



# Mountain Views News

Sierra Madre — Arcadia — Pasadena — Altadena — Duarte — Monrovia

SATURDAY, MARCH 2, 2013

VOLUME 7 NO 9

## THE WISTARIA FESTIVAL NEEDS YOU!

*Volunteers needed for all aspects of the festival to be held on March 17th.*

*A Volunteer Meeting will be held on Tuesday, March 5, 2013 at 7:00pm in the Hart Park House (Senior Center). Volunteers of all ages needed!*

## SIERRA MADRE'S MUSEUMS AND NATIONAL MUSEUMS ADVOCACY DAYS

By Amy Putnam, President  
Sierra Madre Historical Preservation Society

February 25th & 26th were National Museum Advocacy Days 2013. The purpose of these days, organized by the American Alliance of Museums, was to emphasize and bring to the forefront the importance of museums in our community, state, and country. In honor of Museum Advocacy Days, I'd like to share with you some interesting facts about our local museums, Lizzie's Trail Inn and Richardson House.

Much of the work and focus of the Sierra Madre Historical Preservation Society (SMHPS) is due to two partnerships with the City. First, the City owns the museums and the SMHPS has a lease agreement with the City to operate and assist in the maintenance of the museums. Secondly, the SMHPS is party to a memorandum of understanding with the Sierra Madre Public Library relating to the archives and local history collection. I'm proud to report that the SMHPS is working very diligently within our organization and in conjunction with the City's Department of Public Works and the Sierra Madre Public Library to repair, organize, upgrade and make our City's museums more accessible and interesting to our citizens and visitors to our town.

Here are some exciting highlights of what's going on up at our museums:

1) The Historical Society, in partnership with the Sierra Madre Garden Club, has begun a landscaping project under the direction of Orchid Black, the president of the local chapter of the California Native Plant Society. Volunteers from these two local organizations completed the beginning phase of this project at the beginning of February and during that process, the City provided a dump truck to assist us with the removal of the overgrown brush and landscaping surrounding our museums. Orchid Black is donating her landscaping expertise to assist us in developing a butterfly and native plant garden which will be installed as a teaching exhibit of plants that hikers would expect to see along the Mt. Wilson Trail.

2) The Sierra Madre Public Library has been awarded a \$50,800 Pitch-An-Idea grant from the State of California which will create excitement for our local history collection and will assist at making the unique materials in our Sierra Madre Stories & Treasures project more available and accessible. As such, the collection will be showcased at two community locations using digital storyboards. One of those locations will, of course, be at our Public Library, and the other location will be at our museums, specifically Richardson House. (continued on page 3)

## TRAGEDY STRIKES BEAN TOWN

### Beloved Barista Dies At Age 23

On Friday evening, members of the Sierra Madre community and the friends and family of John Peters, gathered at Bean Town to celebrate his life, a life that ended at the early age of 23.

Last Saturday evening, while working at Bean Town, John collapsed and was rushed to the hospital where he died the following morning. It was a shock to all who knew him, as he was the picture of perfect health, young, vibrant, enjoying life and looking forward to the future.

Peters was a barista at Bean Town for more than two years, known for his wonderful smile and pleasant personality. The impact that his life had on others was very evident on Friday, when more than 100 friends and family came to Sierra Madre to help raise money to help defray the funeral expenses for the Peters family.

Matt Krantz, Bean Town's owner, and the staff at Sierra Madre's favorite coffee house organized the event. Bean Town was closed Sunday and Monday while Peters' co-workers and Krantz tried to deal with his sudden death.

Other local businesses and friends donated items for a silent auction to help raise money for the family.



John Peters popular Bean Town Barista  
Photo courtesy Bean Town



Clifford Peters, John's father and John's girlfriend, Alicia Vessey were able to smile through their tears on Friday. Photo by Bobby L. Brett

Peters parents were devastated by the loss of their son. His father Clifford, and John's girlfriend Alicia Vessey were able to attend the fundraiser. Both were overwhelmed and yet appreciative of the love shown by everyone in attendance.

According to www.sierramadrenews.net, there will be a viewing from 11:30am to 1pm, followed by a graveside service at 2pm at Forest Lawn in Covina Hills, 21300 Via Verde Drive on Saturday.

John graduated from West Los Angeles Baptist High School in 2008, and had studied digital media arts at John Brown University in Arkansas before returning to California. He is survived by a brother, his parents and a host of other relatives and friends.

S. Henderson/MVNews

## CANDIDATES MAKE THE ROUNDS BEFORE MARCH 5TH PUSD ELECTION

### Many Parents Upset That Sierra Madre Will Not Select A Representative Until 2015

Candidates for the four expired Pasadena Unified School District seats made the rounds over the last two weeks trying to shore up support among voters. As a result of the passage of Proposition A last year, this will be the first time that voters in the district will actually select voters within a geographic district. The seats for Districts 1, 3, 5 and 7 will be chosen on Tuesday. Districts 2, 4 and 6, which includes Sierra Madre will not select their representative until 2015.

The seats that expire include Seat 1 - Elizabeth Pomeroy, Seat 3 - Scott Phelps, Seat 5 - Ramon Miramontes and Seat 7 - Ed Honowitz. Pomeroy and Phelps are running for a seat in the geographic district on Tuesday.

The candidates are:  
District 1: Kimberly Kenne  
Hermond Dean Cooper  
Kenne currently holds an unexpired seat on the PUSD Board.

District 3: Guillermo Arce  
Ruben Hueso  
Tyron Hampton, Jr.  
Deirdra Duncan

District 5: Stella R. Murga  
Elizabeth Pomeroy  
Pomeroy's current term on the PUSD Board is expired.

District 7: Luis Carlos Ayala  
Scott Phelps  
Phelp's current term on the PUSD Board is expired.

The fact that Sierra Madre will not be selecting their representative in this election has caused a great deal of concern among some parents.

Others, however, are pleased with the new district boundaries because they feel the configuration will give Sierra Madre a stronger voice in the selection of their representative and therefore is worth the wait until 2015.

With 3 seats remaining on the PUSD until 2015, it is widely speculated that the Board will specify a representative for the 3 areas that have to wait until 2015.

In an effort to make certain the candidates that were on the ballot this Tuesday had a good understanding of the unique situation in the two Sierra Madre Schools and to give parents the chance to discuss their concerns with the candidates, parent Steve Tanner organized a tour of the Upper Campus.

Candidates Dean Cooper and Stella Murga were on hand at 7:30 am and had the opportunity to see



first hand the condition of the Middle School and the negative impact the delay in construction has had on the students and the community. After the tour the candidates discussed specific issues with the parents and community members present.

Later in the day, Elizabeth Pomeroy and Ruben Hueso took the tour and shared with Tanner their support for getting the construction started ASAP.

The week before, the Armenian Community Coalition held a joint City Council/PUSD candidate forum. (above), and although the forum was held in Pasadena, the issue of Sierra Madre's Middle School Construction was discussed. All PUSD candidates present supported making the completion of the Middle School a priority.

S. Henderson/MVNews

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## Weather Wise

## 5-Day Forecast

## Sierra Madre, Ca.

<b>Mon:</b>	Sunny	Hi 70s	Lows 50s
<b>Tues:</b>	Sunny	Hi 70s	Lows 40s
<b>Wed:</b>	Sunny	Hi 70s	Lows 30s
<b>Thur:</b>	Sunny	Hi 70s	Lows 40s
<b>Fri:</b>	Sunny	Hi 70s	Lows 40s

Forecasts courtesy of the National Weather Service



the shuttle of \$30. (No more than 2 adults).  
Go to [www.wistariatickets.com](http://www.wistariatickets.com) or call 626-355-5111 today!

## WISTARIA FESTIVAL SHUTTLE TICKETS ON SALE NOW!

Shuttle tickets to ride up to view the Wistaria Vine at the annual Wistaria Festival will be available for purchase on February 15th. . The 2013 Wistaria Festival will take place on March 17<sup>th</sup>, 2013.

The Festival features tours of the world's largest blossoming plant, certified by the Guinness Book of World Records. Each year, the property owners upon whose land the vine sits open their property to allow thousands to view the vine. Dozens of Sierra Madre residents volunteer to act as docents at the property, telling the story of the vine, which was originally planted from a 1-gallon pot that was purchased for \$0.75 in 1894. In addition to the tours of the vine, the two main downtown streets of Sierra Madre are closed to traffic so that crafters and artists can set up booths to display and sell their arts/crafts. Downtown village shops are open, and musical acts perform at multiple outdoor venues. Memorial Park is transformed into a combination Kids/Food zone, as bouncy houses, slides, rock climbing and other kids attractions set up in the park alongside food vendors, both for profit and non-profit alike.

The shuttle to the vine from downtown avoids a long uphill walk from downtown to the neighborhood in which the vine sits. "Day of" tickets for the shuttle are \$14 this year, and pre-sale tickets are \$12. Also this year seniors (over 65) and children (6 to 16) receive a discounted rate of \$7. Children under five ride for free. Families of 6 or more can ride

## SPECIAL SIERRA MADRE POSTMARKS AVAILABLE AT WISTARIA FESTIVAL

The United States Postal Service and the Sierra Madre Chamber of Commerce announce a special postal cancellation to celebrate The Sierra Madre Wistaria Festival.

This special postmark will be available at the Sierra Madre Wistaria Festival, Sunday March 17, 2013 at the Wistaria Festival Postal Station located at Kersting Court in Sierra Madre at Sierra Madre Boulevard and Baldwin Avenue.

This special temporary postal station will be open 11 A.M. to 3 P.M.

Bring post cards or letters. You can send mail and post from this special event post office and surprise your friends when they receive mail with this extraordinary postmark.

The announcement of this postal cancellation has been printed in the U. S. Postal Bulletin which is distributed world wide. To accommodate collectors from out of the area the Sierra Madre Post Office will cancel postcards and letters upon request with the Wistaria cancellation for 30 days after the event.

To postmark a letter after the event go to Sierra Madre Post office and request The Wistaria Postmark on your mail.

For more information contact: The Sierra Madre Chamber of Commerce (626) 355-5111  
The U. S Post Office, Sierra Madre, California 91024

(Note: The Sierra Madre Wistaria Festival spells Wistaria with an "a" not with an "e").



## 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).



## 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 this week is Pete Siberell. Gene and Pete will discuss the Mount Wilson Trail Race past and present.

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

PLAY BALL!!!!!!!!!!!! Hey Little League Fans:  
Listen to the replay of Gene Goss' interview with Alan Tierney of Sierra Madre's Little League - go to: [http://villagevine.org/AudioFiles/VillageIntersections/Alan\\_Tierney020913.mp3](http://villagevine.org/AudioFiles/VillageIntersections/Alan_Tierney020913.mp3)

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# SIERRA MADRE

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Pasadena

Altadena

Monrovia

## ESTATE PLANNING & YOU

On Tuesday, March 5th at 7:30am, the Sierra Madre Kiwanis Club will present local attorney Noah Green who will discuss Estate Planning. The event will take place at The Lodge (formerly The Masonic Temple), 33 E. Sierra Madre Blvd., Sierra Madre, Ca. Parking in the rear. The program is free. Breakfast is \$5. For reservations call 626-355-0728.

## 2013 HUCK FINN FISHING DERBY AND CAMPOUT - *The Fishing Frenzy is about to begin in Sierra Madre!*

The annual Huck Finn Fishing Derby and Campout will be here before you know it: Friday, April 5 – Sunday, April 7. The weekend long event is held at the Sierra Madre Settling Ponds next to Dapper Field and behind the Public Works Yard. The event is sponsored by the City of Sierra Madre Community Services Department, Sierra Madre Civic Club and the Sierra Madre Kiwanis Club.

### Campout (Friday, April 5)

Participants must sign up in advance for campsites which are available on a first come, first serve basis. Camping registration is available starting Monday, February 25 through Friday, March 29 and must be done at the Community Service office located at 611 E. Sierra Madre Blvd. The cost is \$55 per campsite which includes derby contest for four kids and family fishing on Saturday.

### Fishing Derby (Saturday, April 6)

Youths ages 3-15 years are encouraged to participate in the Fishing Derby which is held from 7:00 – 11:30 am on Saturday, April 6. Participation in the derby is \$10 per youth and registration will be accepted the morning of the event only. Participants will pay at the entrance located next to Dapper Field in Sierra Vista Park. All skill levels are welcome and experienced Fishing Guides will be on hand to assist all participants. The Kiwanis Club will provide food available for purchase.

### Family Fishing (Saturday, April 6 and Sunday, April 7)

Family Fishing is open to all ages and will be held Saturday from 12:30-4:00 pm and Sunday from 7:00am-4:00pm. Admission is \$20 for a family of four.

For more information, please contact the Community Services office at 626.355.5278.

## Sierra Madre Police Blotter

*The Week of February 18-24, 2013*

**Tuesday February 19, 2013**

During the night, two wood carved statues were taken from the side yard of a residence in the 400 Block of Fairview Terrace. The owner had moved the statues early in the day to a visible position on the front lawn as she performed work on them. The statues had been on her property for several years and the owner found it suspicious that shortly after having them temporarily visible on the front lawn, they were stolen. The owner recalled seeing workers in the neighborhood earlier that day.

**Friday February 22, 2013**

At 7:30am, a police unit observed a vehicle speeding on East Sierra Madre Boulevard and made an attempt to stop the vehicle for the violation. The driver continued to travel east on Sierra Madre Boulevard, then south on Santa Anita Avenue, ignoring the police vehicle emergency lights and short blasts of the siren. When the vehicle passed Foothill Boulevard, the officer announced that he was in pursuit. The suspect vehicle entered the on-ramp to the westbound 210 Freeway and waited in line behind other vehicles that were stopped on the metered ramp. The suspect's vehicle travelled several hundred feet onto the freeway then pulled to the side and stopped. Officers took the driver (female, 23 years of age) into custody without incident. She stated to the officers that she was aware of the police lights and siren but didn't realize the police were trying to stop her vehicle.

At 4pm, an officer initiated a traffic stop for an equipment violation on Baldwin Avenue at Orange Grove Avenue. Upon contacting the driver, the officer detected a strong odor of alcohol. Field Sobriety Tests were conducted and the driver (male 51 years of age) was arrested for DUI.

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### MUSEUM -

*continued from page 1*

We will be utilizing state of the art technology in the display & dissemination of our local historical information.

3) A long overdue termite and pest extermination and cleanup was recently completed.

4) Lizzie's roof repairs are nearing completion thanks to the joint efforts of the SMHPS and the Sierra Madre Department of Public Works.

5) SMHPS volunteers are working to sort and organize the materials and artifacts at the museums along with recruiting more local volunteers and keeping track of volunteer hours for recognition purposes.

In discussing our focus on teaching and accessibility of local historical information, it is important to emphasize the advantage of museums as an educational tool. According to the American Alliance of Museums, Americans view museums as one of the most important resources for educating our children and as one of the most trustworthy sources of objective

information. A study conducted by Indiana University found that museums are considered as much of a reliable source of historical information as books, teachers, or even personal accounts by grandparents or other relatives. Did you know that our local museums are available for school field trips and special tours & events? Please see the information at the end of this article for specifics.

Suffice it to say that the missions of museums are education & public service. As protectors, interpreters and exhibitors of our heritages – historic, cultural, natural and scientific – museums fulfill a crucial role in America. Our two local treasures, Lizzie's Trail Inn & Richardson House, have been an underutilized part of our community. They currently contain a wealth of history, and with this year's significant improvements & additions, we anticipate that they will become a focus for the enjoyment & teaching of our local history.

Part of the monies raised by the sale of the SMHPS's award winning publication, Southern California Story: Seeking the

Better Life in Sierra Madre by Michele Zack, are being utilized to assist the City in repairing, maintaining, and upgrading our museums. This is so they can be utilized effectively as educational resources and repositories of historical artifacts. Copies of our book are still available for sale at Arnold's Frontier Hardware, the Sierra Madre Public Library, and Lizzie's Trail Inn (on Saturdays during operating hours).

Lizzie's Trail Inn & Richardson House rest at the foot of the historic Mt. Wilson Trail and are located on Mira Monte at the top of Mountain Trail adjacent to the Mt. Wilson Trail Park (Turtle Park).

Lizzie's Trail Inn & Richardson House

167 East Mira Monte Avenue  
Open every Saturday 10am-noon

And by appointment.  
For details on school tours and special tours, call Jay Whitcraft, 626-355-5987.

For details on volunteering at the museums, call Norma Bachwansky, 626-355-7991.

## SIERRA MADRE WOMAN'S CLUB SPRING SALE

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POLICE CALL FOR INDEPENDENT AUDIT OF DEPARTMENT

Pasadena Mayor Bill Bogaard and Police Chief Phillip Sanchez announced Monday that a comprehensive independent audit of cases within the Detective Bureau will be implemented in response to allegations of misconduct against Pasadena Police Officers Kevin Okamoto and William Broghamer. The decision for an independent review was initiated following a recent court ruling involving a 2007 homicide investigation.

“The allegation of misconduct against the two members of our department is deeply concerning and has an immense impact on our employees and the community we serve,” said Sanchez. “I will not tolerate any misconduct. However, I would caution against broad-based assumptions of our professional men and women based on the allegations against a few.”

The audit will be conducted by Los Angeles-based Veritas Assurance Group, led by 31-year law enforcement veteran Ron Sanchez. The company will be contracted to examine cases investigated by Okamoto and Broghamer dating back to 2005 and will also examine a cross-section of Detective Bureau reports and criminal case filings to ensure consistency in reporting and that procedures were followed. At the conclusion of the audit, an Executive Summary will be made available to the public.

In addition to the external audit, the Pasadena Police Department’s Internal Affairs Section continues to investigate the allegations against the two officers. The department will continue to fully cooperate with any outside inquiries.

“Chief Sanchez has worked diligently since his appointment in 2010 to further changes within the department’s policies, procedures and protocol to enhance accountability,” said Mayor Bill Bogaard. “While those efforts continue, we must also ensure that the residents of Pasadena have confidence in our police department, and I believe these internal and external reviews initiated by Chief Sanchez will accomplish that goal.”

**Pet of the Week**

Rory is a shy, four-year-old Parson Russell terrier mix. He’s been out on our Mobile Unit and did well despite being shy. He warms up quickly and enjoys attention. Rory needs time adjusting to other dogs so an attentive home would be great for him.

Rory’s 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 A321715, 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).



Adult Entertainer Speaks At PCC

School officials at Pasadena City College recanted on earlier statements that the school would limit adult entertainer James Deen’s appearance Wednesday to properly enrolled students. The lecture would be off limits to the public and press an official statement said.

Instead, Deen, whose real name is Bryan Sevilla, spoke to a packed room filled with media and students.

“I knew we were over the fire code, I expected the police to come in at any minute and shut it down,” Instructor, Hugo Schwyzer said. “I’m thrilled they left us alone. It was the right thing to do.”

The school refused to acknowledge the course Deen spoke to, Navigating Pornography, even existed.

Robert Bell, assistant superintendent of Academic and Student Affairs said “The college, also notes, that PCC does not have any course titled ‘Navigating Pornography.’”

As the Instructor for the course, Schwyzer said the official title is Humanities 3.

“That’s what it goes by on a transcript,” he said. “Each professor who teaches it, and I’m not the only one, then gets to call it whatever subtitle they like for whatever specialty. I teach it as ‘Navigating Pornography.’”

Schwzyer said the class covers everything from the history of pornography to current controversies of pornography. “Issues around what James was talking about today, issues

Artnight Returns, Features 11 Exciting Free Venues



Pasadena will once again celebrate creative, artistic community as ArtNight Pasadena returns Friday, with free admission to 11 exciting arts and cultural venues throughout the city.

This four-hour cultural extravaganza offers a wide array of dance, music, visual arts and other fun activities for families and people of all ages to enjoy. Free shuttle buses will help provide transportation to each location.

Among the many highlights: Experience Listening as (a) movement by Elana Mann, at Side Street Projects, 730 N. Fair Oaks Ave., pairing interactive acoustic sculptures with community-based performance art. Attend the opening night of “monument” on the survival of Mrs. Reppin: an Artwork by Dan Flavin at the Norton Simon Museum, 411 W. Colorado Blvd.

Celebrate the history of wedding ceremonies at the Pasadena Museum of History, 470 W. Walnut St., for a special presentation of I do! I do! featuring more than 35 vintage wedding gowns from 1860 to 1950. Enjoy free family art-making workshops at ArtWORKS Teen Center, 2932 E. Walnut St. Hear guitarist Joe Gamble play jazz, world music and French melodies at Alliance Française, 34 E. Union St. in

Kendall Alley.

It’s all happening, and much, much more, during ArtNight Pasadena 2013. For a full listing of events, activities and other important information, go online to [www.artnightpasadena.org](http://www.artnightpasadena.org). A Spanish-language version of the website is also available.

Free, specially marked shuttle buses will be available to take you to all of the venues. For those who ride Metro into Pasadena for ArtNight, remember to bring your Metro TAP card as many of the host venues plan to offer special discounts on store merchandise and memberships, including the Pasadena Museum of History, 470 W. Walnut St., Alliance Française, 34 E. Union St., and the Pacific Asia Museum, 46 N. Los Robles Ave.

Another popular way to enjoy ArtNight is by bicycle! Visit [www.cicle.org/events/66/artnight-ride](http://www.cicle.org/events/66/artnight-ride) for more information on how to bike through ArtNight. And, several venues will also have trendy food trucks nearby with tasty treats for purchase to quench your thirst and appetites.

ArtNight takes place from 6:00 p.m. to 10:00 p.m. For more information call the ArtNight Hotline (626) 744-7887 or visit [www.artnightpasadena.org](http://www.artnightpasadena.org).

**Speed Dating For a Job**

Women at Work Host Employer Forum

Women At Work will host one if it’s most popular client events Wednesday from 3:00 p.m. to 5:00p.m., the Employer Forum.

“This program has a history of some clients getting hired on the spot,” says Assistant Director, Janet Pope Givens. “Employers come with positions that they have open and are able to conduct a number of interviews in one afternoon with a number of qualified candidates. In that respect, Women At Work is not only an advocate for its clients, but we have also become a significant recruiting tool for many businesses in the San Gabriel Valley.”

Over a half dozen employers that have jobs open and

around shame, issues around the condom law [last year’s Los Angeles County voter approved Measure B]. Schwyzer said that Deen was unique, in that, he appeals to a female audience.

“We talk about the way in which pornography has transformed so that, you have someone that who is a major star, who primarily appeals to a female audience. What it means to recognize that women consume pornography too.”

During his hour speech Deen touched on subjects ranging from getting into the adult movie industry to personal sexuality.

“The idea of sexuality and being able to enjoy the act of sex and the types of sex is still relatively limited to taboos...,” Deen said. “Limiting the education is where I see the issue, because you end up with this world where people have sexuality and are ashamed of it.”

Deen is an alumnus of PCC. He also grew up in Pasadena he said.

Chamber Hosting Cuba Trip Info Meeting

Free, no-obligation, meeting will provide information and answer questions for potential travelers on fall trip to Cuba

The Pasadena Chamber of Commerce is hosting an informational, no obligation, meeting on its fall trip to Cuba on Wednesday, March 6th at 6pm in the Arroyo Room at Brookside Golf Club at 1133 North Rosemont Drive (near the Rose Bowl) in Pasadena. FREE parking is available on the street and in nearby parking lots. The meeting is free and open to anyone interested in travel to Cuba.

With a flight from Los Angeles (LAX) you can legally visit the unspoiled, preserved Cuba this October. Travelers will depart from LAX on October 18th and return eight days later.

Chamber travel partner Chamber Explorations offers over 100 years of group travel experience, a nationwide team of travel consultants and first class people to people travel programs. They are committed to providing the highest level of service, quality and value to our chamber organizers and travelers.

For information or to RSVP for the informational meeting, call 626-795-3355 or email [Leanne@pasadena-chamber.org](mailto:Leanne@pasadena-chamber.org).

City Celebrates One City, One Story

Author Karen Thompson Walker will join Jan Sanders, Pasadena Public Library Director, in conversation as they discuss her experiences writing “The Age of Miracles.” A question and answer session from the audience will immediately follow.

Thursday, March 14, 7 p.m. All Saints Church, Sanctuary, 132 N. Euclid Ave.

Event parking is available in surrounding parking facilities. All parking is fee based.

Family Rescued from Third Story During Apartment Fire

By Dean Lee

A family of five were rescued by firefighters Sunday night after a blaze fully engulfed the second story of an apartment building in the 700 block of Worcester Avenue, just off Orange Grove Boulevard.

Three children and two adults were treated for smoke inhalation after becoming trapped on a third story balcony by flames and heavy smoke. The woman and children were transported to Huntington Memorial Hospital.

Firefighters searched the 30 unit complex and no other injuries were reported.

Pasadena Fire spokeswoman Lisa Derderian said the woman became unconscious

and had to be carried out of the building.

Derderian said the fire broke out around 5:20 p.m., damaging three units, and was put out in about 20 minutes. The blaze caused an estimated \$ 170,000 in damage she said.

Half the building was not inhabitable due to safety and security reasons displacing 61 people. Red Cross assisted with temporary shelter she said.

Firefighters also said overcrowding conditions existed in a number of the units and an investigation was currently underway. Early reports suggest the fire may have started when flammable items were placed too close to a heater.



Pasadena Sandwich Company Hosts Blood Drive

The Pasadena Sandwich Company (PSC) family will host a blood drive On Saturday, March 9<sup>th</sup>, from 10:00 a.m. – 4:00 p.m., in memory of their owner, Stephen Fink, who passed away of Amyloidosis, a very rare blood condition.

Affectionately known as “Steve,” his three daughters and son have carried on the art of crafting sandwiches after being mentored by their father since the creation of PSC in 1995. His children have also created the Stephen E Fink Memorial Fund which supports the Amyloidosis Foundation through donations for research towards a cure.

Donors must be in good health, bring a valid form of identification, weight at least 110 lbs., drink plenty of fluids, eat a nutritious meal, have no tattoos within the last year and be at least 17 years old. Each donor will receive a commemorative t-shirt with the purchase of a sandwich and PSC will “Steve Style” your meal as a thank you (small drink and salad).

The Pasadena Sandwich Company is located at 259 Sierra Madre Villa, just north of Foothill Blvd. and the 210 freeway. To register please sign-up at [PSC4life.givesblood.org](http://PSC4life.givesblood.org) or for bone marrow donors visit [www.bethematch.org](http://www.bethematch.org). The Providence Blood Donor Center Blood Mobile will be on-site.

Nonprofit Resource Center Opens at Library

Pasadena Public Library and Flintridge Center is set to open, March 12, the new Nonprofit Resource Center at La Pintoresca Branch Library.

This special collection was created by Flintridge in 1993 and maintained at its offices through 2012 as a free resource library to support the work of local nonprofit organizations. The holdings include extensive reference and circulating materials on fundraising and nonprofit management.

“The collection’s new home in Flintridge’s service area of Northwest Pasadena/West Altadena is an ideal fit,” said Flintridge Center President Jaylene Moseley. “Now these valuable resources will be more accessible to nonprofits and our community, since La Pintoresca is open six days a week. Donating them to the library frees us to concentrate on pressing community needs.”

The Nonprofit Learning Center is equipped with a dedicated computer with access to the Foundation Directory Online database. This computer is available on a first-come, first-served basis, Monday through Thursday, from 10 a.m. to 7 p.m., and on Friday and Saturday, from 10 a.m. to 6 p.m. Two additional computers, located in the branch’s Technology Learning Lab, also provide access to the grants research database during the Lab’s designated hours for adults. La Pintoresca staff is available onsite to assist users with the database.

Join us for the ribbon-cutting ceremony a March 12 at 5 p.m. to celebrate the opening. For more information, contact Diane Walker (626) 744-7268 or [dianewalker@cityofpasadena.net](mailto:dianewalker@cityofpasadena.net).

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,

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

<b>Orientation:</b>	1st & 3rd Monday
<b>Producers’ Training</b>	2nd & 4th Monday
<b>Camera</b>	1st & 3rd Tuesday
<b>Character Generator</b>	2nd & 4th Tuesday
<b>Lighting</b>	1st & 3rd Wednesday
<b>Audio</b>	2nd & 4th Wednesday
<b>Video Tape Operator</b>	1st & 3rd Thursday
<b>Technical Director</b>	2nd & 4th Thursday
<b>Stage Manager</b>	1st & 3rd Friday
<b>Teleprompter</b>	2nd & 4th Friday
<b>Citizen Journalism</b>	Every Tuesday
<b>Digital Film Group</b>	Every Thursday



PASADENA MEDIA

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



**"What's Going On?"***News and Views from Joan Schmidt*

For the third consecutive year, the cities of Duarte and Monrovia have worked together to present an OUTSTANDING summit of classes and most fun learning experience for many youths at the Duarte Performing Arts Center!

Upon arrival, youth participants registered, were given a tee shirt and treated to a Continental Breakfast.

Afterwards they proceeded into the Duarte Performing Arts Center and given a warm welcome by Duarte Council Member Tzeitel Paras-Caracci. She reminded her listeners the event was designed by members of both the Duarte Mayor's Council and the Monrovia Youth Commission and Teen Advisory Board, their peers! Council Member Paras-Caracci also recognized all of the many sponsors who make such a great activity possible. They included Nissan of Duarte, Foothill Credit Union, Think Together, the Sierra Auto Cars Family of Dealerships the Cities of Duarte and Monrovia, the Upper San Gabriel Valley Municipal Water District, Southern California Edison, the Monrovia and Duarte School Districts, Duarte Kiwanis, Monrovia Rotary Club, Athens Disposal Services, Harem Sound, the Y-Life Project, Diane Balsamo of Wells Fargo Home Mortgage, Duarte's Promise, The Alliance for Youth, and Donna Baker of Teles Properties.

Duarte Mayor Pro Tem Liz Reilly urged the participants to "listen and open your hearts and minds". Monrovia Mayor Mary Ann Lutz was "thrilled to have this Summit for you...the most important part the cities and school districts to do this for you". Duarte School Board President Ken Bell spoke of growing up in South Los Angeles and spoke of a social studies teacher "sparking my interest in law enforcement." He then urged the participants to go through these classes and use what you can to make your life better.

Next was the exciting part: Keynote Speaker, Lauren Potter. All "Glee" fans know Lauren as *Becker Jackson*, Cheerleader on the Show. Lauren dreamed about show business and becoming a star, "Something told me I would. I always loved music." Lauren spoke of great home movies, and dancing by the time she was two, when she performed in a Recital and got a standing ovation which she loved! At sixteen, she tried out for *Mr. Blue Skies*, and won the role. It involved many hours of hard work. She loves her part in *Glee*; she

**DUARTE AND MONROVIA'S YOUTH SUMMIT 2013 DID CONQUER THE WORLD!**

had always wanted to be a cheerleader, but couldn't. The show is in its fourth season and she still loves it!

Lauren speaks up for people with dreams. Reach up for them. She recalled being bullied as a kid, and speaks against bullying. She has even addressed Congress. Lauren feels *Glee* has done a public service to end the use of the "R" word. Lauren has worked with Special Olympics and President Obama has appointed him as a member of *Barack Obama's Presidential Committee on Persons with Intellectual Disabilities*. (This honor was a real thrill for her.)

Lauren was so inspiring that she received a standing ovation! After her address, Council Member Paras-Caracci explained the day's activities-where classes were to be held and procedures to follow.

Closing festivities included a special message by Ulises Gutierrez of the Y-Life Project, Special Performance (Live Taping), raffle prizes and more.

Thank you first to Lauren Potter: You are truly a GREAT INSPIRATION to ALL our youth, not only those with intellectual difficulties! To the Cities of

*Karen Herrera and Mayor Lutz*

Duarte and Monrovia, deepest gratitude for providing such an OUTSTANDING learning experience for youths!

**LIVING WITH LESS WATER***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)]

down the property values of the neighborhood by not maintaining the status quo. Little wonder we spend so much time, money, water, and energy to maintain the green grass.

When I did my usual early morning neighborhood walk on March 1, when the Pasadena watering ban apparently expired, I saw many front lawns with sprinklers flowing, and water running down the sidewalk and curb. It was as if these folks could not wait to get the green back into the lawn.

I am well aware of the effect of peer pressure and the value that so many place on "appearances." Still, there are a few of my neighbors who have eschewed green lawns and instead have beautiful front yard areas full of river rocks, succulents, and various drought-tolerant bushes and vines. These yards are a pleasure to look at, and they tend to be places that support the lives of the "little fauna" – butterflies, insects, bees, ladybugs.

In a few cases, I see attractively arranged food-producing front yards, with fruit trees, vegetables, and herbs, well mulched to maintain water.

Living in the desert needed to be a chore, nor is there a need to shake your fist at the water companies or local government. We chose to live here. It's a desert. We can choose to live a water-wise lifestyle here in the desert, or we can attempt to continue to "conquer nature." The latter choice is not sustainable into the future.

There are many, many ways to live with less water, and use water more wisely. Many of these methods have been widely publicized in the last few decades. I've included many in two of my books, "Extreme Simplicity" (2000), and more recently, "Self-Sufficient Home (2009)," where I shared the stories of people who took action on their own, without waiting for "government," and without loans or assistance. I describe

local residents who've figured out how to collect rainwater and use it on their properties to water the fruit trees and other flora. I've described those who have purchased or made composting toilets and learned to use them safely and hygienically.

In my "Extreme Simplicity" book, I describe how I have taken the dish water from the kitchen – as my mother did her entire life – and pour the used dish water outside on the kitchen garden. Yes, this requires buying dish detergents that are not harmful to the garden.

There are many ways to save water, including – where possible – re-routing your household water, minus the toilet, so that the used water flows into your yard and garden. This is called grey water, and in most cases it is easy to do, wise to do, and illegal. Illegal to direct your used water into the yard, especially here in this desert? Yes, because city ordinances and Building & Safety departments recognize that not everyone do these water-wise practices in a way that's both clean, and disease-free. No one wants a neighbor who breeds mosquitoes for the neighborhood. Yet, it is not "rocket science" to use grey water in the yard. Local government needs to recognize that this is a positive wave for the future, and they should find the ways to assist homeowners to do this easily, safely, and inexpensively.

Still, if we are to "save ourselves" from our own pollution and overpopulation, it will come from the grass-roots efforts of those who deeply desire to be a part of the solution. And there are plenty of positive signs today, from the voluntary simplicity movement, to the backyard urban farmers which are now all the rage. It is from these new pioneers that this silent revolution is taking place, which can provide living solutions to the many problems facing us today, including our ongoing water shortages.

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*"Where there is no struggle, there is no merit."*

# Looking Up

with Bob Eklund

**WORLD'S SMALLEST TELESCOPE GOES INTO ORBIT**

The smallest astronomical satellite ever built was launched from India on February 25 as part of a mission to prove that even a very small telescope can push the boundaries of astronomy.

The satellite was designed and assembled at the Space Flight Laboratory (SFL) of the University of Toronto Institute for Aerospace Studies (UTIAS) and launched from the Satish Dhawan Space Center in Sriharikota, India, along with its twin, also designed in Canada, but assembled in Austria.

Each nano-satellite in the BRIT Target Explorer (BRITE) mission is a cube measuring about 8 inches per side, and weighing 15 pounds. The BRITE satellites represent a new concept in space astronomy: nano-satellites that can be designed, assembled, and deployed fast and cheaply.

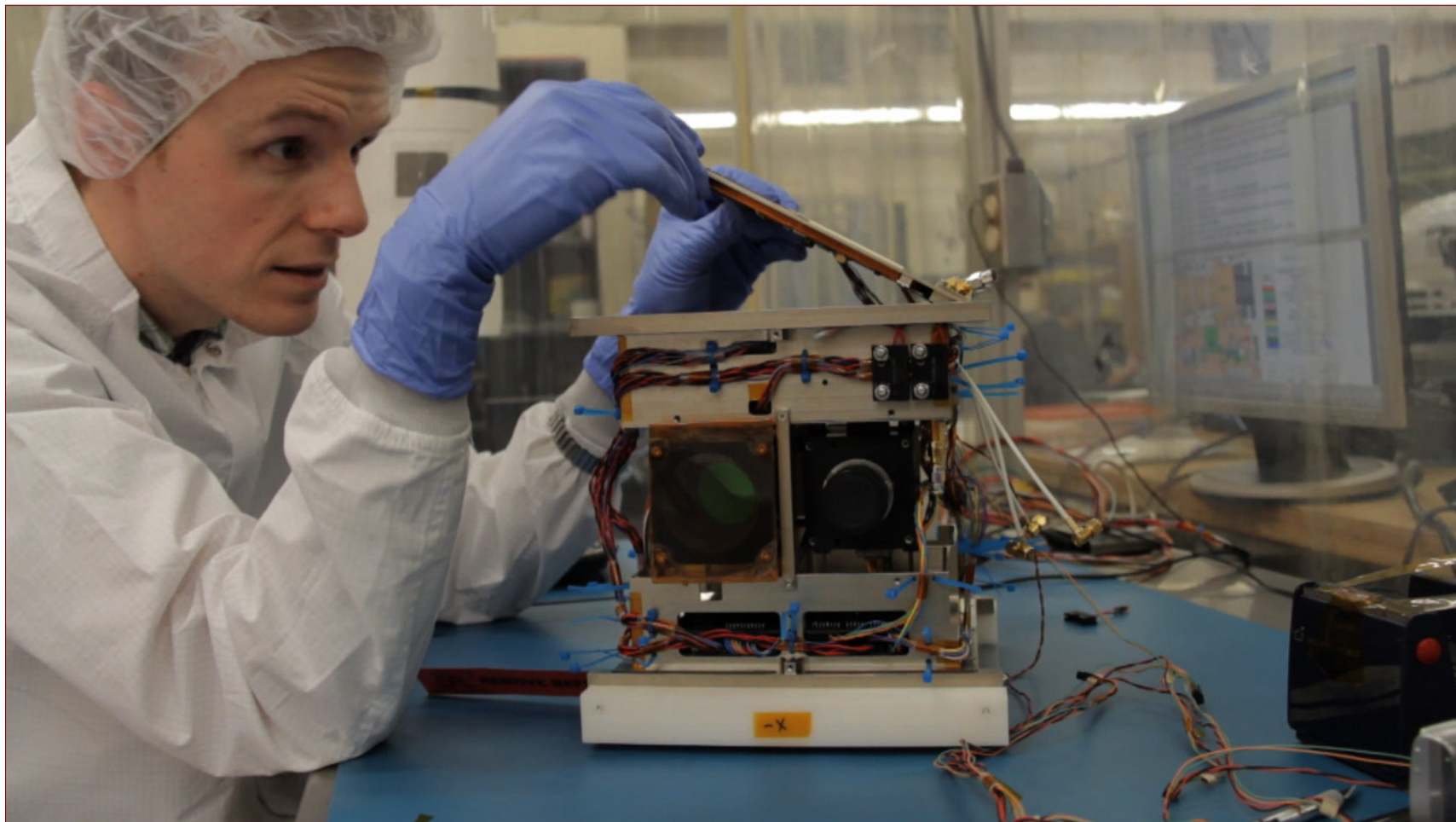
"SFL has demonstrated that nano-satellites can be developed quickly, by a small team and at a cost that is within reach of many universities, small companies and other organizations," says Cordell Grant, Manager of Satellite Systems for the Space Flight Laboratory at UTIAS.

Up to now, such nano-satellites had been used only to monitor the Earth and experiment with new technologies. "Researchers, scientists and companies worldwide, who have great ideas for space-borne experiments but do not have the means to fund a large spacecraft, can now see their ideas realized," says Grant. "BRITE has the potential to open an entirely new market for low-cost, high-performance satellites."

"BRITE is expected to demonstrate that nano-satellites are now capable of performance that was once thought impossible for such small spacecraft," Grant adds. But only small telescopes can fit within a 20 centimeter cube. Therefore, BRITE is not intended to take pretty pictures, but will simply observe stars and record changes in their brightness over time. Such changes could be caused by spots on the star, a planet or other star orbiting the star, or by oscillations and reverberations within the star itself—the analogue of earthquakes on stars. The study of these so-called "starquakes" is called asteroseismology.

To perform precise measurements of the brightness of stars, the telescopes need to be above the atmosphere. Otherwise, scintillation—the atmospheric effect that causes stars to twinkle—overwhelms the relatively small brightness variations of the stars themselves. By avoiding this, a very small telescope in space can produce more accurate data than a much larger telescope on the ground. Also, unlike telescopes on Earth, which are useless during the day, in bad weather or when the stars set below the horizon, telescopes in space can potentially observe stars all the time.

As their name suggests, the BRITE satellites will focus on the brightest stars in the sky including those that make up prominent constellations like Orion the Hunter. These stars are the same ones visible to the naked eye, even from cities. Because very large telescopes mostly observe very faint objects, the brightest stars are also some of the most poorly studied stars.



Cordell Grant assembling the first BRITE satellite at UTIAS-SFL.

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



# ARCADIA

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

## ARCADIA HIGH SCHOOL THEATRE DEPARTMENT PRESENTS - THE DROWSY CHAPERONE

Award winning Arcadia High School Theatre Department, committed to giving students theatrical experience in a professional atmosphere by stressing self-responsibility, commitment, and dedication, presents THE DROWSY CHAPERONE for three performances only - Thursday, March 21 at 7pm, Friday, March 22 at 7pm, and Saturday, March 23 at 4pm - the first musical being performed in the new state-of-the-art 1,200 seat Arcadia Performing Arts Center located at 180 Campus Drive in Arcadia.

THE DROWSY CHAPERONE is a Tony Award winning musical with book by Bob Martin and Don McKellar and music and lyrics by Lisa Lambert and Greg Morrison. It is a parody of American musical comedy of the 1920s.

"The theatre department finally gets to perform in a space large enough for the program. THE DROWSY CHAPERONE is filled with song, dance, and a night of laughter. The entire set and light design is constructed by our stage craft class and our 1920's big band consists of AHS percussion students," exclaimed Arcadia High School Drama Teacher and the

show's director.

Produced with Special Permission from Music Theatre International, the Arcadia High School Theatre Department's performances of THE DROWSY CHAPERONE is Directed by the school's drama teacher, Steven Volpe; Musical Director is Stephen Pu; Jeremy Thompson, Choreographer; and Music and Lyrics by Lisa Lambert and Greg Morrison. The cast features over 42 drama students from grades 10, 11 and 12 under the direction of Drama Teacher Volpe. The stage craft class includes 30 students who are building a 20 foot model airplane along with a full set that includes spiral staircases that roll on and off stage.

The new 40,000 square foot Arcadia High School Performing Arts Center anchors the High School campus at the northwest corner. The center has ground level and mezzanine seating for 1,200, a stage which can accommodate 150 musicians and state-of-the-art acoustics and lighting. The facility also has a smaller Black Box theater, orchestra and dance rooms which are set off by an internal courtyard.

Due to an earlier effort in 1978 to raise funds for a performing

arts center in Arcadia by the volunteer members of the Arcadia Auditorium Foundation, and the overwhelming support of voters on Measure I in 2006, the grand opening of the Performing Arts Center took place on October 18, 2012.

The Award winning Arcadia High School Theatre Department has earned the Second Place Sweepstakes Award at the 2012 Shakespeare Drama Teachers Association of Southern California (DTASC) Competition; First Place Tech Awards; and First Place Oklahoma ensemble at the 2012 Musical Theatre Competition of America.

Sponsors for AHS Theatre Department's performances include the Arcadia Denny's; Rose Hills and The Derby in Arcadia.

Arcadia High School Performing Arts Center is located between West Huntington Drive and South Santa Anita Avenue at 180 Campus Drive, Arcadia, CA 91007. General Admission tickets are \$15; Students and Seniors are \$15; and VIP tickets with no waiting in the General Admission line and priority seating for \$25, and are available at [www.ArcadiaStage.com](http://www.ArcadiaStage.com) or by calling (626) 836-9100.

## SANTA ANITA AVENUE BRIDGE CONSTRUCTION UPDATE

On Thursday, March 7, at 8am, Arcadia City Engineer Phil Wray will be the guest speaker at the Arcadia Chamber Government Affairs Forum, sponsored by Expedia. Phil will give a presentation about the timeline and traffic routing for the bridge construction over Santa Anita Avenue which begins in late April or early May.

Additional updates will be provided by representatives from City, County, and State government offices, the Metro Gold Line Foothill Extension, the San Gabriel Valley Business Coalition and the Monrovia-Arcadia-Duarte Town Council.

Join us to hear informative presentations at the monthly Government Affairs Forums led by co-chairmen Pete Ulrich, former Arcadia City Councilman, Mary Dougherty, former President of the Arcadia School District Board of Education and former Congressional Candidate and Arcadia resident Jack Orswell.

The Forum, held the first Thursday of each month, is free and open to the public. RSVPs are appreciated to the Chamber office: 626-447-2159 or [info@ArcadiaCaChamber.org](mailto:info@ArcadiaCaChamber.org).

## KID'S NIGHT OUT

**Friday, March 8th - Shamrock Shakedown!**

Kid's Night Out provides kids a night of fun and play so mom and dad can enjoy an evening out or a quiet evening at home. This Friday the event will be held at Dana Middle School Gym, 1401 S. First Avenue, Arcadia, California 91006, from 6-11pm.

Recreation Staff and Volunteers offer dinner, themed games, movies, and supervision for children ages 4 and above.

All activities will be geared toward elementary school children; anyone younger must be potty trained. Accommodations cannot be made for special dietary needs. The cost is \$15.00 per child and also includes snacks and beverages. Pre-registration is mandatory and a \$2 registration fee is applicable for those participants not registered in any other fall classes.

Registration for Kid's Night Out can be done on-line at [www.ci.arcadia.ca.us](http://www.ci.arcadia.ca.us), by fax, 626.821.4370 or by coming into the Recreation Office, 375 Campus Drive, Arcadia, CA 91007.

For more information please call 626.574.5113!

## ARCADIA POLICE BLOTTER

*For the period of Sunday, February 17th, through Saturday, February 23rd, the Police Department responded to 933 calls for service of which 127 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.*

Sunday, February 17:

1. At about 1:10 a.m., an officer conducted a traffic stop on a vehicle for a missing bumper on Santa Anita Avenue and Colorado Boulevard. Upon contact with the driver, the officer discovered the driver was unlicensed. A consensual search of the vehicle revealed the driver was in possession of methamphetamines and drug paraphernalia. The 37-year-old, White male was arrested for possession of a controlled substance and drug paraphernalia, and transported to the Arcadia City Jail for booking.
2. Shortly after 7:00p.m., officers were dispatched to the 100 block of Grandview Boulevard in regard to a burglary alarm. Officers discovered unknown suspect(s) had throw a brick through a second story window. Further investigation revealed the suspects did not gain entrance to the residence. There were no surveillance cameras or witnesses.

Monday, February 18:

3. Around 12:10 a.m., officers responded to the 2000 block of S. Santa Anita Avenue regarding a domestic disturbance. Investigation revealed that an argument occurred between a husband and wife, which escalated to a physical altercation. Upon arrival, officers discovered the husband had pushed the wife, and forced her to surrender her car keys. The 47-year-old, Hispanic male was arrested for battery, and transported to the Arcadia City Jail for processing.
4. At approximately 12:14 p.m., officers were dispatched to the 600 block of N. Old Ranch Road in regard to a residential burglary. Officers discovered suspect(s) had smashed a bathroom window, and entered the home. Further investigation revealed several rooms were ransacked, and a television was stolen. There were no surveillance cameras or witnesses.

Tuesday, February 19:

5. At approximately 2:51 p.m., officers were dispatched to Arcadia High School, 180 Camus Drive, in reference to a male student detained for possible possession of marijuana. Investigation revealed the student had marijuana in his backpack. The 15year-old, Asian male was arrested for possession of marijuana and transported to the Arcadia City Jail for processing. He was subsequently released to his father.
6. At about 2:09 p.m., an officer contacted a subject asleep on the sidewalk in the 1000 block of Baldwin Avenue. 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 46-year-old, White male was

unable to care for his safety, and arrested him for public intoxication.

Wednesday, February 20:

7. Around 2:18 a.m., officers conducted a traffic stop on a vehicle for a missing front license plate on Live Oak Avenue at Santa Anita Avenue. Upon contact with the driver, officers detected a strong odor of alcohol emitting from inside the vehicle. An investigation revealed the driver was under the influence of alcohol. The 25-year-old, Chinese female was arrested for driving under the influence and transported to the Arcadia City Jail for booking.
8. At approximately 9:16 p.m., officers responded to Macy's at the Westfield Shopping Town, 400 S. Baldwin Avenue, regarding a female suspect in custody for theft. The suspect concealed several accessories and clothing items in a bag, and exited the store without paying. The 44-year-old, Chinese female was arrested for commercial burglary and transported to the Arcadia City Jail for processing.

Thursday, February 21:

9. At about 7:08 a.m., an officer responded to the 300 block of W. Walnut Avenue in regard to an auto burglary. Investigation revealed the suspect(s) smashed the driver side window, and stole a computer. There were no witnesses or surveillance cameras. .
10. Around 11:54 a.m., officers conducted a traffic stop on a vehicle with a warrant in the 400 block of S. Baldwin Avenue. A records check revealed the driver had an outstanding warrant. The 26-year-old, White male was arrested for and transported to the Arcadia City Jail for booking.

Friday, February 22:

11. At approximately 7:05 a.m., officers were dispatched to Arcadia High School, 180 Camus Drive, in reference to theft. Investigation revealed unknown suspect(s) had entered the location by unknown means, and stole six laptops. There were no witnesses or surveillance cameras.
12. Around 8:40 p.m., officers responded to Sephora at the Westfield Shopping Town, 400 S. Baldwin Avenue, regarding a female suspect in custody for theft. The suspect concealed several items of makeup in a bag, and exited the store without paying. The 25-year-old, Hispanic female was arrested for petty theft and transported to the Arcadia City Jail for processing.

Saturday, February 23:

13. At approximately 12:23 a.m., officers were dispatched to the Arcadia Methodist Hospital in reference to a battery that occurred earlier at 24 Hour Fitness, 125 N. First Avenue. Investigation revealed that an argument during a basketball game turned into a physical altercation. The victim was pushed, punched, and kicked in the face several times by the suspects before becoming unconscious. The victim desires prosecution and can identify the suspects if seen again.

# MONROVIA - DUARTE

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

## FOOTHILL EXTENSION UPDATE: *Final Contract Awarded* by Habib F. Balian

Earlier this week, the Authority board of directors awarded a \$48.7 million design-build contract to Webcor Builders for the intermodal parking facilities and enhancements project. This is the third and final design-build contract needed to complete the nearly billion dollar Pasadena to Azusa project, and keeps us on budget and on schedule for delivering the light rail project to Metro in 2015.

Webcor was selected after a 10-month procurement process, which began when we received statement of qualifications from nine interested teams. Following receipt of final proposals last month, Webcor was found to be the best value and were recommended by the evaluation committees and myself. Webcor scored well in their qualifications and technical proposal, while providing a cost proposal at nearly \$8 million less than their competition. We were able to get a highly qualified team at the best price.

Currently, the alignment contractor, FTC, is on schedule to substantially complete the light rail project's design in March, and is



actively working throughout the corridor. They recently completed the first of 24 bridges, and are constructing numerous others in Azusa and Arcadia. They have broken ground on the first at-grade crossings (at Highland Ave in Duarte and Dalton Ave in Azusa) and continue work on the Duarte Station. Of course, utility relocation and installation is happening all along the corridor, along with other activities, including the first concrete pours at the Operations Campus.

Above are photos of the new abutment walls for the bridges at Citrus Ave in Azusa, and the foundation for the blow-down pit that will be within the main maintenance building on the operations campus:



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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](mailto:rromero@ci.monrovia.ca.us).





## PASADENA SHOWCASE HOUSE FOR THE ARTS (PSHA) AWARDS \$28,000 TO TEN YOUNG MUSICIANS



Front row left to right: Student Finalists: Devon Taylor, Gabriel Sears, Emily Theobald, JiSun Jung, Mindy Park, Laura Kaufman, Stephen Tavani, Andrew Sandwick, Victor Alsen, Arianna Smith 2nd row left to right: Instrumental Competition Chair Chini Johnson-Taylor, Head Judge Christopher Still, Judges Michele Gregory, Michael Myers, Elise Shope, Gloria Lum, Jin-Shan Dai, Ethan Bearman, and PSHA President Kathryn Hofgaarden.

**PASADENA, Calif.** Pasadena Showcase House for the Arts (PSHA) awarded \$28,000 to ten (10) exceptionally talented young musicians at its annual Pasadena Showcase House Instrumental Competition Finals held on February 16, 2013 at The Colburn School. For the last 48 years, PSHA has raised funds generated by proceeds from the Pasadena Showcase House of Design to promote youth music education and the Los Angeles Philharmonic. To date, PSHA has donated over \$18 million to these programs. Funds have also provided opportunities for over 350,000 children to discover, enjoy, and study classical music.

The Pasadena Showcase House Instrumental Competition has awarded nearly \$500,000 in prize money since it began in 1985. String, woodwind and brass players ages 16 to 24 living or attending school in Southern California, compete for prizes ranging from \$500 to the Grand Prize of \$6000. The judging panel includes members of the Los Angeles Philharmonic Orchestra and the prize monies for Instrumental Competition are provided from the proceeds of PSHA's annual benefit event, the Pasadena Showcase House of Design.

Judging Chair, Christopher Still, trumpet, commented "This competition attracts the very best talent in Southern California. I am very impressed by the high caliber of artistry and mastery of the participants. The competition has been, and continues to be, a launching point for these young musicians' very promising careers." In addition to Mr. Still, the Judging Panel included Ethan Bearman, french horn, Michael Myers, trumpet, Elise Shope,

flute, Michele Grego, bassoon, Gloria Lum, cello, and Jin-Shan Dai, Violin. The entire Judging Panel currently holds positions of prominence with the Los Angeles Philharmonic Orchestra.

Prior to the announcement of the winners, PSHA President Kathryn Hofgaarden told the excited group of students, "PSHA members believe in you, the gifted finalists that are here this evening. You are amazing. Congratulations on your many accomplishments, and it is our privilege to contribute to your ongoing education." "The Instrumental Competition is one of our signature programs. It was a pleasure for us, the members of PSHA, to support and highlight these talented young musicians", commented Chini Johnson-Taylor, Competition Chair.

Victor Alsen, who plays the clarinet, is a Fulbright Scholar from Oslo, Norway and is currently studying at USC, was awarded the Grand Prize for Exceptional Talent and Musicianship.

In the Strings Division, First Prize was awarded to Ji Sun Jung, an 18-year-old Cellist who studies at the Colburn School. Second Prize was awarded to Arianna Smith, a 20-year-old Viola student at the Colburn School. Stephen Tavani, a 20-year-old Violin student from the Colburn School, was awarded the Pasadena Showcase House for the Arts' Jack Smith Award, and an Honorable Mention was awarded to 23-year-old Cellist Mindy Park, also a student at the Colburn School.

In the Woodwinds Division First Prize was awarded to 20-year-old Andrew Sandwick,

who plays the clarinet and attends USC. Second Prize was awarded to 23-year-old Flautist Laura Kaufman, who is studying at the Colburn School, and Honorable Mention was awarded to Emily Theobald, a 22-year-old Flautist also from USC.

In the Brass Division, First Prize was awarded to Gabriel Sears, a 24 year Tubist. Gabriel is the Principal Tubist from the Scottsdale Arts Orchestra and studied at Arizona State University. Second Prize was awarded to Devon Taylor, a 22 year old Tubist who studied at the Berklee College of Music and the California Institute of the Arts.

**ABOUT THE PASADENA SHOWCASE HOUSE FOR THE ARTS:** An all-volunteer organization, PSHA is a non-profit California Corporation whose members donate their time and talents to produce the annual Pasadena Showcase House of Design. It is one of the oldest, largest and most successful house and garden tours in the nation. PSHA volunteers are united by their belief in the power and beauty of music. Their collective desire is to fund programs that nurture the study and appreciation of music, utilize music as a vehicle towards health and healing, and ensure that music is available to a broad range of audiences.

The 2013 Pasadena Showcase House of Design will be open to the public Sunday, April 21 through Sunday, May 19. For more information about PSHA or the Pasadena Showcase House of Design, please visit [www.PasadenaShowcase.org](http://www.PasadenaShowcase.org)

### MT. SIERRA COLLEGE ALUMNI ASSOCIATION HOLDS 1ST ANNUAL MEETING

Mt Sierra College Alumni Association held its first 2013 meeting on February 27. Graduates from the Media Arts & Design, Business Administration, Information Technology and Telecommunications Technology attended the event held at the Mt. Sierra College Auditorium.

Leading the discussion was Craig Woods, 2007 Alumnus, suggesting that the association strengthen its participation in as many community events as possible. He recommended contributions toward Habitat for Humanity and a possible walk/run-a-thon to assist the local non-profit organizations.

Moreover, Geoffrey Nutting, 2012 Alumnus, expressed his willingness to spread the word on his great experience at Mt. Sierra College to high school students and administrators.

The group also took steps to create a presence on prominent social networking sights such as Facebook and Twitter. Branding the association through the introduction of alumni apparel was also discussed during the meeting.

Tawny Hernandez, Director of Mt. Sierra College Career Services, who took the lead on organizing the gathering stated:



"There is great enthusiasm and momentum among members. I am confident that we will continue our efforts and the Association will grow in the coming years." The next meeting is scheduled for March 27, 2013.

I'd like a robot that looks like me!

# Newspaper Fun!

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I'd like a robot that bakes desserts!

**Ready for Robots?**

Phew!

I'm bored, and tired of doing the same chores over and over. I want a...Robot...so I can tell it what to do!

The kind of robot I really want is only found in science fiction stories and movies. Most robots that exist today are used in industry to make cars or other items. Some are used to paint or pack items. Robots in movies often look like people, while real-life factory robots usually have only one big arm to do the work they are built to do.

Robots have computers for "brains." People can program them with a set of directions to "teach" them a job. If something goes wrong, robots can't teach themselves how to fix it.

**Can You Figure it Out?**

Check out my robot! Can you fill in the number where he has:

- cameras for eyes
- wheels for speed and easy motion
- computer "brain" area; panel for repairs
- bendable, flexible arms to reach and stretch
- microphones for ears to pick up sound
- a loudspeaker for "talking"

Don't ask me to do your homework!

Are **you** ready for robots? Most of the robots we see on TV or in movies are played by human actors. Remember C-3PO and R2-D2 from the movie *Star Wars*?

Have you heard about NASA's Mars Exploration Program? Robots, like this one, are sent to Mars. They help scientists study the planet by sending photos and data from Mars to Earth.

**Free Puzzles:** [www.readingclubfun.com](http://www.readingclubfun.com)

1 robot

2 science fiction

3 mobile

4 robotics

5 computer

6 industry

7 program

8 I'm **not** cleaning Chitter's room!

I was built by robots in a factory.

**Fill in this puzzle to show how much you know about robots:**

- working, moving or acting by itself
- machine that automatically does a job
- set of directions put into the computer to tell it what to do
- business, work that produces things we use, such as cars and bicycles
- field of work - designing, building robots
- the "brain" of the robot
- able to move from place to place
- fun stories that show how a real or imagined scientific thing such as a robot might change our way of life

## 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: [pcclarke@arroyopacific.org](mailto:pcclarke@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@bcsllions.org](mailto:jml@bcsllions.org)  
website: [www.bcsllions.org](http://www.bcsllions.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  
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(626) 471-2000 Website: [www.monroviashools.net](http://www.monroviashools.net)

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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

## DARK SKIES



What makes a scary movie good? Good plot, interesting characters, and having an actually terrifying scene every once and a while. These have been lacking in horror movies lately. However, 'Dark Skies' does all these things and more. Lacy (Keri Russell) and Daniel Barrett (Josh Hamilton) are just trying to live a normal life, with their two sons Jesse (Dakota Goyo) and Sam (Kadan Rockett), when strange things begin to happen: the house is broken into but there are no signs of intrusion, birds fly into the windows, and scariest of all, Sam, the youngest child, is having nightmares about the "sandman". Do these events have anything to do with each other? Or are they just going crazy?

The thing that makes 'Dark Skies' so frightening is its ability to make strange events in everyday life scary. It seems like this could happen to anyone, while other horror movies get so caught up in trying to be scary, they just end up seeming ridiculous. If you want a truly horrifying movie, that will stay with you after you leave the theater, go see 'Dark Skies'.



TABLE FOR TWO by Peter Dills  
*thechefknows@yahoo.com*

## BAHOOKAS TO CLOSE

Some twenty-five years ago (has it been that long?) my dad, Elmer Dills gave a glowing TV review report about Bahooka on Rosemead Blvd. Not to kick a dog while it's down, but going to Bahooka was more of an adventure than a food experience - lots of fun, from the Mai Tais served in a mini crater salad bowl to the Hawaiian themes and of course those fish tanks!! How many of you came just to see Rufus the fish? Insiders tell me that the new property owner wants to put a dumpling restaurant in its stead. I'll keep you posted on that. As far as Bahooka, look for a line of salad dressings coming to a supermarket near you. Rest in peace, my friend!! You will be missed.

## Cameron's Seafood

Who says adversaries can't have a peaceful lunch? Just last week I met up with Veronica Lopez, Queen of Fundraising for Radio Station KPCC (hopefully you remember that I am on KABC Radio on weekends) at Cameron's. For over 27 years Cameron's Seafood has been a favorite in Pasadena. Inspired by the San Francisco fish houses that sit upon the bay, Cameron's Seafood provides the



just-off-the-boat freshness that every seafood lover is searching for. I'll say this about Cameron's, too - you won't starve, the portions are abundant! Do you remember that old wives tale (or was it my dad?) that said "the closer to the ocean the worst the seafood is"? How can that be? Or another doozy is "never go to a seafood restaurant on Sunday night". I have been going to Cameron's Seafood Restaurant on Colorado as far back as I can remember, though I must admit, not until recently did I delve into the menu. I found myself going to the bar for that San Francisco sourdough bread and the Dills-approved clam chowder still only (\$7). By the way that

is a heck of an endorsement.

Just this past week I sat in the dining room and I had the Ahi Tuna (lunch price is \$15, and well worth it) with sides and plenty of fresh fruit -- I recommend it seared. Veronica got the Baked Idaho Picnic (\$13; see picture to believe) a double-baked Idaho potato which comes stuffed with cheese, broccoli and shrimp, and if you can believe it, a very decent Caesar salad. Cheese lovers rejoice!! The only misstep was the calamari - too many rings for me. I liked the yellow bell pepper touch - maybe they need to come out hotter or we just had too much food to eat them fast enough. I have always wondered why Cameron's doesn't receive a higher satisfaction rate among local seafood seekers, because for my money it's damn good!! Cameron's is decorated in soft woods and plenty of black and white pictures of, you got it... fish!! They feature a full bar area for dining or a drink, and many of the servers have been there for a while so the knowledge of the menu shouldn't be a problem. Another bonus is free parking. Cameron's Seafood for exact hours check out the website at cameron's4fish.com. Small seafood case for those who want to cook it at home.

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## INGREDIENTS

## Marinade

2/3 cup orange marmalade  
1/3 cup rice vinegar  
1/3 cup soy sauce  
1 teaspoon minced garlic  
1 teaspoon grated fresh ginger  
2 teaspoons dried onion flakes  
1 teaspoon sesame oil  
1 teaspoon olive oil  
1 pinch chili pepper flakes  
pepper  
2 1/2 lbs fresh salmon fillets, washed and towel dried  
fresh sliced scallions ( to garnish)

## DIRECTIONS

In a ziplock gallon size bag add first 8 ingredients.  
Seal and mush with hand till blended.  
Add Salmon and marinate for 1 hour.  
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## SIERRA MADRE FARMERS MARKET

The Sierra Madre Farmer's Market hours have changed to 3:00pm through 7:00pm every Wednesday in fall and winter. Vendors include Dry Dock which has fresh and wild caught fish, Rustic Loaf with artisan breads, Cutie Pie with fresh pies and much more!

For those interested in being a vendor contact Melissa Farwell with Raw Inspirations at 818-591-8161 ext. 806.

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by Chris Leclerc

As owner & operator of Canyon Canine Dog Walking and Pet Sitting in Sierra Madre, I spend a lot of my time hiking

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

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

Remains of the earliest known domesticated dog, scientifically known as Canis lupus familiaris, were discovered at the Jiahu archaeological site in China, dating back to the early Neolithic period (7000-5800 BC). Needless to say, a lot of changes occurred between that time and two hundred years ago, when intentional breeding resulted in the various varieties of the domestic dog that we know and love today. By the early 17<sup>th</sup> century, the dog had become a very important part of everyday human life. In fact, without the assistance of the dog, one can't help but wonder where man would be today, in terms of basic survival and "progress". During the earlier stages of canine breeding, the main focus was to develop a

## MAN'S BEST FRIEND

dog that would make life easier for the human. The hunting dog helped by keeping food on the table. Herding dogs helped control livestock, and perhaps the more loyal yet aggressive breeds served to protect the home and the family. Around the mid 19<sup>th</sup> century, man's effort to refine the specific qualities and characteristics of the domestic dog had become far more focused on aesthetic values than practical needs, and by the turn of the twentieth century the dog had become well known as a symbol of social status.

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

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

Still, I stand for the ideal of adopting and not shopping for domestic pets. I dream of a day when there will be fewer animals held and euthanized in shelters throughout our country. All the beautiful breeds are amazing to behold, but until we humans get a grasp on the responsibilities that come with that beauty, I believe we should refrain from breeding and focus on finding forever homes for the millions that are now being held captive behind bars, hoping someone will care enough to love them and give them a good life.

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## PET OF THE WEEK

**SEYMOUR: #A4542903**

Meet a stunning puppy, Seymour (A4542903). Seymour is a gentle giant - an eight month old tan and black Black Mouth Cur puppy who was forsaken at the Baldwin Park Animal Care Center on February 12, 2013 because his former owner claimed he had such a busy life he had no time for his puppy.



Weighing forty two pounds, Seymour sits on command, is learning to walk on leash and is responsive to treats, which he takes politely. His former owner says he gets along well with other dogs, and that he is good with children. This handsome boy scored an "A" on his shelter-administered temp test. Seymour is the perfect indoor pet for an active individual or family living in a private home. To watch a video of Seymour please visit: [www.youtube.com/watch?v=1VGQRWoRbh4](http://www.youtube.com/watch?v=1VGQRWoRbh4)

To meet Seymour in person, please see him 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). He is currently available now. For any inquiries about Seymour, please reference his animal ID number: A4542903. 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 Seymour or the adoption process, please contact United Hope for Animals Volunteer Adoption Coordinator Samantha at [Samantha@hope4animals.org](mailto:Samantha@hope4animals.org). To learn more about United Hope for Animals' partnership with the Baldwin Park Shelter through its Shelter Support Program, as well as the many dogs of all breeds, ages, and sizes available for adoption in local shelters, visit <http://www.unitedhope4animals.org/about-us/shelter-support-program/>.

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Send check for \$60 registration fee (includes course, membership, and 10% discount at the Gift Shop) to: ECNCA 1750 N. Altadena Drive Pasadena, CA 91107 for more info: (626) 398-5420



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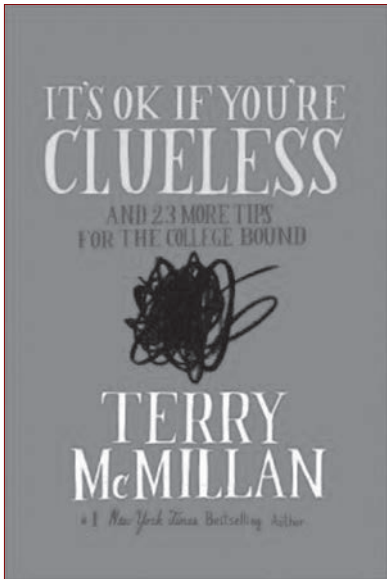


# JASMINE’S CORNER

Book Reviews by Jasmine Kelsey Williams

## IT’S OK IF YOU’RE CLUELESS: AND 23 MORE TIPS FOR THE COLLEGE BOUND

By Terry McMillan



As we draw to the start of March, we also draw nearer to the end of another school year, and for some, the last year of high school before making their way into higher institutions of learning. This next selection will be presented as both a personal recommendation and a boost of optimism for all those preparing to finish their last years of schooling and awaiting graduation. Published and copyrighted in 2006, “It’s OK If You’re Clueless” is a nice little pick-me-up for those nervous first-timers when going to college, and provides 23 simple yet helpful tips that can remind you of what is important when first navigating your way. Straightforward and encouraging, with tips such as ‘Don’t Listen to Your Parents’, ‘Read Anything and Everything’, and ‘Do Everything with Gusto’, Terry McMillan relays these tidbits to the reader by drawing upon her own experiences, and to remind these young readers that it is nothing to be ashamed of when you are starting fresh, or when you boil down to the point of what you wish to pursue. As the book progresses, the later chapters will make sense for the reader, still providing basic tips but adding a little more depth and clarity, such as ‘It’s

OK If You’re Clueless About What to Major In’ (Chapter 11) and ‘Get Physical’ (Chapter 21). Small, lightweight, and perfect to read almost anywhere, McMillan reminds readers

of the young age (and something to remember as we get older), that it is okay to learn the ropes before diving right in into something new and unexpected. Even for those college kids who believe they have blueprint for what they want to do, may be mildly surprised after they read this, when they have the option of having free reign, so that one may choose to stay on their current path, or transition to something completely different. Receiving praise from various critics, as well as being a #1 New York Times Bestselling Author, Terry McMillan gives “It’s OK If You’re Clueless” its own sweet flavor, one that readers (and even some older readers, such as myself) will be glad to enjoy.

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# HEALTHY LIFESTYLES



## HOW CAN YOGA HELP

### LOVE

For most of us, loving ourselves seems to be the hardest. We love our children, spouses and our dogs and...

But what if we did a better job of loving ourselves? What would that even look like?

Here are a few points to help you get started:

Love where you have been in your life.

Love how you think.

Love how very powerful you are.

Love all your dreams.

Love all of your feelings.

Love your yoga practice (I had to throw that in).

Love all of your emotions.

And then go out and love others.

And love the planet.

The practice of yoga helps us see our own beauty. It helps us see the beauty in others. Just by doing the practice we get stronger and more aware of our bodies movement. We love our accomplishments and forgive our imperfections. Really, the practice of love starts at home, with us. Then we have lots of love to give freely to everyone else.

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## SEAN’S SHAMELESS REVIEWS:

Review By Sean Kayden

### SHOUT OUT LOUDS

“Optica” marks the fourth studio album from Swedish indie-pop group, Shout Out Louds. It’s their first album since 2010’s “Work”. Over the course of eight years, Shout Out Louds have continually made solid, joyously charming records. Their innate ability to transform the sounds of The Cure and The Smiths to a modern style is quite impressive. Lead singer Adam

<b>Artist:</b>	<b>Shout Out Louds</b>
<b>Album:</b>	<b>Optica</b>
<b>Label:</b>	<b>Merge Records</b>
<b>Release Date:</b>	<b>February 26, 2013</b>

Olenius generally has a high-pitched voice, but this time around it seems to be slightly toned down. His previous proclivity for singing melancholy words in a relatively happy voice is still in tack. Shout Out Louds have always demonstrated a strong knack for songwriting and “Optica” is no exception. With the lyrics in tact, a slick and polished sound, and high production values to boot, the band’s fourth album in nearly three years is one of their strongest to date. In many ways it’s a return to form in how lively and jaunty the record it is. With a different direction in sight and new sounds in mind, Shout Out Louds mess around with electronics and percussions to create a refreshing, albeit uneven, yet thoroughly satisfying record.

“Sugar,” the opening number, is chirpy and utterly upbeat. It kicks the album off in the best way possible—providing what’s to come and showing the listener Shout Out Louds mean business with their recently found resonance. Follow up track “Illusions” is another gem. It’s a bit slower but equally as potent. It’s a song that dazzles with 80s influences and juggles both lightheartedness and deep sentiment from beginning to end. Ultimately, it’s the catchiest song off “Optica.” “Blue Ice” slows us down a bit, but beautifully so. It’s deeply heartfelt and introspective. Not to mention, it’s naturally smooth and divine. “Circles” is my choice for best song here. The song showcases dreamy guitars and yearning vocals. It’s as if it somehow doesn’t fit on “Optica,” but fortunately it wasn’t cut because it’s the band’s most elegant, finest written, and greatest arranged song they’ve ever crafted. However, even with all this good, there’s got to be some bad. “Hermilla” showcases the vocals of bandmate Bebban Stenborg (who plays various instruments as well as provides much of the back-up vocals). The entire song feels out of place, but unlike “Circles” it has no elements of a Shout Out Louds tune. It falls apart fairly quickly and completely has the record going off the rails for a good three minutes and thirty four seconds. Luckily, the album quickly gathers itself back on track with “Chasing The Sinking Sun.” It’s another typical Shout Out Louds affair, but despite being “typical” it still provides much variety and shines as its own standout track.

“Optica” puts Shout Out Louds back on path as one of the best indie-pop bands around. After all these years the band is still relevant and making great music. It’s been nearly three years between albums and that can feel like a lifetime for listeners, who may have given up hope on a return for a band that could have easily faded out like those before and after it. However, Shout Out Louds not only return with just a new album, but one that surpasses expectations with fresh surprises and interesting sounds to follow.

Grade: 8.4 out of 10  
Key Tracks: “Sugar,” “Illusions,” “Blue Ice” “Circles”

## A Word From Health Advantage..... ARE BOOT CAMPS WORTH IT?

Yes!

You see the advertisements for the “Boot Camps” around the Foothill corridor. They start early in the morning or late in the evening. They look military in nature and may conjure up scenes from Officer and A Gentleman. Fortunately you get the discipline without the abuse.

One of the challenges most people face when starting an exercise regimen is disciplining themselves to keep at it. It is too easy to “talk yourself out of it” today.

One aspect of the boot camps is they are not “free” so you are invested in the process. When you enroll you are held accountable for your actions. They evaluate you and put you with like individuals you are

in similar shape with or “out of shape” with. You are then on a team to help each other. If you do not show up your team is penalized. You do not want to let down the team. Of course if you have a legitimate excuse and follow protocol the team is not punished.

This team work and accountability keeps you on track and the key to achieving success is consistency. Another aspect is having someone push you farther and harder than you think you can go. This is where the real gains come.

At the start of the camp you are assessed in how fast you can run a mile or if you can even run a mile. You are also assessed how many pushups you can do. Strength and endurance are measured and trained. At the end of the camp (usually 6 weeks) you are tested again and the results are compared. Of course weight is a measurable value that is probably the #1 reason join a

boot camp so that is measured also.

Now Boot Camps vary and this is the way the boot camp I went through was run. Also you have to journal your eating habits and on the weekend you have to exercise yourself.

In my opinion the boot camps around our area are very professionally run. They keep your safety foremost but will push you beyond your perceived limits. It also taps into your investment of money so you will value the camp and get your money’s worth.

Which one are the best? Talk to those who have been to one or contact the many boot camps in the area and interview them. Compare and commit to the camp and stick to it. You’ll probably want to sign up for another camp after you finish as many who go to one find that the discipline keeps them on track and it’s fun to do it with a group helping each other be and stay healthy.



**What is the real cause of belly fat and excess weight?** Your body has a specific hormone called *lipten* that curbs your appetite and burns fa. When this hormone isn’t working properly you gain weight uncontrollably. Fortunately, because of a *recent scientific breakthrough* your fat burning hormone can be reactivated in just three days, prompting rapid weight-loss.

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Dr. Theresa L. Smith (D.C.) of Sierra Madre is offering a free weight-loss consultation (\$50 value) in which she will determine how quickly and easily you can lose the weight *you* desire.

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## SIMPLIFIED SMARTPHONES FOR BOOMERS &amp; SENIORS

Dear Savvy Senior:

Are there any smartphones specifically designed for seniors that you know of? I'm interested in getting one, but at age 69, I want to find one that's easy to see and use. Semi-Smart Senior

Dear Semi-Smart:

There are actually several manufacturers who are now making simplified smartphones with features designed primarily for older users who have limited experience with modern gadgetry. Here's a run-down of what's currently and soon-to-be available.

**Pantech Flex:** One of the best and most affordable age-friendly smartphones on the market today is the Pantech Flex (see pantechusa.com/phones/flex), sold through AT&T for only \$1 with a two-year contract.

This Android-powered touch screen phone has a bright 4.3-inch screen, with a fast 1.5GHz dual-core processor and 8 megapixel camera. But what makes this phone ideal for seniors is its Easy Experience mode which provides a simple, clean home screen with large fonts, clearly marked icons, and quick access to the phone's most essential features – your phone, camera, messages, menu, Web, contacts, along with shortcuts to your favorite apps.

It also offers convenient features like voice dialing and voice commands, and SwiftKey technology that predicts the next word you want to type to make texting faster and easier.

Individual monthly service plans for AT&T start at \$30 for 200 minutes of talk time (for customers 65 and older), \$20 for unlimited text messaging, and \$20 for 300 MB of data.

**Jitterbug Touch:** Offered by GreatCall Wireless – the same company that makes the Jitterbug big-button cell phone – the Touch is actually a Kyocera Milano smartphone that's been rebranded and loaded with GreatCall's simplified user interface software.

It offers a 3-inch touch screen, and a full slide-out keyboard with raised, backlit buttons that makes it easier to type messages. And when you turn the phone on, you get a simple menu list with large fonts that let you access often-used features like the phone, camera, messages and pictures, along with your contacts and apps.

This Android phone also offers voice dialing, a 3.2 megapixel camera, and optional features like medication reminders, 5Star personal security service, a live nurse service to answer your health questions, and more.

Available at greatcall.com or 800-733-6632, the Touch sells for \$149 with a one-time \$35 activation fee, no-contract, and calling plans that cost \$15 per month for 50 minutes, up to \$80 per month for unlimited minutes, text messages, operator assistance, and voicemail. And their data plans run between \$2.50 per month for 10 MB up to \$25/month for 500 MB.

**Samsung Galaxy Note II:** If a bigger screen is the most desired feature, the Samsung Galaxy Note II (samsung.com/galaxynoteII) has a huge 5.5-inch touch screen display and can be used with a stylus, which makes it easy to see and maneuver. It also offers an Easy mode feature which simplifies the home screen providing access only to key functions like the phone, messaging, Internet, contacts and your favorite apps.

Available through AT&T, Sprint, Verizon, T-Mobile and U.S. Cellular for \$300 to \$370 with a two-year contract, the monthly service plans for talk, text and data start at around \$80.

**Doro PhoneEasy 740:** If you don't mind waiting, the Doro PhoneEasy 740 (dorousa.us/experience) is another excellent option, but it won't be available in the U.S. until later this year.

This Android slider phone has a 3.2-inch touch screen and a numerical slide-out keypad with raised buttons for easy operation. It also offers a large-text, clearly labeled menu to frequently used features like the phone, email, messages, Internet, photos, games and apps.

Expected to cost around \$99, other age-friendly features include a 5 megapixel camera which can double as a magnifying glass, and an emergency call button that will dial and text five preprogrammed numbers when pressed.

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 DR. SEUSS DAY

I love Dr. Seuss. Somewhere, my parents have a signed copy of "The Cat in the Hat Comes Back" signed by the author himself. My mom recalls that momentous event, circa summer 1986, when I was three. I try to conjure up a memory of my mom, grandma, and me standing in a long, sweaty line at Vroman's in Pasadena, waiting to meet the living legend. To be truthful, I have no recollection of this occasion, but the autographed book proves it took place.

Skip ahead to 2013. Theodore Seuss Griesel, a.k.a. Dr. Seuss, has been dead for over 10 years. As with all great artists, we grieve his passing and celebrate his contributions to literature and art. Seuss even collaborated on a film, "The 5,000 Fingers of Dr. T." The story-line is a familiar nightmare to any child whose parents made him endure music lessons at a young age. It's got all the weird, topsy-turvy signature Seuss buildings. The story's climax is when the young protagonist rebels during a recital of 500 boys simultaneously playing at a surreal, endless piano keyboard, which stretches into infinity. I'm not going to divulge any more of the film's details; you'll have to rent it for yourself. And please do, because it's super campy! Anyone who loves old movies can appreciate this.

We all know Dr. Seuss wrote and illustrated many children's books. But, did you know that he also did some, shall we say "un-childlike" paintings involving scantily clad women with provocative titles? Then there are several older-adult themed works chronicling the aging process including "Gosh, Do I Look as Old as All That?"

Yes, Dr. Seuss was a genius. But I hope I won't have rotten vegetables thrown at me for questioning whether or not his birth should be celebrated as a national holiday. Case in point; my cousin's first grade daughter recently informed her parents that their class would be celebrating "Dr. Seuss Day" on Friday, March 1st, (although his actual birthday is on the 2nd). The children can wear free dress, as long as it is red and/or white (as in the famous cat hat.). The principal and several school board members are going to circulate among the primary classrooms to read favorite Seuss texts and quiz the children on their general Seuss knowledge.

Don't get me wrong, Dr. Seuss is great. But should there be a day set apart solely for appreciation of him? Somewhere between my childhood and today, Dr. Seuss morphed from being a humorous cartoonist to a 20th century sage. "Oh, The Places You'll Go" is standard fare at commencement speeches. One valedictorian included this piece in their graduation speech, and suddenly the whole nation is following suit. This near beatification of Dr. Seuss into a saint is just a bit too much. So much so, that I believe Theodore would roll over in his grave if he knew the sappiness now associated with his work.

I think for this March 2nd, I'll read "Green Eggs and Ham" and egg a neighbor's house. Just kidding. But I think Theodore would prefer this over some of the saccharine sweet eulogies dedicated to his memory. "I do not like green eggs and ham!" (because veganism is the way to go!)

## IS IT ALZHEIMER'S OR NORMAL AGING?

By Sylvia Booth Hubbard

You've misplaced your cellphone — again. And last month when you went to the mall, you forgot where you parked your car. Are you having a couple of "senior moments," or do you have a symptom of something more serious? Could forgetting be a sign you're developing Alzheimer's? Everyone forgets occasionally, say experts, and episodes usually increase with age. "As time goes on, short-term memory declines," says neurologist Dr. Richard Isaacson, author of "The Alzheimer's Diet." "While it's common for people as they age to occasionally forget things, like names, and even misplace objects, usually they are able to remember the names later, as well as find the missing objects," Dr. Isaacson said. With normal aging, for example, you'll might forget where you parked at the mall. But with Alzheimer's, you may not remember how you got to the mall.

Check out some common memory problems and see how normal aging differs from Alzheimer's:

- You can't remember names as well as you used to. If you can't remember the name of a casual acquaintance, it's a sign of normal aging. However, if you forget the name of a grandchild or other close family members, you may be developing Alzheimer's.
- You misplace items. An occasional misplaced object can usually be blamed on a hectic life-style and too many distractions, but putting common objects in obviously inappropriate places, such as a carton of milk in the laundry basket, should be a cause for alarm.
- You have to think to do something you did easily in the past. If you take longer to figure out how to program your cellphone, you may just be tired or stressed. But if you forget how to use a simple object such as a toaster or blender, you may be in trouble.
- Taking the wrong turn. If you take the wrong turn off the interstate, you were probably wool-gathering and not paying attention. But if you get lost in an area you've been living in for years, it's more than normal aging.
- Your concentration isn't as good, and you don't learn as

quickly. Concentration often diminishes with aging, and it's normal to learn more slowly. But not being able to concentrate or learn at all are warning signs of Alzheimer's.

- You forget to pay a bill. Everyone forgets to pay a bill every now and then. But it's a cause for concern if you regularly receive notices of unpaid bills and can't balance your checkbook any longer.
- You have trouble finding the right word. If you sometimes have trouble finding the right words to express yourself, that's probably normal. But stopping talking in the middle of a conversation — and not realizing a conversation was taking place — or repeating yourself over and over, are warning signs.
- You forget experiences. If you forgot part of an experience you had on vacation, that's normal. But forgetting you took the vacation a definite warning sign that something serious is amiss. There are many reasons for memory lapses that aren't linked with either aging or Alzheimer's, including reactions to medications and nutritional deficiencies. If you're concerned, see your doctor.

## SENIOR HAPPENINGS

**FYI - COMING SOON: "Bird's Eye View". Pat Birdsall's weekly commentary on everything under the sun will be back!**

### HELPFUL HINT:

More uses for dryer sheets: (1) For a fresh odor in your vehicles, put a sheet of fabric softener underneath each seat. (2) Use a dryer sheet to dust your computer screen or your television screen.

### FOR YOUR FUNNY BONE

The Smith's were very proud of their family tradition. Their ancestors came to America on the Mayflower. Their line had included senators, pastors and Wall Street wizards. Now they decided to compile a family history, a legacy for their children. They hired a fine author. Only one problem arose: How to handle that great-uncle who was executed in the electric chair. The author said not to worry, he could handle that section of history tactfully. When the book appeared, the family turned to the section on Uncle George. There, they read, "George Smith occupied a chair of applied electronics at an important government institution, was attached to his position by the strongest of ties, and his death came as a real shock."

In the restroom at IBM's Watson Center, a supervisor had placed a sign directly above the sink. It had a single word on it... "THINK!" The next day when he went to the restroom, he looked at the sign and right below, immediately above the soap dispenser; someone had carefully lettered another sign which read..."THOAP!"

### HAPPY BIRTHDAY! ... March Birthdays...



Karen Blachly, Carla Duplex, Ella Guttman, Viky Tchatlian, Mary Cooper, Georgina "Snooky" Greger, Sun Liu, Helen Wallis, Joan Crow, Nancy Fox, Nan Carlton, Martha Cassara, Carol Cerrina and Amy Putnam. \*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:

Spring is sooner recognized by plants than by men. ~ Chinese Proverb



### 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:

#### COMING UP:

**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. All movies are shown in Sierra Madre's City Council Chambers, 232 W. Sierra Madre Blvd.

## Senior Movie Program

Shown in Sierra Madre City Hall - Council Chambers



### March 6th: Apollo 13 (1993)

Technical troubles scuttle the Apollo 13 lunar mission in 1971, risking the lives of astronaut Jim Lovell and his crew in director Ron Howard's chronicle of this true-life story, which turns a failed journey into a thrilling saga of heroism. **Rated PG Start time: 1:00 pm** (run time is 140 minutes)



### March 20th: The Great Race (1965)

Professional daredevil Leslie Gallant convinces turn-of-the-century automakers that a race from New York to Paris will help promote car sales. Leslie's arch rival, Prof. Fate, vows to beat Leslie to the finish line in a car of Fate's own invention. What ensues is the wackiest transcontinental road race ever! **Not Rated Start time: 1:00 pm** (run time is 160 minutes)



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



**Editors Note:** I've been told that all good things must come to an end, and sadly, I must say, in the instance of Chris Bertrand as a regular contributor to the Mountain Views News, that statement is true. Chris, who has written more than 350 articles over the last seven years submitted her final work for One Of A Kind this week. Last year, she and her husband Dick, returned to the Bay Area to be with their new grandson and family. Being the loyal and committed person that she is, however, she continued to submit articles for our readers to enjoy. Chris will continue to write for the Mountain Views News on special assignment, but for now, our good friend is leaving. Thanks for all you've done Chris. You have been a wonderful team member, a critical part of our Mountain Views Family and you are still a very dear friend. We miss you already!

- Susan Henderson, Publisher/Editor

## LANDSCAPING WHEN YOU HAVE DEER FOR NEIGHBORS

Many gardening enthusiasts fret over the voracious appetites of local deer. Especially in the residential areas of the San Gabriel Valley that border on the Angeles National Forest and other dedicated open space, landscape choices determine whether a home's plantings hang out a welcome sign indicating "Lunch is served here!" Many a time, as I sat at my desk in our Sierra Madre home, I could almost set my clock for the group of deer who visited my neighborhood for a meal of roses at one yard, shrubbery at the next, and dessert of flowers at yet another home. If the windows were open, I could even hear them coming, hooves clattering on the pavement, during their regular daily journey downhill from their Bailey Canyon abode.

When living in the Bay Area in the 1990's, I even thought I had found the ultimate "deer proof" floral display, confidently using broad masses of lilac colored sedum in my deer prone yard. That worked well for ten years, til one fall it didn't. One September morning, I awoke to a barren garden. Every sedum chewed down to the nub. Is there a solution? "No plant is deer proof," according to the Rutgers New Jersey Agricultural Experiment Station (NJAES). Instead, the Rutgers University Cooperative Extension personnel and Master Gardeners in North New Jersey allocated possible

landscape choices into Rarely, Seldom, Occasionally and Frequently Severely Damaged" categories.

The key phrase, "Severely Damaged," used in all of the above categories is most distressing for avid gardeners in areas with large deer populations. Any plant, even those listed as the most deer resistant may succumb in a dry year or a season with a burgeoning deer population.

There are still landscape choices that are low on the deer's culinary interest list. A great place to start is the Sunset Western Garden Book, the landscape bible for many a SoCal gardener. If you don't own one, Home Depot and other Gardening Retailers usually have one on hand for reference. I also avidly read up in home and garden periodicals about success stories of plant versus deer. One such resource, Better Homes and Gardens has a nice website, [www.BHG.com](http://www.BHG.com), with a deer resistant search category.

In my own local research for my Sierra Madre landscape, I took clues from municipal and commercial shopping center plantings that matured and flourished with success. With the caveat that sometimes even those landscape choices might get eaten if conditions were unfavorable.

In the Ralph's Shopping Center in Hastings Ranch, I took notice of magnificent flax or *Phormium* (Latin horticultural name) plantings that remained untouched. A New Zealand

native that flourishes in hot dry weather, the dramatic spikes of this plant provide a lot of architectural interest, as well as a decent bet for remaining low on the deer interest list.

*Phormium* comes in varieties that mature up to a dozen feet tall and nearly as wide, so caution is advised regarding reading the growth information on the pot's label. A wide variety of colors, from the "mundane" greens, to reds to bright yellow and variegated varieties offer a lot of options. One of my favorites is the crimson colored "Sunset."

In downtown Monrovia, the landscape plantings including Heavenly Bamboo or *Nandina Domestica* and the striking purple flowers of Statice or *Limonium perezii* were choices I added to my "safe-ish" list.

I have enjoyed relatively consistent success with Society Garlic or *Tulbaghia*. An African native, the plant gives off a distinctly garlicky odor when touched or bruised. At least at my home, the deer don't choose to rub their noses in this highly fragrant plant. Long lasting purple flowers provide nice color for several months, in areas that might otherwise remain bereft of interesting landscape. I have planted *Tulbaghia* around plants that might otherwise attract deer attention, with good success... so far!

Most gardeners are drawn to grow plants with fragrant flowers, and the Bearded Iris, particularly the old fashioned varieties seem to provide



that pleasure to the humans, but deer seem to find it as offensive as the stinky *Tulbaghia*! Same goes for lavender and rosemary plants. Nice fragrance and low interest from the deer. Another interesting successful choice seems to be plants with velvety leaves, like Lamb's ear or *Stachys byzantina*, with soft silvery, fuzzy leaves, as well as the artichoke.

A plant that [www.BHG.com](http://www.BHG.com) deems "majestic" bears the unusual name of Bear's breeches or *acanthus*. The shape of the huge acanthus leaf is used frequently in design. It can easily

mature to twenty square feet, BHG waxes poetic about a plant that thrives in poor soil, "A majestic plant, bear's breeches is like a living sculpture in the garden. It offers sturdy spires of white or pink blooms with papery purple bracts that make a dramatic statement, as does the rich-green, spiny-looking foliage." An added plus is that the flowers are suitable for cut or dried flower arrangements.

Good luck with Bambi-resistant gardening!

## FREE NATIVE PLANT CLASS

**Foothill Municipal Water District (Foothill)** has scheduled a **FREE Native Plant Primer Class** for Saturday, March 16, 2013 from 9AM to noon. The class will be held in the Fellowship Hall of the La Canada Presbyterian Church located at 626 Foothill Blvd.

Ellen Mackey who is a Senior Ecologist certified by the Ecological Society of America, and a staff ecologist with the Metropolitan Water District of Southern California will be the presenter. She is currently on assignment to the Council for Watershed Health. Some of the topics discussed will be *Why Native Plants?, Are They Economical?, How to Avoid Killing Them, What Plants Work Well Where You Live?, and Resources For A Successful Garden.*

Please RSVP to (818) 790-4036 or email to [koblak@fmwd.com](mailto:koblak@fmwd.com) to reserve your spot.

Foothill serves the areas of La Canada, La Crescenta and Altadena. Please visit our website at [www.fmwd.com](http://www.fmwd.com) for more information.

## CITY OF DUARTE AND ARCADIA ASSOCIATION OF REALTORS® TO HOST FREE SPRING HOME BUYERS FAIR, APRIL 13

Potential home buyers can get a leg up on the home buying process at the Spring Home Buyers Fair, Saturday, April 13, hosted by the City of Duarte and the Arcadia Association of Realtors®. The free community event will provide valuable information and opportunities to connect with industry professionals, including Realtors®, lenders, non-profit housing and other agencies. The free Home Buyers Fair will be held from 10 a.m. to 2 p.m. at the Duarte Community Center, 1600 Huntington Dr., Duarte.

Learning sessions throughout the day will provide attendees with what they need to know to be successful in today's challenging home buying market. They can also learn about what the City of Duarte has to offer. Raffle prizes will be awarded at the event and a free lunch will be provided from 12:30 p.m. to 1:30 p.m.

For more information, contact the Arcadia Association of Realtors® at (626) 446-2115 or visit [www.TheAAR.com](http://www.TheAAR.com) and click "upcoming events".

Representing local Realtors® in the San Gabriel Valley for 89 years, the Arcadia Association of Realtors® is one of the oldest trade organizations in California. The AAR is dedicated to the advancement of professionalism in real estate and is an advocate for private property rights. A.A.R. is headquartered in Arcadia.



## Tips of the Trade: Real Estate Revealed

by Luther Tsinoglou Realtor®  
**LIKE MOTHS TO A FLAME**

Have you done your "spring cleaning" yet? If you're selling your home, it's essential to take care of the details, both inside and out. Since buyers first see your property from the street, there are some steps you can take to pique their interest in seeing more.

Obviously, color makes an impact. Emphasize two or three colors in your flowerbeds and shrubs, and coordinate your blooms with the seasons, be it spring or summer. Also make sure your trees and shrubs are properly sized to the house and grounds, and not blocking any of your home's positive features.

Perfectly maintaining your lawn is critical while you're listing, since a well-manicured lawn powerfully symbolizes your pride of ownership and attention to maintenance. You can reduce the time invested in mowing and watering if you can do some simple landscaping with rocks, ornamental grasses and drought-tolerant plants.

The sound of water also turns buyers on. Even if you don't have a pond, you can achieve the same effect by installing a small fountain in the front yard, or even running an electric fountain on your porch or deck.

Finally, there are a couple of architectural flourishes that add interest, such as colorful window boxes, a trellis with flowering vines, or even a pretty new mailbox. Contact your agent for a wealth of other ideas to attract buyers.

*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)*

## CONTINUED SHORTAGE OF HOMES ON THE MARKET AND SEASONAL SLOWDOWN SEND CALIFORNIA HOME SALES AND PRICES LOWER IN JANUARY, A.A.R. REPORTS

ARCADIA (Feb. 28) – A typical seasonal slowdown, combined with a scarcity of available homes for sale put a damper on the California housing market in January, with both home sales and median price declining from December, the ARCADIA ASSOCIATION OF REALTORS® (A.A.R.) reported, based on findings by the California Association of Realtors®.

"A rush by home buyers trying to complete sales of higher-priced homes by the end of last year in order to avoid capital gains increases pulled forward sales that might have closed in January instead," said 2013 A.A.R. President Andy Bencosme. "Additionally, the extreme shortage of homes for sale continues to hinder California's housing market, as demonstrated by the nearly two months' supply drop compared with last year."

Closed escrow sales of existing, single-family detached homes in California totaled a seasonally adjusted annualized rate of 491,720 units, according to information collected by C.A.R. from more than 90 local REALTOR® associations and MLSs statewide. Sales in January were down 6 percent from a revised 523,090 in December and down 3.9 percent from a revised 511,760 in January 2012. The statewide sales figure represents what would be the total number of homes sold during 2013 if sales maintained the January pace throughout the year. It is adjusted to account for seasonal factors that typically influence home sales.

The statewide median price of an existing, single-family detached home fell 8.1 percent from December's \$366,930 median price to \$337,040 in January. January's price was up 24.1 percent from a revised \$271,490 recorded in January 2012, marking the 11th consecutive month of annual price increases and the seventh consecutive month of double-digit annual gains.

"The drop in the median price from December to January is in line with the seasonal pattern that we've observed in recent years, when the sales share of lower-priced homes usually increases at the start of the year," said A.A.R. Executive Vice President Andrew Cooper. "For example, homes priced under \$200,000 made up 28 percent of sales in January, up from 25 percent in December. Conversely, homes priced \$500,000 and higher made up nearly 24 percent of sales in January, down from nearly 28 percent in December."

Other key facts of the January 2013 resale housing report include:

- The available supply of homes for sale loosened in January, primarily as a result of fewer home sales. The January Unsold Inventory Index for existing, single-family detached homes rose to 3.5 months in January, up from 2.6 months in December, but down from a revised 5.8 months in January 2012. The index indicates the number of months needed to sell the supply of homes on the market at the current sales rate. A six- to seven-month supply is considered normal.
- Mortgage rates edged up in January, with the 30-year fixed-mortgage interest rate averaging 3.41 percent, up from 3.35 percent in December 2012 but down from 3.92 percent in January 2012, according to Freddie Mac. Adjustable-mortgage interest rates also edged up, averaging 2.58 percent in January, up from 2.54 percent in December but down from 2.76 percent January 2012.
- Homes moved off the market faster in January, with the median number of days it took to sell a single-family home decreasing to 36.6 days in January, down from 38.1 days in December and down from 59.6 days for the same period a year ago.

*Representing local Realtors® in the San Gabriel Valley for 89 years, the ARCADIA ASSOCIATION OF REALTORS® ([www.TheAAR.com](http://www.TheAAR.com)) is one of the oldest trade organizations in CA. The AAR is dedicated to the advancement of professionalism in real estate and is an advocate for private property rights. A.A.R. is headquartered in Arcadia.*

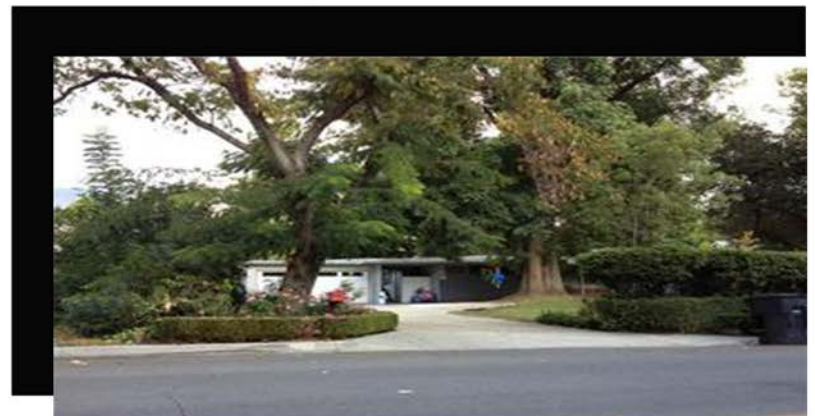


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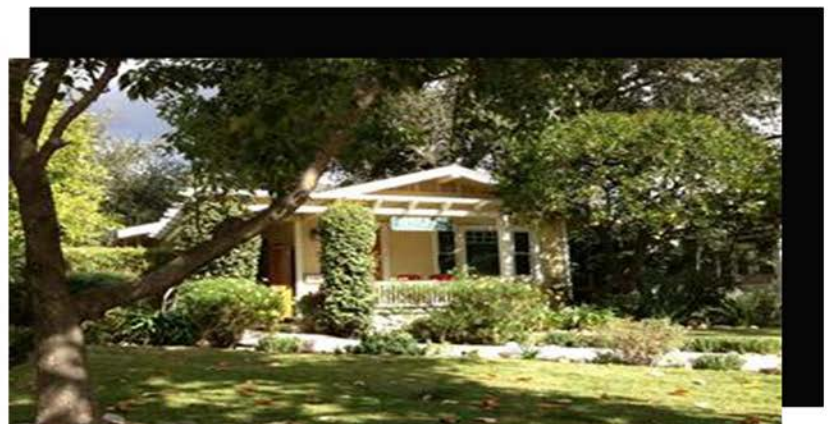
### 615 E. Orange Grove Sierra Madre



**\$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 another bath. Porch surrounds the front yard with pretty garden; back yard has private garden setting.



HOWARD Hays As I See It



"I would argue, however, that the actor who really got inside Lincoln's head was John Wilkes Booth . . . (audience groan) . . . Really – 150 years and it's still too soon, huh?" - Seth MacFarlane

The past couple weeks, I've commented on forming one's own opinion before hearing what the pundits say. Okay, I thought Seth MacFarlane was really funny on the Oscar telecast. If there was help needed, it was in material for award presenters – too many instances where they'd say a few lines, then turn to each other with that "This isn't working, is it?" look.

There was Barbra Streisand with the sublime "In Memoriam" finale, singing "The Way We Were" with portrait of composer (and Pasadena Pops conductor) Marvin Hamlisch behind her. And – I'll sit through three hours of anything to hear Shirley Bassey sing "Goldfinger".

I'd seen most of the nine Best Picture nominees (and probably would've most liked to have seen "Beasts of the Southern Wild" get the Oscar). Our son, who works in digital effects, thought the most inappropriate award was the one for Cinematography given "Life of Pi", since there was so relatively little "cinematography" involved (shots of the tiger swimming were about the only shots of a "real", as opposed to computer-generated, tiger in the movie).

Yes, I love history. "Lincoln" inspired me to delve into the history of Rep. Thaddeus Stevens (R-PA), subject of an Oscar-nominated portrayal by Tommy Lee Jones. The real-life Rep. Stevens did have an ill-fitting hairpiece, and (spoiler alert) was regarded as being common-law married to his mixed-race housekeeper, Lydia Hamilton Smith. The home they shared was not long ago saved from demolition and has been preserved in Lancaster, PA.

As a member of the Pennsylvania State Legislature, Stevens saw passage in 1834 of the Free School Act, arguing "it is the duty of government to see that the means of information is diffused to every citizen." In Congress he became Chairman of the House Ways and Means Committee, identified as being one of the "Radical Republicans". (Pause for a moment and ponder that term – "Radical Republicans".)

Transcending history into timelessness, Rep. Thaddeus Stevens observed, "It is easy to protect the interests of the rich and powerful. But it is a great labor to protect the interests of the poor and downtrodden."

I was impressed by the dead-on late-1970's "look" in "Argo"; sideburns, moustaches, wire-framed glasses. I remember that look, and I also remember D.J.s on AM radio giving out Canadian telephone area codes on the radio – asking us to call some random number north-of-the-border to say "thank you".

Interviewed on CNN, Jimmy Carter said the major thing the film got wrong was in making the hostage rescue too much of a one-man operation, severely understating the major role played by the Canadians in getting our embassy personnel out of the country. Nevertheless, Carter said he thoroughly enjoyed the film – and was rooting for it to win Best Picture.

The one history-related Best Picture nominee I haven't seen is "Zero Dark Thirty"; great reviews, but I was put-off by director Kathryn Bigelow's and screenwriter Mark Boal's response to critics of their depiction of the role of torture in the hunt for Osama bin Laden. They conceded that acknowledging the use of torture is upsetting to some, but refused to allow that to affect their determination not to sugar-coat the reality that torture was indeed employed by those acting in our name.

With that response, Bigelow and Boal appeared to miss what it was the critics were complaining about; that it wasn't the torture itself, but the fact the film suggested it brought information crucial to locating bin Laden. This was something nobody had previously cited credible evidence to support. Members of the Senate Intelligence Committee were alarmed at the prospect of intelligence officials having divulged something to the filmmakers they hadn't to members of the Committee over months of highly-classified testimony.

It turns out that conclusions reached by Senate investigators some time ago remain unchanged; that torture was used, but produced nothing useful in the hunt for bin Laden. In fact, that operation may have been hindered by false information given by subjects of "enhanced interrogation" just to make the torture stop. As for the filmmakers, that bit about torture providing useful intelligence appears to have been something they made up.

Of course, we all know it's "just a movie". Audiences expect a degree of dramatic license, and are able to distinguish between screenplay devices and actual history.

Or maybe not – as sometimes there's an irresistible desire to accept the fictional as reality. Just ask NY Daily News reporter Dan Friedman.

A few weeks ago while covering the Senate confirmation hearings on Defense Secretary nominee Chuck Hagel, Friedman asked a GOP staffer about charges Hagel had accepted speaking fees from "controversial" organizations – but no one seemed to know exactly what those organizations were. C'mon, an exasperated Friedman asked the staffer, just what are these mysterious groups, "Junior League of Hezbollah? . . . "Friends of Hamas?"

The very next day, Friedman found that Ben Shapiro had written on the website Brietbart.com about how he was hung up on by the White House when he called to confirm rumors of Hagel having spoken to the group "Friends of Hamas". In Shapiro's mind, this was justification for reporting that White House officials refused to deny the allegations.

Before long, Chuck Hagel's connection to "Friends of Hamas" was being spread by the National Review, Mike Huckabee, Lou Dobbs on Fox, Sen. Rand Paul (R-KY) and conservative talk radio. This goes to show how people can accept fiction as reality, or - wait a minute – this could be the next Judd Apatow project; I see Steve Carell as reporter Friedman, Will Farrell as the Fox anchor, Louis C.K. as the talk radio host . . .

HOLDEN INTRODUCES BILL TO CHANGE PRISON REALIGNMENT

AB 1065 Keeps Criminals with Serious Mental Disorders or Sexual Offenses off County Streets

SACRAMENTO – Following numerous calls for changes to California's 15-month-old prison realignment program, Assemblymember Chris Holden (D-Pasadena) has introduced a measure to shut the revolving door of state parolees with serious mental disorders and mentally disordered sexual offenders from being transferred to county supervision.

"Many of these felons are being rushed through the system for early release onto our streets and in our communities without regard to the serious mental issues that some of them have," said Assemblymember Holden. "As recently reported, this shift has put a tremendous strain on county resources resulting in thousands of sex offenders removing their GPS tracking devices because they know they won't be sent back to overcrowded prisons or jails."

Under the state's prison realignment law that went into effect in October 2011, more than 12,000 parolees have been put on probation in LA County rather than state parole. To qualify, their last offense must have been non-violent, non-sexual, non-serious. But the law only applies to that last offense, not their entire criminal history.

Holden's AB 1065 – supported by Los Angeles County - would require that an inmate who has previously been classified as a Mentally Disordered Offender, or Mentally Disordered Sexual Offender and served time for a crime where he or she was required to undergo treatment in a state mental facility, to remain under state supervision.

"Los Angeles County is committed to the safe and effective implementation of AB 109, balancing the public safety of our communities and the need to provide rehabilitative services to the population of offenders under our supervision," said Chief Jerry Powers, Chief Probation Officer of Los Angeles County. "Individuals who have previously been designated as Mentally Disordered Offenders require consistent treatment and intensive supervision services when released from prison to the community and we believe that level of care can best be provided by the State. I applaud Assembly Member Holden for this bill and his commitment to public safety and the successful implementation of AB 109."

"The State system is better equipped to handle these offenders than the counties which are being asked to take up the difficult task of supervising very dangerous offenders," concluded Holden.

CLIFFORD SWAN INVESTMENT COUNSEL  
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THE UGLY TRUTH GREG Welborn

Politicians routinely make all sorts of claims and promises, usually along the lines of how they are committed to helping us and that their only special interest is us. Just as routinely, we find ourselves disappointed that once in office they don't act in our best interest. Well the ugly truth is that most politicians – from the left and the right- don't act in our best interest; they act in their own, and they will resist with every fiber of their body anything that reduces their power. And if they have to reduce their power, they will try to make it as painful for us as the possibly can.

The administration's threatened implementation of the budget sequester is a perfect case in point. President Obama, in Tuesday's address, said the sequester will "eviscerate" education, energy and medical research. In addition, several government departments have already announced the most severe of cutbacks: The Department of Immigration and Customs Enforcement actually released hundreds of illegal aliens into the Southwestern states in advance of budget cutbacks, and the Navy announced that the aircraft carrier, USS Truman, will not be deployed because of those same budget cuts. Please keep in mind I am not disputing the factual reality of these claims. I believe that ICE released the prisoners and that the Navy is holding back a nuclear carrier and reducing its readiness in the Persian Gulf. What I am questioning is the motives of this administration in deciding to make those cuts.

After – I repeat, AFTER – the sequester takes place Friday, the federal government will still spend \$15 billion MORE in 2013 than it did in 2012. As I've written before, only in Washington can an increase be called a decrease. But here's the greater reality, the one that needs to sink in. Washington doesn't need to make cuts in its core responsibilities unless it wants to. Services that really matter do not need to be reduced or eliminated unless Washington wants to inflict pain on the American people. The sequester could easily be met by elimination of waste.

This is even more shameful when you consider that the Obama administration could stick with its 2012 budget and we'd be just fine. You remember 2012, don't you? I do. What the government spent in 2012 was somehow adequate enough to let kids go to preschool, keep cops on the beat, roll the fire trucks when needed, make Medicare payments, send social security checks, and fund the military. No cuts were needed then, and the 2013 budget AFTER THE SEQUESTER will be \$15 billion larger.

So why are we now faced with such draconian cuts in services? The answer is to scare us and to hurt us to the point where we surrender. The more money politicians and bureaucrats have to spend, the bigger their departments, the more people or programs that report to them, the more powerful they are. Power - that is the currency of Washington. The sequester, and any serious attempt thereafter which seeks to curb the runaway spending in D.C., is really curbing the power of Washington over the rest of us, and it will be met with fierce opposition. The good news is there is a simple solution. We still live in a functioning democracy. That means the people still have the right to remove politicians

from power and to enforce discipline on our elected officials. As frightened as politicians are at losing some of their power, they are even more terrified of losing all of their power – of being voted out of office.



Politicians of the right and the left will listen to the people, if the people speak up. But if we won't, they won't. Every poll consistently shows that about 70% of Americans – Republicans, independents and Democrats – believe that the

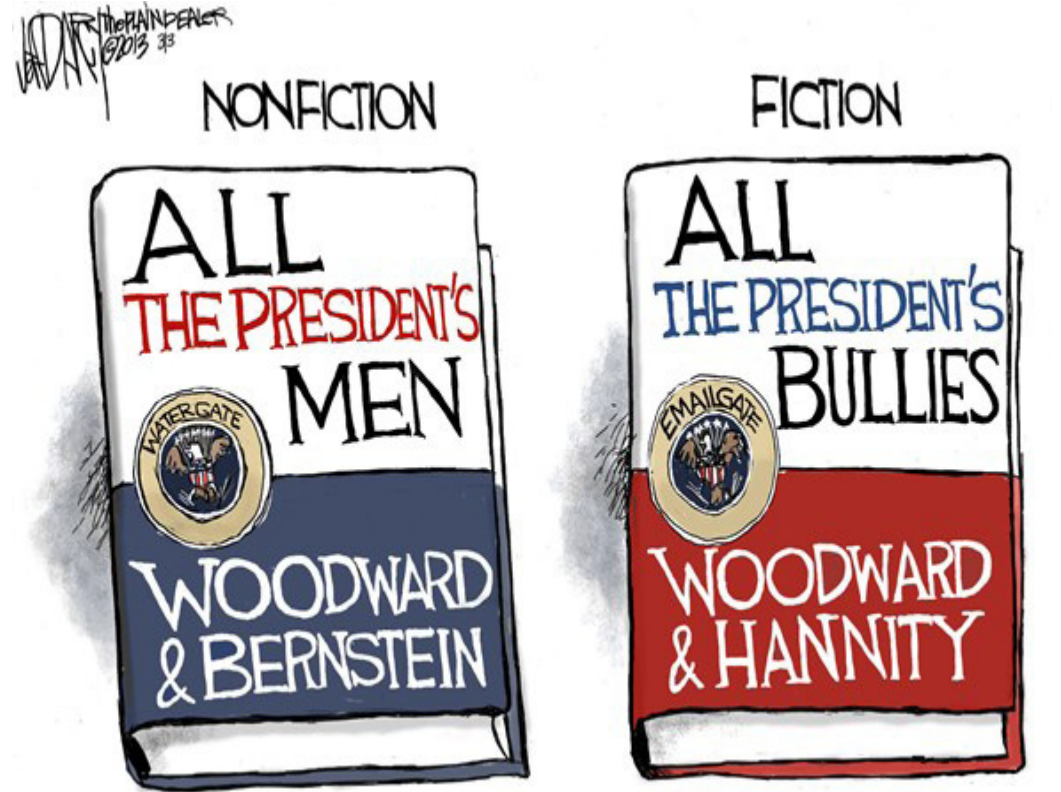
federal government is spending too much money, and yet we put the same clowns in office and let them pull the same shenanigans. This was true under the last 3 years of George W's administration, and it is even truer under Obama's.

We are allowing them to act irresponsibly. We are allowing them to lie to us. We are allowing them to scare us. And we are allowing them to cut needed services instead of eliminating waste and fraud. We are allowing them to take \$15 billion more of our money and to provide fewer services. It is time for Americans to stand up and demand maturity, responsibility and honesty. There are a handful of politicians who are fighting this culture. They are the ones who want to provide government services for the price we can afford to pay. They are the serious ones – the adults in the room – and they need our support. The other politicians hope we will pick up the phone to pressure the serious ones into caving.

We can't do that, but we should make our voices heard. Every one of us who is sick of this nonsense should pick up the damn phone and tell our representatives to start making the choices they were hired to make, to honor the promises they made during the campaign. They have more than enough money, and they don't need to make a single cut. That's the simple truth. We've been here before and done just fine. Back in 1943, government spending after the war was cut 40%, and the economy actually grew faster than beforehand. We had a sequester in 1986 (a much larger one in fact), and the economy boomed. Even when there is a real cut (not today's phone cut), the economy does just fine.

We should not be afraid of the sequester. We should embrace it. This is our time to take back control of our government. If anyone should be afraid, it is the politicians, not the American people. Looking at how they're acting, I think the ugly truth is that they are afraid, and that may just be the best thing to happen to this country in the last several decades. It is up to us. So pick up the phone America and give 'em a little hell. They deserve it.

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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### 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.

## TINA DUPUY CONGRESS HAS MUNCHAUSEN BY PROXY



Munchausen Syndrome by Proxy, now referred to as Factious Disorder by Proxy or FDbP, is where a parent or caretaker enjoys the attention of having a sick child so they exaggerate and sometimes induce their victim's symptoms. Children are made to be sick; parents are given sympathy for their seeming stoicism. It's adulation-seeking via child abuse.

In this case the caretaker is Congress (specifically the Republican-controlled House) and the thing they're enjoying making unwell is, well, us: the country, our economy, postal services, meat inspections, air traffic control, infrastructure, law enforcement, military, credit rating, commerce, and every other part of a country thought of around the globe as a super power.

This disorder can sometimes be traced to an early legit emergency, where the caregiver with FDbP first experiences the rush of admiration they'll later crave. For the GOP it's probably September 11, 2001. It was on that day the then-leader of the Republican party (the same dude the GOP no longer acknowledges exists, they'll even listen to Mitt Romney speak before uttering his name) finally got to do everything he wanted without question — all with an over (and brief) 80 percent approval rating. He preemptively invaded Iraq without paying for it, flattened wages, made the rich richer and transformed higher education into a profit-driven industry. More importantly he got Democrats to shut up while he pretended drunken-sailor-spending was compassionate conservatism.

So the idea was planted: The country in peril equals Republicans to the rescue! Even more important: Republican ideas — no matter how unsound — getting implemented.

"My child is SICK — quick cut taxes!!"

And when deregulating the banking industry led to widespread fraud and abuse that ended up buckling our economy — causing another crisis — again Republicans got to do what they've always wanted; privatize profits and nationalize losses. The Republican-president-who-will-not-be-named bailed out the banks — those bastions (bastards) of the alleged and largely make-believe free market, saying famously, "I've abandoned free market principles to save the free market system."

Which is akin to saying you've abandoned religion to save the church.

"My baby is running a fever! Hurry up and give wealthy white-collar criminals money and immunity!!"

After Republicans lost the White House in 2008 they decided if Obama succeeds, it'll be bad for them. It was about getting back those glorious not-spoken-about-GOP-president years when they could rack up debt and use the word "liberal" like it means skin lice. And as soon as the GOP got control of the House the government has been on the verge of a shutdown virtually every month.

Republicans get to hold vigils (press conferences) lamenting the suffering of the country they've sworn to protect, while we all stare at our televisions with a creepy feeling and a suspicion we're not quite able to place.

Republican Factious Disorder by Proxy: "We love our country; we're the unsung heroes of this inexplicable illness (we're inducing). All we ask is that you'll make our monument on the National Mall tasteful."

Our ailments are fabricated by Republicans and the antidotes are also fabricated by Republicans. Our spending problem? They made it and now only they can fix it. Our deficit? "Reagan proved that deficits don't matter," said Veep Dick Cheney. Now? They matter. Especially to Republicans who like to use the word "Reagan." They've shown their willingness to shut down the government (downgrading our credit in the process) to reduce the deficit. They're basically sabotaging the country and calling it, laughably, patriotism. Or even worse — common sense.

Obama, for his part, keeps on trying to govern by consensus with a Republican party that waits for consensus so they can oppose it.

They have to, in effect, abandon their principles in order to save their principles (see: the individual mandate; Chuck Hagel; the DREAM Act etc.).

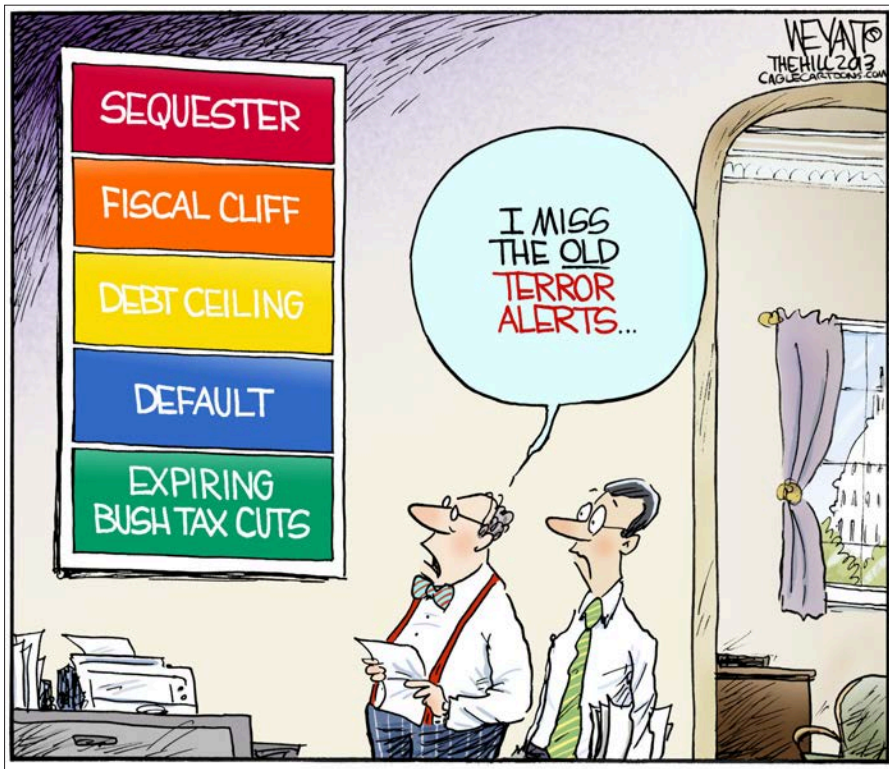
Make sense? Of course not. It's still a guiding ideology for the party of Bush, post-Bush.

We have a factious disorder because of our factually dysfunctional opposition party. Budget showdown, debt-ceiling, fiscal cliff, sequestration — these are all symptoms of grand scale Munchausen by Proxy Syndrome.

Yes, it's twisted. And yes, we're sick ... and tired of it.

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*This column has been edited by the author. Representations of fact and opinions are solely those of the author.*



## RICH JOHNSON CREATIVE EXCUSES FOR EVERY OCCASION



Before I get to my topic I felt I needed to share some valuable culinary information. A few months ago I had a steak (new York) at

Corfu Restaurant here in Sierra Madre. My gosh it was one of the best steaks I have ever had. Equal to Ruth's Chris Steak house or any of the other top places. Well a couple of months later I had opportunity to eat at Corfu and again had steak. And it was just as good. So I wanted to write about it but you know first time can be a fluke. Second time can be a coincidence. But a third time proves its how they do business. And Tuesday night I had steak again at Corfu. And it was grand.

So, now, we can all use a primer on creative excuses for regular everyday occasions. Here are some examples.

*Not buying girl scout cookies*

Old excuse: I'm on a diet, or I bought some from my niece.

New excuse: It's a big hoax. The girls don't even bake them.

*Bringing uninvited guests to a function*

Old excuse: They showed up at the last minute. Hope you don't mind.

New excuse: I thought you knew. We don't go anywhere without bodyguards.

*Bringing uninvited kids*

Old excuse: The sitter canceled at the last minute.

New excuse: We had to. It's the only way they would let us have the car.

*Not eating the meal prepared by the host*

Old excuse: I had no idea it was a dinner party. I already ate.

New excuse: I'm sorry I can't eat this. It was the last meal my mother ate the night

she was executed. She was innocent by the way.

*Not dancing*

Old excuse: I don't know how

Old excuse 2: I have two left feet.

New excuse: Look at how warped this floor is.

New excuse 2: I'd hate to show off in front of all these lovely people. They're trying so hard.

*Double parking*

Old excuse: I'll only be a minute. I'm in a hurry.

New excuse: I think I'm being followed and this is the best way to get the attention of the police.

*Not offering to get money out of the ATM*

Old excuse: I forgot my PIN number.

New excuse: I'm opposed to machines putting tellers out of work.

*Not wearing makeup*

Old excuse: I overslept and didn't have time to put any on.

New excuse: After I read about how they test cosmetics on cute little bunnies I swore never to wear makeup again.

New excuse 2: It's so warm out I thought it would just drip off my face.

*And finally, Speeding*

Old excuse: Everyone else was speeding too.

Old excuse 2: My speedometer must be broken.

New excuse: I drive a big car so I can speed and still be safe.

Well, there you have it. Useful information for our everyday lives. Please don't thank me. Just go buy some girl scout cookies cause I feel guilty. And if you don't want to eat them there are two things you can do. First, they have a plan to donate them to soldiers if you buy them. I also will buy them and tell the girls they have to eat them for me.

## STUART Tolchin.....On LIFE WE CAN ALL BE JEWS



Today was a rather strange day for me. According to some questionable calculations I have now succeeded in living one day longer than my farther. I say questionable because, even ignoring the possibility and /or probability of my computational errors, I am unsure of the actual date of my father's birth. He once explained to me that in the Ukraine Jews did not have birthdays. One calculated the date of one's birth by noting that it fell between certain Jewish Holidays and that was close enough. I gathered from what he told me that there was something slightly obscene about the whole Birthday mishegoss. That Yiddish word is generally translated as craziness or insanity but like many translations it is inadequate. The word is used to describe the complicated interactions that envelope and consume our lives but at their heart are just nonsense which obscure the real meaning of existence.

At least that's what I think it means. I have never had any training in Yiddish but have been surrounded by these magical Yiddish words for all of my life having only a vague contextual understanding of what the words mean. Similarly I have a vague understanding of the overall Eastern European Jewish ethic. I think it can be explained by the traditional absence of the emphasis on individual birthdays. To be a Jew is to appreciate the gift of life and the joy of appreciating other people. Even the traditional Bar Mitzvah was intended to recognize that he who was once a boy has now become a man ready to fully contribute to the Community. Yes I know the ethic has changed in good old Protestant America and today's Bar Mitzvahs and Bat Mitzvahs are something very different. I am disappointed to say that the ethic of the impoverished Eastern European Jew is disappearing along with their language. Abundance and success have changed things along with the holocaust and the establishment of Hebrew as the language of Israel. I am a first-generation Jew and I am very proud of that fact although this pride has little to do with contemporary Jews. I have no religious training and am a life-long atheist; but I believe that I am a part of a tradition and this tradition, rather than any religion is my guide.

Three years ago in my article of March 6, 2010 I included a picture of my father on the occasion of what would have been his 100<sup>th</sup> birthday. In that

article entitled, "Americans-We'll Handle It Just Like My Dad Did" I talked about the way my Dad dealt with his blindness and how I first became aware of it. The first symptoms involved difficulties in adapting from sunlight to the more darkened conditions in tunnels. The limited light required my Dad to scrape along the right curb until he emerged from the tunnel and could see again. This is one of my scariest memories—not the scraping or the fear of an accident but instead the realization of the incredible internal strength my Dad found and used in order to support our family.

Today, in order to celebrate my secret milestone of at least living as long as my father, I took the day off and went to Universal Studios with my son and his girl-friend. They had a special one-day pass that allowed a guest to attend without cost. Today I was their guest and I had the rare privilege of seeing them kind of just hanging together. As regular readers and my friends know both my son and his girl-friend are disabled-adults with all kinds of physical, emotional, and mental problems. Additionally, my son has had

severe eye problems resulting in the loss of vision in one eye and severe restrictions in the other. Furthermore, his dark-light reaction is impaired such that he is unable to see in conditions of diminished light, sort of like my Dad in 1956. Today, the thing that was so gratifying to me was the way in which my son and his girl friend navigated the semi-darkness. No complaining, no fear; when necessary she just led him through the tunnels and the darkened rooms. When we were in the light my son showed great mastery of the amusement park grounds and led us from ride to ride with admirable ease.

I had a great time and so did they. We are all doing just fine. I experience my family, even my successful daughter too busy doing pro-bono work to ever find the time to read this article, as carrying on the tradition of caring and loving and persevering; and neither my kids nor I were bar-mitzvahed. Really, it's all mishegoss; just another problematic part of life; but this life, even at my rapidly advancing age is still one heluva lot of fun. It is a pleasure to recall the contributions and sacrifices your own parents and relatives have made for you and to appreciate the way you support those you love and care for. That's the tradition and the more you can extend that loving and caring to the whole world the more Jewish you are. Just like my wife the ever-caring Ms. Aguilera, or is it that she's just being Mexican?



## OUT TO PASTOR

*A Weekly Religion Column by Rev. James Snyder*

### AS I WAS SAYING TO MYSELF...

Along about Friday of this past week I noticed a strange phenomenon stalking the parsonage. Actually, it is not that strange to notice something strange at our parsonage. The first thing I do every morning when I go into the bathroom and look into the mirror I see something really strange.

This was something just a little bit different in the strange category. I suppose strange has a wide range of categories and levels and whatnot. That being said, I am not quite sure to which level of strangeness this phenomena that I discovered this past week belongs.

This past week I was on my own. My wife had left me. Actually, I bought her a ticket to send her to upstate New York, which turned out to be the coldest week in New York. Not to mention the snow. And please, don't mention the snow.

I am not accustomed to being on my own. The notorious trinity; me, myself and I can get into a lot of trouble. However, I was by myself for this week and in charge of everything.

I drove my wife to the airport, returned and spent my first night alone. I celebrated by eating in bed. Oh, the crumbs, the blessed crumbs were all around. Nothing says home more than crumbs in your bed. Normally, potato chips are not permitted in the bedroom but then, this is not normally.

I got up the next morning, sniffed the air and noticed something strange. Usually every morning I get up and smell coffee brewing. Where in the world is the coffee? I asked myself. I went into the kitchen and no coffee was brewing.

Then it dawned on me. I'm in charge. Ha. Ha.

I grinned a big grin as I brewed my morning coffee, and the day was set. I left the house for my office as I usually do. All day long, I labored at my laboring, and then it was time to go home.

I went home and sat in my chair to watch some evening news. I began to realize something was wrong.

I said to myself, "Where is supper?"

Then it dawned on me. I'm in charge. Ha.

I did not smile as much as I shuffled into the kitchen to look for something resembling supper. I raided the refrigerator of all the foodstuff I could find. Then I put my supper together and gravitated to the table to enjoy my supper.

After the first bite of what I called my "supper," I said to myself, "Yuck, this certainly is not the fare I'm used to." I crunched it all and washed it down with 3 gallons of lukewarm coffee. Do not let this get back to anybody that you might know or that might know me, but I am a lousy cook.

As I thought about this, I begin to evaluate the situation. It is not my fault I am a bad cook. The fault must lie with the Gracious Mistress of the Parsonage. She does all the cooking around here and her cooking is so marvelous that anything I might set on the table is "yuck-fare" in comparison. Through the years, she has adequately trained me to appreciate fine dining.

I tried to make a mental note about this but could not find a pencil at the time.

Then on Friday, I ran out of underwear. This is something new for me because it has never happened before. I searched through my dresser drawers and could not find any underwear. They have always been in my dresser drawers for as long as I can remember. Now, they are nowhere to be found.

I cast a wistful eye in the direction of the washer/dryer and noticed a huge pile of dirty underwear. I can never remember this happening before. I said to myself, "Why has nobody done the laundry?" After all, I can never remember a time when the laundry has piled up quite as much as it has this week.

Then it dawned on me. I'm in charge.

Not really knowing how to do laundry, I tried to work out a plan of recycling my underwear. After all, my wife is an expert at recycling. She recycles everything.

It was late Friday morning when I noticed this afore-mentioned strange phenomenon. For the whole week, I have been talking to myself. That was not the strange thing. The strange thing was, I noticed late Friday morning, not only was I talking to myself, but I was answering myself and many times arguing with myself. Now the problem is, who is really winning the argument?

I then remembered what the Bible says, "And the Lord God said, It is not good that the man should be alone; I will make him an help meet for him" (Genesis 2:18 KJV). Even God knows that the man He created needs a companion or "help meet" to fulfill his life. Sometimes we are apt to forget the provisions God has made for us. However, if a person comes to the Bible with an open mind and an open heart, he or she will discover that God has our best interest in mind for the longest period of time.

Instead of talking to myself, I spent a little time talking to God and thanking Him for the wonderful provisions He has made for my life both now and eternally.

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## DISCIPLINE MAKES THE DIFFERENCE

Discipline is the element that creates the distance between those who are extremely successful and those who are average. Being successful or average is determined by the standards that an individual sets for himself or herself. A person's definition of success may be influenced by outside factors and cultural standards, but in the end, each of us must decide what we consider as success for our own live. Once we make that decision, it is important to be honest about where we are in relation to that definition of success. Discipline is the element needed to create and maintain momentum toward achieving success.

Achieving success is within the reach of every one of us with a simple three-step process. First and foremost, it is important to make a decision about what I want (set goals); Set a date (accountability) and commit to what I'm willing to do to have it (discipline). Leadership guru, American entrepreneur and motivational Jim Rohn said, We must all suffer one of two things: The pain of discipline or the pain of regret or disappointment." The latter plays out in a person's life as "If I Shoulda, Woulda, Coulda."

Millions of us seem content to drift through life wishing things were different – where we live, what we drive, how much we weigh, and the list goes on. I can't comment on the opportunities in other parts of the world, but in American, the reality is each one of us has the capacity to create

the life that we ponder in our dreams. Everyone expends some level of effort to get some enjoyment out of life, but those who aspire to taste the fruits of success understand "You reap what you sow." They are willing to take the steps and do the work that results in success. The appearance of what looks like "overnight success" to an observer is the result of someone's discipline day after day, year after year. Merriam-Webster defines discipline as a "rule or system of rules governing conduct or activity." Successful people don't enjoy hard work any more than the "average Joe." The difference? They adopt a system of rules and behavior and a willingness to stick to it until they hit their mark, accepting the reality that work is involved.

If you're ready to make real progress toward your success, here's a simple step process: 1) Decide what you want and write it down, along with a date by which you plan to achieve each goal, 2) Based on what you know now, record at least three things for each item on your list that you need to do to accomplish it, and 3) Select at least one item from the list as a point of focus to establish a pattern of discipline for the next 10 days.

"The discipline of writing something down is the first step toward making it happen."  
- Lee Iacocca



## SOCIAL MEDIA CAN INFLUENCE YOUR WORD OF MOUTH

I've discovered that social media marketing is more fun when you have a bigger following. There is something to be said when other people share your posts to their friends and followers. Create likeable and helpful content and people will share it for you. Who knows how far that reach could extend. It's basically good old-fashioned word of mouth.

I recently helped one of my favorite local businesses, The Shabby Dog, build their "Likes" on Facebook from 290 to over 9,300. As we built the fans, more people started to engage in the posts and share them forward. Below is an example of a post that was shared by 15 people! The average person on Facebook has between 100-300 friends. Do the math. The 15 people who shared the post extended the reach to a bigger audience. When your audience starts to do the heavy lifting for you, then you know your social media marketing is working for you!

To increase your word of mouth in social media, I believe you need two things:

- You need to commit to providing consistent, valuable and likeable content
- You need to grow your Likes, Followers and Connections.

About MJ: MJ and her brother David own HUTdogs, a creative services business that specializes in Internet Marketing strategies and Social Media Education for businesses and non-profits. "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)



HOW TO GET A JOB YOU LOVE


(StatePoint) Taking control of your professional life may be easier than you think in today's economy, where one-third of the American workforce is now comprised of freelancers. Experts say self-employed, independent workers have gone mainstream and are here to stay. "From computer programmers and nannies to opera singers and anesthesiologists, nearly every industry is now employing freelancers," says Sara Horowitz, founder of the Freelancers Union and author of the new handbook, "The Freelancer's Bible." "The time's long past for viewing freelancing as a euphemism for slackers or the unemployed." While freelancing does have challenges, Horowitz contends that with a bit of planning and research, a freelancer can survive and thrive in the new economy. "Even those with stable full-time jobs should consider the benefits of freelance work -- from the freedom to pursue multiple professional paths at once, to the ability to take time off without permission," says Horowitz. To help, Horowitz founded the Freelancer's Union to empower this growing independent sector with solutions for affordable health care and retirement planning. Whether you're an experienced independent worker, or just getting started, there are several things that can help you become a more nimble, flexible and successful freelancer: 

- Tell everyone: Sometimes gigs drop in your

lap, but mostly they come from connecting and sharing with others. Remember that everything is a marketing opportunity. Don't be shy about networking. People will want to help. Give them what they need to spread the word. Just be careful to be professional, not pushy.

- Stay positive: In many ways, having multiple sources of income and multiple money-making skills is less risky than putting all your eggs in an employer's basket. So don't think of freelancing as volatile and risky, so much as flexible and opportunity-rich.
- Balance risks and rewards: Weigh how much time and energy you should invest in various projects and be open to changing the mix depending on the work market and your income needs.
- Negotiate: Negotiating a contract isn't about displaying bravado. It's about knowing your power relationship with the client. Get informed by learning your industry's deal norms, the market's needs and your market value. Not happy with where you stand? Get training, find markets with bigger budgets or gain more experiences until you can be rewarded with higher pay.
- Get a life: Employees get vacation time, sick leave, family leave, bereavement days and personal days. Those policies exist largely because workers advocated for them. Who advocates for you? Without a 9-5 schedule, it's easy to forget you have a life outside of your work. Be sure to schedule breaks and vacations and budget for time off.

In this new economy that's friendlier toward independent workers, taking control of your career is easier than ever.



## DOLLARS AND ¢ENTS

By Carl Davis, CIMA

### MAKING THE MOST OF YOUR BONUS OR RAISE

If you're receiving a raise or a bonus this year, you may feel a little bit wealthier when you see your suddenly inflated bank account or paycheck. But it's no secret that this money can disappear quickly.

Resolve to take extra care with your bonus or raise this year and make sure to get the most of it. This requires you to think beyond the new flat screen TV or summer vacation, and consider how the extra money could help you in the long run.

**The extra tax hit**  
A boost in your wages this year won't mean quite as much as it did in the past due to the rise in payroll taxes. Any raise or bonus you receive is subject to payroll taxes, which increased for all wage earners and those who are self-employed in 2013. The employee's share of the Social Security payroll tax has reverted to 6.2 percent for 2013 after being reduced to 4.2 percent in the two previous years. That means you'll have \$20 less in take home pay for every \$1,000 you earn. The tax applies to the first \$113,700 of income earned in 2013. In short, this tax increase may counteract a boost to your paycheck to some extent, depending on your circumstance.

- For those at higher income levels, additional taxes may be incurred:
- The addition Medicare surtax of 0.9 percent. This applies to wage or self-employment income over \$200,000 for single tax filers and above \$250,000 for married couples filing a joint return.
  - A higher federal income tax rate of 39.6 percent applies for taxable incomes above \$400,000 for single taxpayers and above \$450,000 for married couples filing jointly. This is higher than the 35 percent rate that applied in prior years.

Virtually all wage earners will feel the extra tax hit in 2013.

**Maximizing the impact**  
Once you've calculated the "take-home" value of your bonus or raise, it comes down to a matter of spending the money now, paying down existing debt, saving and investing it, or a combination of the three.

After receiving a bonus check, it's often tempting to make a purchase of something that's long been on your wish list. Before you do, think about whether that money could have more impact in other ways.

If you have significant debts, particularly high interest credit cards or other loans, you may want to use some of the extra cash to pay down those loans and dramatically reduce future interest costs. The faster you can eliminate debt, the more money you will have left from your paycheck for other purposes.

Alternatively, you can apply some of the extra money to help achieve your key financial goals. These can include:

- Having sufficient emergency cash reserves in place (you should have enough to cover at least three to six months of expenses).
- Investing more money for long-term goals like retirement or your childrens' education
- Increasing the level of insurance coverage you have in place to prepare for the unexpected, such as death, disability or medical needs.

**Getting more from your raise**  
If you've received your annual salary increase, the change to your bottom line is more gradual, but it also means you can take steps to steadily improve your long-term financial outlook. You could consider:

- boosting pre-tax deferrals into your workplace retirement savings plan;
- devoting a portion of the increase to other retirement savings, such as an IRA; or
- directing more money to other investment accounts, such as a 529 college savings plan

Every dollar invested this year has the opportunity to grow as time passes. That is a powerful way to multiply the impact of this year's pay hike.

Carl H Davis, CIMA®, CRPC® is a Financial Advisor and Vice President with Ameriprise Financial Services, Inc. in Los Angeles, CA. He specializes in fee-based financial planning and asset management strategies and has been in practice for 36 years. To contact him at 310-954-2566 or via email @ [carl.h.davis@ampf.com](mailto:carl.h.davis@ampf.com), or at 10880 Wilshire Blvd, Los Angeles CA 90024

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On Line

By PJ Carpenter

## MORE INFO THAN EVER



It turns out that under the expanded powers of search and seizure given to law enforcement agencies over the last 10 years or so, law enforcement officials from all levels of government now have the de facto right to pull information from smartphones using a variety of forensic analysis tools. The same phones that we carry in order to simplify our lives can be used as potent tools against us, often without our knowledge or our consent. In one instance an iPhone was seized from a suspect's bedroom during a drug bust. In a single sweep, ICE agents were able to extract call activity, contact lists, voice mails and text messages, photos and videos, apps, multiple passwords and hundreds of geolocation points, including connections to over 200 cellphone towers and multiple wireless networks.

Before the arrival and widespread use of smartphones law enforcement agencies were required to obtain a warrant in order to access information located in a target home or office. Back then our pockets simply weren't large enough to carry around any significant amount of information about our comings and goings but today our 5 year-old emails are just a click away with the fully-functioning computers we carry in our pockets that we call smartphones. The fact that we now carry this much private, sensitive information around with us means that the government is able to get this information, too. Intrusive cell phone searches are becoming ever easier for law enforcement officers to conduct. Hi-tech companies now produce portable forensics machines that can download copies of a smartphones' existing, hidden, and deleted phone data, including call history, text messages, contacts, images, and geotags in minutes. This type of equipment, which allows the government to conduct quick, easy phone searches, is widely available to law enforcement agencies and interested commercial entities.

While the law does not sufficiently protect the private data on smartphones, technology can at least provide some protection. All modern smartphones can be locked with a PIN or password, which can slow down, or in some cases, completely thwart forensic analysis by the police (as well as a phone thief or a prying partner). Make sure to pick a sufficiently long password: a 4 character numeric PIN can be cracked in a few minutes, and the pattern-based unlock screen offered by some smartphone manufacturers can be bypassed if requested by law enforcement or by the government. Finally, if your mobile operating system offers a disk encryption option (such as with Android 4.0 and above), it is important to turn it on.





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