

## The Friends of the Sierra Madre Library 43rd Wine Tasting

Sunday, February 17th, 2013 from 2:00 to 5:00 pm

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Friends of The Sierra Madre Library is a non-profit organization. Tax ID 95-6100331. All proceeds benefit the Sierra Madre Library

## COUNCIL RETAINS COLANTUONO AND LEVIN AS CITY ATTORNEYS

Shortly after election to office, Sierra Madre Councilman Chris Koerber expressed concern over the cost of retaining our current city attorney - the firm of Colantuono and Levin, and suggested that the city compare the services of other firms to make certain that our legal expenses were reasonable and competitive.

In October, 2012 a Request For Proposal was sent to 46 law firms. Of that number, 13 firms expressed an interest.

The council formed a subcommittee to review the proposals. That committee was made up of Councilmembers

John Harabedian, John Capoccia, Koerber and City Manager Elaine Aguilar.

After review, it was decided that two firms were best equipped to serve the City of Sierra Madre. Those firms were Colantuono and Levin and the firm of Richards, Watson and Gershon.

Both firms have extensive experience in various aspects of Municipal law and to the surprise of many, there was not a significant difference in cost between the two.

The full council interviewed both firms in closed session and at council

meeting Tuesday, the members individually disclosed their findings.

In a 3-2 vote, the council decided to continue its relationship with Colantuono and Levin. Councilmen Koerber and Capoccia expressed a preference for Richards, Watson and Gershon and Councilwoman Nancy Walsh, Mayor Josh Moran and Councilman Harabedian chose to continue with Colantuono and Levin.

Colantuono and Levin has been serving as Sierra Madre's City Attorney since 2003. S. Henderson/MVNews

## "I LOVE MY LIBRARY" CONTEST WINNERS SELECTED



An amazing 188 talented local students in grades K – 8 entered the Sierra Madre Public Library, I Love My Library drawing and essay contest. Cash prizes awaited 17 of them. Those in grades K – 2 created drawings showing why they love our library and those in grades 3-8 wrote an essay telling why they love our library. Judges awarded prizes per grade level, city-wide. Entries were due by January 31at the Library and the winning entries were announced on Valentine's Day, February 14.

### Kindergarten

First Place Emerson Carrillo Vincent Mayfield Junior School  
Second Place Kodiak Ellis, Sierra Madre Community Nursery School

### First Grade

First Place Shane Vandavelde, Sierra Madre School  
Second Place Betsy Cole, Sierra Madre School,

### Second Grade

First Place Mila Burns, Sierra Madre School,  
Second Place Sofia Mathews, Sierra Madre School

### Third Grade

First Place Gracie Andres, Sierra Madre School  
Second Place Michael Sasa Butman, Sierra Madre School

### Fourth Grade

First Place Claire Senft, Highland Oaks School  
Second Place Sarah Muqri, Sierra Madre School

### Fifth Grade

First Place Teresa Fundter, St. Rita School  
Second Place Emma Dillion, St. Rita School

### Sixth Grade

First Place Lauren Anastasia, The Gooden School  
Second Place Russell Moore, The Gooden School

### Seventh Grade

First Place Tiana Lopez, The Gooden School  
Second Place Tim O'Neill, St. Rita School

### Eighth Grade

Noelle Martinez, The Gooden School

Photo by S. Hendeson/MVNews

### City of Sierra Madre

#### Public Hearing Notice

**From:** The City of Sierra Madre  
**Subject:** MUNICIPAL CODE TEXT AMENDMENT 12-01 (MCTA 12-01)  
**Applicant:** City of Sierra Madre  
**Project Location:** Properties in the City of Sierra Madre, County of Los Angeles, State of California

The City of Sierra Madre gives notice, pursuant to State of California law, that the City Council will conduct a public hearing to consider a text amendment to Municipal Code Chapter 5.56 relating to baths and massage establishments, and Chapter 17.36 relating to permitted uses in the Commercial Zone. The purpose of the amendment is 1) to conform the City's massage regulations to State requirements pursuant to Division 2 of Chapter 10.5 of the Business and Professions Code, and 2) allow massage therapy as a stand-alone permitted use in the City rather than as an accessory to a permitted use. The proposed amendments will establish one regulatory scheme for massage services to create a consistent and clear process for applicants and will enable consumers to identify legitimate massage workers, thus protecting the health, safety, and welfare of the City. At their meeting on February 7, 2013, the Planning Commission recommended approval of MCTA 12-01 to the City Council.

#### DATE AND TIME OF HEARING

City of Sierra Madre  
City Council meeting  
**Tuesday, February 26, 2013**  
(Hearing begins at 6:30 p.m.)

#### PLACE OF HEARING

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

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

**ENVIRONMENTAL DETERMINATION:** This ordinance is exempt from CEQA pursuant to CEQA Guidelines § 15061(b)(3), 15301 and 15303 for numerous reasons. First, only a limited number of massage therapist businesses have ever applied to do business in the City, and this is not expected to change. Thus, the impact of this ordinance will affect only a handful of parcels at most. Second, if any massage therapy uses are authorized, they would be for facilities that meet the requirements of 15301 or 15303, as such uses are typically small in size, and would be expected merely to update the interior of existing structures, or to build a very small new structure. Third, massage therapy uses are not significantly different in the impacts that they create from other uses already authorized in the commercial zone, such as nail salons, barber shops, and day/health spas (which already authorized accessory massage therapy uses), and such uses are already authorized via home occupation permits. Fourth, revising the procedures by which certification is issued to massage therapists does not affect traffic, noise, or have any other environmental impact.

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

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## Weather Wise

## 5-Day Forecast

## Sierra Madre, Ca.

<b>Mon:</b>	Sunny	Hi 60s	Lows 40s
<b>Tues:</b>	Rain	Hi 60s	Lows 40s
<b>Wed:</b>	Rain	Hi 50s	Lows 30s
<b>Thur:</b>	Sunny	Hi 60s	Lows 40s
<b>Fri:</b>	Sunny	Hi 60s	Lows 40s

Forecasts courtesy of the National Weather Service



## THE SIERRA MADRE KIWANIS CLUB

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WE MEET WEEKLY AT THE LODGE (FORMERLY

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WHEN WE MEET AT 7:45AM. VISITORS ARE ALWAYS WELCOME!

JOIN US, MEET YOUR NEIGHBORS, HELP YOUR COMMUNITY,

AND HAVE SOME FUN!



## SIERRA MADRE OLDER AMERICAN OF THE YEAR NOMINATIONS NOW ACCEPTED

The City of Sierra Madre Community Services Department and the Senior Community Commission is seeking your assistance to find the 2013 Older 'Sierra Madre' American of the Year. Nominated individuals must live in Sierra Madre, demonstrate outstanding community service and be age 60 or older. Nomination forms can be obtained from the Hart Park House Senior Center, Community Recreation Center, City Hall, Sierra Madre Public Library or by contacting the Senior Services Desk at (626) 355-7394.

Nominations are due by Monday, February 18, 2013 and can be dropped off at the Hart Park House Senior Center or mailed to City of Sierra Madre, c/o Older American Nomination, 232 W. Sierra Madre Blvd, Sierra Madre, CA 91024. The Senior Community Commission will discuss nominees and announce the honoree at their regular scheduled meeting on March 7, 2013 in the Sierra Madre City Council Chambers. The honoree will also be recognized at a reception held in their honor on May 10, 2013.

## CIVIC CLUB TO HOST MIXER

Sierra Madre Civic Club is hosting an informal mixer for new and prospective members on Thursday, February 21st from 7:00 to 8:00 P.M. at 329 W. Grandview Ave.

If you have wondered what the Civic Club does and how you can be part of the many ways the club serves the community and our residents, come and meet the board members. See how Civic Club supports philanthropic grants and scholarships that directly benefit the town and its students, and how Civic Club is involved in City events such as the Mount Wilson Trail Race, the Wistaria Festival, Huck Finn Day, Halloween Window Painting and the decorating and maintenance of the City Hall Rotunda and more. Discover the social side of Civic Club as well with recent outings to the L.A. River Walk, various museums and the Sierra Madre Playhouse.

The Club is open to all women who reside in Sierra Madre and the vicinity. If you would like to attend the mixer, please contact Kari Janzen via email at [jlkanzen@roadrunner.com](mailto:jlkanzen@roadrunner.com) or Chandy Shair at [cshair831@gmail.com](mailto:cshair831@gmail.com).

If you cannot attend the mixer, you are invited to come to a monthly general meeting the second Thursday of each month (except for Aug. 8) at 7:30 P.M. in the Hart Park House, Memorial Park.

## 1630 AM EMERGENCY RADIO &amp; 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).

## 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:

## STATE OF THE CITY ADDRESS

February 19, 6:30

The Sierra Madre Room  
Sierra Madre Recreation Center

February 26, 2013 6:30pm

Regular City Council Meeting

## COMMUNITY EVENT CALENDAR:

2/17 - Sierra Madre Friends of the Library Wine Tasting

2/19 - SM Emergency Communications Meeting @ Only Place in Town

2/19 - City of Sierra Madre: State of the City Address

2/20 - Alverno High School: Groundbreaking Master Plan Phase 1

2/21 - Sierra Madre Historical Preservation Society: Hart Park House Plaque Presentation

2/22 - City of Sierra Madre: Excursion to Fashion Institute of Design &amp; Merchandise

2/27 - Sierra Madre Woman's Club: 106th Birthday Tea &amp; Sierra Madre Music

2/28 - Sierra Madre CERT Training



## VILLAGE VINE ONLINE (FORMERLY 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 & Tina Salvatore  
'CANTERBURY TALES'

THURSDAYS - Noon Catherine Adde's  
OUR TRAVEL AFFAIR

FRIDAY - Noon Gene Goss'  
VILLAGE INTERSECTIONS  
Gene's guest on Village Intersections at Noon on Friday is Ed Chen, Chamber of Commerce President

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**Mosaic Workshop**  
March 6, 13, and 20  
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Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

## Sierra Madre Search and Rescue Log

2013 has started out quietly for the Sierra Madre Search and Rescue (SMSR) Team. The team responded to three calls for assistance.

**Missing Hiker, San Gabriel Canyon:** The Team responded to the West Fork area of San Gabriel Canyon to support the San Dimas Mountain Rescue Team in the search for a missing hiker. The initial request came at 12:30 a.m. on the 13th. Several small 2 and 3 person search teams were assigned the task of covering all the trails and side canyons near the Bear Creek area. Ground searchers were joined by helicopters that aided in the search effort and insertion of field crews at key locations. Additional SMSR personnel assisted the incident commander (IC) at the command post with generating detailed maps of the search areas, crew assignments, and logging details of areas that had been searched. As field crews were returning to the command post and preparations were underway for operations the next day, the missing hiker was located near the West Fork Road below Cogswell Dam. The hiker was cold and had been slightly injured in a fall. He was treated by rescuers and transported to

a local hospital by LA County Fire helicopter. The operation was secured at 7:30 p.m.

**Team Training, Mount Baldy:** Readers are familiar with SMSR's response to emergencies in our local mountains, but are less familiar with the training that goes into preparing for these emergencies. The ability to safely spend extended periods of time in the mountains during any conditions is essential in ensuring team members can help a lost or injured individual. A good example of how the team prepares is illustrated through the recent winter training the team held on Mt. Baldy January 11-12. Team members hiked into the Baldy Bowl area above Manker Flats and established a camp in the snow at approx. 8,500 feet above sea level. This gave newer team members an opportunity to practice camping skills in winter conditions and refine their personal skills and seasoned members a chance to expand and share their skills. The ability to safely take care of oneself is vital before a rescuer can render any aid. Overnight temperatures into the single digits reminded everyone that our local mountains can be inhospitable places for those that are not prepared.

A cold and clear morning dawned for what would be a full day of training in the snow. Team members split into two groups with one group working on ice ax self-arrest and snow travel skills while the other built a series rescue systems. Patient packaging and evacuation skills in winter conditions were all part of the training program. These hours of training and practice contribute to the team's readiness and ability to respond, as our motto says, "Anywhere in the wilderness that someone needs help..."

For over 60 years the all-volunteer Sierra Madre Search and Rescue team has been responding to calls for help in the local mountains and beyond. Funded entirely by private donations, SMSR provides a range of public programs on wilderness safety in addition to its search and rescue activities. The Team never charges for any of its services.

For more information, including how to arrange a wilderness safety demonstration for your school or group, visit [www.smsr.org](http://www.smsr.org).

## CHAMBER OF COMMERCE RIBBON CUTTING FOR NEW SIERRA MADRE BUSINESSES



Sierra Madre, CA, February 12, 2013 – Lily Buckner and Yvonne Fata celebrated their businesses' grand opening with a Chamber of Commerce ribbon cutting followed by a reception with friends, families and colleagues on Thursday, February 7. Chamber of Commerce President Ed Chen led the ceremony and was joined by Board Members Noah Green, Susan Henderson and Madeline Ramo. Also offering their congratulations to these entrepreneurial women were Mayor Pro Tem Nancy Walsh representing the City of Sierra Madre and the office manager from State Assemblymember Chris Holden's office.

Lily Buckner of Lily Spa and Beauty is a licensed massage therapist and esthetician. Lily specializes in eyelash extensions and is an Xtreme Lashes® Certified Stylist. Xtreme Lashes®, a global leader in field, requires hands-on training sessions for certification. In addition to Swedish and deep-tissue massage, Lily is offering massage using Aroma Touch Techniques and doTERRA (CPTG) Certified Pure Therapeutic Grade® essential oils.

Yvonne Fata offers Classic European facials, microdermabrasion and epidermal leveling, organic and pumpkin facials and multiple types of skin peels. Yvonne currently uses product lines such as Osmosis, an organic botanical skin care line, and Jan Marini, a medical-grade line. Yvonne also offers waxing services literally from head to toe, with a strict policy against "double dipping" to protect the client's health.

These two independent businesses are conveniently located south of Kersting Court at 24 West Sierra Madre Boulevard, upstairs in Suite E. For appointments, gift certificates and more information about services, contact Yvonne Fata at (626) 485-9845; and Lily Spa and Beauty at [lilybuckner@me.com](mailto:lilybuckner@me.com) or (626) 755-3240.

*Above: A staff member on behalf of State Assemblymember Chris Holden presents Yvonne Fata and Lily Buckner certificates in recognition of the grand opening.*

## Sierra Madre Police Blotter

**February 4-10, 2013**

No residential burglaries have been reported in the City of Sierra Madre since January 31, 2013. This is the largest time gap between burglaries since the trend started in mid-December 2012.

**Monday February 4, 2013**

At noon, a 25 year old male (no further description) walked onto a property under construction in the 100 block of Rancho Road and took an air compressor. As the site is frequented by a number of construction workers, witnesses did not take particular note of this individual walking away with the item.

## "AN EVENING OF HART"

Have you ever wanted to speak to someone from History?

Well, on Thursday, February 21st you will be able to do just that. Come join us at the Hart-Park House to experience and evening with John Jacob Hart, one of the founding businessmen of our city. Learn about his family and his life before moving to Sierra Madre. Hear how he started the winery on 40 acres, and how this land was later transformed. The Sierra Madre Historical Preservation Society invites you to "An Evening of Hart".

This program is free and is presented by the Historical Preservation Society on Thursday, February 21st at 7:15 P.M. at the Hart Park House in Memorial Park. Light refreshments will be served.

## PLANTING HISTORY – NEW GARDEN AT THE MUSEUMS

Submitted by Chris Bachwansky



*SMHPS member Norma Bachwansky, garden designer Orchid Black, SMHPS President Amy Putnam and SMGC President Glenn Putnam pause for a moment to survey the progress made at Lizzie's and Richardson House.*

**On Sunday the 10th** there was a beehive of activity at Sierra Madre's two museums, Lizzie's Trail Inn and Richardson House, as ground breaking began for the site's new bird and butterfly friendly garden. The garden is a joint project of The Sierra Madre Garden Club and the Sierra Madre Historical Preservation Society (SMHPS).

A team of 21 volunteers from both groups cleared vegetation and cleaned up existing beds. Garden designer Orchid Black, President of the California Native Plant Society and owner of Native Sanctuary, was on hand to survey the site for a new garden plan that she is donating to SMHPS.

The design will emphasize local plants, many of which can be found along the Mount Wilson Trail and will be have name tags for identification, good water management, and attract many birds and butterflies to the area. According to Orchid Black, native plants are best planted at two different times during the year, so the garden will be planted in stages.

SMGC President Glenn Putnam remarked, "The day was a big success. Both groups accomplished a lot of cleanup and now the new garden can begin to take shape. A big thank you to all of our club members who helped make the event such a success!"

SMHPS President Amy Putnam said, "This is progress toward making the Museums even more interesting and informative for our community. I'd like to thank all the members of the Garden Club and the Historical Society who assisted with the initial landscaping effort. Stay tuned, and watch our garden grow."

The Sierra Madre Garden Club meets the second Monday of the month at 6:30 for dinner or 7:15 for just the general meeting and program at the Hart Park House in Memorial Park. The Historical Preservation Society meets the third Thursday of the month at 7:15 Hart Park House. For more information, visit the SMGC at [www.smgardencub.shutterfly.com](http://www.smgardencub.shutterfly.com) and the SMHPS at [www.smhps.com](http://www.smhps.com) or email [smhps@outlook.com](mailto:smhps@outlook.com).

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## JPL Scientists: No Connection in Asteroids

By Dean Lee

Researchers at JPL have ruled out and any connection between two asteroid related events Friday, one injuring over a 1,000 people as it streaked across the sky exploding over Russia's Ural Mountains, and the other, asteroid 2012 DA14, a 160 foot long, 190,000 metric ton rock, missing earth by just17,150 miles.

Paul Chodas, research scientist in the Near Earth Object Program Office at JPL explained why the two events were not related.

“Our estimates are based on things like the direction of approach,” he said. “Which we believe was approximately north to south [for the Russia event], as far as we can tell from the many YouTube videos. Another reason is that the velocity was much greater than we would have expected from a remnant, something related to DA 14.”

Chodas also said the meteorite that hit Russia had an orbit that originated from the asteroid belt, “The orbit of asteroid 2012 DA14 is more Earth like, it does not go out so far.”

Bill Cooke, lead for the Meteoroid Environments Office at NASA's Marshall Space Flight Center in Huntsville, Ala. said the meteoroid that hit over Russia entered the atmosphere at 40,000 miles per hour blowing out windows and knocking down walls. Reports said at least 1,000 people were injured.

“This rock was about 15 meters in diameter, it was a weight of about 7,000 metric tons,” he said later adding that the fireball trail was over 300 miles long. He said the force from the explosion was equivalent to a nuclear bomb, measuring between 300 and 500 kilotons.

The meteoroid hit at 9:28 a.m. Russian time he said.

Chodas said this was the largest recorded event since the 1908 Tunguska explosion, which a meteor, scorched over 800 square miles of forest in Russia.

## Pet of the Week



Finn is an active four-year-old Pointer mix. He enjoys going for walks in the park. He's also been out on our Mobile Outreach Unit and did very well interacting with people. An active household would be great for him

Finn's regular adoption fee is \$125, 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. Ask an adoptions counselor for more information during your visit

Call the Pasadena Humane Society & SPCA at 626.792.7151 to ask about A319904, 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).



Terry Tornek

## A No Show for Council Candidates

By Dean Lee

The only candidate to show up Friday during the last in a series of debate forums was District 7 Incumbent Terry Tornek fueling speculation that the candidates were dodging questions related to scathing accusations about them, from owing guns, harboring registered sex offenders to the legitimacy of their residencies.

“All city council candidates were invited to be here,” Moderator and Publisher of Pasadena Now, James Macpherson told the audience of about 100. “In District 3, Rev. Dr. Nicholas Benson never responded in any way to the invitation, Also District 3, Ishmael Trone accepted the invitation to be here tonight and is not here. Also district 3, John Kennedy accepted the invitation, as of this afternoon was coming. Representatives from him campaign came here tonight to say he is not coming.”

Reports in the Pasadena Weekly published Thursday,

raises questions about all three candidates.

The article alleges that Benson lied about many things including his age and assumed names. He also lives with his family, including two children ages 15 and 11, at the same address as two registered sex offenders. The paper also accuses Benson of not attending USC or the Fuller Theological Seminary as claimed.

Trone is under investigation by the Los Angeles County District Attorney's Office amid allegations he lives outside the district in Altadena. Trone's opponent, Kennedy is now also under investigation of mail theft after a private investigator, and Kennedy supporter, leaked Trone's personal mail showing an Altadena address.

The paper also claims all three candidates have criminal records, or had legal troubles, including Kennedy who was acquitted of a shooting in Northwest Pasadena in 1993. Trone was charged in 1997 with

misdemeanor gun possession after being stopped by security at Bob Hope Airport. All three own guns, including a shotgun, 9mm handgun and a .22-caliber handgun according to the paper.

Terry Tornek spoke briefly Friday night saying that city council has two primary duties.

“The city council is really responsible, directly, for two things” he said. “The budget and planning and development. Those are the things I have focused my attention on. I am the chair, now, of the budget finance committee.” Tornek also made note that he was the city's planning director in 1982.

Tornek and District 5 councilmember Victor Gordo are both running unopposed.

## PCOC Board Returns Michael Ross as CEO

An independent review of a personnel matter involving Pasadena Center Operating Company (PCOC) Chief Executive Officer Michael Ross has been completed. The PCOC Board of Directors considered the matter at its board meeting last night, February 11, 2013. Mr. Ross will return to work in his position as PCOC Chief Executive Officer on February 19, 2013. The PCOC Board of Directors looks forward to continue working with him.

Pasadena Assistant City Manager Julie Gutierrez will step down as Acting Chief Executive Officer for PCOC upon Mr. Ross' return. The Board had placed Mr. Ross on a paid administrative leave of absence on Dec. 13, 2012 pending the conclusion of the review.

PCOC is a 501 (c) (4) nonprofit corporation wholly owned by the City of Pasadena that manages the Pasadena Conference Center, the Pasadena Civic Auditorium, the Pasadena Convention & Visitors Bureau and the Pasadena Ice Skating Center. PCOC was one of the first independent nonprofit organizations in the United States to combine its facility operations and destination marketing efforts.

## Associated Students Committee Sponsors ‘March in March’

The Pasadena City College Associated Students Lobby Committee is sponsoring PCC students to join a statewide march for higher education in Sacramento on Monday, March 4.

Called “March in March,” this event is free to PCC students registered for Spring 2013. The trip includes free airfare, food, and ground transportation. Limited seats are available so register soon and sign up in the Office of Student Affairs in the PCC Campus Center, Room 105.

Mandatory informational meetings will be held in the PCC Circadian on Feb. 19 from noon to 1 p.m., and Feb. 20 from 5:45 to 7 p.m. A \$20 deposit is required at the mandatory meeting but will be returned the day of the trip.

For more information, please contact Simon Fraser, Associated Students president, at [swfraser@pasadena.edu](mailto:swfraser@pasadena.edu).

## MWD to Shutdown Pipeline

*Residents asked to curtail water use during shutdown*

Pasadena residents will have to reduce their water use as the city declared a Level 4 water shortage banning outdoor watering and requires other water-use restrictions throughout the city— while a major imported water pipeline is taken out of service for eight days beginning Thursday.

“Even though this temporary cut in our supply is severe, we are confident Pasadena will once again rise to the challenge and cut back on daily water use, so that we all have enough water for drinking and vital indoor uses,” said Phyllis Currie, Pasadena Water and Power general manager.

Metropolitan's chief operating officer and assistant general manager, Debra Man, said the district routinely schedules shutdowns of its facilities in the winter and early spring, when temperatures usually are cooler and demands are lower, to complete inspections and perform maintenance and upgrades with the least impact on consumers.

“One of the biggest challenges to ensuring

reliable deliveries is the constant need to repair and upgrade aging facilities,” Man said, noting that more than 40 percent of the district's water system is over 60 years old. Construction of the Upper Feeder—which is comprised of tunnels, mortar-lined pipelines, and buried steel pipelines—started in 1933 and ended when water was first delivered to Pasadena in November 1941.

Officials said in preparation for the shutdown, residents and businesses are asked to do their part to ensure reservoirs and local supplies aren't drawn down. Depending on the availability of local supplies, water conservation steps include no outdoor watering, hand-washing vehicles, filling swimming pools or spas, or hosing down driveways and sidewalks. Other water-saving measures include running only full loads in washing machines and dishwashers, not leaving the tap running when washing dishes, keeping showers to a maximum of 5 minutes and not leaving the water running while brushing your teeth or shaving.

They added that residents can visit [www.mwdh2o.com](http://www.mwdh2o.com) and [www.bewaterwise.com](http://www.bewaterwise.com) for the latest information on the planned shutdown.

## 31st Annual Black History Parade and Festival

The Begins Annual Black History Parade at 10:00 a.m. at Charles White Park in Altadena, heads south on Fair Oaks Avenue and ends at Robinson Park, 1081 N. Fair Oaks Ave. After the

parade, from noon to 4:00 p.m., enjoy the Black History Festival at Robinson Park. Food for purchase, fun activities for kids, special displays, music and other entertainment.

## Civil Rights Activist Connie Rice to Speak at PCC



Pasadena City College will present a lecture by Connie Rice, prominent civil rights activist and lawyer, on Thursday, Feb. 21, in Creveling Lounge beginning at noon.

Rice will be discussing her book “Power Concedes Nothing,” which is a memoir of her life and career. She has received more than 50 awards for her work in expanding opportunity and advancing multi-racial democracy.

“I heard her speak and I got the book right after,” said Beverly Tate, assistant professor in PCC's English

Division.

Rice has been designated by the California Law Business Journal as one of the top 10 most influential lawyers in the state two times. While in law school, Rice worked extensively on capital punishment cases at the NAACP Legal Defense and Educational Fund. After she graduated, she clerked for the Honorable Damon J. Keith at the United States Court of Appeals Sixth Circuit before heading back to California and establishing herself as “the voice of Los Angeles’ oppressed.”

Rice, a second cousin of former U.S. Secretary of State Condeleeza Rice, is also the co-founder and co-director of the Advancement Project in Los Angeles, an organization dedicated to closing the opportunity gap and helping members of all communities have the safety, opportunity and health needed to thrive.

This event is free and open to the public.

## 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 and

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

**Orientation:**  
**Producers' Training**  
**Camera**  
**Character Generator**  
**Lighting**  
**Audio**  
**Video Tape Operator**  
**Technical Director**  
**Stage Manager**  
**Teleprompter**  
**Citizen Journalism**  
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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.

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 Thursday
Every Thursday

“What’s Going On?”

News and Views from Joan Schmidt



Every month, I attend the Arcadia Chamber of Commerce’s Government Forum. There is always an interesting guest speaker/s enlightening us with information on a very pertinent topic. We have had Supervisor Mike Antonovich educate us with important county issues, Secret Service agents alert us about counterfeit money, Steve Scauzillo give an update on the water situation, and Metro Line updates us, just to mention a few. At one of the meetings, I met Verena Somer. This remarkable woman is the principle consultant of *The Service Advisors* and a leading designer and proponent of the “Culture of Service Movement”. For over 25 years, she has worked with corporate and small business clients and is skilled at customizing “no cost” strategies and tools for promoting business access.

At a meeting a few months ago, Verena was very excited about a book, *U Touch I Tell*. This book gives a very important message to children and is presented in a kid-friendly manner. Verena mentioned the author, Chi Hosseinion, would be at the Duarte Festival of Authors with her book. Chi herself was a victim of sexual abuse as a young child. The abuser was a friend of the family, so it was difficult for Chi to tell anyone about the abuse.

In the Forward of “U Touch I Tell”, Dr. Polly Dunn, a child psychologist, mother of four, and founder of [ChildPsychMom.com](http://ChildPsychMom.com) elaborates the book’s purpose: “to teach children how to respond if they are ever touched inappropriately by an adult or other child”. Dr. Dunn notes that “In this book, inappropriate touch is defined clearly as any part of a child’s body that would normally be covered by their bathing suit”. (This is a good description for children.) Dr. Dunn feels “the simple no-nonsense message of “U Touch I Tell” arms children with both knowledge and courage to tell someone if anyone ever touches them inappropriately. Children of all ages will be able to understand the message of this upbeat and empowering story.”

U TOUCH I TELL: A MANDATORY LESSON FOR ALL CHILDREN

For several years, I was on the Duarte Education Foundation and each year, we spent a long meeting going through ALL Duarte Unified teachers’ (Grades K-12) grant applications. What a variety of grants were given-from class sets of dictionaries for elementary students to buses for High School field trips to the Museum of Tolerance. I am sure ALL School District Foundations raise monies for various classroom needs, not just Duarte Unified School District. After purchasing *U Touch I Tell*, I begin to think,” Wouldn’t it be wonderful if sets of this book could be purchased for elementary classrooms, and a few days set aside each year to cover this topic?”

For twenty-five years, I taught at Annunciation Catholic School. When I began, we had a few weeks set aside for the “Family Life” Program. In my last years, a program was adopted to cover the topic of sexual abuse. There were two large binders to cover grades K-8 and we shared the Program with Holy Angels School. Within these two large binders were lessons and worksheets to Xerox for Grades K-8. This undertaking was time consuming and costly, but it was for the safety of our children, so we were grateful to have the opportunity to provide this service.

When Verena told me about the book, I became enthused also. After purchasing a copy, and reading the book, I thought it would be a great tool for teachers. An investment of a complete set of these books for lower grade classrooms would be great. The books are soft covered, the story is only 28 pages, but the lesson it teaches is immeasurable. I am hoping that teachers from both public and private schools read this column, go on line and learn more about *U Touch I Tell*, become enthused and find out if this book-a great tool to teach a lesson- can be implemented in their school.

A “U Touch I Tell Foundation” has been formed. It is a 501 (c)3 nonprofit with the distinct purpose to empower the community through prevention and awareness. It also is dedicated to providing platforms of support to children and victims of sexual abuse. Please go to [www.UTouchITell.org](http://www.UTouchITell.org) for more information.



THE ROOTS OF VALENTINE’S DAY

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)]

Every Sunday outdoors under a large banyan tree in Highland Park, there is a spiritual studies presentation on topics of current interest. The outdoor talks are sponsored by WTI (see [www.wtinc.info](http://www.wtinc.info) for details and schedule of upcoming talks.) Last Sunday the topic was Valentine’s Day, and everyone learned that there was a very real person – and possibly two – that this day is named after.

February 14 is the day set aside to commemorate a real historical person named Valentinus. With just a little bit of research, we learn that this Valentinus person was stoned, clubbed, and beheaded in about the year 270 A.D. He was violently killed by an unruly mob. That’s the meaning buried there in that word “martyr.” But why? And how have we come to associate Valentinus with chocolates and hearts and lovers?

It turns out that there were at least two people called Valentinus – possibly more – who lived in the 2nd and 3rd Centuries. One – who the Catholic Church now called Saint Valentine – was beheaded in 270 A.D. Another Valentinus lived about a century earlier and founded one of the most important sects of Gnosticism. He was born in Egypt and educated in Alexandria. He settled in Rome during the reign of Pope Hyginus and taught there for more than 20 years. He attracted a large following to his beliefs, due in part to his intelligence, his eloquence of speech, and his impeccable arguments. But the teachings of this Valentinus differed in some ways from the Christian church of that time, and when the office for the Bishop of Rome opened up, he was not selected. Valentinus then chose to break off from the Christian church, left Rome, and continued to develop his doctrines as he saw fit.

There are no original surviving documents from the teachings of Valentinus. So, if you want to discover what he actually believed and taught, you have to study fragmentary quotations found in the writings of his orthodox Christian opponents. Through research, we learn that Valentinus was influenced by Plato (the main source of the teachings of Socrates), Zoroastrianism, and Christianity. Valentinus also spoke of a spiritual realm which he called Pleroma, which consisted of “emanations” evolving from an original divine being. These have been described as the layers of an onion, with each layer being a wholly complete reality. It’s all very

interesting, though it’s all a bit second-hand because whatever Valentinus wrote was apparently “lost” or destroyed by opponents. The term Gnosticism came from the word “gnosis,” defined as spiritual knowledge. Those who followed this line of study were called the Gnostics, and many were referred to as Christian Gnostics. But by the third century, the more orthodox Christian church (and the political power of the day), decided to oppose and persecute the Gnostics. By the end of the third century, Gnosticism as a distinct movement had largely disappeared. Now, here’s the quiz: Where in all this did you hear anything about chocolates, hearts, greeting cards, bunnies, jewelry, roses, or lace underwear? Plus, there doesn’t appear to be any historical connection with any of the individuals named Valentinus with the date of February 14. It turns out that in the pre-Christian days, there was a celebration in honor of Lupercus, a pastoral god, sometimes identified with Faunus or Pan. Faunus is depicted as having the body of a man but the horns, pointed ears, tail, and hind legs of a goat. That is, Faunus is more or less identical with the satyr, who was said to be lecherous, lustful, and always ready to party. The pre-Christian observance of this day was called Lupercalia, which fell on February 15. Most of what people do today in the name of “celebrating St. Valentine’s Day” has its roots in the ancient feast of Lupercalia. On Lupercalia, cards were given (often with subtle or overt sexual overtones), and men reportedly chased women through the streets (sounds somewhat like Mardi Gras). It is difficult to ascertain why the commemoration of Valentinus was used to supplant, uplift, and supercede the already-existing commemoration of Lupercus, but that’s what happened. Yet, very little of the trappings of modern St. Valentine’s Day have anything to do with the historical Valentinus. And that’s really a shame, since Valentinus was as important as perhaps Socrates or Pythagoras, and yet most of us only associate him with the silly commercialism of Lupercalia’s remnants. Certainly it’s possible that the Church engineered this substitution so that people would elevate their practices on this day, though there is no evidence that that has happened. So rather than waste money and time on chocolates and red cards, why not take the time to study something meaningful about the great teacher Valentinus, or about the real meaning of that much-used word “love.” One excellent book in this regard is Eric Fromm’s “Art of Loving.” Once you get into it, you may discover – as I did -- that much of what he taught is very relevant today.



**TOWN COUNCIL MEETING**  
**Wednesday, February 20, 2013**  
**7:00pm – 8:30pm**

**The Monrovia Arcadia Duarte Town Council cordially invites you to attend our upcoming meetings scheduled on the 3rd Wednesday of every month.**

**Please join us and meet your Town Council members and learn more about the resources and information available in our community.**

**Representatives from the following offices will be available to provide reports and answer your questions:**

- Supervisor Michael D. Antonovich
- Temple Sheriff’s Station
- Live Oak Public Library
- Monrovia Unified School District Board Members & Superintendent

**We look forward to seeing you!**  
**Wednesday February 20th 7:00pm**

**All Nations SDA Church**  
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**Monrovia, at spanner**

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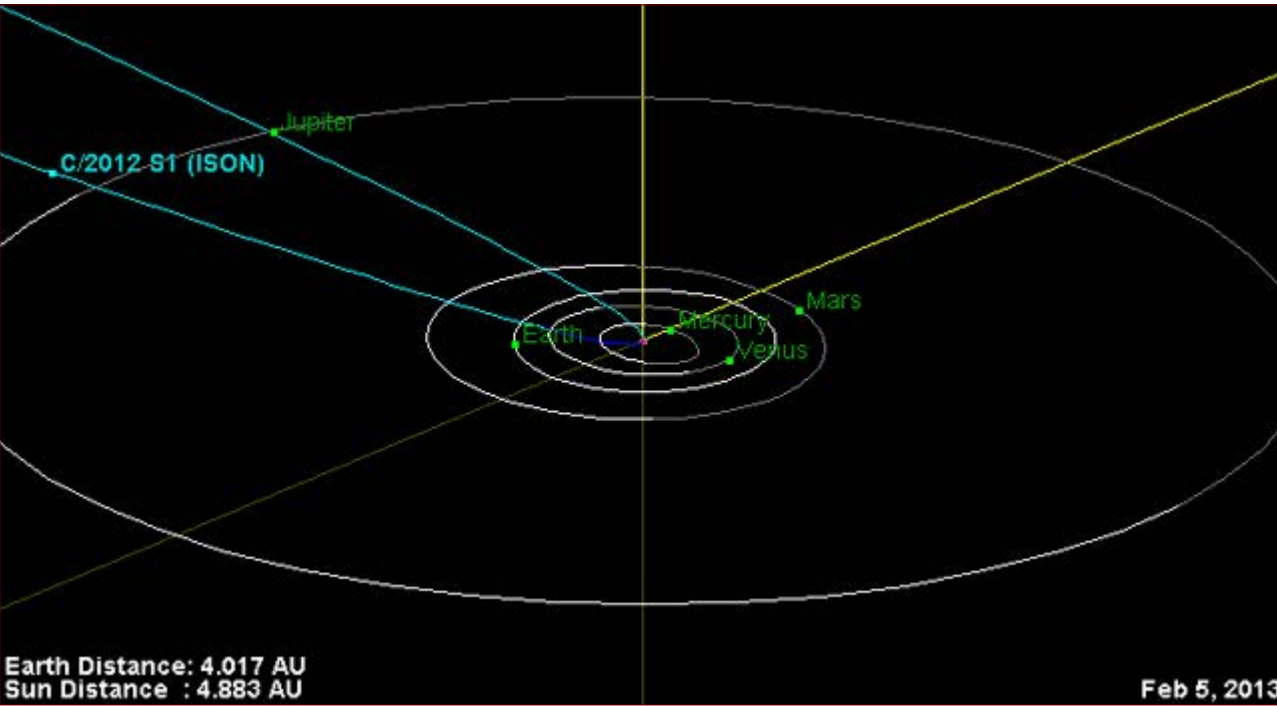
Looking Up with Bob Eklund



NASA’s Deep Impact Spacecraft Eyes Comet ISON

NASA’s Deep Impact spacecraft has acquired its first images of comet C/2012 S1 (ISON). The images were taken by the spacecraft’s Medium-Resolution Imager over a 36-hour period on Jan. 17 and 18, 2013, from a distance of 493 million miles. Many scientists anticipate a bright future for comet ISON; the spaceborne conglomeration of dust and ice may put on quite a show as it passes through the inner solar system this fall.

“This is the fourth comet on which we have performed science observations and the farthest point from Earth from which we’ve tried to transmit data on a comet,” said Tim Larson, project manager for the Deep Impact spacecraft at JPL in Pasadena.



This is the orbital trajectory of comet C/2012 S1 (ISON). The comet is currently located just inside the orbit of Jupiter. In November 2013, ISON will pass less than 1.1 million miles (1.8 million kilometers) from the sun’s surface. The fierce heating it experiences during this close approach to the sun could turn the comet into a bright naked-eye object Image Credit: NASA/JPL-Caltech

Deep Impact, launched in 2005, has executed close flybys of two comets, Tempel 1 and Hartley 2, and performed scientific observations on two more—comet Garradd and now ISON. The ISON imaging campaign is expected to yield infrared data, and light curves (which are used in defining the comet’s rotation rate) in addition to visible-light images. A movie of comet ISON was generated from initial data acquired during this campaign. Preliminary results indicate that although the comet is still in the outer solar system, more than 474 million miles from the Sun, it is already active. As of Jan. 18, the tail extending from ISON’s nucleus was already more than 40,000 miles long.

Long-period comets like ISON are thought to arrive from the solar system’s Oort cloud, a giant spherical cloud of icy bodies surrounding our solar system so far away its outer edge is about a third of the way to the nearest star (other than our Sun). Every once in a while, one of these loose conglomerations of ice, rock, dust and organic compounds is disturbed out of its established orbit in the Oort cloud by a passing star or the combined gravitational effects of the stars in the Milky Way galaxy. With these gravitational nudges, so begins a comet’s eons-long, arching plunge toward the inner solar system.

ISON was discovered on Sept. 21, 2012, by two Russian astronomers using the International Scientific Optical Network’s 16-inch telescope near Kislovodsk. NASA’s Near-Earth Object Program Office, based at JPL, has plotted its orbit and determined that the comet is more than likely making it first-ever sweep through the inner solar system. Having not come this way before means the comet’s pristine surface has a high probability of being laden with volatile material—mostly water ice and dust—that will become a visible “tail” after it is heated by the Sun.

ISON will not be a threat to Earth, getting no closer than about 40 million miles—a little less than half the distance from Earth to the Sun. But stargazers will have an opportunity to view the comet’s head and tail before and after its closest approach to the Sun in December—if the comet doesn’t fade early or break up before then.

Left: Comet Lovejoy is visible near Earth’s horizon in this nighttime image photographed by NASA astronaut Dan Burbank, Expedition 30 commander, on board the International Space Station on Dec. 22, 2011.

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

From Arcadia's Best:

THREE TRAIN BRIDGES, STATION COMING

Three significant train bridges will be built over three of the biggest road arteries in Arcadia this year, narrowing Santa Anita Avenue to two lanes and all but closing off access to Huntington Drive from Second Avenue for periods of months at a time.

Work on a new Gold Line train station on First Avenue will also be started in a few months.

While these projects are expected to be completed this year, no trains will be allowed to run on the tracks until late 2015 after a new transit center, including a two-level parking garage, is completed adjacent to the station at Santa Clara Street, train tracks are laid, and similar work is completed along an 11.5-mile extension of the Gold Line route from east Pasadena through Arcadia to Azusa. (This is contrary to the recent suggestion by Metro Executive Director, Highway Program, Doug Failing, that rail service could be opened to Arcadia as early as 2014 when construction work could be completed. Metro Gold Line Foothill Extension Construction Authority CEO Habib Balian said this week that no segment will be open until the entire extension is complete in late 2015. In fact, plans now call for laying the track from Azusa to Arcadia, meaning Arcadia would be the last of the cities on the extended route to have rails laid, though that strategy is subject to change. Other Metro officials have said over the last year that service would not begin on the new extended route until early 2016 to allow for several months of resting after work is complete.)



Above: Work on bridge over Colorado Blvd, east of Newcastle Park — Gold Line officials explain progress and plans to Mayor Bob Harbicht, city officials, and the media; facing east towards Santa Anita Avenue.

Officials from the Foothill Extension Construction Authority met with Arcadia Mayor Bob Harbicht and other city officials and the media this week at the construction site of the first of the three bridges to be built over Colorado Blvd. east of Newcastle Park west of Santa Anita Avenue. The single-track bridge that had sat unused for years was demolished and removed to make room for a new double-track bridge that is to be completed by April. Colorado Blvd is closed to most traffic between Santa Anita Avenue and Colorado Place for four months.

Upon completion of the Colorado Blvd overpass, work is scheduled to begin at the closing of Santa Anita Park's main horse racing season in mid-April on the biggest of the bridge projects over Santa Anita Avenue at roughly St. Joseph Street, a double-track concrete structure. In addition to building a bridge, the entire four-lane road that rises in a bump to meet the current set of unused tracks, will need to be lowered by several feet to take vehicles down a dip under the new bridge.

During most of the off-season before Santa Anita's Autumn meet begins in late September, Santa Anita Avenue will be reduced to one lane of traffic in each direction south of Colorado and north of West St. Joseph Street at La Porte Street near the businesses of Fasching's Car Wash and Goldstein's Bagel Bakery, among others, with some complete shutdowns for certain limited periods.

Officials said the long line of cars that currently back up at the In-N-Out Burger drive-through restaurant for hundreds of yards on northbound Santa Anita Avenue during peak meal times will be diverted to line up at the restaurant's parking lot entrance on Colorado Blvd east of Santa Anita Ave., though that is the opposite direction required to enter the drive-through.

During this same time work will begin on the station to be built between a new set of tracks on the northwest corner of First Avenue and Santa Clara Street, across the street from the 24 Hour Fitness. The station will essentially be little more than a platform with a canopy and benches, though it will be customized to feature designs and colors relating to the iconic and historic Santa Anita Park race track, thanks to the suggestion of the Arcadia Chamber of Commerce, which then supported strong efforts by staff and the Arcadia City Council to convince Metro authorities to make the Arcadia station distinct from most of the others along the route.

If all goes according to schedule, following the two-day international horse event called Breeders' Cup in early November that will draw about 50,000 people to the track on one day and nearly 90,000 on the weekend, work will begin to add a second metal bridge across Huntington Drive at Second Street. The new bridge will be positioned next to the current bridge and carry the second set of tracks.

Officials said that, at a minimum, all left turn lanes will be disallowed from northbound and southbound Second Street onto Huntington Drive during this construction period. Efforts will be made to detour all traffic on Second Avenue before getting to Huntington Drive.

The transit plaza adjacent to the parking garage will have many attractive design elements, including landscaping and custom benches as well as a water feature, small stage area, wayfinding kiosks to direct rail riders south on First Avenue to the Arcadia Towne Center hub, and a History Lives Here marker by the Arcadia Historical Society denoting the original rail station on the site and Lucky Baldwin's distinctive Hotel Oakwood across the street on the 24 Hour Fitness property.

– By Scott Hettrick

CITY OF ARCADIA SENIOR SERVICES  
NOMINATIONS FOR 2013 SENIOR  
CITIZEN OF THE YEAR

Nomination forms are available at the Arcadia Community Center and the Recreation Department office for the 2013 Senior Citizen of the Year! Do you know someone who is:

- 55+ years of age
- Arcadia resident
- Actively involved in volunteer work
- Have made significant contributions to improve the community

If so, please stop by one of these locations or log onto the city website at [www.ci.arcadia.ca.us](http://www.ci.arcadia.ca.us) and download the nomination criteria and nomination form. Recipient of the award will be honored at the Arcadia Rotary Club Salute to Seniors luncheon on Tuesday, May 14, at the Arcadia Community Center, 365 Campus Drive, Arcadia. Nomination forms must be submitted to Dan Belling, Recreation Supervisor, by Thursday, February 28 by 4:30pm. For more information, please call 626.574.5130.

About the City of Arcadia

Nestled in the foothills of the San Gabriel Mountains, Arcadia is an 11.38 square mile community with a population of just over 56,000. Located approximately 20 miles east of downtown Los Angeles, Arcadia is known for combining small-town charm with the conveniences and amenities of a mid-size city. Arcadia is a full-service charter city governed by a five-member City Council, elected at large. Recognized for exceptional education and recreation opportunities and beautiful neighborhoods, Arcadia is also defined as the "Community of Homes" and has twice been designated the "Best City in California in which to Raise Kids" by Business Week Magazine.



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ARCADIA POLICE BLOTTER

For the period of Sunday, February 3<sup>rd</sup>, through Saturday, February 9<sup>th</sup>, the Police Department responded to 880 calls for service of which 104 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, February 3:

- At about 1:15 a.m., an officer conducted a traffic stop on a vehicle for expired registration on Live Oak Avenue and Mayflower Avenue. Upon contact with the driver, the officer discovered the driver had a suspended license. A consensual search of the vehicle revealed the driver was in possession of drug paraphernalia. The 32-year-old, Hispanic male was arrested for possession of drug paraphernalia, and transported to the Arcadia City Jail for booking.
- At approximately 10:17 p.m., officers responded to the 000 block of E. Haven regarding a verbal argument between two subjects. Investigation revealed that one subject, and his girlfriend, were under the influence of a controlled substance and were in possession of drug paraphernalia. Additionally, their 3-month-old child was in their care. The 42-year-old, White male and 39-year-old, White female were arrested for being under the influence of a controlled substance, possession of drug paraphernalia, and for child endangerment. They were transported to the Arcadia City Jail for processing, and their child was released to the care and custody of the Department of Children and Family Services.

Monday, February 4:

- At about 12:28 a.m., officers responded to the 1600 block of S. Baldwin Avenue in regard to a female subject walking on the roadway and harassing motorists. Upon contact with the subject, officers discovered the subject was irate, verbally aggressive and emotionally unstable. Officers also noticed objective symptoms of intoxication, and determined the subject was a danger to herself and others. The 25-year-old, White female was transported to Arcadia Methodist Hospital for medical treatment and a 72-hour evaluation.
- At approximately 3:38 p.m., officers were dispatched to the 300 block of Fairview Avenue in regard to a residential burglary. Officers discovered the suspect(s) pried open a laundry room door, which led into the home. Further investigation revealed the bedrooms were ransacked, and jewelry was stolen. There were no surveillance cameras or witnesses.

Tuesday, February 5:

- Around 3:58 a.m., officers conducted a traffic stop on a vehicle for speeding on Las Tunas Drive and El Monte Avenue. Upon contact with the driver, officers detected a strong odor of alcohol and other objective symptoms of intoxication. An investigation revealed the driver was under the influence of alcohol. The 25-year-old, Black male was arrested for driving under the influence and transported to the Arcadia City Jail for booking.
- At about 6:00 a.m., an officer was dispatched to Jolie Nails, 160 E. Duarte Road, in reference to a burglary. Investigation revealed that suspect(s) had broken the front glass door, and ransacked the nail salon. The business owner did not notice anything missing. There were no surveillance cameras at the location.

Wednesday, February 6:

- At approximately 11:50 p.m., an officer conducted a traffic stop on a vehicle for not complying with construction road signs on Mayflower Avenue and Short Avenue. Investigation revealed the driver was in possession of methamphetamine and meth pipes. The 33-year-old, White female was arrested for possession of a controlled substance and drug paraphernalia, and was transported to the Arcadia City Jail for booking.
- Around 10:26 p.m., an officer conducted a traffic stop on a vehicle at Foothill Boulevard and Michillinda Avenue for following too closely. Further investigation revealed the driver had an outstanding felony warrant. The 29-year-old, Hispanic male was subsequently arrested and transported to the Arcadia City Jail for processing.

Thursday, February 7:

- At about 2:09 p.m., an officer responded to the 700 block of W. Huntington Drive to check on a subject sitting on the sidewalk. Upon contact with the subject, the officer smelled a strong odor of alcohol on the subject's breath, and noticed other objective symptoms of intoxication. The officer determined the 54-year-old, Hispanic male was unable to care for his safety, and arrested him for public intoxication.
- At approximately 4:10 p.m., officers responded to JC Penney at the Westfield Shopping Town, 400 S. Baldwin Avenue, regarding a female suspect in custody for theft. The suspect concealed a pair of pants in her purse, and exited the store without paying for the item. The 32-year-old, Hispanic female was arrested for petty theft and transported to the Arcadia City Jail for processing.

Friday, February 8:

- At about 6:28 a.m., officers responded to the Pavilions parking lot, 745 W. Naomi Avenue, in reference to an intoxicated subject. Upon contact with the subject, officers smelled a strong odor of alcohol on the subject's breath, and noticed other objective symptoms of intoxication. A records check revealed the subject had two outstanding warrants. The 46-year-old, White female was arrested for public intoxication and the warrants, and was transported to the Arcadia City Jail for booking.
- Shortly after 6:00 p.m., an officer was dispatched to All Seasons Children Center, 2612 S. Baldwin Avenue, in reference to an auto burglary. The female victim reported her purse had been stolen from her car while she was picking up her children. Investigation revealed the suspect(s) smashed the front passenger window while the victim stepped away.

Saturday, February 9:

- Shortly after 7:00 a.m., officers were dispatched to Spring Hill Suites, 99 N. Second Avenue, regarding a petty theft. Investigation revealed that a guest had stolen a television and radio docking station from a hotel room. There were no witnesses and no signs of the suspect(s) in the area.
- At approximately 2:46 p.m., officers responded to Abercrombie and Fitch at the Westfield Shopping Town, 400 S. Baldwin Avenue, regarding a female suspect in custody for theft. The suspect concealed two cologne bottles in her purse, and exited the store without paying for the items. The 19-year-old female was arrested for petty theft and transported to the Arcadia City Jail for processing.



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## 2013 MONROVIA OLDER AMERICAN OF THE YEAR AWARD

The City of Monrovia, Department of Community Services, is accepting nominations for the 2013 Older American of the Year Award. This award is presented to a Monrovia 60 years of age or older, working or retired, and still actively involved in volunteer service in Monrovia. The purpose of this award is to honor and encourage older individuals to remain active in the community. Nomination applications must be returned by Monday, April 1, to the Department of Community Services, 119 West Palm Avenue, Monrovia, CA 91016 – Attention: Rebecca Romero. A committee will review the applications and select an award recipient by Monday, April 8. Individuals who submit nominations must provide their name, address and phone number so staff may contact them if further information is necessary. For additional information, please contact the Department of Community Services at (626) 256-8246.

The City of Monrovia will recognize the Older American Award recipient at the following events:

Senior Recognition Luncheon  
Date: Thursday, April 18  
Time: 11 a.m. – 2 p.m.  
Location: Monrovia Community Center  
119 West Palm Avenue, Monrovia, CA 91016

The 48th Annual Older Americans Recognition Day Awards Program  
Date: TBD  
Time: 11:30 a.m.  
Location: Dorothy Chandler Pavilion Music Center Grand Hall  
135 North Grand Avenue, Los Angeles, CA 90012

For additional information, please feel free to contact me at (626) 256-8232 or via e-mail at rromero@ci.monrovia.ca.us.

## VOLUNTEERS NEEDED FOR ESL PROGRAM IN DUARTE

Maryvale will host a FREE new tutor orientation and training on Saturday, February 23, 2013 from 11:00AM-2:00PM at the Family Resource & Early Education Center in Duarte. This workshop is for those interested in becoming a volunteer tutor in our new English as a Second Language (“ESL”) Program. No teaching experience or ability to speak another language is required. Materials will be provided. Volunteer around your schedule – just a commitment of 1-2 hours per week. Tutors teach one-on-one or in small “family” groups.

In February 2013, the Maryvale Family Resource Center will begin matching volunteer tutors with adult “students” (e.g., parents, grandparents, etc.) for FREE one-to-one ESL tutoring. The ESL Program focuses on the literacy needs of non-English speaking adult immigrants as well as people who want to improve their English language skills. This free, one-on-one community based tutoring program provides opportunities for the student to progress at a faster pace by giving personalized attention and takes place 1-2 times a week. Tutors and students meet within local settings located within the students’ community, at a time and day convenient to both. In the future the ESL program will also assist in tutoring on Workplace Communication, GED preparation and U.S. Citizenship study.

Opened in Feb. 2011, the Maryvale Family Resource & Early Education Center provides services to families and their children. Designed

to collaborate with other community health, protection, and education agencies the Center provides out-patient, community and school based mental health and case management to children, youth and families.

Out-patient mental health services target children ages 0-21 and their families who receive MediCal funding. Our clinical staff provide individual, group and family therapy. Parent support groups and a variety of workshops and trainings are provided to Duarte and the surrounding communities. Community based services include those that occur in the home, within other local agency settings as well as various schools. Our professional bi-lingual staff includes licensed and licensed-eligible social workers, marriage and family therapists and case managers.

For more information about the English as a Second Language (“ESL”) Program and/or to register to become a tutor, please contact Janice Garcia at 626.263.9133 x236.

For more information about the services provided by Maryvale’s Family Resource Center located at 2502 E. Huntington Drive in Duarte, please contact Jeanette Valdez, LCSW, Clinical Intake Coordinator at 626.263.9133 x240.


## DUARTE STATE OF THE CITY/SCHOOL DISTRICT/COMMUNITY COLLEGE

District Talks at Duarte Chamber Luncheon, February 27

The Duarte Chamber of Commerce will host its annual State of the City, State of the School District, and State of the Community College District at a luncheon, Wednesday, February 27. Mayor Margaret Finlay will present his assessment of the State of the City; while Duarte Unified School Board President Ken Bell will report on the State of the School District, and Citrus College Superintendent/President Geraldine M. Perri, Ph.D., will update the community on the State of the Community College District.


The luncheon will be held from 11 a.m. to 1 p.m. at City of Hope, Cooper Auditorium, 1500 Duarte Road. Tickets to the luncheon are \$25 per person.

For more information and reservations, call Duarte Chamber of Commerce, (626) 357-3333 or visit [www.duartechamber.com](http://www.duartechamber.com).



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## 2nd Annual LAW ENFORCEMENT Family Fun Day

Saturday, February 16, 2013

**On the Infield at Santa Anita Park**  
Gates open at 10:30 am  
First Race is at 12:30 pm

With Master of Ceremony and  
"The Ambassador of Country Music"  
**Shawn Parr**

Grand reintroduction of the  
105.1 Go Country Chuck Wagon

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Mechanical Bull

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**Family Fun Activities**



Face Painting



Pony Rides

Enter through Gate 6  
off Colorado Place





For additional information, contact Sgt. Kraft (562) 631-4203

## Monrovia Police Blotter

Highlighted Activity for the Weekend of February 7-10, 2013

Following are the weekend's highlighted issues and events. To see a complete listing of crimes reported, go to the City of Monrovia website and click on the crime mapping link. Sign up to follow us on Twitter for police notifications.

**Residential Burglary**  
February 7 at 4:03 p.m., officers were dispatched to a residence in the 2600 block of Rochelle regarding a burglary. The residents left their home and locked all the doors and windows when they left. When they returned the next day on February 7 at about 4 p.m., they discovered the rear sliding glass door had been pried open and the house had been ransacked. The property loss was unknown. The suspect left a metal pry tool inside the home, which was most likely used to pry open the sliding door. The investigation is continuing.

**Trespassing / Possession of Stolen Property - Suspect Arrested**  
February 8 at 7:46 a.m., police responded to an elementary school in the 900 block of East Lemon regarding a transient subject possibly sleeping in a covered playground slide. Officers responded, but the subject had already left the area. Officers located the subject nearby, but he ran when he saw them. He was quickly apprehended and found to be in possession of recently stolen property. A short time later, school staff reported additional discarded property they had found on the school grounds. The property was recovered and found to be stolen. Based on the time and proximity to the known original location of the suspect, the additional property will be investigated as associated to the arrested suspect.

**Outside Assist - State Parole / Wanted Fugitive Parolee - Suspect Arrested**  
February 8 at 1:27 p.m., a state parole agent called to report he had located a subject wanted for failure to register for many years as a sex registrant. The suspect had an outstanding felony warrant for his arrest for \$160,000 bail. The suspect was detained by the parole agent and then arrested by an assisting Monrovia officer. He was booked for the warrant and transferred to the custody of the Los Angeles Police Department.

**Criminal Threats - Suspect Arrested**  
February 9 at 11:31 a.m., police received a call reporting a family disturbance in the 300 block of Genoa Street. The incident involved a male adult subject who was threatening his uncle. Officers responded and detained the suspect. He admitted he was mad at his uncle because of something his uncle did when he was younger. He stated to his uncle that he was going to kill him. The suspect was verbally abusive toward the officers, but did not physically resist them. He was taken into custody without further incident.

**Criminal Threats / Possession of Narcotics Paraphernalia - Suspect Arrested**  
February 9 at 5:02 p.m., a resident called police to report a subject trespassing on an abandoned property in the 700 block of South Shamrock Avenue. When the resident confronted the subject and asked him to leave the property, the subject began to threaten him. The resident told the subject he was going to call the police, and the subject threatened to come back and kill him. Police arrived and detained the suspect. He was found to be in possession of narcotic paraphernalia. The suspect was arrested and taken into custody.

Highlighted Activity for the Weekdays of February 11-13, 2013

**Vandalism**  
February 12 at 4:06 a.m., an officer on patrol discovered several locations vandalized with graffiti. The graffiti was found in the 2000-2100 blocks of South Myrtle, 200 block of East Duarte and the 200 block of Kruse. The crimes occurred between 1:30 and 4:00 a.m. The suspect(s) used black spray paint to write the graffiti. Investigation continuing.

**Stolen Vehicle Recovered**  
February 12 at 10:04 p.m., police received a call reporting a suspicious vehicle parked in the 600 block of Maryanna Lane. Two male subjects were seen walking away from the car. The vehicle, a 2004 BMW, was found to be a reported stolen vehicle. The vehicle identification number indicated this vehicle was one of 13 stolen from a dealer in Brea on February 7. The vehicle had a license plate on it that was stolen from a vehicle in Glendale. The suspects are described as two male African American's, 20-30 years old, approximately 6'0" tall, medium to large build. Brea Police Department was notified of the recovery.

**Grand Theft Auto**  
February 14 at 5:09 a.m., a vehicle was reported stolen from the 200 block of South Sunset. The vehicle was parked in the victim's driveway and was taken sometime between 8 p.m. and 5 a.m. The vehicle is a black, 2007 Acura TL. The investigation is continuing.

## LA SALLE SOPHOMORE LAUNCHES NEW CLUB TO HELP MILITARY FAMILIES AND IS SELECTED AS AN KABC COOL KID

Pasadena, CA –Taylor Brennan, a La Salle High School sophomore, has launched a new school club to help military families through the healing powers of art. More than 15 talented art students have joined La Salle's Portraits in Courage club. "Portraits of Courage is designed to give talented art students an opportunity to get together with other likeminded artists and give back to our courageous men and women in the armed services who protect our freedom and our lives every day," said Taylor. The club members are currently creating portraits of military service members and they will give these works of art to the military families as the student's way of thanking the soldiers and their families for their service.

In recognition of Taylor's commitment and perseverance, he has been selected as a KABC Cool Kid. He was filmed and interviewed for the segment by KABC reporter, Danny Romero. The interview and Cool Kid segment will air on KABC, channel 7 on Thursday February 21 during the 4:00pm edition of EYEWITNESS NEWS.



Above: Portraits of Courage Artist, John Stover  
Left: Taylor Brennan KABC Cool Kid Interview with KABC's Danny Romero Photos by John Blackstock



The segment repeats on Sunday, February 24 on the final morning edition of EYEWITNESS NEWS (usually 10:00am, but check local listings for that day).

Art instructor Joanne Lamb serves as the staff moderator of the club, which meets afterschool, when the students will paint or draw the portraits. They intend to complete at least 15 portraits by the end of the school year, which means they can be presented in time for Memorial Day 2013.

The club is currently reaching out to the greater Pasadena community to connect with military families who would like to receive a portrait of their loved one serving in the armed forces, as well as of those who have fallen or returned home injured or disabled.

Brennan, 16, is also the president of the school's Support Our Troops club, which he started last year to provide holiday cards and letters to members of the service, as well as "Boxes of Love" for members of the armed services and needy

military families. The Portraits of Courage club is an extension of the Support Our Troops club, he said. "I'm an artist, and my friends in art want to use our talent to help the families who have gone through loss," he said. "I don't think the needs of these people are being fulfilled. We want to help those families who are coping with the loss of a loved one or those who have been badly injured and whose lives have been changed."

Mrs. Lamb explained that these students are highly gifted artists who are serious about their art and about giving back to the community. Families who are interested should be willing to submit two to four photographs of the subject of the portrait. The photographs can be in a military setting, or of the individual in uniform, or they can be of the soldier in a casual setting. The club requests that the photos be at least 5x7 or larger so they can see the details of the face. Portraits will be done as paintings or drawings in pencil, charcoal or colored pencil depending on the artists' preference and skill.

Military families interested in having a portrait done by the students in the Portraits of Courage club can mail their 5x7 or larger photos to Portraits of Courage Club, Attention Mrs. J. Lamb, La Salle High School, 3880 East Sierra Madre Boulevard, Pasadena, CA 91107. Local organizations that work with military families are also encouraged to contact Mrs. Lamb, if they have families who would like to participate.

## ST. RITA RAIDERS WIN CYO NORTH REGION CHAMPIONSHIP



Sierra Madre, CA, February 14, 2013 – This week, in a heart-stopping, come-from-behind victory over the talented Royals of St. Thomas the Apostle of LA, the St. Rita Girls Varsity Basketball team captured, for the first time ever, the CYO North Region Championship!

Lead by co-captain and leading point scorer, Chelle Encinas, and a grand team effort, the lady Raiders emerged victorious, narrowly edging out the Royals with a score of 14-13. It was a low-scoring, defensive battle that see-sawed, with neither team leading by no more than four points at any one time in the game. Late in the second half, the Royals took the lead 8-7 and determinedly refused to relinquish their accomplishment.

As the score climbed to 11-13 in favor of the Royals, all the girls knew it was "do or die!" Fouled while shooting with 2 minutes left, Encinas took the line and sunk 2 for 2 to tie the score. A clutch steal by Kathleen Brady provided the opportunity for the Raiders to score, only to be fouled again. Encinas was sent back to the line with 2.7 seconds left in the game. Missing the first of the two, in front of the anxious crowd, she calmly swished the second, effectively ending the game! The Royals did not have time to take a final cross court shot.

Coach Cyndy Amerio and the lady Raiders now look forward to the final four for the Southern California CYO Championship to be played this weekend.

## 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)

## 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 Darwin 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)

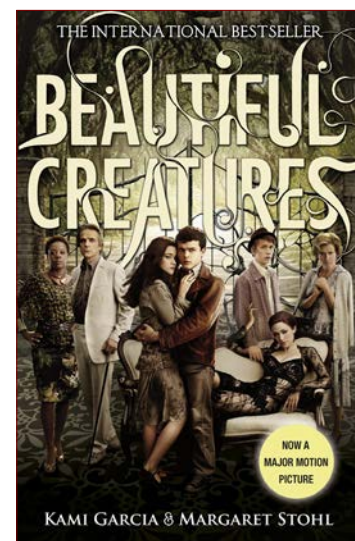
**PASADENA UNIFIED SCHOOL DISTRICT**  
351 S. Hudson Ave., Pasadena, Ca. 91109  
(626) 795-6981 Website: [www.pusd@pusd.us](http://www.pusd@pusd.us)

**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 BEAUTIFUL CREATURES



With the upcoming release of the movie adaptation, I felt that it would be appropriate to change focus this week and do a review of the book 'Beautiful Creatures' by Kami Garcia and Margaret Stohl.

In the small South Carolinian town of Gatlin, there isn't much that changes. The local High School has jocks, clicks, and outsiders, just like any other place, but when the niece of the town shut in, Macon Ravenwood, appears at school, they all agree that she is bad news. Everyone, that is, except a boy named Ethan Wate. He instantly recognizes her as the mysterious girl appearing

in his dreams and he knows that their lives will determine the fate of the South forever.

This is nothing like 'Twilight'. It is completely different and, in my opinion, far better. The story is addictive and you won't want to stop until the book is done. I am very interested to see how they will adapt the plot to fit into a movie. It promises to be very good.

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TABLE FOR TWO by Peter Dills  
thechefknows@yahoo.com

And The Winner Is.....

Congratulations to Mr. John Pings of Altadena for winning our First Annual Great Guacamole Taste Off. John beat out seven other contestants to claim the top spot! Here is his recipe.

### AD Notre Dame Killer Guacamole

10 Extra Large Haas Avocados (Very Firm & Ripe, Not Soft)  
5 Serrano Chile Peppers (Remove Stems, Whole)  
6 Jalapeno Chile Peppers (Seeds, Pith & Stems Removed)  
1 Tablespoon Sea Salt (Or A Teaspoon, To Taste & Health Preference)  
2 Bunches Green Onions (1/2 Stalk From White End)  
1 Bunch Cilantro, (Chopped, Stems Removed)  
1/2 Teaspoon White Pepper  
1/2 Teaspoon Garlic Salt

\*\*\* Use The Freshest Ingredients Possible, I Like Smart & Final  
\*\*\* Stir Into Large Chunks, Do Not Mash, Add Peppers, Green Onion & Cilantro, Sea Salt, Garlic & White Pepper.  
\*\*\* For Best Savory Results And Spiciness - Make One Day In Advance, Refrigerate To 40° Overnight  
\*\*\* Incorporate All Ingredients Thoroughly (Don't Mash!)  
\*\*\* Secret Ingredients, To Individual's Taste: Cayenne, Granulated Garlic, Onion Powder, Dry Chopped Onion, Teaspoon Worcestershire Sauce.  
\*\*\* Keep The Pits In The Bowl & Add Some Juice From 2 Lemons As Needed To Taste & To Minimize Browning  
\*\*\* To Make "Not So Spicy", Use 15 Avocados  
\*\*\* To Make For 4 People, Reduce Quantities By 1/2  
\*\*\* Skim off top layer of the Killer Guac after overnight chilling.  
\*\*\* Retaste & Reseason Before Serving:, Garnish With Very Thinly Sliced Julienned Red And Yellow Bell Peppers, And Cilantro. Habanero Peppers For Display Or ? Don't Let Peter Dills Near The Habanero Garnish.

For Anthony Davis, by the Thundering Herd's John Pings aka "AltadenaTrojan.com".

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INGREDIENTS:

- 1 whole chicken
- 1 medium onion chopped
- 3-8 garlic cloves or use garlic salt or garlic powder to you liking
- salt and pepper to taste
- 1 head cabbage
- 2 tablespoons butter
- pepper

DIRECTIONS:

Season chicken and place in slow cooker/Crock Pot. Add onion and garlice cloves and salt and pepper. Fill slow cooker/Crock Pot 1/4-way with water, cover and cook on HIGH for 4 to 5 hours. The chicken should be tender and falling off of the bone.

During the last hour of cooking the chicken, cut up 1 head of green cabbage, core removed. Place cabbage in a large pot with a shallow amount of water -- about 1/2- to 1 cup. Add two tablespoons of butter and sprinkle generously with garlic salt and pepper. Cover and cook on medium high heat for 20 to 30 minutes, until tender; drain.

When chicken and cabbage are done, place some cabbage in a bowl and top with chicken and some of the chicken broth. You can adjust any of the seasonings and the butter.

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

## Happy Tails

by Chris Leclerc



The month of February begins an annual 4-6 week pupping season for northern elephant and pacific harbor seals, which means the volunteers and staff members at The Marine Mammal Center (TMMC) at Fort Bragg in Sausalito are busy at work watching out for newborns currently camping along the northern California coast. It also means the good folks at Marine Mammal Care Center (MMCC) at Fort MacArthur in San Pedro are busier than usual, taking in and tending to injured or ill seal pups being rescued and brought to their facility for emergency medical attention. There are various reasons why vulnerable baby seals have such a tough time surviving on California's coast, not the least of which is the human harassment factor.

The Marine Mammal Protection Act of 1972, along with other international marine mammal protection laws are intended to help protect endangered marine mammals including those found on the California coast which include California sea lions, northern elephant seals, harbor seals and northern fur seals. They are all remarkable sea-going creatures that play a major part in the balance of nature. However, in spite of the legislation that has been put into place on behalf of those precious pinnipeds (Classification order: Carnivora & sub-order: Pinnipedia), the struggle remains to protect them from inappropriate human interaction that could potentially render them extinct.

I will never understand why people don't recognize the importance of leaving wild creatures alone and letting nature take its course. It has been said that no man is an island unto himself, and I can't think of a more pertinent application for that well-coined phrase than to the human's relationship with sea-dwelling beings. Skillful neglect is the public's most appropriate approach to protecting the valuable vulnerable life forms that live in the ocean, yet for reasons beyond me, many people refuse to stay away and allow them to thrive in a natural way. As a result, it has become necessary for those who do understand the important role pinnipeds play on our planet, to be proactive in protecting them from those who don't. In similar fashion to what some consider to be a radical up-rising of self-appointed advocates for spaying & neutering and adopting versus shopping for domestic pets, marine mammal lovers have had to come to the plate to save the lives of injured

## PEACEFULLY PACIFIED PINNIPED PUPS RETURNED TO THE PACIFIC

mammals, and become what some call "radical" political reformers to make up for the behavior of the negligent and ignorant who continue to get in the way and cause harm.

Although The Marine Mammal Center and Marine Mammal Care Center are two separate entities, they are both authorized by the National Marine Fisheries Service to meet the same goal - which is to rescue and treat injured or distressed marine mammals. Both TMMC & MMCC also have a mission to learn more about pinnipeds and share what they learn with others. They also network as necessary to cover the California coast from south of LA to north of the Bay Area. Educating the public is a very important part of what both of these two entities do to protect the pinnipeds found in California's Pacific waters, and treating the wounded or sick that are admitted for medical attention is definitely on the top of the list. Equally, if not more, important among their programs is the scientific research they conduct in hopes of making a positive impact on pinniped populations in the long run. After all, the more we humans know about those mysterious sea-going creatures, the better are our chances to ensure their survival.

With a staff of 45 and about 1,100 volunteers, TMMC has succeeded in treating more than 18,000 federally protected marine mammals since they started their work in 1975. They average an intake of about 1,300 patients per year, 50% of which are returned to the wild. The other 50% are either too much at risk to be released and given to zoos or other certified, licensed facilities that qualify to care for them, or they die.

MMCC was founded in 1992 as a result of an agreement between Harcourt-Brace and the LA Unified School District. They are an active participant of the Oiled Wildlife Care Network, a statewide group of trained wild-life care providers, regulatory agencies and academic institutions focused on rescuing and treating marine mammals victimized by oil spills. Like TMMC, MMCC also has a state-of-the-art hospital where they treat hundreds of marine mammal patients a year, and like TMMC they conduct research studies to gather scientific data that will hopefully help prevent the future loss of pinniped populations.

MMCC also works in conjunction with the Center for Marine Studies to help educate the public about the important role pinnipeds play in nature and the importance of leaving them be so they can thrive naturally.

There are various reasons why marine mammals find themselves in need of medical attention, but according to Jim Oswald at TMMC, the majority of the seals and sea lions taken in and treated at their facility are admitted due to malnutrition or entanglement, and as sad as it may sound, many are also admitted with prop injuries or gunshot wounds.

What can you do to help protect the pinniped population in the Pacific ocean? There are several ways one can get involved to make a difference for the better. First of all, practice proper etiquette on behalf of seals and sea lions or any other sea-dwelling creature for that matter. In other words, behave according to the marine mammal protector's mantra: "Leave Seals Be!" which is a philosophy that should apply to every wild creature, by the way. Secondly, if you are boating near or visiting a local LA beach and you observe an injured or distressed seal or sea lion, do not approach. Instead, call the LA County Marine Animal Rescue Hotline @ 800-39Whale (800-399-4253). They will ensure that the animal is rescued and receives proper treatment. And, last but definitely not least, you can become a partner for pinniped protection!

To find out how you can support the Marine Mammal Care Center in San Pedro, visit their website at [marinemammalcare.org](http://marinemammalcare.org) or call 310-548-5677.

For more information about The Marine Mammal Center in Sausalito and their Adopt-a-Seal program, visit their website at [marinemammalcenter.org](http://marinemammalcenter.org) or call 415-289-SEAL (415-289-7325). Both MMCC & TMMC invite the public to visit and tour their facilities, so you might consider adding that to your list of weekend getaway vacations! If you do decide to pay a visit, please call first to make arrangements.

## PET OF THE WEEK

BELLA: #A4538659



Bella (A4538659) is an angelic five year old black and fawn female purebred German Shepherd who was found in Baldwin Park on January 30th and brought to the Baldwin Park animal Care Center. She has a microchip, and the shelter has tried to contact her registered owner, but so far has been unsuccessful. Weighing fifty pounds, Bella is very good on the leash and is well socialized. Initially cautious when meeting new people, Bella warms up quickly and becomes quite kissy and affectionate. She is good with other dogs and we think the world of this medium energy girl. Bella will make a terrific companion for a family living in a private home. To watch a video of Bella please visit: [www.youtube.com/watch?v=nLbrmw9ryAo](http://www.youtube.com/watch?v=nLbrmw9ryAo)

To meet Bella 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 Bella, please reference her animal ID number: A4538659. 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 Bella 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/>.

We'd like to hear from you!  
What's on YOUR Mind?



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## LOVING HOME NEEDED ASAP!!!

My name is Cliff and my human parents have to move to a senior community that doesn't allow dogs my size, (I'm 20" tall and weigh about 60 lbs.) so I have to find a new, loving home to bring my unique style of love and devotion too.

Even though I'm bigger than most, I am a Blue Merle, slightly larger than a Mini, Australian Shepherd. I was born Jan 7, 2008 making me 5 years old and I'm in very good health.

Here are some things you'll want to know about me:

1. I am house/potty trained
2. I'm used to being able to go in and out of the house through the doggie door whenever I want.
3. I sleep indoors in the room with my parents.
4. I am a graduate of the Pet Smart basic obedience class.
5. I take my owners on a 2-mile walk every day.
6. I like kids
7. I like other dogs (more so when I'm off my leash)
8. I do bark at the mail carrier and others when they come to the door.
9. I just got all my shots up to date last Sunday, uck!
10. And I think cats were put on earth for the joy of being chased by dogs.

To learn more about me call Mark at 626 355 1951 or email me: [markwebb9@gmail.com](mailto:markwebb9@gmail.com)

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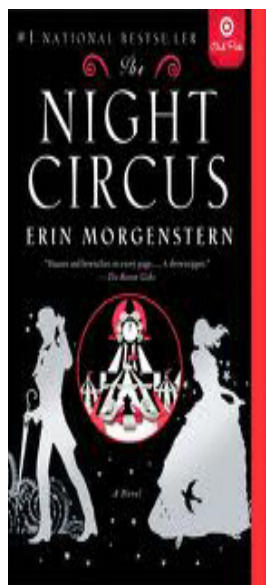
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## JASMINE'S CORNER

Book Reviews by Jasmine Kelsey Williams



## THE NIGHT CIRCUS By Erin Morgenstern

Our next selection will be the perfect choice to put you in the romantic mood for the Valentine's Day weekend, one that should charm you even by its title and cover alone.

Erin Morgenstern's 'The Night Circus' is a lovely mixture of romance, adventure, mystery and magic which will not only enchant readers but completely immerse them into the world of 'The Night Circus', which should make this particular read one that you will not want to put down. Morgenstern crafts wonders with her words, each character smoothly introduced in the early chapters, but also the events that follow the characters will build upon each other and how each of them are connected in later chapters.

There are two major points that bring 'The Night Circus' together which contribute to the atmosphere to keep the reader engaged: brief interludes that tell the story from the perspective of the reader as if they are visiting the Night Circus themselves, and also that even though the events build throughout the story, the years in which events occur at certain times are inconsistent, and instead are spaced a few years apart (example: one event is in 1902 but the next crosses back to the late 1800s). These little skips in time are what help to keep the story and pacing alive; shorter chapters give way to longer ones, without being rushed and providing ample time to each character that is involved. Another fresh factor is the

lovely vivid imagery that Erin Morgenstern uses to describe 'The Night Circus', and all that happen around it: the different cities and locations, the atmosphere of the circus itself, the detail of the clothing worn by the performers, even the description of the delicious circus confections. And even the plot of 'The Night Circus' is of course not just vital, but also provides the layout for the reader to better understand how the Night Circus works, the events that occur within and outside of it, but also the hint of mystery that all may not be well, and will slowly be revealed even with the allure of the circus's charm and magic to hide it.

Receiving praise from various authors and sources such as The Boston Globe, Bookreporter, People, The Washington Post, USA Today, and various critics, as well as a personal recommendation, 'The Night Circus' is the perfect selection for any "must-read" list, and one that you will not only not want to put down, but one that must be thoroughly enjoyed to the very end.

SPECIAL EVENT  
AT SIERRA MADRE  
PLAYHOUSE ON  
FEBRUARY 23

Following the regularly scheduled performance of the critically acclaimed production of "Driving Miss Daisy" on Saturday, February 23, at 8 pm, there will be a discussion with U.S. District Judge Ralph Fertig, who was a Freedom Rider during the Civil Rights Era, moderated by Marianne Szegedy-Maszak, award-winning journalist, author and board member of the Center for Public Integrity in Washington, D.C.

"Driving Miss Daisy" is the Pulitzer Prize winning play about the developing friendship between an elderly Jewish widow in Atlanta and her African American chauffeur. Set between the years of 1948 and 1973, the narrative occurs during the turbulent early years of the Civil Rights Era, and issues of race are brought front and center.

Performance of "Driving Miss Daisy." Written by Alfred Uhry. Directed by Christian Lebrano.

Sierra Madre Playhouse, 87 W. Sierra Madre Blvd., Sierra Madre, CA 91024. Ample free parking behind theatre. Admission: \$25. Seniors (65+) \$22. Youth (13-21), \$15. Children 12 and under, \$12. Reservations: (626) 355-4318. Online ticketing: [www.sierramadreplayhouse.org](http://www.sierramadreplayhouse.org)

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REVIEWS:

Review By Sean Kayden

## NIGHT BEDS

Winston Yellen is a 23 y/o singer-songwriter who performs with a band called Night Beds. The Nashville-based indie folk band is heavily influenced from artists such as Jeff Buckley and Ryan Adams to My Morning Jacket and mid-90s' alt-country bands like The Wallflowers and Counting Crows. Originally from Colorado, Yellen rented a house outside Nashville,

formerly owned by Johnny Cash and June Carter Cash. There he spent ten months creating his debut LP, "Country Sleep." The record is beyond Yellen's sensitive years. It's incredibly warm and passionate. "Country Sleep" beautifully creates a portrait of nostalgia that can easily tear your heart apart as well as it may be able to mend it. Whatever the case may be the listener, you'll be swirling with emotions that are too powerful to dismiss. However, with its relatively short duration, Night Beds doesn't grasp for you too long. With a few uninspiring tunes in the mix like the closer, "TENN" and the painfully dreary, isolated vocal opener, "Faithful Heights," the record still has this uncanny knack for captivating you when you least expect it.

Artist:	Night Beds
Album:	Country Sleep
Label:	Dead Oceans
Release Date:	February 1st, 2013

"Ramona" is the most "upbeat" song of the bunch. It's an ingratiating alt-country tune sans the twang-y vocals usually found in such songs of the genre. "22" reminds me of a Ryan Adams song from beginning to end. Actually at first listen, I thought it was Adams singing as a guest vocalist. It's heartbreakingly beautiful and echoes with strong passion and propulsion to keep moving forward. While the record has many influences, that doesn't mean it's derivative or middling. If anything, for those who appreciate alt-country jams and delicate folk-rock, you should feel right at home. Yellen's voice is quite exquisite and carries this languorous trait that puts you into a deeply reflective mood. "Wanted You In August" showcases Yellen's falsetto. His range is not only impressive but shows hints of a vivid future for the young and talented vocalist.

"Lost Springs" is another sensitive song that exhibits the heartbreak in Yellen. This soulful tune repeatedly and authoritatively claims, "I don't want feel this," but the listener is destined to feel the pain, either the one of Yellen's or their very own calamity. In the end, this is by far no perfect album, but it's earnestly honest, satisfying, and tender. "Country Sleep" goes through several tonal shifts and with many influences brought into one full album, the results is a record that's both versatile and recognizable. Nevertheless, you'll have to be in the right mood for an album of this disposition. When you're ready, it will take you away. The place of destination is solely up to you.

Wherever that is, you'll find what you're looking for or maybe leave behind what you have no need for any longer.

Grade: 7.6 out of 10  
Key Tracks: "Ramona", "22", "Cherry Blossoms", "Lost Springs"

A Word From Health Advantage.....  
HOW ARE YOU LIVING YOUR DASH?

If you saw this on a tombstone, John Doe, 1/25/1913 – 1/25/2013, what would you think? Well you would know that John Doe was born January 25th, 1913 and died January 25th, 2013. So he lived 100 years.

What you don't know is located in the dash between 1/25/1912 and 1/25/2012. What was the quality of his life? We can see by all measures he had quantity, 100 years.

How will your dash be in your life? When you are gone, what will they say about your dash or the time between when you were born and when you passed on?

There is a strong correlation between quality and quantity; the higher the quality of your dash, the greater the quantity of your dash in most cases.

Even if your dash was cut short by some tragic event, the quality of the dash can never be taken away.

What makes a quality dash? We can look toward the whole person paradigm which includes the physical, the mental, the emotional and the spiritual or to live, to learn, to love and to leave a legacy.

We live and we can improve the physical aspect through living the 100 Year Lifestyle which includes four main components:

1. Exercise, we have to move, stretch, strain and maintain a stable and balanced structure.
2. Nutrition, we have to fuel this body with food that fuels, empowers and heals.
3. Sleep, we must receive proper rest so that our body can repair and rejuvenate itself.
4. Fully functioning nervous system that operates without interference.

We learn by being a student the rest of our lives and filling our lives with books and thoughts and challenging ourselves to learn.

We love through our connections with others and nurturing those relationships

We leave a legacy by being involved in meaningful work that helps others and society so that when we are gone our work continues.

By addressing these four areas our dash can be of high quality. We are blessed with free will and we can make choices when stimulated. In that space between stimulus and response is a gap and in that gap is where your power to choose resides. Your choice determines the quality of your life and therefore your dash.

Your physical being is the easiest to affect so start by living the 100 Year Lifestyle in regards to your physical health. Start here and your dash will have the best chance of being long and of quality.

## HEALTHY LIFESTYLES



## HOW CAN YOGA HELP

## LIVING YOGA

Yoga was not designed for only practice at the studio for an hour and then no yoga until your next class. It is about what we do everyday. When we look back at our lives, we see what we are conditioned to see. When we look forward, we are looking at what we anticipate seeing. We see everything through the narrow viewpoint of our experience. The yoga philosophy asks us to expand that view. But in order to do that, we need a clear and calm mind. The great sage Patanjali said that our minds are like mirrors.

When we look in the mirror and see a bunch of spots on the mirror, we think those spots are us. But if we wipe the mirror (of the mind) clear every day, then when we look, maybe we can see our true nature and not just through the culmination of past experience. If our house is dirty and we don't clean it, it gets dirtier and dirtier. Pretty soon, there is caked on dirt everywhere and we have to move out! So it makes sense to clean the mind everyday. Clear thinking helps us make good decisions.

Our physical yoga practice helps us clean the mirror and calm down. It helps us to see our own egos and how past experiences cloud our judgment. When we practice a pose in yoga, we must focus. First, we learn to focus on alignment and breath. Then we learn to shift the awareness inward. If we are trying too hard then we focus too much on what the body is doing. If we do not try enough, then the mind wanders off to what we are going to eat next or how someone else in the room is doing. So we use the body to help us clean, by focusing and going deeper in to the inner layers of prana, or energy.

This is the key to taming the mind. It's not easy. But we get there a little bit at a time. If we practice a little bit everyday, in-between trips to the studio, we can see a little more of our true selves all the time.

Happy Cleaning!  
Namasté, René

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HOW MEDICARE COVERS DIABETES

Dear Savvy Senior: What does Medicare cover when it comes to diabetes? I'm 65 and have pre-diabetes, and would like to find out what all is covered. Fat Albert

Dear Albert:

Medicare actually offers a wide range of coverage to help beneficiaries who have diabetes, as well as those who are at risk of getting it – but they don't cover everything. Here's a breakdown of what Medicare covers when it comes to diabetes services and supplies along with some other tips that can help you save.

Doctor's services: If you're a Medicare beneficiary, Medicare Part B will pay 80 percent of the cost of all doctor's office visits that are related to diabetes. You are responsible for paying the remaining 20 percent after you've met your annual 2013 \$147 Part B deductible.

Screenings: If you don't currently have diabetes, but you do have pre-diabetes or some other health conditions that put you at risk of getting it – such as high blood pressure, high cholesterol and triglycerides, are overweight, or have a family history of diabetes – Medicare will pay 100 percent of the cost of up to two diabetes screenings every year.

Education: If you have diabetes, Medicare covers 80 percent of the cost of self-management training (after you meet your Part B deductible) to teach you how to successfully manage your diabetes.

Supplies and medications: Eighty percent of the cost of glucose monitors, test strips and lancets (100 per month if you use insulin, or 33 per month if you don't), glucose control solutions and insulin (if you use an insulin pump) are covered by Medicare Part B, after you've met your deductible.

If, however, you inject insulin with a syringe, Medicare's Part D prescription drug benefit may help pay your insulin costs and the supplies needed to inject it – if you have a plan. Part D plans also cover most other diabetic medications too. You'll need to check your plan for details.

Nutrition: Medicare will pick up the entire tab for medical nutrition therapy, which teaches you how to adjust your diet so you can better manage your condition. You'll need a doctor's referral to get this service.

Blood sugar tests: Also known as a hemoglobin A1c test, this checks your average blood sugar level over the past three months to determine how well your diabetes is being controlled. Medicare



covers this test when your doctor orders it.

Foot exams: Since foot problems are common among people with diabetes, Medicare also covers 80 percent of foot care every six months for diabetics with diabetes-related nerve damage, and therapeutic shoes for people with severe diabetic foot disease. Orthopedic shoes are not covered.

Eye exams: Because eye diseases like diabetic retinopathy, glaucoma and cataracts are more common in diabetics, 80 percent of dilated eye exams are covered each year, but eye exams for glasses are not.

For more information, call Medicare at 800-633-4227 and ask them to mail you a free copy of the "Medicare's Coverage of Diabetes Supplies & Services" booklet (publication 11022), or see medicare.gov/pubs/pdf/11022.pdf.

Other Insurance If you have a Medigap (Medicare supplemental insurance) policy, it may pay some of the costs that Medicare doesn't cover. Call your plan's benefits administrator for more information.

Or, if you're in a Medicare Advantage plan (like an HMO or PPO), your plan must give you at least the same diabetes coverage as original Medicare does, but it may have different rules. You'll need to check your policy for details.

Financial Assistance If you're income is low, and you can't afford your Medicare out-of-pocket costs, you may be able to get help through Medicare Savings Programs. Call your local Medicaid office for eligibility information.

Also, find out if you are eligible for "Extra Help" which helps Medicare Part D beneficiaries with their medication expenses. Visit www.ssa.gov/prescriptionhelp or call Social Security (800-772-1213) to learn more.

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 KNOW YOUR VICTIM

You've heard it before: some unsuspecting victim receives an authentic-looking email from a "friend" or "relative" who's gotten themselves into a bad situation and needs to be bailed out by means of an electronic check or money order. Eventually, the victim realizes that their loved one (who was said to be holed up in Mexico or Uzbekistan) was never in real danger, and some con artist has made off with their money. It's an old story.

It's conceivable that grandparents or other distant relatives who don't interact with "the victim" very often would fail to recognize uncharacteristic nuances that would otherwise set off red flags in their minds. Simply put; if you know the person who's supposedly sending you an email begging for money, you'll be able to tell between the real deal and a fake.

Similar situations happened twice to my mom (and everyone else on these two "victims" contact lists). The first was allegedly from one of our pastors. The subject line was something to the effect of "Stranded in London, Need Cash NOW!!" First of all, anyone acquainted with this man knows that soliciting money over the Internet is the last thing he'd do, short of posting a rap on YouTube. "Send me yo' dough, cuz I'm in Edin-burgh!" I don't think those scammers got a red cent from that scheme.

The second fraudulent email was also supposedly from another member of our church. The subject line itself was enough to confirm that the request wasn't real. It read, "Mary, Hey!" Now, if this email was from my cousin in South Carolina, we wouldn't have batted an eye. She can turn "ya'll" into a five-syllable word. In stark contrast, this fellow is very formal. Added to that the fact that he is Dutch (see my earlier article referencing Dutch tendencies). These factors made the plea totally implausible.

I don't know many Dutch people, but I know this church member, another cousin (this one an American living in the Netherlands), and my scant online research. Compared to our relatives in the South, the Dutch are blunt. So blunt, some say that their "honesty" borders on rudeness. What we Americans consider politely indirect, the Dutch view as hypocritical.

Needless to say, the fraudsters posing as our Dutch church member were probably dismissed sooner than those who pretended to be our pastor stranded in London. The take away lessons are: 1) if you're going to victimize --know your victim, and 2) if you're pretending to be Dutch, research Dutch peculiarities. "Stuff Dutch People Like.com" is a fine blog that's sure to entertain, if not fill you in on how to pose as a Dutch person, at least online. With that, I wish you immunity from scammers and clarity for the next time you receive an urgent request for CASH!

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SENIOR HAPPENINGS

By Pat Birdsall

**FYI:** The last column I wrote was: "I've Fallen and I can't Get Up"... I think that was dated January 12th. What a difference a day makes, as they say! This is going to be brief ( I hear a collective sigh of relief)...So much has happened since my hip replacement surgery, which, by the way was a piece of cake compared to what was in store for me. I had the surgery on the 16th of January and was home by the 21st! I was recovering very well and performing my rehab exercises with ease...how deceiving. The day after I got home I think I was feeling too smug and sure of myself when I had to get up to go to the bathroom and in doing so, I tried to get out of bed properly and instead, rushed the process and heard a loud POP! The sound I heard was my femur, next to the hip-replacement sight, breaking. Not good...

I felt compelled to write this today to clarify the reports of my falling and breaking my hip...that isn't how it happened...*However, it really hurts to sit at the computer, so bear with me.* To be continued...ad nauseum.

**HELPFUL HINT:** Rusty Nuts & Bolts- If you have any nuts or bolts with rust on them, just pour club soda on them and let them soak until they are clean of rust. (If you have any club soda left, mix yourself a drink using fruit juices or syrups).

**FOR YOUR FUNNY BONE**  
"I have good news and bad news," the defense lawyer says to his client. "What's the bad news?" The lawyer says, "Your blood matches the DNA found at the murder scene." "Dammit! Cries the client. "What's the good news?" "Well," the lawyer says, your cholesterol is down to 140."

A man and his wife were sitting in the living room. He said to her, "Just so you know, I never want to live in a vegetative state dependent on some machine. If that ever happens, just pull the plug." So she gets up and unplugs the TV.

**HAPPY BIRTHDAY! ... February Birthdays...**  
Anne-Marie Stockdale, Gordon Caldwell, Peter Lippincott, Georgia Lippincott, Janet Emery, Sharon Lefler, Lorraine Bush, Mary Beth Knox, Vickie Vernon, Hilda Pittman, Susan Henderson, Sylvia Lorhan Ann Luke, Janet O'Day, Ana Ptasiniski, Jan Reed, Allie Atay, Ursula El-Tawansy, Winifred Swanson, Marian DeMars. \*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:** For 200 years we've been conquering Nature. Now, we're beating it to death. ~Tom McMillan

**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.*

**Free Income Tax Assistance:** Wednesdays through April 10th from 1pm to 2pm Don Brunner will provide is available to all seniors for income tax consultation. Appointments are required, call 626-355-7394.

**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.

**NEW CLASS - Hawaiian & Polynesian Dance:** Starting Feb 25th, this six week introductory course will teach hand, hip, and feet movements for one full dance. Classes will be held on Mondays from 1:00pm to 2:00pm for six weeks. Sarongs and leis will be provided. Class taught by Sierra Madre resident Cheryl Mason.

**AARP DRIVER SAFETY COURSE** This class focuses on learning current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's increasingly challenging driving environment. You'll also learn how you can manage and accommodate common age-related changes in vision, hearing and reaction time. Manystates including California offer discounts on auto insurance rates for those who complete this course..

**EXCURSIONS:**  
**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.

**COMING UP: Whale Watching Trip - 2 hour boat ride (Long Beach, CA)** Date: Saturday, March 2, 2013 Time: 10:00am - 3:30pm Meeting Location: Community Recreation Center Cost: \$31.00 (does not include lunch) Register by: Tuesday, February 19, 2013 Join the Community Services Department on its annual whale watching excursion. The 2013 excursion will visit the same whale watching Charter Company as 2012, which features a 2 hour cruise narrated by Aquarium of the Pacific staff and a boat that features indoor and outdoor seating. Participants can bring their own lunch to enjoy on the boat, or purchase snack items on-board. Bus leaves from the Community Recreation Center.

**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. **February's selections are:**

**WE BOUGHT A ZOO** (2011) February 6th Set in Southern California, a father moves his young family to the countryside to renovate and re-open a struggling zoo. Adaptationof Benjamin Mee's memoir about buying and saving a run-down zoo, complete with escaped tigers and a zoo crew of misfits. Featuring Matt Damon and Scarlet Johansson. Rated PG Start time: 1:00 pm (run time is 126 minutes)

**GOLDFINGER** (1964) February 20th The third installment in the 007 series, which racked up an Oscar for Best Sound Effects, finds überspy James Bond trying to thwart antagonist Auric Goldfinger and his elaborate gambit to corner the gold market by contaminating Fort Knox. Featuring Sean Connery as James Bond. Not Rated Start time: 1:00 pm (run time is 111 minutes)  
All movies are shown in Sierra Madre's City Council Chambers, 232 W. Sierra Madre Blvd.

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



### JUST COMPLETED JUST LISTED RICH TONG DESIGNED CUSTOM HOME IN ARCADIA

This stunning, 5,068 square foot custom estate was just completed by Dexter Real Estate Development of Arcadia. Designed by well known local architect, Robert Tong, the home's design is both classic and sophisticated.

The home's curb appeal begins with the diagonal detail lines of the hardscape, which draw the eye to the arched double doors of the entry. A gated side driveway leads to the three garages accessed at the back of the home, preserving the lines of the front edifice. While the square footage is large, Tong's design has made the home feel approachable and not over-scaled from the street.

Once inside, the dramatic two story foyer continues the use of diagonal lines. Two types of stone flooring create a pleasing, formal diamond pattern using matte and polished finish stonework, which continues throughout the formal areas and kitchen.

The arched front doors create another architectural feature which is repeated several times throughout the home, first in the window above the front doors, in the living and family room wet bar areas, and even the powder room's sink.

A clerestory arched window on the second story provides additional natural lighting for the foyer and staircase. Here and throughout the home, upscale distinctive lighting fixtures were provided by Modern Lighting, offering a contemporary flair to the traditional interpretation. The formal dining room features a circular inset ceiling, creating a large "medallion" effect around the circular chandelier.

The color palette is predominantly a warm taupe with crisp accents of bright white in the double and triple moldings and wainscot

style woodwork with intricate picture framing in places like a tub surround.

The gourmet kitchen boasts beautiful white cabinetry with dramatic glass front doors facing the family room, perfect for display use. It offers two preparation and cooking stations featuring GE Monogram appliances, with one designed to accommodate a wok kitchen. The casual areas of the family room are floored with distressed, dark finish hardwood, and are open to the kitchen for a true California lifestyle. Sliding doors to the patio offer easy indoor to outdoor relaxation and entertaining possibilities.

The patio is designed as an outdoor living room. Protected



on three sides by the home structure, makes this outdoor living space innately warmer in the winter months, extending its usage throughout the year. When the evening chill or the mood calls for it, a gorgeous cast stone fireplace can become the warming focal point here.

The separate home theater, outfitted in rich dark wood detailing and generous space for theater seating, offers Sony components. Distinctive unusual components also include custom cabinetry by Quality Craft, Italian bath fixtures, artisan crafted, wrought iron work on the spectacular staircase and gallery overlook, engineered,

distressed hardwood flooring and much more.

With five bedrooms suites and six bathrooms, 920 Paloma Drive in Arcadia includes two suites on the main floor plus three more on the upper level, including the elegant master suite. This home is offered at \$3,168,000 by Fred Ashkar of Re/Max Premier Properties. For more information, visit [www.FredAshkar.com](http://www.FredAshkar.com) or contact Ashkar at 818-681-4975.



### Tips of the Trade: Real Estate Revealed

by Luther Tsinoglou Realtor®

### DON'T FORGET THE VARIABLES

You're ready to make an offer! You've done your homework by reviewing a CMA (Comparative Market Analysis), local DOM (Days On Market), and even the LP:SP (List Price to Sales Price) ratio to formulate your offer based on the numbers, and you have confidence in the mathematics.

However, there may be "non-tangible" factors that don't fit neatly into the equation. Your representative will endeavor to discover variables like the seller's motivation and your possible competition.

If the home you want has been listed much longer than the average DOM, the sellers may have become more realistic and more motivated to accept lower offers. Sometimes the sellers are motivated by the pressure of having purchased, or offered to purchase, another home. Then time becomes more important than money. No one wants to pay two mortgages or risk their ability to close on another purchase because they can't sell their first home.

Also try to find out if other buyers are making offers on your chosen property. If so, make your first offer your best offer, because sellers are unlikely to counter in this situation. But... never offer more than your representative believes the home will appraise for, or your financing will fail and you'll be back at Square One. Talk to your agent about the facts and the variables, and then make your offer with confidence.

*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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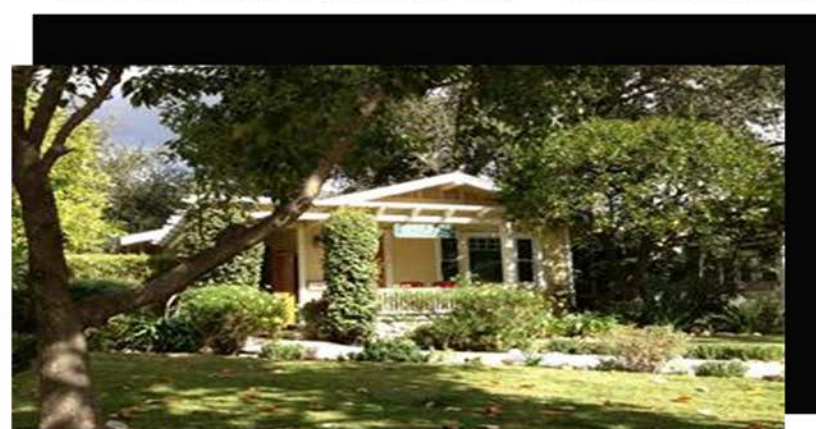
### 615 E. Orange Grove Sierra Madre



**\$859,000**

This home is in need of some 2013 pizzazz! The lot is tree lined with mature landscaping. There is a pool in center of yard with a fully permitted over 600 square foot guest house/maybe office! You also have a large garage and a driveway that can hold many cars. The main house is 3 bedroom 2 bath, there are hardwood floors and some vinyl flooring. This would be a great project for the right Buyers!!!

### 373 W. Sierra Madre Bl. Sierra Madre



**\$775,000**

Perfect for live work BUYERS!! Zoned Residential Professional! Adorable craftsman type cottage with newly built addition that has 2 master suites and a den (all built in 2007), there is also a 3rd bedroom with a another bath. Porch surrounds the front yard with pretty garden; back yard has private garden setting.

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HOWARD Hays

As I See It



*“Why not? What’s the big deal?”  
- Martha MacCallum of Fox News on 102-year-old Desiline Victor’s waiting in line three hours to vote*

I love my DVR, but some events I have to watch live – lest someone give something away before I’ve had a chance to see it. I try shielding myself before watching a recorded game, but a friend will inevitably blurt out to me beforehand, “how ‘bout those fourteen unanswered points in overtime?”

I approach candidate debates the same way – wanting to form my own opinion before hearing the consensus media declaration of winner / loser. It’s the same with the State of the Union Address. I want to offer my own observations – rather than repeating the consensus re-cap, whether from Fox News or MSNBC. Accordingly, although I wasn’t able to catch the speech live and instead had to watch it off my DVR, I jotted down the following notes prior to exposing myself to post-address commentary:

My first impression was there was little surprising in content, but a renewed resolve in emphasis and delivery. President Obama’s speech could’ve begun, “We hold these truths to be self-evident.” It consisted of consensus views of Americans, which made the discomfort of Republicans in the chamber- especially Speaker John Boehner (R-OH), all the more apparent.

In early remarks, the president identified “The true engine of America’s economic growth – a rising, thriving middle class”, and reminded that constituents “expect us to put the nation’s interest before party”, Republicans eventually rose to join the ovation, but slowly – as if unsure whether they were supposed to agree or not.

Politicians avoid arguing for defense cuts, aware it translates as undermining our military. Republicans never worried about the “sequester” calling for deep cuts in both social programs and military spending, confident the military cuts would never happen. President Obama agreed it was a bad idea, but for the notion of preserving defense spending by cutting only Social Security, Medicare, education, etc., “That idea is even worse.” Republicans seemed nervous, realizing Americans agree with the president. Speaker Boehner seemed especially glum when the president declared, “By the end of next year our war in Afghanistan will be over.”

Republicans remained dour as the president himself advocated cuts, as in: “Our medical bills shouldn’t be based on the number of tests ordered or days spent in the hospital. They should be based on the quality of care our seniors receive”. These weren’t the right kind of cuts, as they’d be absorbed by the hospital, insurance and pharmaceutical industries – not by beneficiaries.

“Our government shouldn’t make promises we cannot keep. But we must keep the promises we’ve already made . . . The greatest nation on earth cannot keep conducting its business by drifting from one manufactured crisis to the next . . . The American people have worked too hard, for too long, rebuilding from one crisis to see their elected officials cause another . . . Deficit reduction alone is not an economic plan”.

This was another bummer. Republicans had planned on a repeat of the hold-my-breath-until-I-turn-blue refusal to adjust the debt ceiling allowing our nation to pay its bills. President Obama exposed this “strategy” as a childish tantrum – albeit one with potentially disastrous consequences.

Of the “self-evident” truths the president listed, the ones Republicans seemed most troubled by were those concerning science. “For the sake of our children and our future, we must do more to combat climate change . . . we can choose to believe in the overwhelming judgment of science, and act before it is too late . . . If congress won’t act soon to protect future generations, I will”.

Disconcerting as well was the president’s taking up the cause of business: “What businesses need most – modern ports to move our goods, modern pipelines to withstand a storm, modern schools worthy of our children . . .”. President Obama explained businesses’ need of an educated, capable workforce – and how today a student graduates from high school in Germany with the equivalence of a two-year technical degree from an American community college.

Republicans become apprehensive whenever discussion of “family values” moves beyond evocations of Ward and June Cleaver, and into real-world measures to save and protect real-world families. The president brought up the Violence Against Women Act and the Paycheck Protection Act. For the military he advocated “Equal benefits for their families – gay and straight.”

This was bad enough for Speaker Boehner. It only made things worse, for him and fellow party-members, when the president added, “Let’s declare that in the wealthiest nation on earth, no one who works full time should have to live in poverty”.

President Obama chose not to emphasize his, or the American people’s, support of background checks for firearms purchases, making it harder to sell guns to criminals, and backing “police chiefs who want to get weapons of war off our streets”. Instead, he repeatedly stressed an even less-controversial notion: “Each of these proposals deserves a vote in Congress.”

Although the president didn’t mention it, I’m sure he considered the irony of Republicans blustering in defense of the “right” of a charged domestic abuser to pick up an AR-15 no-questions-asked at a local gun show, while being dismissive of any “right” to vote – a right Americans treasure much more, as exemplified by the experience of 102-year-old Desiline Victor, there in attendance being acknowledged by her president.

The nervousness and discomfort among Republicans is understandable, as they realize that, beyond the halls of Congress, the president’s speech was not one of controversy, but of consensus. They’re already looking ahead to what the State of the Union might be a year from now, and the effect on next year’s mid-term elections. Those elections are still twenty months away, but I already know I won’t be setting my DVR. When those returns come in, I’ll be watching live – and watching to make sure Desiline Victor doesn’t have to wait as long to vote.

THE STATE OF THE UNION WAS CLARIFYING

GREG Welborn



State of the Unions are meant to be grand in their scope, used by the best of leaders to speak about the state of the nation and the direction in which a president wants to lead. But to truly achieve the level of significance, relevance and value that they are meant to attain, Presidents have to base their assessments and aspirations in reality, not pie crust, political promises. President Obama’s State of The Union address this week missed its target. It was not grand, it was not relevant, and it offered little of value, save for helping to clarify the important decision which still lies ahead of us.

Last November, the American electorate essentially punted on the issue of where our country needs to head. They split governance in almost exactly the same manner as had existed before the election. The President won his re-election, but so did the House Republican majority. The President and the Congress stand on opposite sides of the same great issue – the size and scope of the federal government – and neither side obtained the mandate to change the status quo or really deal with the issue.

Into this comes the President on Tuesday night. He could easily have taken the opportunity to level with Americans as to the severity of our fiscal problem and to forge a true bipartisan approach to fix this problem. He didn’t do that. He used the occasion to ramp up the campaign for the next elections, counting on our naiveté and fuzzy recollections of the past.

When the President claims he really understands that “the American people don’t expect government to solve every problem”, he hopes that we don’t remember what has been said and done in his past and don’t understand what he proceeded to promise in his State of the Union address. This is the same president who witheringly criticized Mitt Romney for tax evasive investments in the Cayman Islands, but then nominated Jack Lew as Secretary of the Treasury, ignoring the fact that Mr. Lew oversaw several Cayman Island funds investments while he worked for Citigroup. This is the same president who claims that his Cabinet nominations deserve an up-or-down vote in the Senate, but who also worked against giving President Bush’s nominees up-or-down votes. This is the same president who offered House Republicans a compromise on tax rates during the fiscal cliff negotiations, withdrew the compromise when Republicans accepted it, and then proceeded to blame Republicans for their intransigence.

Un-phased by any of this, President Obama told us that the government isn’t going to try to solve every problem, while then proceeding to tell us that he wants the federal government to:

Finance pre-school for “every child in America” even though a recent government study shows the benefit of such programs wears off by third grade.

Create a new Energy Security Trust fund even though we haven’t yet digested the astounding losses from the government’s last efforts to subsidize wind and solar (remember solyndra??)

Raise the minimum wage during a recession when every study (from either the right or the left) has shown that increases in the minimum wage increase unemployment, especially among minorities.

Increase spending on a “Fix-It-First” plan to employ the millions of unemployed in this country who were supposed to be employed by the last government infrastructure spending program.

Pass a Cap-And-Trade tax plan to emulate China which is “going all in on clean energy” when the truth is that China has now become the world’s largest polluter and doesn’t have a plan to cap any energy source.

Push forward on Obamacare because it has already slowed the growth in healthcare costs when in fact premiums spiked after its passage and a government study shows it will increase medical costs by another 7% when fully implemented.

Nothing new or substantive here. But clarity and distinction was provided by Senator Marco Rubio’s Republican response to the President. As he pointed out, President Obama believes that “the economic downturn happened because the government didn’t tax enough, spend enough and control enough”, and that the President’s solution is therefore to “tax more, borrow more and spend more”. On the impact that a greater government presence would have in our lives, Rubio told us “more government isn’t going to help [us] out. It’s going to hold [us] back.” It isn’t going to “create more opportunities. It’s going to limit them.” “More government isn’t going to inspire new ideas and new businesses... it’s going to create uncertainty” and result in complicated rules and regulations which small businesses will be unable to follow.

Senator Rubio’s conclusion put succinctly into focus the choice Americans need to make – the very unfinished business of the 2012 elections. He said, “the tax increase and the deficit spending [President Obama] proposes will hurt middle class families. It will cost them their raises. It will cost them their benefits. It may even cost some their jobs. And it will hurt seniors because it does nothing to save Medicare and Social Security.”

All in all, the speeches of February 12th were of great value to the nation in defining, clarifying and contrasting the two visions for this country. America is a great and powerful nation, and we have an economy that can withstand much. But there is a limit to what even the strongest of men, or nations, can bear before wilting under the weight. President Obama did not offer us a grand plan for our country; he re-served the same tired policies that have us moribund, and he missed an opportunity to seek bipartisan solutions. It was left to Senator Rubio to elevate the nation with a vision and strategy to reclaim what has been lost. All in all, not bad for a night’s work; not bad for the junior Senator from Florida.

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

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When I fly over the majestic continents of North America and Africa, I marvel at their physical beauty. African Americans have a rich history, traditions and culture that have influenced American culture. Some contributions are:

• rice farming • iron working • basketry

• weaving • pottery • cattle raising

• folk tales • foods • wood carvings

Complete the facts to fill in the puzzles.

North America:

1. is the \_\_\_\_\_ largest continent

2. has Mount McKinley as its highest \_\_\_\_\_

3. is the \_\_\_\_\_ largest in population

4. physically includes Greenland, the world's largest \_\_\_\_\_

5. has Lake Superior, the world's largest freshwater \_\_\_\_\_

6. has a mainland made up of \_\_\_\_\_ countries.

Africa:

1. is the \_\_\_\_\_ largest continent

2. has gold, copper and \_\_\_\_\_

3. has \_\_\_\_\_ countries

4. has the Sahara, the world's largest \_\_\_\_\_

5. has Mount Kilimanjaro as its highest \_\_\_\_\_

6. has the \_\_\_\_\_ passing through it

7. is \_\_\_\_\_ largest in population

8. has many major \_\_\_\_\_

9. has the Nile, the longest \_\_\_\_\_ system in the world

Africa is rich in wildlife – elephants, tigers, giraffes, lions, gorillas and zebras!

Find and circle words that begin with the letter 'c'!

1 island

2 mountain

3 lake

4 third

5 four

6 three

7 second

8 third

9

1 diamonds

2 cities

3 fifty three

4 river

5 mountain

6 equator

7

8

9

Mountain Views News 80 W Sierra Madre Blvd. No. 327 Sierra Madre, Ca. 91024 Office: 626.355.2737 Fax: 626.609.3285 Email: [editor@mtnviewsnews.com](mailto:editor@mtnviewsnews.com) Website: [www.mtnviewsnews.com](http://www.mtnviewsnews.com)

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PUBLISHER/ EDITOR  
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CITY EDITOR  
Dean Lee

EAST VALLEY EDITOR  
Joan Schmidt

BUSINESS EDITOR  
LaQuetta Shamblee

SENIOR COMMUNITY EDITOR  
Pat Birdsall

SALES  
Patricia Colonello  
626-355-2737  
626-818-2698

WEBMASTER  
John Avery

### CONTRIBUTORS

Chris Leclerc  
Bob Eklund  
Howard Hays  
Paul Carpenter  
Stuart Tolchin  
Kim Clymer-Kelley  
Christopher Nyerges  
Peter Dills  
Hail Hamilton  
Rich Johnson  
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Rev. James Snyder  
Bobby Eldridge  
Mary Carney  
Katie Hopkins  
Deanne Davis  
Despina Arouzman  
Greg Wellborn  
Dr. John Talevich  
Ben Show  
Sean Kayden  
Jasmine Kelsey Williams

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Letters to the editor and correspondence should be sent to:

Mountain Views News  
80 W. Sierra Madre Bl.  
#327  
Sierra Madre, Ca.  
91024

Phone: 626-355-2737  
Fax: 626-609-3285  
email:  
mtnviewsnews@aol.com

### 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



## IS AMERICA UNSTOPPABLY CAREENING TOWARDS HATE AND MINUTIA-FILLED POLITICS AS IT MOVES FURTHER INTO THE 21ST CENTURY?

It certainly seems that way. You'd think that, with all the huge issues facing the country, our politics and media coverage would be overwhelmed in a scramble to present substantive stories, serious argument-crammed think pieces, and intelligent TV coverage and policy discussions that could significantly advance a crucial national debate.

But in today's political culture, the way to advance your new or even mainstream media career, or soil the image of another party, partisan or writer, is to be outrageous, over the top, searing, sarcastic or indignant. Or you create an issue by seizing on something small, then blow it up like a political blimp until it becomes a narrative with "legs" that others will jump on, even if it's a non or fabricated issue. The name of the game is getting attention. Who cares how?

All of this has now become so ingrained in our political culture that it brings to mind the title of a Rodgers and Hart song from the 1937 musical "Babes in Arms," called "Johnny One Note." Its opening words: "Johnny could only sing one note and the note he sings was this: Ah!"

Our politics increasingly seems to be mired in two sour notes: the predominance of hate and anger as a political motivational and discussion tool, and the seizing of small events or issues which are then dissected, and peppered with generous dashes of paranoia and hatred. Speculation is packaged as fact or probability when they are often neither. The synthetic event or issue then takes on a life of its own as others want to cover what others have covered -- because others are covering it. Our politics is therefore increasingly easy to manipulate, and our media oftentimes not gatekeepers but partisan rant and negative image-dissemination systems.

A telling moment in our politics came when Bay Buchanan, conservative columnist Pat Buchanan's assertive, articulate and often-vitriolic sister, and a key media spokesperson for Mitt Romney during the GOP's failed presidential campaign, proclaimed that she's fed up with politics -- and is going into real estate. Buchanan was the quintessential TV partisan talking head when she was on the tube; always in a race against time to load answers with as many talking points as humanly possible, and present them with angry, quotable zingers aimed at Democrats and Barack Obama.

The Washington Post notes that after Romney's loss she went for her real estate license. She then said something to the Washington Examiner explaining why she quit being a TV partisan talking head that speaks volumes about our political culture: "I can't just live my life going on TV and being angry all the time."

Who said politics has to always be in an angry tone? But TV in particular needs conflict and emotion. How many times have you seen two partisans angrily going at it on a show, interrupting each other and screaming, then the host says with a smug look: "We'll have to have you back!!"

Meanwhile, a prime example of seizing on minutia and inflating it into a fake controversy until the attention deficit media jumps on it was best seen when Barack Obama mentioned he does skeet shooting. He must be lying, the partisan chorus howled. Then the mainstream media covered it. So Obama released a photo showing him skeet shooting. Partisan bloggers then dissected and questioned the photo. Is the smoke real? Is that really Obama? When was it taken? No way he could wear several changes of clothes in one day. Some conservatives call it -- I'm not kidding, now -- "Skeetgate."

Actually, it's "Hackgate" for those seriously investigating it, or for those wasting a Presidential press briefing demanding more answers on this "issue." Many blame Obama for mentioning skeet shooting: hey, he said something, didn't he, so didn't he expect to be CHALLENGED?

Advice to Barack Obama: Never in an interview ever say you wear underwear. 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.

## FOR PRESIDENTS DAY — GEORGE WASHINGTON MAKEOVER

By Tom Purcell

"What do you mean America's youth don't know who George Washington was?"

"Dude?"

"He was our first president, our best president and one of the primary reasons the experiment called America was able to work. But of course they don't teach you that in school anymore."

"Dude?"

"Scholars and historians deemed Washington to be our greatest president in a Wall Street Journal survey. But another survey shows that Washington's coverage in history textbooks has declined to less than 10 percent of what it was in the early 1960's."

"Dude?"

"Sure, to your generation Washington was just a boring old guy. He isn't as captivating as the pop singers, movie stars and professional athletes you worship. That's why the people at Mt. Vernon, Washington's estate, had to raise \$110 million dollars to reshape Washington's image."

"Dude?"

"The Mount Vernon people constructed a new orientation center, education center and museum right on the grounds of Mt. Vernon. These new facilities, which opened in October, 2006, feature the story of a younger, studlier George Washington."

"Dude?"

"The presentations are designed to appeal to short-attention-span kids like you who get most of their information from MTV. A 15-minute film uses action-packed techniques to feature Washington's significant accomplishments."

"Duuuuude?"

"No, the film and multimedia presentations do not feature Washington blowing up terrorists, nor does Arnold Schwarzenegger costar. But they do tell the story of a remarkable man."

"Dude?"

"Did you know that Washington was born into a modestly well-to-do family? What little education he got was given to him by his father and stepbrother. He was a farmer and surveyor and through some inheritance, shrewd business dealings and hard work, he grew his fortune."

"Dude?"

"From early on he was a natural leader. He had an imposing presence, standing nearly 6'3" at a time

when the average man was about 5'8". And he was invincible. During one battle in the French and Indian war, four bullets ripped his coat and two horses were shot from under him, yet he was unscathed."

"Dude?"

"He represented the rebellious American spirit, you see, and he led the charge to break away from the restrictions and regulations of the British. In 1775, he took command of our motley crew of an army and led it in a war that lasted six grueling years."

"Dude?"

"And, dude, he didn't have much chance of winning against the British. Nonetheless, he used American ingenuity to completely outwit them. He retreated when they expected him to fight, he fought when they expected him to retreat. Many historians believe that no other man could have won this war. Without Washington, America's history would have been completely different."

"Dude?"

"After he beat the British, he was so popular he could have become a king. Instead, he used his immense power to help establish our Constitution, which grants power to us little folks. Then he reluctantly became our first president. He wanted nothing to do with the job, but knew our fledgling government needed his leadership to survive."

"Dude?"

"After eight long years as president, Washington finally returned to his beloved Mt. Vernon to farm and enjoy life. But he lived only three years in retirement before dying at the young age of 67."

"Dude?"

"The point is, dude, that one man can make a remarkable difference in the world. Washington was truly a hero -- a man who lived his life by simple virtues and a sense of duty. Without Washington, the experiment we call America might not have worked."

"Dude?"

"That is why the people at Mt. Vernon have gone to so much trouble to make sure we don't forget Washington's incredible story. I urge you to visit Mt. Vernon soon and learn all you can about this remarkable man. Now do you have any questions?"

"Dude?"

"Oh, for goodness sakes. Yes, it's true that Washington grew hemp, also known as marijuana. But he used it to make rope and clothing. He didn't smoke it!"

"Duuuuude!"

*Excerpt from Purcell's "Comical Sense: A Lone Humorist Takes on a World Gone Nutty!"*

## STUART Tolchin..... On LIFE IF THE POPE CAN RETIRE, WHY CAN'T I?



Were you shocked this morning when you turned on the TV and heard the news? The Pope is retiring—he doesn't want to do it anymore. Whoever heard of such a thing? The last time a pope retired was 719 years ago. I just googled Pope Celestine V and learned that he retired at the age of 80, choosing a life of quiet seclusion over the continual responsibilities of the Papacy. It's hard to know if this Pope later regretted his choice, as it seems he was imprisoned by his successor who feared him as a rival for power. This Pope died about eighteen months after he relinquished his position and was later canonized. I do not think that either imprisonment or canonization will describe the future of Pope Benedict; but time will tell.

What about Hilary Clinton, our recently retired Secretary of State? What does she have on her mind? Many pundits predict that Hilary will be the Democratic Candidate for President in 2016. These soothsayers foretell that Hilary and her forces will use the time wisely and be ready for the big fight in four years. After all, that great model of political success, Richard Nixon, used the time away from office to secure election in 1968 after eight years of Democratic domination. Of course, the fact that much of the population was frightened by huge demonstrations in the street and the most popular Democratic Candidate, Bobby Kennedy, had been assassinated undoubtedly contributed to the Nixon victory - even then it was very close. Whatever happened to Hubert Humphrey—has anyone heard a thing?

Of course that isn't my point. What I want to talk about is my own situation. Why don't I retire? Why am I writing this particular article? As I hope some of you out there noticed that my usual article was not in the paper last week. Did you care - did you miss me? Actually a couple of people mentioned to me that they noticed that my column was not in its usual place on the Opinion Page, where it has appeared every week for over five years. In fact - there was no Opinion Page at all. As soon as I noticed the omission I e-mailed Big Chief Susan and received a reply saying printer difficulties required the omission of four pages. I saw her later on Saturday evening at an event connected to the new Sierra Madre Radio Station. Without apology she said that I should consider the one week omission as my chance for a vacation and that I should not bother to submit a new article for this week as last week's submission would be sufficient.

Alas; I was very satisfied with last week's submission but it was very topical. The article was entitled POWER FAILURE, and in my usual clever way it connected the power failure at the Super Bowl with power failures that are occurring throughout the rest of the world. I wrote about the Arab Spring as an exercise of power that somehow has not resulted in the change that celebrating populations have expected. Clearly, this article had some relevance right after the Super Bowl; but now two weeks later, who can remember anything about it?

No, that's not the point. The real truth is that I absolutely love the opportunity to write about events right after they happen and to feel assured that magically these articles will appear in the paper just a few days later. I admit that for reasons that are not clear to me I would not write the articles if I did not think they would be published. I do not think this is simply vanity. I believe that the publication of the articles allow me to reach out into the world and have some effect. What the effect is I cannot fully describe but I feel, (feel rather than believe) that my submitting articles which are as truthful and as real as I can make them contributes to making the world a better place. Consequently, I believe that my writing the articles and your reading them is a gift for both of us. If the articles do not appear then I believe that we will both be deprived of a gift this Valentine's Day and for who knows how long.

We now return to the subject of retirement. I don't want to stop writing and I don't want to stop lawyering. I would love to put together a radio program that presented the lives of our hard-working but low-income populations. Many waitresses are single mothers working three jobs and totally focused on bringing better futures to their children. I would like to interview recent immigrants, regardless of their legality or illegality, and present their dreams and hopes and regrets, too, to a public audience. I don't know if I will get that opportunity and I really don't know if this article will even be published. Still, I know there is stuff I want to do and the last thing I want to do is to stop trying.

Happy Belated Valentine's Day to the retiring Pope and Secretary of State and to the anything-but-retiring Susan; I hope you have made the decisions that are right for you!

## OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

## TRUE LOVE TRUMPS A ROMANTIC FLING EVERYTIME



February is the month we celebrate romance. Actually, the only romantic things about me are my "love handles," which is why I have spent so much energy developing them over the years. You think somebody would appreciate them.

For some people, romance is an easy, if not natural thing. Others, like me, find it complicated and elusive. It is not that men are less romantic than women are; they just have different ideas of romance.

For most women, romance is flowers and candy in heart shaped boxes.

For men it is a Big Mac with fries and a soda ... and SUPER SIZE it, please.

Why are women so complicated and men so simple? I do not think that came out the way I meant it.

If it were not for women, romance would have died a long time ago. There is nothing quite like springtime with a hint of romance in the air with a delicate dash of chivalry.

People from Hollywood try to define romance for us, but their idea of romance is raw sex and lurid lust. Hollywooders would not know romance if it nibbled on their ears. Romance is not a fling in the spring, but a lifelong relationship, experiencing all the ups and downs of life -- together -- and no growing apart!

There is no picture quite as refreshing as a couple still together after all those years of turmoil and temerity. The easiest thing in all the world is to fall in love for a few years and then, when it gets difficult, bale out. What kind of thing is that?

Ah, but to see a couple married for 50 years or more; now that is the epitome of real romance.

I'll have you know that romance has not been a stranger at the parsonage. I met my wife (actually, she wasn't my wife then) when I went away to Bible college in 1970.

At the time, I was functionally romance challenged. Before I left home for college, I prayed for a wife. I had the good sense to know that a minister needs a good wife to support him in the ministry.

I prayed something like this, "Father, I need a good wife and I don't know how to go about it. Let the first single girl I meet at Bible college be the wife of Your choosing."

Now, I know this is a crazy and dangerous prayer to make. Some would take the high road of romance, but I took the low road of prayer. I may have been a bit desperate, but nobody could doubt my earnestness. I also figured that prayer was a lot cheaper than dating. After all, I am a Pennsylvania Dutchman.

Nevertheless, I prayed for a wife.

The day of my arrival on campus came and found me a bit anxious. I remembered my prayer and wondered just how God would answer it.

My parents took me to the college, which was some 500 miles from home; good planning on my part the men's dorm, I figured I was safe. I planned to avoid all contact with the opposite sex as long as possible.

But just as we pulled into the men's dorm parking lot, a young woman exited from the men's dorm. Remembering my prayer, I immediately amended it. "God, this doesn't count. I've not stepped out of the car yet."

Have you ever noticed that God has a marvelous sense of humor?

The young woman emerging from the men's dorm defied description. Do you remember when women rolled their hair up in big rollers? Well, this young woman had rolled her hair up in tomato cans! Nothing prepared me for such a sight. She actually looked like some space alien.

I do not know what she was wearing or even what she looked like. All I could see were those tomato cans on her head. At the time, I did not know much about romance, but I knew this was not it.

The next few days I did everything to avoid the women's dorm for fear I would run into her. Whenever I did see her, I crossed to the other side of the street. But the more I tried to avoid her, the more I ran into her. Prayer makes strange partners.

Thinking I was making progress in my plan of avoidance, the inevitable happened.

One week after arrival, my roommate invited me to come along with him and his girlfriend to a restaurant. Being the neurotic naive that I am, I said, "Sure, I'd love to come along." After all, I had nothing else to do and it seemed like some fun.

When my roommate went to the women's dorm to pick up his girlfriend, who do you suppose was standing with his girlfriend waiting?

That's right. The young woman with the tin cans on her head.

Would you believe it? The young woman with the tin cans turned out to be the sister of my roommate.

It was a whirlwind romance. I met her in September and in February she asked me to marry her. In August of that year, I found myself at a church altar mumbling, "do." The Bible makes this promise: "Whoso findeth a wife findeth a good thing, and obtaineth favour of the LORD" (Proverbs 18:22 KJV).

A good wife is the find of a lifetime, as long as God is in charge of the search.

## BUSINESS TODAY

The latest on Business News, Trends and Techniques

By La Quetta M. Shamblee, MBA



## WHAT HAPPENED TO COMMERCIAL-FREE CABLE TV?

If you've looked at your cable bill lately and experienced a slight rise in blood pressure when looking at the monthly cost, you are not alone. I seem to recall that "commercial-free" programming was one of the main reasons it made sense to pay for cable. After all, it seemed to make perfect sense for subscribers to pay some type of fee, especially since the cable networks wouldn't be earning any money for airing commercials from corporate America. That didn't last long.

We should have known that something was amiss when "pay-per-view" reared its head to latch on to popular sports events that had previously been available on the free airwaves to be enjoyed by anyone who had a working television. It was one of the first indications of our collective cultural addiction to watching others act out our hopes, dreams, fantasies and fears. Not only had the cable companies convinced us to accept "pay-per-view" as the status quo for certain programming, but they also eventually groomed subscribers to sit through an increasing barrage of commercials, without demanding any corresponding decrease in our cable bills.

Cable subscribers are paying hefty monthly fees to watch stations that have up to 40% of the airtime dominated by some form of paid advertising. Of course we don't have to be bothered with the disruptive stream of commercials if we choose to pay to watch a movie of some other special broadcast. Still, we'll be subjected to the select group of advertisers who pay for advertising and product placement to reach our target audience for those particular broadcasts.

These deep-pocket-diving-for-profit maneuvers

by cable providers are very frustrating. Unless we choose to eliminate television from our lives, we are currently left with few alternatives. The multinational corporate telecommunications providers have done an outstanding job of growing their profits and shareholder value on the backs of staggering fees paid by subscribers who just want to watch TV.

Providers have increasing their efficiencies with investments in new technology and equipment that requires fewer staff to maintain. Some have also reduced expenses by outsourcing online and call-in customer service functions to low-cost, offshore operations. So let's look at this picture – they lower costs, but the price to subscribers has continued to climb? It clear there is no thought of passing any cost reductions along to subscribers. What about those great specials they advertise? Read the fine print and calculate the total amount we'll need to fork over after the time period for the special price has run its course. Also pay attention to the early cancellation fee, which is nothing more than a penalty for refusing to continue the insanity of paying an outrageous monthly fee.

We accept the fact that the good ole days of free television are history, but we don't have to accept the blatant pocket gouging by the cable industry. It's time to take a lesson from the providers and do a better job of reducing our cable expenses by finding the most affordable option. A growing number of friends who have unplugged from cable completely seem to be doing just fine. They can still enjoy broadcasts of major sporting events at a sports bar or viewing parties of friends and family, and for everything else – well there's the internet and DVD's.

**Social Media**  
Tips & Tricks  
By Merri Jill Finstrom

in f t

**PAGE POST TARGETING ON FACEBOOK**

If you have a Facebook page for your business, you can now target distinct groups of people who like your page... by gender, relationship status, educational status, age, location and language.

For example, if you have an English and Spanish speaking audience, you could post in Spanish and set the target for just those who speak Spanish.

You could target by location. We recently helped The Shabby Dog (a local Sierra Madre business) build more likes on their Facebook page. They are very "likeable" and people from all over the United States gave them the thumbs up. They have two audiences they need to talk to, a national audience and a local audience. They have a variety of dog products they can market across the United States. They also have services like grooming, doggy day care and their new Shabby Cab that serve locals.

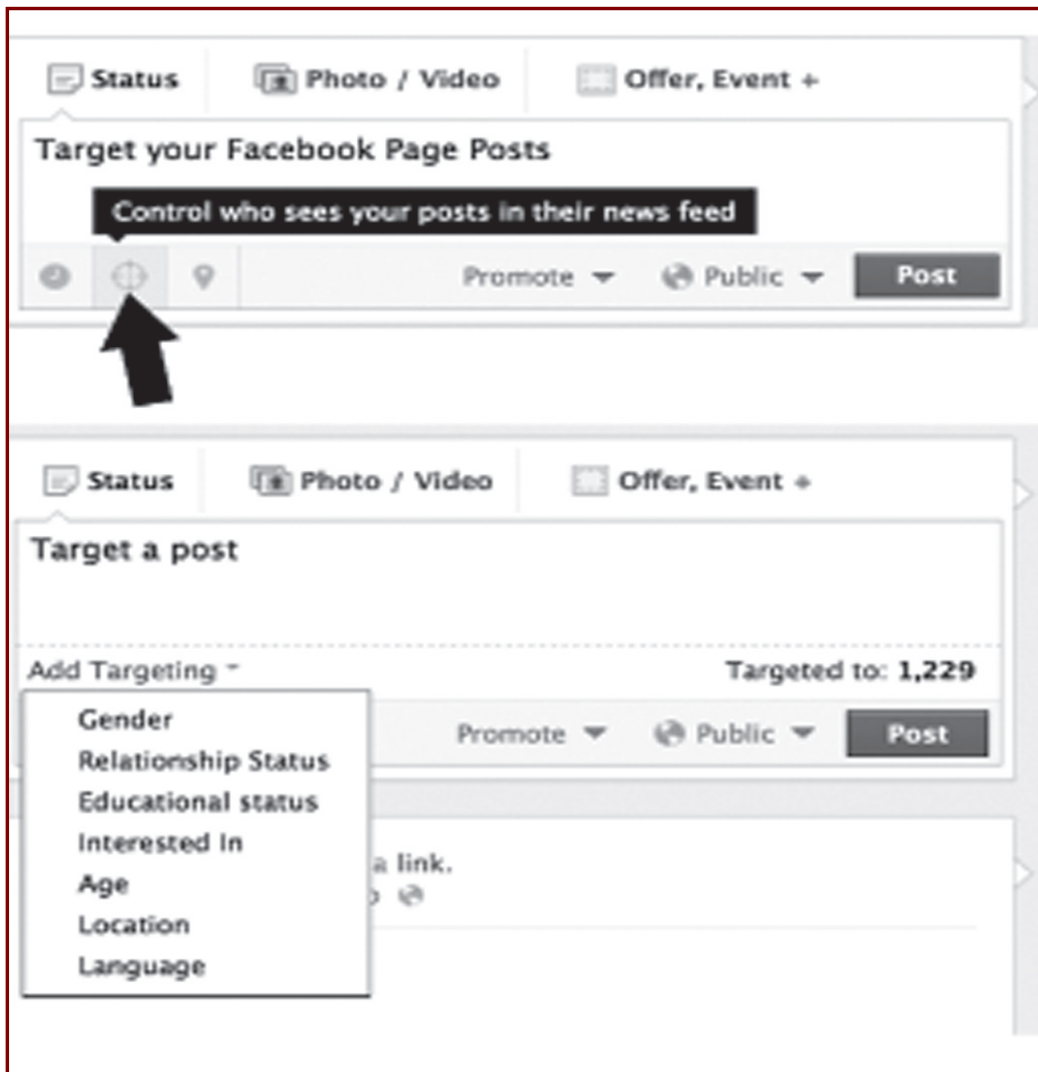
Page post targeting will allow them to promote their local services and events to a local audience. Page post targeting can be a powerful marketing tool especially if you have a large, diverse audience.

You can start to speak the language of your different types of fans. Maybe you target by age and talk to your younger fans in OMGs and LMAOs.

To get started, you have to go through a few hoops in order to add the audience selector to your page's publisher. Here is what you need to do once you are on your Facebook business page:

- Select "Edit Page" in your Admin Panel
- Choose "Update Info"
- Select "Manage Permissions" in left column
- Look for "Post privacy gating" and check the box next to "Allow me to control the privacy of new posts I make on my Page."
- Save Changes

After you have added the audience selector, it will add a little target image into your publisher. As you post you have the option to select your audience.



About MJ: MJ and her brother David own HUTdogs, a creative services business that specializes in Internet Marketing strategies and Social Media. They offer social media management services and help their clients build a strong on-line presence. "Like" them on Facebook for trending news in social media, internet marketing and other helpful tips, [www.facebook.com/hutdogs](http://www.facebook.com/hutdogs). Sign up for their upcoming classes and presentations at: [www.hutdogs.com/workshops/schedule](http://www.hutdogs.com/workshops/schedule)



Can one remove all traces of one's self from the Internet? It seems that once something has found its way online, it's pretty much there forever. This seems to be the hard lesson that many are finding out through social media gaffes that enable personal messages and photos finding their way to places where the original owners never intended them to be.

This is the side effect of our living in an increasingly connected world where our digital identities are replicated and spread over thousands of online services and tens of thousands of servers located all over the world. For the most part this isn't too bad of a thing, as our favorite sites keep track of our preferences but, in truth, the high price we pay is none other than our surrendered privacy and personal information.

Once our personal data is the hands of these online companies, they may then use our data as they see fit. Some of the more reputable companies often use our preferences to target us with directed advertising, but some of the less scrupulous companies often sell our details to the highest bidders. When this consumer behavior is viewed in the short term, it might not seem like that big of a deal since most people are at least somewhat careful with the information that they let out about themselves. But when viewed over a longer period of time, such as 10 years or so, who can really remember all the online sites and services one may have joined? Do you remember what you posted on a music forum in 2004? Or which services you tried for free email before Gmail?

We're only human, so it's only natural that we sometimes forget these services as we move on to newer and better ones. The problem is that these services don't forget us. Tracking down these no longer wanted services can sometimes be tricky and tedious. Online Reputation Management services offer an array of products that claim to be able to give one a proverbial "digital clean slate" for a pretty penny. Sometimes one finds oneself in a case of "the-horse-having-already-left-the-barn" and what's done can't possibly be changed.

What one can do going forward is take certain steps to protect one's digital footprint going forward. Users are warned to be aware of the elements that make up your digital identity (PIN's, IP Addresses, email addresses, names, avatars, photos, blog entries, etc) and to note that the concept of "managing one's digital identity" means monitoring the use of these elements.

When creating a user profile for a new site, **always** use an alias and do not post any personal information about yourself on the internet. Keep in mind that once an element of your digital identity has been posted on the internet you effectively lose control of that data.

## ASSEMBLYMEMBER HOLDEN APPOINTED TO SANTA MONICA MOUNTAINS CONSERVANCY BOARD

Sacramento - Assemblymember Chris Holden (D-Pasadena) has been appointed to the Governing Board of the Santa Monica Mountains Conservancy. The announcement was made by Assembly Speaker John Perez.

"The Conservancy has helped preserve urban parks and wilderness access throughout Southern California and especially in the foothills region of the 41st Assembly District," said Assemblymember Holden. "I look forward to working in partnership with local governments and private landowners to protect and preserve the natural treasures of the San Gabriel foothills."

The Santa Monica Mountains Conservancy was established by the State Legislature in 1980. Since that time, it has helped to preserve over 69,000 acres of parkland in both wilderness and urban settings.

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The free Sierra Madre Law Clinic will be open on February 20 and February 23, 2013, from 1:00 p.m. to 5:00 p.m., at 19 Suffolk Avenue, Suite A, Sierra Madre, CA 91024.

Local attorney, Noah Green, will be available during clinic hours for legal consultations on many areas of the law, including the following:

- Real estate contracts or disputes, including mortgages and leases
- Business disputes
- Employment law, including hiring/firing, harassment, and wage & hour issues
- Debt workouts or bankruptcy reorganization/liquidation
- Forming or dissolving a corporation or LLC
- Estate and/or business succession plans
- Work-related injuries or premises-related injuries.

If you have any questions regarding the clinic, please call Noah Green at (626) 568-8808, or by e-mail at [ngreen@ryanattorneys.com](mailto:ngreen@ryanattorneys.com).





The following person(s) is (are) doing business as: GKM MEDIA; GKM INDUSTRIES; GKM COMMUNICATIONS, 879 W. 190th St. STE 400 GARDENA, CA 90248. Full name of registrant(s) is (are) MDK MEDIA, INC., 879 W. 190th St. STE 400, GARDENA, CA 90248. This Business is conducted by: A CORPORATION. Signed: MAKONEN KEBEDE. This statement was filed with the County Clerk of Los Angeles County on 01/28/2013. The registrant(s) has (have) commenced or transact business under the fictitious business name or names listed above on N/A. NOTICE: This fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk.



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Mountain Views News 80 W Sierra Madre Blvd. No. 327 Sierra Madre, Ca. 91024 Office: 626.355.2737 Fax: 626.609.3285 **Email:** [editor@mtnviewsnews.com](mailto:editor@mtnviewsnews.com) **Website:** [www.mtnviewsnews.com](http://www.mtnviewsnews.com)

**Luther & Georgina TSINOGLOU**  
Working on Common Ground

30 North Baldwin Ave,  
Sierra Madre, CA 91024 | 626-507-3029  
luther@tsinoglou.com  
www.Tsinoglou.com

DRE# 01135433 DRE# 01393982

**1845 Kinneloa Canyon Rd.,**  
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