's no legitimate reason to expose the cover up and punish those responsible. So, let me apply the Hilary Doctrine historically.

**To President Ronald Reagan:** Investigated for, and hounded by the liberal press, for supposedly knowing about and covering up the Iran-Contra arms-for-hostages deal. Just a big waste of time looking into that one.

**To President George H.W. Bush:** Told Americans to read his lips; there would be no new taxes. That lie shouldn't have cost him the election. What were we thinking?

**To President Bill Clinton:** Disbarred from practicing law because he committed perjury. What a travesty of justice that one was; aren't lawyers supposed to lie under oath?

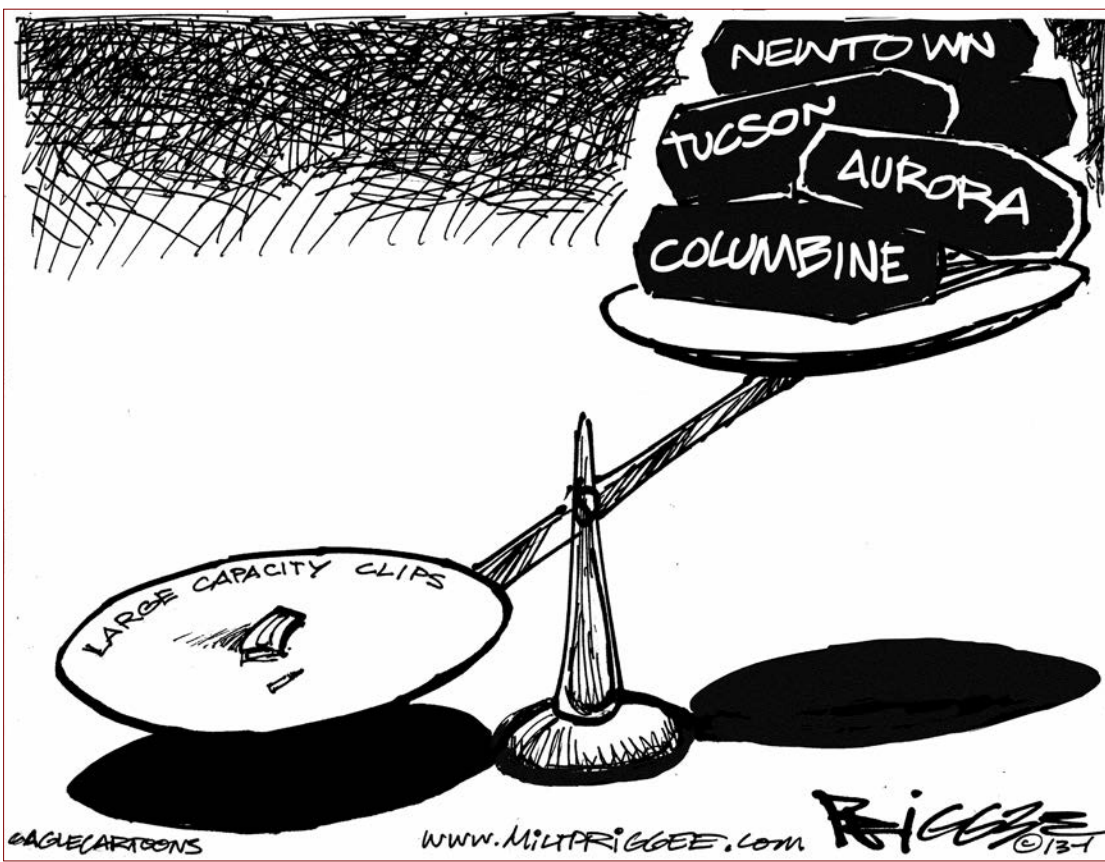
**To President George W. Bush:** Never heard the end of the "Bush lied and people died" mantra from the left. What was Kerry thinking in trying to build a presidential campaign around that theme? I guess I'm glad the man didn't become president if he's that clueless.

The point here is not to claim that one or any of these political leaders did or did not lie to the American people. The point is that investigating the accusation that they lied was, is, and will always be a legitimate - one might even add necessary - function of political opponents, the press, and the American people at large. If we want to be able to trust our leaders, then there have to be consequences for lying to us. We'll never change human nature. People lie, people steal, people commit all manner of sin. What keeps the sin in check is some sense that if caught there will be a consequence for those sins.

So, Madam Secretary, the reason that it makes a difference at this point as to who lied to America about Benghazi is because we want to make sure that affixing legitimate blame and meting out appropriate consequences sends a clear message to those who might be tempted to try such things in the future. As a smart women, trained lawyer and presumptive presidential candidate, you know that. Deterrence has always been, and will always be, a legitimate justification for punishments.

As a smart women, trained lawyer, and presumptive presidential candidate, Madam Secretary, you also know that if you had a hand in the lie, your political career would rightly be brought to an end, and you are willing to insult the memory and families of 4 dead Americans by claiming that none of this matters in order to keep your political dreams alive. That's pathetic.

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 Pasadena area with his wife and 3 children and is active in the community. He can be reached at [gregwelborn2@gmail.com](mailto:gregwelborn2@gmail.com)



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### Mountain Views News Mission Statement

The traditions of community newspapers 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.

JOE GANDELMAN

Independent's  
Eye



## WILL A MORE AGGRESSIVE OBAMA AND A RESURGENT 'MIGHTY MIDDLE' RESHAPE AMERICA?

Say a prayer. Put up a tombstone that reads "R.I.P." for three prevailing political conventional wisdoms that seem to be quickly biting the dust.

The first is that President Barack Obama will always go along to get along, will in the end inevitably choose a mediated, moderate course to gain partial victories. That conventional wisdom is on life support as the more aggressive post-re-election-election Obama stresses that he doesn't face re-election, he's had enough of Republican roadblocks, and he's going to draw lines in the sand. Being the first Democratic President since Franklin D. Roosevelt and the last President since Dwight Eisenhower to twice win a popular vote majority can do that to you.

Signs this CW was dying: Obama's ignoring GOP conservative opposition to do a full-court-press on naming former Senator Chuck Hagel as Secretary of Defense; Obama's strong fiscal cliff position that led to partial Republican capitulation; Obama's inaugural address which The Daily Beast's John Avlon called a Lincoln-esque liberal manifesto; and his decision to convert his legendary political operation into an activist group and political action committee. Will the Koch Brothers and Karl Rove's Crossroads GPS meet their match?

Let's see if former Mayor Rudy Giuliani and former Alaska Gov. Sarah Palin are still sneering about Obama being a lowly "community organizer" in 2014 and 2016.

The second decaying CW is that America's middle is dead. Immediately after Obama's 2008 election, I had lunch with a well-known commentator in New York City who accurately told me: "Joe, the center is under attack." And that's the way it was from the moment Obama took his first oath of office with Republicans blocking some of his key proposals to the birth of the moderate-Republican-hunting Tea Party, to the shellacking Obama and the Democrats received in the 2010 mid-term elections.

But now the center seems aroused -- and fed-up. Obama won re-election with a coalition of his party's base, rising demographic groups and, polls show, a big, fat chunk of moderate voters.

Democratic liberals and Republican conservatives (uh, oh, here come the political equivalency police) BOTH tend to dismiss it as "the Mushy Middle," but at key points throughout American history our political center has proven to be "The Mighty Middle" and there are signs of its resurgence again.

The moderate Republican group Republican Main Street Partnership decided to remove "Republican" from its name to try and attract centrist Democrats. Some strident radio and cable conservative talkers face ratings erosion. Liberal MSNBC's ratings are on the rise and center-hugging CNN could get more viewers as its new boss Jeff Zucker leaves his imprint. And poll numbers show a shift.

The Republican Party got a 49 percent negative number in a recent NBC News/Wall Street Journal, the lowest number since 2008, and only a 28 percent positive. The GOP's spiritual center, the Tea Party, got its lowest number yet: a 23 percent favorable rating. Republican pollster Frank Luntz, in an op-ed in the Washington Post, warned Republicans that they need to start watching their language, which will turn off more voters than attract them. In other words: to win elections Republicans must start sounding like serious problem solvers rather than aspiring talk radio hosts.

This is seemingly sinking in with (some) Republicans. Gone are threats about throwing the country into default. Senate Republicans vow there will be more compromise. Republicans at various levels now suggest the party is ready to do serious immigration reform, because they know the GOP needs binders full of Latinos to win future elections.

The third dying conventional wisdom is that Obama would be "another FDR," or "another Carter," as some say maybe he'll be "another Reagan." In reality, what we are likely seeing may be birth of a NEW "another" category -- the precise negative or positive meaning to be revealed by the end of Obama's term: one day a future President may be branded "another Obama."

*Joe Gandelman is a veteran journalist who wrote for newspapers overseas and in the United States. He has appeared on cable news show political panels and is Editor-in-Chief of The Moderate Voice, an Internet hub for independents, centrists and moderates. CNN's John Avlon named him as one of the top 25 Centrists Columnists and Commentators. He can be reached at jgandelman@themoderatevoice.com and can be booked to speak at your event at www.mavenproductions.com.*



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## STUART Tolchin.....On LIFE THINGS ARE LOOKING UP



Really I think there may be reason for hope. During the Presidential Debates I was becoming despondent. I was appalled by the fact that nothing important was even being talked about. I wrote a letter to the editor suggesting that the Debates be held on a melting glacier or a disappearing coral reef or in an unemployment line or anywhere that depicted the true problems facing the country and the world. I was sickened by the fact that, once again, we were being given the opportunity to vote for the Harvard Law Graduate of our choice. I was angry that the candidates looked like movie stars with beautiful wives and photogenic children.

Already you might be asking "what's wrong with beautiful people?" It's an interesting question. I guess my answer is that in a land where every person is created equal, those beautiful folk just don't look very equal. They look pampered and privileged and I just don't trust them. Do You? It is true that I feel a little differently about the Obama family. Yes, they all are ridiculously good-looking but somehow they're different. It's not just that they are African-American, it's some thing about the whole way they conduct themselves. I love that Michelle's mother lives in the White House and helps to take care of the kids. I love that the President and the first lady are involved in the kid's school and that Sasha's middle-school basketball team has her father as a Coach. Really, if Barack or Michelle were found to be having typical celebrity sexual dalliances, I don't think I could take it.

It isn't just about fidelity. There is something very accessible about this first family and even I feel a kinship with them. Last Thursday I went to the UCLA versus Oregon State game and sat right behind the President's brother-in-law as he coached Oregon State in a losing game against the Bruins. There he was, the first-lady's giant brother, visible to everyone for hours sort of like family. His team lost but he seemed like a gentle giant with great affection for his players. Sitting right under the basket, next to Kareem Abdul-Jabbar was A.C.Green, an Oregon State alumnus. A.C. Green, the ex-Lakers player was, famous during his playing days for advocating that men stay chaste prior to marriage. He even formed a foundation, which I think still functions, as a way of assisting young men to focus on their long-term goals. It feels odd just to talk about it and perhaps that is why A.C.'s attempts, quixotic as

they may be, seem so admirable.

There is something about discussions relating to restraint that is connected to my view that a different way of life is necessary for human beings to survive the continuing climate changes that are occurring all over the world and are, nevertheless, largely ignored - especially here in the United States. I was very happy to hear in the President's second inaugural speech his recognition of the problem and his stated determination to do something about it. It is possible that the President can issue Executive Orders which do not require Congressional approval that can have a powerful effect on reducing damaging emissions within the Country. Hooray for Richard Nixon who created the Environmental Protection Agency which authorizes this kind of Executive action. How ironic.

In addition, to focusing on the problem and issuing new directives, the President inevitably affects the sensibilities and the behavior of many Americans simply by the way he lives his own life. About three weeks ago I read in the L.A. Times an article about Uruguayan President Jose Mujica. The article describes this elected President as someone who donates 90 per cent of his salary to the government. He is someone who was imprisoned for fourteen years and, after release, struggled to survive. He lived in a ram-shackle structure, grew most of his own food, and drove only an old car. He became involved in politics and was elected to the State Senate and then was elected President; but, and it as an important but, he has not changed the way he lives. He still lives as frugally as possible with his wife, who is also a State Senator, and has become one of the most influential men in Latin America.

We, all of us, can live more rationally. I have lived here in Sierra Madre Canyon for almost thirty-five years. During that time I have watched as small cabins, including my own, have been razed or expanded into much larger homes. Children and families lived in these homes but after a time, the children have grown and the families have broken up. Now, most frequently, one or sometimes two people rattle around with their memories in these almost empty structures. It all seems so wasteful and probably, if unchanged, will contribute to our destruction.

Right now I have some hope that the world's population will adapt to new environmental conditions and that the President's new term will move us in the right (I really mean left) direction and allow present Americans and future generations of Americans to live in a nation of which we are proud.

## OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

## MY NEW YEAR'S DIET FITS ME TO A T-SHIRT



Personally, I sure will be glad when January is over. If confession is good

for the soul, then let me have a good soul cleansing and confess that January is not my favorite month of the year.

At the beginning of each year, a certain resident in our home begins acting like an angel and starts harping about a diet. But, not just "a diet." I could take that, I think. Rather, "my diet." What my diet has to do with her is a question I have yet to ask.

One of my New Year's resolutions is to ask no question I do not want to hear the answer. Believe me when I say ignorance is bliss.

The Gracious Mistress of the Parsonage is a health nut, whereas, I am just a plain nut with lots of fudge icing on the top. As nuts are concerned, I prefer nuts with fudge icing.

Every year right after Christmas and before the New Year comes in, my wife and I have this conversation about the upcoming diet. I need to correct myself here. When I use the word "conversation," I probably should use the word "monologue." When it comes to diets, I have absolutely nothing to say. My wife on the other hand, has plenty to say and when she is saying it to me, she holds nothing back.

When it comes to diets and dieting, I have my own ideas about the whole matter. I do not see myself as fat, just post-thin. For arguments sake, let's say I am fat. I take refuge in the Bible along this line, which says, "All the fat is the Lord's" (Leviticus 4:16b KJV).

If I was to argue with my wife, which I promise you I am not going to, I could lay all of the blame about my being post-thin on her. I have pictures to prove my point. Before we got married, I was very thin. Now look at me! I don't have to draw a picture for you, do I?

Along this line of diets, I think I am doing rather well. I have come up with ideas that have made me quite comfortable along this line.

Last week I bought a dress shirt and brought it home. When I tried it on it was three sizes too big for me making me look rather thin. I love that shirt. That shirt was made for people like me. Every time I wear that shirt in public somebody usually says, "You must've lost a lot of weight." I just smile.

I have other shirts in my closet that have brought me no end of grief. Here is what I want to know. Why do my shirts get thin but I don't? After all, we go to the same places and eat at the same restaurants. There is something here I believe I am missing!

Whenever I am off on a trip somewhere my wife always says just as I leave, "Make sure that you watch what you eat while you're away."

I am delighted to report to her or anybody else who will listen that I always watch what I eat. After all, I would hate to take a bite of broccoli by mistake. Therefore, I watch every bite I eat to make sure it is as delicious as possible.

My wife is always encouraging me to eat more fruit. I believe fruit is a matter of personal opinion and preference. My wife believes that bananas are fruit. I, on the other hand, believe that a banana split is fruit.

My wife has the idea that an Apple a day keeps the doctor away. I have a different slant on that idea. I believe an Apple Fritter a day keeps everybody away.

When it comes to salads, my wife is the crowned queen of salads. She has a golden touch when it comes to making salads. If I am not careful, she will serve me a salad three times a day. Another thing I need to watch out for with her salads. Occasionally, she will try to slip in some form of broccoli. For some unknown reason she believes broccoli is the panacea for all ills nutritionally.

As diets come and go, my diets usually go without leaving a trace behind them. Years ago, I got serious about a diet and was determined to lose 25 pounds of ugly fat. Much to my chagrin, I lost the other fat instead. Now look at me!

The diet phase is beginning to run its course as we come to the close of January. Towards the end of January, my lovely bride begins thinking of Valentine's Day. For me, whatever gets her attention off my diet is good news any day of the week.

I suppose it is true what people say that you are what you eat. I further suppose that it is important to eat the right things. Not only is that true physically but also spiritually. The Bible has something to say about this.

"As newborn babes, desire the sincere milk of the word, that ye may grow thereby" (1 Peter 2:1 KJV).

Nothing is more important in my daily routine than feasting on the Word of God. I may not do very well on my physical diet, but I do take special care about my spiritual diet.

Rev. James L. Snyder is pastor of the Family of God Fellowship, PO Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. E-mail jamesnyder2@att.net











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