



Mountain Views News

Sierra Madre

Arcadia

Pasadena

Altadena

Duarte

Monrovia

SATURDAY, MARCH 9, 2013

VOLUME 7 NO 10

Spring
forward!

Don't forget to set all
of your clocks one
hour ahead!

SIERRA MADRE WOMAN'S CLUB SPRING SALE

Find lots of new or gently used items for:
Easter, Mother's Day, Father's Day,
the 4th of July, Birthdays, or your home.

ESSICK HOUSE & WISTARIA THRIFT SHOP
March 8 and 9, 2013
9am to 2pm

550 W. Sierra Madre Blvd.
Sierra Madre, 91024
626 355-7739

Parking available on Sunnyside Ave.
Proceeds support the club's charities.

WATER SUBCOMMITTEE TO HOLD MEETING TODAY ON WATER RATES

The first community study session on Saturday, March 9, 2013 at 10:00 am in the Sierra Madre Room at the Community Recreation Center, 611 E. Sierra Madre, will be a discussion of our water rates, and the upcoming water rate study that the City Council will be commissioning.

For this meeting, we will focus on the following question: How do we structure water rates so that we:

- Keep our water utility financially viable,
- Promote conservation so that we minimize or delay our need for an alternate water supply,
- Give a higher priority to health and hygiene needs

of our citizens vs. discretionary uses (long hot showers, lush landscaping).

- Be sensitive to those that are least able to pay, and
- Build reserves to replace and repair aging infrastructure.

If you are interested in participating, the agenda reports on the State of the City's Infrastructure and a Discussion on a Potential City Utility (Water, Sewer, Storm Drain) Rate Study are on the City's Website.

WISTARIA FESTIVAL FORECAST: GREAT WEATHER, GOOD FOOD & LOTS OF FUN

After two consecutive years of inclimate weather, it appears that the Luck of The Irish is going to shine upon this year's Wistaria Festival. Forecast for dry, sunny weather promise to put a smile on the faces of all attendees.

The Sierra Madre Chamber of Commerce will hold its annual Wistaria Festival on Sunday, March 17, 2013. The festival first began in the early 20th century, drawing as many as 100,000 people over an extended period of time. Now the vine, which is on private property, is available to the public for viewing only one day a year, this year on the 17th.

The Guinness Book of World Records has certified the vine as the world's largest blossoming plant, and estimates that at its peak, the vine had as many as 1.5 million blooms, weighed 250 tons, and covered more than an acre of ground. The vine is so large that it encompasses the better part of two properties.

In addition to the vine viewing, downtown Sierra Madre is transformed into an arts and craft fair for the day, with 100 artisans and crafters displaying their work at booths on the town's two main streets, which are closed off to traffic for the day. This compliments well the charming village shops that

line the downtown area, offering those in attendance a great opportunity to find just the right gift, that special item for the home décor, or a keepsake to be treasured through the years.

In addition to the shops, the town's restaurants will be serving the delightful cuisine Sierra Madre has become known for. Since the surge in popularity of outdoor dining in the 1990s, Sierra Madre has been known throughout the valley as a great place to dine al fresco with a spectacular view of the San Gabriel mountains just to the north. There's something for every taste, with a variety of international flavors at the local eateries, Mexican, Italian, Thai, and California Continental cuisines, several types of American cuisine and even a Sushi spot.

A dozen musical acts will be performing at five outdoor venues that ranges from solo acoustic guitar and vocals, to blues rock, country rock and more.

The downtown festival is free to all who attend. Viewing of the vine is also free of charge, but due to the steep uphill climb to the private properties and limited parking in the vicinity of the vine, it is recommended that enjoy a ride in the shuttle buses provided for your comfort. Tickets for the shuttle are \$12 round-trip when purchased in advance, and \$15 the day of the event. Because the vine is on private property, it is not ADA compliant. Due to the hilly terrain, the site will not accommodate wheelchairs, strollers or people with limited mobility.

Shuttle tickets can be purchased online and printed on your home computer up to and including the day of the event. Visit www.WistariaTickets.com to purchase your tickets. They can also be purchased at Savor The Flavor, Bean Town and The Bottle Shop in Sierra Madre. (For more information see page 5).

The Wistaria Festival is sponsored by the Sierra Madre Chamber of Commerce, with assistance from Chamber Sponsors Athens Services, Southern California Edison, The Kensington Group and The Mountain Views News.

MOUNTAIN LIONS ATTACK AND KILLS FAMILY DOG

As this edition was going to press, reports of a Mountain Lion (or mountain lions) entering a backyard on Vista Circle and killing a pet Yorkshire Terrier named Cory came in. This is the third report of a mountain lion(s) killing small animals this week. Residents are reminded that our foothills are occupied by wildlife and the coyotes and mountain lions can pose a serious threat to small animals and children.

Should you spot a dangerous animal, call the Police right away. The Sierra Madre Police Department number is 626-355-1414.

NOTED AUTHOR TO SPEAK AT ROTARY

Steven Fink is one of the nation's leading experts in crisis management and crisis communications. He is the author of the seminal work on the subject: Crisis Management: Planning for the Inevitable, which remains to this day the most successful and widely-read book on crisis management ever published.

His latest book, Crisis Communications: The Definitive Guide to Managing the Message, will be published in March 2013 by McGraw-Hill. Whereas Crisis Management deals primarily with the reality of the unfolding crisis and how to manage it, Crisis Communications focuses on the perception of the event and, most especially, the perception of how it is being managed. And, as he asserts, in the pitched battle

between perception and reality, perception always wins.

The theme of his presentation on Tuesday will be "What to do and what to say when a crisis hits your business".

Why not bring a friend or guest on Tuesday and let's fill the room for Mr. Fink. Our speaker will be signing his book after the meeting so make sure you remember to bring your check book or wallet with you to the meeting. The price of the book is \$32.80.

The Sierra Madre Rotary Club meets at 7:00 am at the Hart Park House in Sierra Madre.

MAYOR MORAN TO SPEAK AT SIERRA MADRE KIWANIS CLUB



Sierra Madre Mayor Josh Moran will speak to the members and guests of Kiwanis on Tuesday, March 12, 2013 at noon.

He will review for those who were not able to attend the State of the City Address last month, the overall financial status and outlook of Sierra Madre.

Lunch will be served at 12:00 noon and is \$10. The program is free and will begin at 12:30. Reservations are desired. Please call 626-355-0728 to confirm.

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is visiting.



Weather Wise

5-Day Forecast

Sierra Madre, Ca.

Mon:	Sunny	Hi 70s	Lows 50s
Tues:	Sunny	Hi 70s	Lows 40s
Wed:	Sunny	Hi 70s	Lows 30s
Thur:	Sunny	Hi 70s	Lows 40s
Fri:	Sunny	Hi 70s	Lows 40s

Forecasts courtesy of the National Weather Service

CITY OF SIERRA MADRE
CALENDAR OF EVENTS

Unless otherwise noted, all meetings listed below are held at City Hall 232 W. Sierra Madre Blvd. Sierra Madre, Ca. 626-355-7135

NEXT CITY COUNCIL MEETING:
Tuesday, March 12, 2013
6:00 pm

3/8 & 3/9 - Sierra Madre Woman's Club: Wistaria Shop Spring Sale
3/9 - Civic Club Casino Night
3/9 - Library eReader Class
3/11 - Library eReader Class
3/13 - Woman's Club Luncheon
3/13 - Library Barks and Books
3/13 - Library Parenting Workshop
3/16 - Library Ancestry Class
3/17 - Garden Club Plant Booth at Wistaria Festival
3/17 - Chamber of Commerce Wistaria Festival
3/19 - Library eReader Class
3/19 - Chamber and Woman's Club Meeting
3/20 - Library Parenting Workshop
3/20 - Library Ancestry Class
3/21 - Library Book Club
3/23 - Alverno High School Gala
3/25-3/29 - Sierra Madre School Spring Break
3/25 - Rotary Music Competition
3/26 - Alverno High School Living Stations
3/27 - Library Parenting Workshop
3/28 - CERT Training
3/30 - Volunteer Firefighters Egg Hunt
3/30 - Library eReader Class

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

Sierra Madre's EMERGENCY radio station is now accepting scripts for Public Service Announcements (PSAs) about community events. PSAs will be broadcast on the air at no charge. The station operates 24/7 and can be heard at 1630 on the AM dial.

Any local non-profit or non-commercial organization can have their event information broadcast to the public on *Sierra Madre Community Information Radio*. The station covers the city of Sierra Madre, plus surrounding areas of Pasadena, Arcadia, and Monrovia. Your event must:

- Benefit a non-commercial or non-profit entity
- Be open to the public
- Be of general interest to local citizens

Just write a Public Service Announcement that describes your event and e-mail it to radio@cityofsierramadre.com.



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Village Vine Online

Internet Radio for Sierra Madre
and the San Gabriel Valley

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

Set your smart phone and or computer browsers to
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



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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 26.355.5278.



THE SIERRA MADRE KIWANIS CLUB

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



Sierra Madre Rotary Club

Meets Tuesdays 7-8:30 a.m.
222 W. Sierra Madre Blvd.
The Hart Park House



As part of our club's lively weekly meetings, dynamic speakers are scheduled on Rotary's service interests, local community topics and general appeal subjects.

Sierra Madre Rotary operates an active high school service group, the Interact Club, participates in Rotary scholarship, music and essay competitions, raises funds for local and Rotary Foundation causes, recognizes exemplary teachers, offers mini grants for worthy projects, hosts the yearly Elvis in the Park concert and donates hundreds of service hours to community events like the Wistaria Festival, Dickens Village and July 4th Parade.

Visitors are heartily welcomed to meetings. From more information, please visit our website or contact Peggy Beauregard at peggybeau@gmail.com and visit our Facebook page Rotary of Sierra Madre.

www.SierraMadreRotary.com

PREPARE FOR A MEDICAL
EMERGENCY - FILE OF LIFE
PACKETS AVAILABLE

Sierra Madre, CA. Medical emergencies are almost always stressful for the patient and everyone in the patient's household. The time to assemble important medical information is before the medical emergency occurs rather than during the actual medical crisis. Medical information assembled in a period of calm is likely to be more accurate and more thorough than information assembled in a moment of crisis.

The File of Life program enables Sierra Madre residents to compile important medical information into one complete packet and make it available to the local paramedics in case of a medical emergency. The information is stored in a plastic envelope in the resident's refrigerator, and a decal on the resident's front window alerts EMS personnel that the information is available on the premises.

File of Life Packets, made possible by the Senior Community Commission, can be obtained free of charge at the Hart Park House Senior Center or Sierra Madre Fire Department. Instructions for completing the packet will be provided upon pick up. For more information, please call the Hart Park House Senior Center at 626.355.7394.



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of your clocks one
hour ahead!**

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Open House
Friday, March 22, 2013
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who were each accepted into the high school of his
or her first choice!**

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**Save The
Date:**

Creative Arts Group Garden Tour

The Creative Arts Group Garden Tour is April 21st from 10:30am - 4:30pm. This self-guided tour features four gardens in San Marino, Pasadena, and South Pasadena. Tickets are \$25.00.



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HAVE
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TAKES?



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YOU COULD WIN \$3,000!!

THE DAN STOVER MUSIC COMPETITION IS FOR HIGH SCHOOL SENIORS, AND IS SPONSORED BY ROTARY CLUB OF SIERRA MADRE

Two rounds follow the club competition; the Region and the District level. Cash prizes are awarded at both the Club and District level.

To get more information contact sierramadrerotary.com. Those qualifying for the competition must notify the rotary club in advance.

WHEN:

Monday, March 25th
@ 7PM

WHERE:

LaSalle Dining Hall

PRIZES:

1st: \$250 – move to district level chance for \$3,000
2nd: \$150
3rd: \$100

Sierra Madre Police Blotter

The period from February 25 – March 3, 2013

Thursday February 28, 2013

At 4:30pm, an officer initiated a vehicle stop for an equipment violation in the area of Grandview Avenue and Jameson Court. During an interview of the driver, the officer was able to detect the odor of burnt marijuana coming from the interior of the vehicle. During a subsequent search of the vehicle, the officer found 9mm ammunition in the center console. Further investigation revealed that the driver (male 30 years of age) was a felon, having been convicted for burglary in 2003. As a convicted felon, the individual was prohibited from possessing firearms or ammunition. The driver was arrested for 30305a P.C. (Convicted Felon in Possession of Ammunition).

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MATER DOLOROSA TO HOLD ANNUAL STATIONS OF THE CROSS EVENT

Commemorate the Passion and Death of Christ

Good Friday, March 29, 2013 4:30 p.m. – 8:00 p.m.

The Passionists welcome the public to join in devotion of the Stations of the Cross on **Good Friday, March 29, 2013, 4:30 p.m. to 8:00 p.m.** Led by the Passionists, Staff, Board Members, Volunteers, and Members of the Community of Passionist Partners, visitors join in prayer and meditation in remembrance of the Passion and Death of Christ.

Come to Mater Dolorosa to prayerfully experience the Stations of the Cross, situated in the beautiful outdoor setting of the San Gabriel foothills. The path is the same distance walked by Jesus on the road to Calvary. The Retreat Center grounds are open 9:00 am to noon for individuals to come for silent stations meditation. The Retreat Center Grounds are closed at noon and reopen at 4:30 p.m. for the guided stations.

Mater Dolorosa Passionist Retreat Center
700 N. Sunnyside Avenue, Sierra Madre, CA 91024
626-355-7188



Creative Arts Group Presents

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A Garden Tour

April 21, 2013, 10:30 – 4:30 pm

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Police Identify Shooting Victim

Police on Monday released the name of a Monrovia man shot to death last week in 600 block of North Mar Vista Avenue. No arrests have been made. Police are also asking the public's help in finding the shooter.

Police Lt. Tracey Ibarra said officers found Tyrone English, 35, with gunshot wounds after receiving calls, at approximately 8:42 p.m., of shots fired in the area. Ibarra said English died at the scene.

The Los Angeles County Coroner's Office responded. An autopsy was scheduled last Tuesday.

Ibarra said an investigation is ongoing. According to reports, the shooter was described as a light skinned black man who walked up to English and opened fire. The suspect then ran north toward Orange Grove Boulevard.

Officials said the shooting may have been gang related.

Anyone with information is asked to contact the Pasadena Police Department at (626) 744-4241, or you may report information anonymously through Crime Stoppers at (800) 222-TIPS (8477).

Holden Invites Public to New District Office

Assemblymember Chris Holden (D-Pasadena) is having an Open House and the public is invited. Assemblymember Holden wants to share the new district office with residents of the 41st A.D. and hear from them about issues that concern the district and the state.

A brief program will announce and honor the 41st Assembly "2013 Woman of the Year" and provide a brief update from the Capitol.

Light refreshments will be served and the event is FREE and open to the public.

Saturday, March 16 2pm – 5pm at 41st Assembly District Office, 600 N. Rosemead Blvd., suite 117.

Pet of the Week



Tyler is a three-year-old, white and beige domestic shorthair cat. He's quite the charmer and is very vocal. He enjoys being petted too. Tyler does have an eye condition so a medical waiver is required upon adoption. A loving attentive family would be great for him.

Tyler's adoption fee is \$70, 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 A322086, 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.



Caltech Halts Planned Daycare Center

By Dean Lee

Caltech officials put the brakes on a planned new daycare facility to be built on California Boulevard and Arden Road after residents cried foul saying they just learned about the center two weeks ago. Caltech president Jean-Lou Chameau told ABC 7 News that he personally would meet with neighbors before moving forward.

At press time Friday there was no word about that meeting.

According to the university, the plan was to break ground March 1, on the \$5-million 13,000-foot complex, which includes the center and a play yard. At a meeting Feb. 25 Caltech's Vice President for Business and Finance, Dean Currie, said construction would be put off

two weeks amid concerns.

A number of residents at that meeting expressed concern that moving the center from its current structure, on Chester Avenue and Del Mar Boulevard, would send traffic down Arden Road—a now quite street. They also said the new center looked cheap, many calling it an "awful design."

Residents along the road have also taken to lawn signs reading "Save Our Neighborhood from Caltech."

The center would hold up to 128 children in three buildings as opposed to the current aging center that holds 99 children according to Currie. The center would serve employees of Caltech and JPL.

Officials said they

would post a traffic study on the centers website, childrenscenteratcaltech.com. The last entry made on the site concerning the new daycare facility was Dec. 12, which only shows an outdated construction timeline and three photos of the planned facility including the one pictured above.

Neighbors also said they have retained an attorney, if necessary, to stop the project moving forward though any lawsuit.

Former Pasadena Mayor Bill Thomson, also an Arden Road resident, told reporters that the school and neighbors have to work collectively, "and that has not happened here," he said.

Holden to Welcome Mars Rover to the Capitol

Assemblymember Chris Holden will welcome the Mars Rover "Curiosity" to the State Capitol on Monday while honoring the members of the team that brought the Rover to the Red Planet.

As part of Aerospace Week at the State Capitol, Assemblymember Holden will recognize the five team members on the Assembly floor Monday at noon for their role in the flawless entry and landing of Curiosity on the red planet.

"I am very pleased to present these important members of the JPL team who safely delivered Curiosity to the surface of Mars. It is a technical feat beyond any previous efforts to explore the solar system and I am happy to recognize their important contributions to advancing the search for conditions that might support life on Mars," said Assemblymember Holden.

The five space engineers being honored are Adam Steltzner, manager of entry, descent and landing; Danny Lam, who led the flight software team; Jennifer Maxwell who worked on missions operations; Justin Maki who led the team that built the navigation and hazard avoidance cameras and Kelly Clarke who supported the building, testing, launch and cruise to Mars.

Caltech, which operates JPL and its mission to Mars, is in Assemblymember Holden's 41st District. Space enthusiasts can get up close and personal with Curiosity on the West Steps of the Capitol.



The public is invited to join District 1 Councilmember Jacques Robinson and officials from the Pasadena Unified School District and Pasadena's Department of Public Works for an important meeting on the proposed multi-use sports field improvement project for Muir High School.

The meeting begins at 6:30 p.m., Wednesday, March 13, in the Muir High School Auditorium, 1905 Lincoln Ave. Staff will provide a presentation, followed by questions and input from the public. Parking is available at the school.

The City is proposing a multi-use sports field improvement project for the Muir High School campus as part of the Fiscal 2014 Capital Improvement Program. This project would improve the existing south field to include a full-size soccer field, reconfigured softball field, turf renovation, irrigation system upgrades, sports field lighting and various on-site furnishings. The fields would be available for

public use during non-school hours.

The majority of the project's funding would come from a \$1 million State grant awarded to the City in 2005. That money was initially intended for athletic field improvements in the Hahamonga Watershed Park. During the planning process for that project, however, both the 2009 Station Fire and extensive community input prompted the City to seek alternative locations for an improved athletic field.

The City must apply for the transfer of these funds to the Muir High School project and strong community support is a critical first step in the process.

For questions or additional information regarding the meeting, contact Loren Pluth with Public Works at (626) 744-7329 or by email to lp1luth@cityofpasadena.net.

For more information about the City of Pasadena, go online to www.cityofpasadena.net.

Pasadena Confidential Tour

Dip into the confidential files of old Pasadena and meet assassins and oddballs, kidnappers and slashers, Satanists and all manner of maniac in a delightful little tour Saturday, March 16, 2013 - 12:00pm - 4:00pm. Check in

is at 11:30am for a 12pm sharp departure from the intersection of Fair Oaks and Arlington Street. Tickets can be ordered online at esotouric.com until the morning of the tour. For last minute bookings, please feel free to call 213-915-8687.

Library To Hold One City, One Story Day

Enjoy a free day of fun activities for the whole family as Pasadena Central Library celebrates One City, One Story Day on Saturday, March 23 from 10 a.m. to 5 p.m. with a variety of themed programs surrounding this year's One City, One Story selection, "The Age of Miracles." You'll discover ways to adapt and live in a more eco-friendly fashion just as the characters in the novel "The Age of Miracles."

- Let's Go Gardening at 10 a.m. for children, ages 3 to 7, and their parents. Enjoy fun stories about plants and gardening then make their own portable garden to take home.
- Learn why gardening is good for your health from Urban Farming Advocate, Matthew "Mud" Baron, who will talk about gardening and Muir Ranch, a 1.5 acre garden on the campus of Pasadena's John Muir High School at 10:30 a.m.
- Learn about the Oh family's experiences living on Mars time at 11:30 a.m. When the NASA's

Curiosity Rover landed on Mars, the operations team switched to "Mars time" operations. The Oh family joined them. Bryn and David Oh will describe how their family took a trip around the clock on Mars time, jumping two time zones every three days, while the rover explored Mars.

- Make a recyclable craft with Reiyukai America from 12:30 to 2:30 p.m.
- Design and make a unique article of clothing or accessory from recycled materials! Then model your own personal design at the Eco-Friendly Fashion Show: Fashion Sense Straight from the Recycling Bin at 1:30 p.m. Prizes will be awarded for the most creative fashions.
- Make your own comet and learn about these ancient visitors to our skies from 2:30 to 3:30 p.m. NASA's Spitzer Science Center Comet Exploration will take you back to the birth of the Solar System, by making a comet - one of the building blocks of our planet.

- Enjoy a traditional Aztec dance performance to Mother Earth by Danza Azteca Yankuitil from 3 to 3:45 p.m.

- "The Age of Miracles" ended with a time capsule. We're creating our own One City, One Story time capsule to be unveiled at the 2023 One City, One Story event. Teens, ages 13 to 18, are encouraged to be a part of history and bring what they would like to contribute to it from 3:30 to 4:30 p.m.

- Learn how to be prepared for Changing Times: What to expect and how to survive a major earthquake at 4 p.m. from Lisa Derderian, Emergency Management Coordinator and Public Information Officer, Pasadena Fire Department.

Central Library is located at 285 E. Walnut St. Parking is available in the library parking lot located to the north of the building as well as the University of Phoenix parking lot, 299 N. Euclid Ave. (enter off of Garfield Ave.).

Residents Angered Over Home Demolitions



In an email circulating through Altadena in the past week, concerned residents are asking that a series of homes owned by MonteCedro luxury senior housing project slated for demolition, be instead, moved or relocated as originally planned by the company.

Former Altadena Councilwoman Camille Dudley said the idea of relocating 12 homes and two duplexes on the proposed senior housing project property was discussed, although nothing had come of it.

"To my knowledge, there has been no effort made to advertise these homes for relocation or to reach out to house movers, developers or the general public," Dudley said. "Relocating these homes saves the developers of the project money in that they will not have to pay for the demolition, relocation saves useful housing stock and it keeps more trash

out of the landfills." Dudley added that the company had made a good faith effort when asked to consider making the homes available for relocation saying they felt this was a good idea.

Dudley said Episcopal Homes needs to make more effort in making all the homes possible available for relocation." Why destroy good homes that can possibly be used to add to the affordable housing stock or provide a nice home for a family that would like to have a quality made older home?"

MonteCedro planned senior housing project at 2212 N. El Molino Avenue was once the William A. Scripps Home for Aged People. The new project would include 186 units ranging in price from \$330,000 to \$1 million.

Dudley said the Glorietta Cottage on the property is to be kept and relocated within the new project.



Photos Courtesy of Camille Dudley

Museum Announces New Contemporary Exhibition Takashi Tomo-oka

Pacific Asia Museum presents the new exhibition Takashi Tomo-oka in the Focus Gallery from April 19 through July 28, 2013. This exhibition is the first in a year-long series of contemporary Asian art exhibitions in this gallery.

Takashi Tomo-oka features six scroll-mounted photographic works that combine the classical and contemporary. As a young artist, Tomo-oka became interested in nihonga (neo-traditional Japanese painting) but was drawn to photography, adopting the digital camera as his medium rather than a brush. Tomo-oka eliminates all extraneous visual information other than the subject itself--vegetal forms such as maples and dahlias. The resulting images display a sensibility similar to that of the Rimpa school's nature studies in the 18th century, but replacing their gold leaf with stark white backgrounds. Each work is the result of careful study of the plant forms,

including structure and color as well as their ephemerality. These spare compositions are digitally printed on handmade washi paper and mounted in scroll format, further blurring the divide between his painterly sensibilities and digital methods.

"Tomo-oka's works demonstrate the dynamic of technology energizing art traditions and carrying them forward in new and innovative ways," said Curator Bridget Bray.

Takashi Tomo-oka will be on view concurrently with the exhibitions The Garden in Asia and Focus on the Subject: The Art of the Harari Collection, allowing the visitor to reference the traditional nature paintings and Japanese art that have influenced Tomo-oka throughout his career. Related programs for Takashi Tomo-oka will include an installment of Fusion Fridays and Art and Coffee, as well as a curator's tour.

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

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



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 explore all that Pasadena Media has to offer.

1st & 3rd Monday
2nd & 4th Monday
1st & 3rd Tuesday
2nd & 4th Tuesday
1st & 3rd Wednesday
2nd & 4th Wednesday
1st & 3rd Thursday
2nd & 4th Thursday
1st & 3rd Friday
2nd & 4th Friday
Every Tuesday
Every Thursday



2013 Wistaria Festival

Sierra Madre, California



SUNDAY, MARCH 17, 2013 9:00 A.M. TO 5:00 P.M.

TAKE THE SHUTTLE TO THE HISTORIC 119 YEAR OLD WISTARIA VINE!



**Shop and Dine in Sierra Madre
Visit Over 100 Crafters & Exhibits
Special Playland For Children
Live music plus Live Radio Broadcast
Sierra Madre's *VILLAGEVINE ONLINE*
and much more!**



PURCHASE SHUTTLE TICKETS ONLINE AND SAVE!

WWW.WISTARIAFESTIVAL.COM

\$12 ADULTS \$7 SENIORS & CHILDREN 6 - 16

Purchase tickets at the following Sierra Madre Merchants

The Bottle Shop

Savor The Flavor

Bean Town



**WISTARIA FESTIVAL SHUTTLE TICKETS
ON SALE NOW AT LOCAL SIERRA MADRE
BUSINESSES!**

Shuttle tickets to ride up to view the Wistaria Vine are now available at
3 Sierra Madre Locations:

**SAVOR THE FLAVOR
THE BOTTLE SHOP
and
BEAN TOWN**

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 the shuttle of \$30. (No more than 2 adults).
You can also go to www.wistariatickets.com or call 626-355-5111 today!

**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").



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

Very special Congratulations to our Sheriff, Lee Baca who was recently chosen as the nation's "Sheriff of the Year".

The honor was bestowed on him by the National Sheriff's Association which has about 2700 members. Sheriff Baca was chosen because he has established a great education program for inmates-providing opportunities to improve themselves while incarcerated. He also was recognized for his efforts to reach out to a variety of religious groups in the community.

I met Chief Lee Baca in 1993. At that time he was a speaker at the annual Community Advisory Committee conference, and I was impressed with his commitment to keep communities safe by implementing a community-based policing program. Years passed and then Chief Lee Baca was running for Sheriff. I attended rallies and learned more about this remarkable man.

Shortly after Sheriff Baca was elected in 1998, the V.I.D.A. program began. It was a proactive sixteen week program for at risk youths. I attended eight graduations and marveled how so many lives were changed. Previously, the youths were doing poorly in school and getting in trouble. Each graduation was mind-boggling and I marveled at such a positive program. I also remember Sheriff Baca establishing a Clergy Advisory Council and meeting ministers and lay members of various faiths at an annual Conference. They each spoke of their particular work within their communities. It was very enlightening and many ideas, experiences and programs were shared.

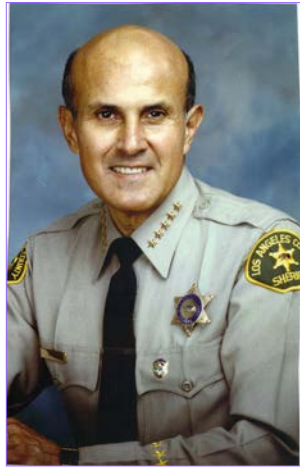
Several years ago, my former students received a special award, established by several private elementary schools. This achievement award was presented at an award banquet towards the end of the year for an eighth grader who had excelled in academics and other areas. I attended, and Sheriff Lee Baca was guest speaker. I was so impressed how the Sheriff inspired the students. He spoke of his background, that he attended East Los Angeles Community College, but only achieved a "C" average. However after a stint in the Marine Reserves, he went on to achieve his Master Degree and Doctorate in Public Administration from USC! The Sheriff reiterated that everyone can excel and spoke of the benefits of setting goals and working hard. The youths listened intently and I could see he had inspired them to work even more diligently and reach for the stars!

As a strong advocate of education for EVERYONE, Sheriff Baca developed the LASD University consortium with over 20 universities where over 1000 members of the Sheriff's Department are enrolled in a Bachelor's or Master's Program.

After Sheriff Baca received this prestigious award, I was so happy to read that Los Angeles City Attorney Carmen Trutanich praised the Sheriff, "It's a great day for a great Sheriff who steps up when the going gets tough. This much-deserved honor recognizes Baca's great service to the county of Los Angeles and his national leadership on law enforcement issues."

Many don't realize that Sheriff Baca developed the Office of Independent Review comprised of six civil rights attorneys who provide independent oversight on all internal affairs and internal criminal investigations.

Attorney Trutanich is correct in his comments. There has been much criticism regarding the County Jail System. But the Sheriff has acknowledged the problems. He listened to the Panel's results, acknowledged the problems, and promised results. He began meetings with inmates to find out what their issues were and has established the educational program for them. Congratulations, Sheriff Baca!

BACA CHOSEN AS SHERIFF OF THE YEAR**DEATH SEMINARS** 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]

Dolores (my wife who died in 2008) and I were active students of metaphysics, mostly through our association with WTI's Spiritual Studies classes. We spent a lot of time

studying Harold Percival's "Thinking and Destiny," and other books such as Fromme's "Art of Loving" and Hayakawa's "Language in Thought and Action."

By the early 1990s, we began to conduct weekly study sessions and classes in our home, mostly readings from "Thinking and Destiny" on Sunday afternoons.

One night, we offered a class called "What Happens After Death." About 10 people showed up for this one, which was a large gathering for our small meeting room.

We began by telling everyone that this was not some sort of religious exercise, nor was anyone required to "agree with" or "believe" anything we were telling them. Rather, we simply asked that they consider the scenario that we'd be sharing as a possibility, and that we would not consider "arguments" or "debates" about it. In other words, something does "happen" to us after our body dies. This "something" can range from "nothing" to reincarnation to "going to hell" and many other possibilities.

Our class was based on Harold Percival's "Thinking and Destiny" book. So a brief explanation about Percival was required. He claimed in the preface to his monumental "Thinking and Destiny" book that he "came to" the information that he shares by means of what he calls "Real Thinking." He further defines "Real Thinking" as a four-part process. The first step is the selection of a topic and turning the Conscious Light on it. (The Nature of Conscious Light is addressed repeatedly in his book). Next comes the fixing and cleansing of the subject, which is done by training the Light upon it. Then, the third step is to reduce the subject to a point, which is done by focusing Light upon it. This is what we would call "concentrating." Lastly, by following this procedure, with the Light focused on the point, the result of this Thinking is a "Knowing" about the subject.

He provides no bibliography, no references, no "proofs" for anything he proffers except that the reader can do his or her own Real Thinking for verification.

Upon body death, according to Percival, we "automatically" go through a series of steps,

which he initially describes as a brief overview on pages 240 to 253. He describes a specific order of 12 events, which includes a life-review, a judgment, a heaven-state, etc.

So, the purpose of our "What Happens After Death" class was to emphasize that all of us WILL die, and that "something" WILL then occur or begin, even if that something is "nothingness."

After our brief explanation, we asked each participant to lie on our floor.

"Now you have just died," we announced, and we covered each person with a sheet to further simulate the death experience. We then read through the after-death stages, one by one, slowly, in the darkened room, asked each participant to work hard to fully feel the experience.

Talking through this process took about 45 minutes.

Then, after we got through the entire cycle, it was explained that these steps could actually take several hundred years of earth time. Then it would be time for being reborn into a suitable and appropriate family, in the place on earth that we've earned for ourselves.

We turned on the lights, and removed the sheets, and let everyone take a few minutes to get their eyes adjusted to the light. Slowly, each person opened their eyes and slowly got up, and sat down in a chair.

We began to share significant experiences that each person had. A few folks were very quiet and would not talk at all, but others were very talkative. Some were even in tears.

We closed the class by telling everyone that they had not died tonight, and that everyone now has a "new opportunity" to still "do the right things" since they were still alive in a body.

We shared some freshly-made coffee-elixir and healthful cookies, and we discussed a few of the upcoming classes and poetry readings that we'd be having in the coming weeks. But no one seemed interested in our announcements. Most everyone was strongly affected by the experience, and they wanted to ask more questions, which we tried to answer. As usual, we didn't feel like the most perfect examples in the world, but we knew that "the future" is all the result of each and every choice that we make, second by second, and the consequences of those choices. To make the wisest possible choices every second of one's entire life required a unique sort of sobriety and focus which itself required a unique lifestyle regimen to maintain – and, of course, those details were the subjects of our on-going classes.

[based upon a section of Nyerges' "Til Death Do Us Part?" available on Kindle, or from www.ChristopherNyerges.com].

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

Looking Up

with Bob Eklund



ASTRONOMERS OPEN WINDOW INTO EUROPA'S OCEAN

Caltech astronomer Mike Brown and Kevin Hand from JPL have found the strongest evidence yet that salty water from the vast liquid ocean beneath Europa's frozen exterior actually makes its way to the surface.

The data suggests there is a chemical exchange between the ocean and surface, making the ocean a richer chemical environment, and implies that learning more about the ocean could be as simple as analyzing the moon's surface. The work is described in a paper that has been accepted for publication in the Astronomical Journal.

The findings were derived from spectroscopy delivered from the Keck Observatory in Hawaii.

"We now have the best spectrum of this thing in the world," Brown says. "Nobody knew there was this little dip in the spectrum because no one had the resolution to zoom in on it before."

The ten-meter Keck II telescope, fitted with Adaptive Optics (AO) to adjust for the blurring effect of Earth's atmosphere as well as its OH-Suppressing Infrared Integral Field Spectrograph (OSIRIS), produced details not capable of collection when NASA's Galileo mission (1989-2003) was sent to study Jupiter and its moons.

"We now have evidence that Europa's ocean is not isolated—that the ocean and the surface 'talk' to each other and exchange chemicals," adds Brown, the Richard and Barbara Rosenberg Professor and professor of planetary astronomy at Caltech. "That means that energy might be going into the ocean, which is important in terms of the possibilities for life there. It also means that if you'd like to know what's in the ocean, you can just go to the surface and scrape some off."

"The surface ice is providing us a window into that potentially habitable ocean below," says Hand, deputy chief scientist for solar system exploration at JPL.

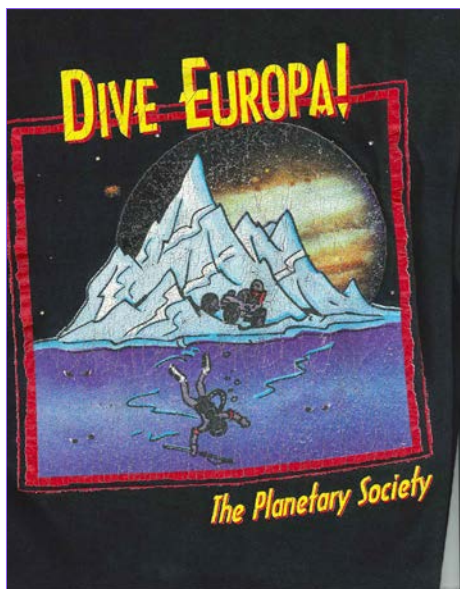
Since the days of the Galileo mission, when that spacecraft showed that Europa was covered with an icy shell, scientists have debated the composition of Europa's surface. The infrared spectrometer aboard Galileo was not capable of providing the detail needed to definitively identify some of the materials present on the surface. Now, using current technology on ground-based telescopes, Brown and Hand have definitively identified a spectroscopic feature on Europa's surface that indicates the presence of a magnesium sulfate salt, a mineral called epsomite ("Epsom salts"), which could only originate from the ocean below.

"Magnesium should not be on the surface of Europa unless it's coming from the ocean," Brown says. "So that means ocean water gets onto the surface, and stuff on the surface presumably gets into the ocean water."

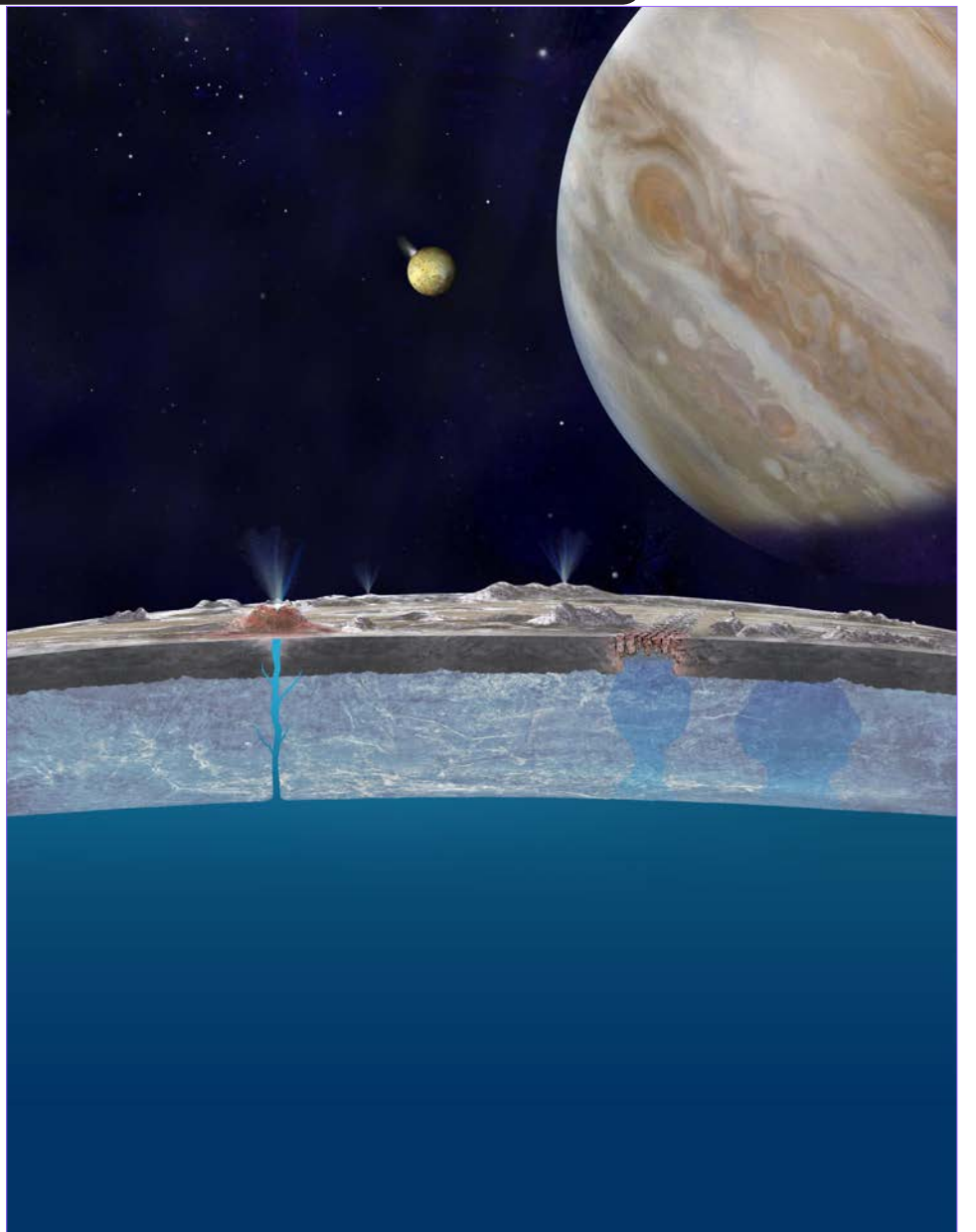
Other spectroscopic data suggest that ordinary table salt—sodium chloride—is also present. Brown and Hand believe the composition of Europa's sea is likely to closely resemble the salty ocean of Earth. "If you could go swim down in the ocean of Europa and taste it, it would just taste like normal old salt," Brown says.

Hand emphasizes that, from an astrobiology standpoint, Europa is considered a premier target in the search for life beyond Earth; a NASA-funded study team led by JPL and the Johns Hopkins University Applied Physics Laboratory has been working with the scientific community to identify options to explore Europa further. "If we've learned anything about life on Earth, it's that where there's liquid water, there's generally life," Hand says. "And of course our ocean is a nice salty ocean. Perhaps Europa's salty ocean is also a wonderful place for life."

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



Courtesy Laura Eklund



Credit: NASA/JPL-Caltech

ARCADIA

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

REMEMBRANCE



JEFFREY WUNG

February 5, 1954 – February 22, 2013

Jeffrey Wung, one of Coldwell Banker Arcadia Regional Office's agents, died on Friday, February 22nd as the result of an accident.

Jeffrey was active in both residential and commercial real estate. He was awarded the International Sterling Society award for his achievements in 2012.

He enjoyed social activities and especially loved singing Karaoke at the office events. Jeffrey also loved helping others...always with a smile.

He is survived by his wife, Cindy and three children, Kevin, Kenneth and Jessica. Services will be held on Thursday, March 14th at Sky Rose Chapel, Rose Hills at 1:00pm. Please call the office for further details at 626.445.5500.

His smiling face will be greatly missed by all.

ARCADIA POLICE BLOTTER

For the period of Sunday, February 24th, through Saturday, March 2nd, the Police Department responded to 1,087 calls for service of which 129 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, February 24:

1. At about 0:34 a.m., officers working a DUI checkpoint on Santa Anita Avenue at Saint Joseph Street came into contact with an intoxicated driver. An investigation revealed the 24-year-old Hispanic female had a blood alcohol content level greater than 0.08%. She was arrested and transported to the Arcadia City Jail for booking.
2. At approximately 11:12 p.m., an officer made consensual contact with a male subject in the area of Live Oak Avenue and Mayflower Avenue. A records check revealed the subject had an outstanding felony warrant. The 37-year-old White male was arrested, booked, and transported to the Los Angeles County Jail.

Monday, February 25:

3. Around 3:00 a.m., an officer attempted a traffic stop on a white Cadillac with no license plates on Clark Street, approaching Peck Road. The vehicle fled at a high rate of speed and a short pursuit ensued; however, the vehicle escaped. An area check was conducted, but the vehicle was not located.
4. Shortly after 1:02 p.m., an officer responded to Arcadia High School, 180 Campus Drive, regarding a juvenile detained for brandishing a knife. An investigation revealed the juvenile, enraged with anger, advanced toward a female student with a knife in his hand. The suspect flinched toward the victim numerous times, but did not cause physical harm. Officers transported the 16-year-old male to the Arcadia City Jail for booking and he was later released to his father.

Tuesday, February 26:

5. At approximately 11:46 a.m., an officer was dispatched to the 300 block of Cambridge Drive in reference to a residential burglary report. Unknown suspect(s) forced entry through a rear laundry room, ransacked the residence, and fled with cash and jewelry. No witnesses were located.
6. At about 4:12 p.m., officers responded to Albertsons, 298 East Live Oak Avenue, in regards to a report of a stolen vehicle. Video surveillance showed a male suspect parked his vehicle in the parking lot and fled in the victim's vehicle. A DMV check on the abandoned suspect vehicle revealed it was reported stolen by the Los Angeles County Sheriff's Department, Temple City Station. Further investigation is being conducted by the Detective Bureau.

Wednesday, February 27:

7. Around 1:32 a.m., officers conducted a traffic stop on a vehicle for tinted windows in the area of Longden Avenue and Myrtle Avenue. Once the officer asked the Hispanic male driver to

step out of the vehicle, he quickly put his vehicle in drive and sped away eastbound on Longden Avenue. A pursuit ensued, but was eventually terminated due to dangerous driving conditions.

A short time later, officers located the suspect vehicle, unoccupied, in the 000 block of El Dorado Street. The suspect was identified by his driver's license, which the officer had in his possession from the initial traffic stop. Further investigation is being conducted by the Detective Bureau.

8. At about 8:00 p.m., officers were dispatched to Sephora at the Santa Anita Mall, 400 South Baldwin Avenue, regarding a theft report. A female suspect concealed merchandise inside her purse and exited the store without making payment. Officers discovered an accompanying female, determined to be the suspect's sister, in possession of numerous prescription medications without proper prescriptions. Both subjects were arrested and transported to the Arcadia City Jail for booking.

Thursday, February 28:

9. At approximately 1:14 p.m., an officer responded to the 400 block of Diamond Street in reference to a burglary investigation. The victim discovered unknown suspect(s) forced entry through a rear door. The reported loss included jewelry, watches, and cash totaling more than \$25,000. The only evidence left behind was a muddy shoeprint.

10. Shortly after 4:00 p.m., an officer was dispatched to the Arcadia Police Department front counter regarding a fraud investigation. The victim explained she received a past-due balance notice for a credit card she never opened. She had no idea how her personal information was compromised.

Friday, March 1:

11. At about 6:35 p.m., an officer responded to the area of Oakwood Avenue and Virginia Road in regards to a report of an animal bite. While playing at Highland Oaks Elementary School, 10 Virginia Road, a man and his son were bit in the leg by an unleashed canine. The Arcadia Fire Department responded to the scene and provided treatment to both victims. The dog owner advised his dog had never bitten anyone prior to this incident. The case is being reviewed by the Pasadena Humane Society.

12. At almost 9:16 p.m., officers were dispatched to the 200 block of West Huntington Drive regarding an assault with a deadly weapon that had just occurred. An investigation revealed an argument between two male subjects led to one stabbing the other in his stomach and scratching his neck. The suspect fled the scene and can be identified if seen again. Further investigation is being conducted by the Detective Bureau.

MONROVIA - DUARTE

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

FIREFIGHTER ERNESTO MORENO RECEIVES PRESTIGIOUS AWARD AND LARRY SPICER THANKED AT MONROVIA MEETING

By Joan Schmidt

At the March 5th Monrovia City Council Meeting, two fine men were recognized.

Monrovia Firefighter Ernesto Moreno received a Certificate of Recognition from the Monrovia City Council for the nationwide Martin Luther King Major Drum Award.

In case you aren't acquainted with the award, here is a little background. In a speech nearly 55 years ago, Dr. Martin Luther King, Jr. described what he called the "Drum Major Instinct" to the congregation in Atlanta's Ebenezer Baptist Church. The words he spoke that day were the inspiration for a national service award that recognizes leaders who give their time serving others but seldom seek the spotlight.

The sermon includes the following passage from Dr. King that acknowledged the desire to lead but emphasizes selfless motives. "Yes, if you want to say that I was a drum major, say that I was a drum major for justice, say that I was a drum major for peace, I was a drum major for righteousness...We all have the drum major instinct."

The Martin Luther King Jr. Drum Majors for Service program gives organizations and groups an opportunity to acknowledge and celebrate those volunteers who perform extraordinary acts of service with reliability and commitment but who seldom receive recognition.

At the Council Meeting, Fire Chief Chris Donovan proudly explained the award and why Fire Fighter Moreno was so deserving of it. Firefighter Moreno spearheads the annual Spark of Love Toy Drive, collected \$6,000 for the Foothill Unity Center, and also went to South Los Angeles and was able to collect toys and raise funds for a Church there. Well done, Firefighter Moreno and a special "Thank you" for bringing joy to many.

Next on the agenda was Recognition and "Thank You" to Larry Spicer, an interim Council Member during the time Clarence Shaw was called back to active duty. (Mr. Spicer served the on the City Council from December 20, 2011 to January 13, 2013.)

Mayor Lutz said, "Larry took the job on and completely immersed himself in it...he attended all meetings and was a great Ambassador for the City Council at numerous events." Mayor Lutz also thanked Larry's family for their service. When someone serves on a council, many hours are involved away from your family and home.

Mr. Spicer then addressed the Council. He thanked them for the opportunity to serve on the Council, to share responsibility and the great experience. Mr. Spicer was grateful for the training and their patience, and impressed by the amount of time Council members spend for the good of the city. He also thanked his family - his wife and children - for their unconditional love and support.

Prior to the City Council Meeting, there was a special cake and punch. On hand were Larry's wife, children and many friends. Police Chief Jim Hunt, Captain Alan Sanvictores, Fire Chief Chris Donovan and several members of the Fire Department were among those thanking Larry for his work and commitment to the city. Thank you, Mr. Spicer for serving the City of Monrovia.



MONROVIA POLICE BLOTTER

Highlighted Activity for the Weekdays of March 4-6, 2013

During the last seven-day period, the Police Department handled 445 service events, resulting in 88 investigations. To see a complete listing of crimes reported, go to <http://www.crimemapping.com/map/ca/monrovia> for crime mapping. For Police Department news and information, visit our website and follow us on Twitter for police notifications.

Criminal Threats / Battery / False Imprisonment / Robbery - Suspect Arrested

March 6 at 7:40 p.m., police received a call reporting a domestic violence incident in progress at a residence in the 200 block of Mauna Loa. A 17-year-old girl was in a dating relationship with a 20-year-old male, and when she attempted to end the relationship, he threatened to kill her mother. A school teacher learned the suspect was at the location and went there to assist the victim. The suspect choked the teacher. When the girl tried to walk away, the suspect unlawfully restrained her. The girl's mother was able to get her away from the suspect, and the suspect responded by grabbing the mother's purse from her shoulder, breaking the straps and running away with the purse. He was detained by officers and the purse was recovered. The suspect was arrested and taken to jail without further incident.

Detective Bureau Case Follow-Up

Grand Theft

February 14, 2013, a grand theft occurred at a residence in the 400 block of East Olive. A woman's wallet with her ID, social security card and other cards was taken, along with some small electronics. On March 4, a male subject was arrested and was found to be in possession of several items which were taken in the grand theft. The West San Gabriel Valley Anti-Crime Task Force wrote a search warrant for the subject arrested and served the warrant on March 5. The results were positive and many of the objectives of the search were met. The investigation is continuing.

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MONROVIA HIGH SCHOOL STUDENTS PARTICIPATE IN SPACE STATION DOWNLINK AND SCIENCE EXPO

By Joan Schmidt

On Tuesday, March 5, Monrovia School District was one of the few CHOSEN throughout the country for a downlink with the Space Station. (Since the beginning of the school year there has been much preparation, excitement and anticipation over this great event for the Monrovia School district.) And so it was very appropriate that on Saturday, March 2, the Monrovia High School Math and Science Academy hosted a very special day of fun and learning for all ages!

There was a science expo from 10am-2pm which included huge telescopes for viewing, posters, displays, First Lego League, GAVRT, Juno's Mission to Jupiter, Pinewood Derby Physics, Remote Controlled airplanes, games, activities, lasers and more! I arrived after 1pm, but was able to view display tables, look through a telescope and enjoy drawings from the various elementary schools.

Throughout the day, from 7:30am-5pm, there was the FTC Robotics Tournament at the HS gym; 45 teams participated. Members of each team dressed alike-different themes, and each had two robots participate in the competition. One team had red flags, the other blue flags. There was a rack with three levels of horizontal

District was one of the few CHOSEN throughout the country for a downlink with



Monrovia HS students, Eric Suarez & Nick Schwaigerlehner

bars. The higher racks were worth more points, and the object was to put rings on the bars. There was cheering when your team put two rings on the bars, but if your opponent was able to put two rings on the same bar, your team wouldn't get the points. It was so exciting and both parents and students cheered the participants on! I met Greg Wright of San Diego, cheering the "Rock Academy Warriors". (Rock Academy is the name of the school. Its team consisted of seven boys. Robotics currently is not part of their school curriculum, but this group was formed three years ago by one of the boy's father- Jason Berchek because his son had an interest in this field! This is their third year of competition and they are quite excited to be heading to San Louis in June for the World Competition! Go Rock Warriors!

After I marveled at these robots made by ALL the students, Greg said he felt it was such a great undertaking- the students learned team effort besides patience and how hard work pays off.

I could have remained for ALL the competitions, but the grandkids were visiting and duty called. Later that evening, there was a great Evening Star Party. Everyone left the Expo pumped up for the following Tuesday- when the Space Station was going to down link with Monrovia Unified School District. What a great honor and opportunity!

Rotary Music Competition

The Dan Stover music competition is for high school seniors and is sponsored by the Rotary Club of Sierra Madre. Two rounds follow the club competition; the Region and the District level. Cash prizes are awarded at both the Club and District level. To get more information contact sierramadrerotary@hotmail.com.

When:
Monday, March 25 at 7pm

Where:
La Salle High School
Dining Hall

Prize:
1st is \$250
2nd is \$150 and
3rd is \$100.

ARCADIA HIGH SCHOOL THEATRE DEPARTMENT PRESENTS THE DROWSY CHAPERONE AT THE BRAND NEW ARCADIA PERFORMING ARTS CENTER

Thursday, March 21 -
Saturday, March 23, 2013

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.

Sponsors for Arcadia High School 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 or by calling (626) 836-9100.

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(626) 471-2800 Principal Darvin Jackson
Email: schools@monrovia.k12.ca.us

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(626) 229-0993 Head of School: Lauren O'Neill
website: www.odysseycharterschool.org

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website: www.pasadenahigh.org

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Principal Joan Harabedian
(626) 355-9028 website: www.st-rita.org

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(626) 355-1428 Principal: Esther Salinas
E-mail address: salinas.esther@pusd.us

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THE REEL DEAL: by Ben Show

Movie Reviews Especially for Teens & 'Tweens

JACK THE GIANT SLAYER



I went into this movie already knowing that it wasn't going to be the best. However, I could not have predicted how bad it actually was.

A young farm boy, Jack (Nicholas Hoult), has always dreamt of having a grand adventure one day. Well, that wish comes true when he goes to town to sell a horse and cart. He ends up getting distracted and, in the process, has a run in with the princess, Isabelle (Eleanor Tomlinson). After selling the horse to a monk, who gives him 'magic' beans, he returns home. What Jack doesn't know is that the beans are actually the same ones from the legends of his childhood, and, when they get wet, they sprout, leading to a war with giants.

The plot and characters never really fully develop, leaving the movie bland and one dimensional. There was so much potential to make this a good remake of the classic tale, but it ends up feeling exactly like 'Lord of the Rings', which is far better than this flat, uninteresting movie.

NOIR FOOD AND WINE

I love to meet owner(s) that get it!!! What is it? The restaurant business is the hospitality business, OK, let's get to the point. Noir is in the people pleasing business, There is nothing like a good review to resurrect the flames of hope in our fellow human. I am inspired and encouraged by a positive movie, concert and yes, restaurant review. In fact I must admit, off the record of course, sometimes I read other restaurant reviews and they intrigue and compel me with their experience, that go and I dine at that restaurant. It

is probably something deeply entrenched about Americana in me that I find my greatest joy and satisfaction in those small, quaint restaurants that you may drive by a hundred times and never consider to dine at. There is an empowerment, a romanticism that is very American in owning your own business. Trying to achieve a lifelong dream through hard work, identification, and rapport with your customer. The feeling is not uniquely mine but it does feel uniquely American. It is a high stakes gamble owning a restaurant, as overwhelmingly they fail, so they fact so many continue to try means that people still believe in the dream, they still trust in America as a laboratory where experiments succeed. It is rare but once upon a blue moon I run across a natural, a can't fail prospect. I will tell you that I have happened upon a restaurant that I rate as almost perfect. Noir Restaurant is fascinating and fairly new, as I go back each month something new appears, my last visit I noticed expanded seating. That's great news because; this place is becoming very popular.

TABLE FOR TWO by Peter Dills
thechefknows@yahoo.com

The sky is the limit and promises of stardom are not exaggerated, if you would like an alternative to Bistro 45 or even Parkway Grill, you have a solid and still secretive option nestle in the heart of the city. The kitchen is adeptly handled by, Chef Claud Beltran. You may remember him from Maddelines. The front of the restaurant is managed by, Mike Farwell. He is a partner and the cunning architect of the wine list. The wine list is extensive; and he knows his way around a wine cellar, I encourage you to consult Mike for his sage recommendations. There are wines available by the bottle or by the glass. I leisured with a sumptuous glass of Naveran Cava Brut, for (\$9). For those that need to impress, they do offer a NV Ployez-Jacquemart Extra Brut Champagne (\$22) a glass, but the ladder is a better value. Don't bring your own wine here, as they have many great wines with which to surprise. My dining partner checked in with thumbs up on the 2007 Syrah Blend at (\$12) a glass. Trust me, I am not doing the wine list justice, it goes on and on.

The Menu I mentioned before is a little reminiscent of Maddelines and that's great because I enjoy going there as well. The Flavor is New Orleans meets Paris by way of Los Angeles with a little Mexican Spice. Wow, hows that for eclectic, someone should be getting frequent flyer miles!! We started our meal with a bowl of the shrimp and sausage Gumbo (\$10) I really enjoyed the Andouille sausage and shrimp inside. My companion for the evening said it was a better Gumbo then the Cobbler Factories, that's a compliment. Our

entrees were all top notch !!. The seared Prime Hanger Steak, difficult to imagine that anyone could do it better, I will be back for this entrée. At (\$22) this a real value, The Shrimp Remoulade is poached with Gulf Shrimp in a classic sauce, which I am told is authentic. With all this attention to detail, why did I order a hamburger as well? The question I hear most from you my devoted readers/listeners is who has the best burger in town? I must say the Farwell Burger (\$13) is right there at the top of my list. On my next visit, I will try the Wild Boar Stew !!!

Back to my claim that the owner gets it, starting immediately, Noir offers one of the best happy hours I have seen in Pasadena, from 3:30 PM to 5:30 PM, many wines and snacks are \$5, this includes a very yummy Spanish sangria and cheese and meat plates at \$5. I say Yes !!!!

Noir Food and Wine 40 N. Mentor Ave. Pasadena (626) 795-7199 for updates go to their website www.noirfoodandwine.com. Lunch and Dinner. Please follow my reviews at www.peterdills.com.



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INGREDIENTS

3 quarts water
1 (12-ounce) package broccoli florets
4 (6-ounce) skinless, boneless chicken breast halves
1 (12-ounce) can evaporated fat-free milk
1/4 cup all-purpose flour (about 1 ounce)
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
Dash of nutmeg
1 cup fat-free mayonnaise

1/2 cup fat-free sour cream
1/4 cup dry sherry
1 teaspoon Worcestershire sauce
1 (10.75-ounce) can condensed 30% reduced-sodium 98% fat-free cream of mushroom soup, undiluted
1 cup (4 ounces) grated fresh Parmesan cheese, divided
Cooking spray

DIRECTIONS

Preheat oven to 400°.

Bring water to a boil in a large Dutch oven over medium-high heat. Add broccoli, and cook 5 minutes or until crisp-tender. Transfer broccoli to a large bowl with a slotted spoon. Add chicken to boiling water; reduce heat, and simmer 15 minutes or until done. Transfer chicken to a cutting board; cool slightly. Cut chicken into bite-sized pieces, and add chicken to bowl with broccoli.

Combine evaporated milk, flour, salt, pepper, and nutmeg in a saucepan, stirring with a whisk until smooth. Bring to a boil over medium-high heat; cook 1 minute, stirring constantly. Remove from heat. Add mayonnaise, next 4 ingredients (through soup), and 1/2 cup cheese, stirring until well combined. Add mayonnaise mixture to broccoli mixture; stir gently until combined.

Spoon mixture into a 13 x 9-inch baking dish coated with cooking spray. Sprinkle with remaining 1/2 cup cheese. Bake at 400° for 50 minutes or until mixture bubbles at the edges and cheese begins to brown. Remove from oven; let cool on a wire rack 5 minutes.

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BUMBLE BEE TUNA RECALLED

SAN DIEGO (AP) — Bumble Bee Foods LLC has more than doubled the size of its recall of some of its 5-ounce canned tuna because of a risk that the fish could become contaminated and spoil. Bumble Bee said late Thursday that it's now recalling 51,000 cases of canned tuna, up from its original 22,500 cases. Each case contains 24 to 48 cans. The company said that some cans' seals may not be tight enough. Loose seals could let in germs and spoil the tuna, sickening an eater. There have been no reports so far of any related illnesses.

The cans were distributed to retailers across the country between Jan. 17 and Wednesday and have "best by" rates that range from Jan. 14, 2016 through Jan. 18, 2016. The company originally announced the recall on Wednesday after identifying a problem on a manufacturing line, which has since been corrected.

The products subject to the recall include Bumble Bee brand and Brunswick brand 5-ounce cans of chunk white albacore in water and chunk light tuna in water and vegetable oil. Consumers who think they may have purchased one of the recalled products should dispose of the canned tuna and contact Bumble Bee for a refund. Privately held Bumble Bee is based in San Diego.

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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I have a darling adopted dog named Molly who is very content while in the company of her beloved humans, but literally “loses it” when we attempt to leave her alone, even for a short period of time. I adopted Molly a little less than a year ago, when her original owner passed away rather suddenly. I have never had a pet with a problem such as Molly’s before, so at first I assumed I was among a limited few pet owners who have had to deal with a similar scenario. However, based on information I recently gained through conversations with a few of my dog-loving friends, along with a bit of internet research, I have come to learn that canine separation anxiety is much more common than I’d thought.

Typical signs of the chronic canine condition now known as pet separation anxiety include constant under-the-fence dirt-digging or scratching at doors, windows and walls in an attempt to escape, incessant whining or howling, destructive chewing, urinating or defecating indoors by a house-trained dog, and effusive frantic greeting upon the return of the pet’s master. My Molly has displayed every last one of these behavioral patterns since the day I adopted her, and it has been quite a challenge for me to understand that she is clearly scared to death of being left home alone. What causes a typically easy-going, confident canine companion to suddenly become over-the-top anxious and frantically fearful when left alone?

There are numerous theories as to why domestic pets fret in the absence of their human friends. Among the most agreed upon causes for pet separation anxiety is that the affected animal may have experienced some sort of trauma in the past, leaving an imprinted memory of abandonment resulting in a lack of trust in the humans promise to return. Another reason is that the dog really was abandoned as a puppy and left to fend for itself, even coming close to the point of starvation before finally being rescued and loved by a forever friend.

One story I found, posted by an on-line blogger, was that of an adult dog which lived in a comfortable home with his loving owner for many years. The dog had access to the house and yard all its life with no history of trauma, but when the owner fell ill and eventually passed away in the house, the dog was trapped inside. A week went by before a neighbor became concerned that there had been no activity next door, and decided to investigate. Ultimately, after the neighbor received no response from a knock at the door and heard the dog crying inside, the family was contacted. They came and rescued the dog and dealt with all that went along with the loss of their son, but one can only imagine what that dog went through while staying by his master’s deceased body in the meantime. From that day on, the dog was beside himself anytime the family attempted to leave him alone. No wonder the fear of abandonment was imprinted in that poor dog’s mind. He would have to be a rock not to have reacted to that experience the way he did.

What can be done to help heal the rooted reasons for such intensely adverse pet behavior resulting from separation anxiety? Well, I have learned quite a lot in my quest to do what I can to

HOME ALONE

help my Molly get past her fear of being left alone. First of all, it is important to tend to the animal’s emotional needs. Paying lots of undivided attention to a fretful pet is most definitely in order. Positive re-enforcement techniques should also include tons of tender-loving care and plenty of pampering and petting. Special treats for good behavior always helps as well. Up-lifting verbiage that dogs understand, such as “I love you”, “You are so precious to me” and “I am very proud of you” should also be included in a regimen of healing the heart of a pet suffering from abandonment fears. Animal psychology research has proven that certain terms of endearment can have a very positive impact on domestic animal behavior. Even if you are pessimistic about whether talking to your dog will make a difference, why not do it anyway? It might lift your own spirits to speak words of encouragement out loud even if no one else understands what you are saying.

In addition to common-sense therapeutic relationship remedies that can be applied for comforting pets dealing with “lonesome alone syndrome”, there are biological products on the market that can be purchased to help lower the level of anxiety. I recently ordered a natural stress-relief pet product for Molly called Rescue Remedy and I’m waiting for it to arrive in the mail. I heard about it from a client who uses it occasionally to help calm her dogs when they get a bit agitated while she is away at work. It seems to have helped ease her dog’s tension and I am hoping it will do the same for my Molly. Another purchasable product designed to help minimize pet separation anxiety is what they call a calming collar. You can find a few different brand names of this product on-line if you are interested. I haven’t pursued this means of resolving the problem we are having with Molly quite yet, but it’s next on the list if the Rescue Remedy doesn’t do the trick.

I wish all the best to any pet owner out there who happens to be dealing with a pet which is afraid to be left alone at home, and I will always be willing to share any information I have about this sensitive subject. If you have information you’d like to share from your own personal experiences, please feel free to contact me via e-mail at chris@canyoncanine.com. Who knows, maybe we can help each other out? And last but not least, always remember to love and let live, particularly when it comes to the animals. After all, how fortunate and blessed are we to have animals with whom to share a relationship of unconditional love and respect?

PET OF THE WEEK

CHERRY POP: #A4545450



Meet the epitome of sweetness, Cherry Pop (A4545450). Cherry Pop is an entertaining one year old white female Terrier puppy who was found in Covina on February 20th and brought to the Baldwin Park Animal Care Center. Weighing thirteen pounds, Cherry Pop walks well on the leash and seems to be housebroken. She is friendly with people and with other dogs, and we think she will like older children. Funny and sweet, this happy puppy will keep you smiling. Cherry Pop is the ideal indoor pet for anybody in any living situation. To watch a video of Cherry Pop please visit: www.youtube.com/watch?v=Qwzw0SXtUw

To meet Cherry Pop in person, please see her at the Baldwin Park Animal Care Center, located at 4275 N. Elton St., Baldwin Park, CA 91706 (Phone: 626-430-2378 or 626-962-3577). She is currently available now. For any inquiries about Cherry Pop, please reference her animal ID number: A4545450. 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 Cherry Pop or the adoption process, please contact United Hope for Animals Volunteer Adoption Coordinator Samantha at 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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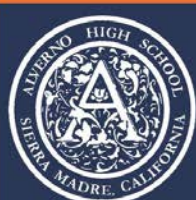
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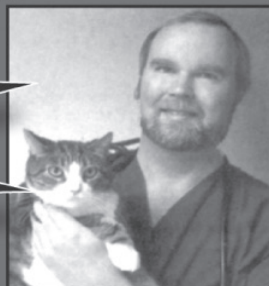
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JASMINE'S CORNER

Book Reviews by Jasmine Kelsey Williams

PEACHES by Jodi Lynn Anderson

With the cooler weather still upon us, this next selection will provide not just a sweet story that will put you in the mood for spring, but will bring an excellent message for both younger and older readers about friendship, bonds, and change. "Peaches" by Jodi Lynn Anderson is the perfect pick here, and makes for an excellent read at home or on the go. "Peaches" brings together the story of three different teenaged girls from different walks of life, and the sometimes strange circumstances that brings them together. There is Murphy the troublemaker, Leeda, who is cast in her older sister's shadow and ignored by her mother, and then Birdie, the shy one who struggles with not just working on her father's peach orchard, but also her parents' divorce. Anderson reveals tenderness and simplicity when weaving the characters and their backstories together, but also carries firm tones when it comes to the even pacing, the themes of friendships, relationships, love and great changes, and family.

Readers will particularly enjoy the different perspectives from each of the individual characters, but also brief interludes that reveal certain events that play into the story, a peek into each of the characters' families, and mentioning delicious peaches. As the story progresses from humble beginnings to a sweet ending, readers will be able to better comprehend the reasoning behind each of the characters' dilemmas, and why each of them eventually come to each other's aid, which is a very strong readers will notice and can use as an example regarding their own friendships in everyday life. Copyrighted in 2005, and receiving praise from Publishers Weekly, Booklist and Ann Brashares (author of "The Sisterhood of the Traveling Pants"), "Peaches" may be considered a bit more "classic" compared to today, but still provides a delicious and indulgent tale when it comes to the experiences of friends, life, and love and the sometimes odd ways that they all come together. And for those who wish to continue this indulgent story, Anderson has also produced two sequels: "The Secrets of Peaches" followed by "Love and Peaches".



SEAN'S SHAMELESS REVIEWS:

Review By Sean Kayden

FIVE SONGS TO KICK OFF YOUR SPRING SEASON

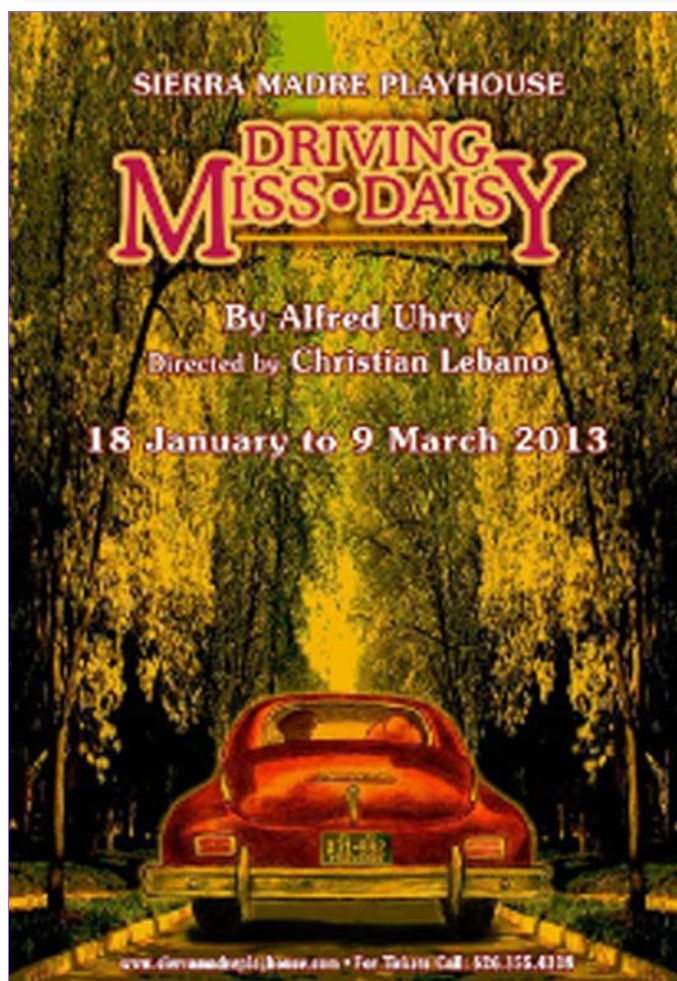
Coasts – "Oceans" – Coasts, newcomers hailing from Bristol, have burst onto the scene with their infectious single called "Oceans". It's utterly electric from start to finish. It draws you in and is simply a razor sharp, dance worthy tune. In April, Coasts will release their debut 4-song EP titled, "Paradise." If the other songs sound like this, the name of the record will be aptly titled indeed.

Hotel Mexico – "A.I. In Dreams" – Japanese dream rockers recently released a new album called "Her Decorated Post Love." The first single is "A.I. In Dreams"—a woozy, shoegazing induced track with 80s style vocals. It puts you into a state of euphoria with swirling, airy guitar riffs, and new wave influences. With dream pop tendencies and ultra cool vibes at the heart and soul of this song, you'll find yourself putting this tune on repeat despite the indiscernible lyrics at times.

Local Channel – "Arctic" – The 3-piece band from Silverlake, CA demonstrates a proclivity toward a traditional indie rock sound. "Arctic," the band's debut single, starts off slow and composed. There is a sort of mist layered over the rhythmic guitars. After about two and a half minutes it kicks it up a notch or two and explodes into a fully gripping jam. Ultimately, it almost feels like two songs, but "Arctic" is simply the work of a band with many faces that know no dimensions. Local Channel's debut EP will be out this month.

Caveman – "In The City" – For their upcoming self-titled sophomore album, New York City indie rockers Caveman raise their own bar with a lush, provocative, anthemic single. What is shaping up to be an album that increases the sonic soundscape of the band, "Caveman" have crafted a song that displays lead singer Matthew Iwanusa unexpected rich vocals (not really found on their debut record). With so much going on with the arrangements, the vocals really shine on this one. If the rest of the album does this as well, there's no telling how great Caveman's second record will be when it arrives this April.

Foals – "Bad Habit" – Foals' latest endeavor, "Holy Fire" dropped last month. A particular song on the record called "Bad Habit" is one of the finest tunes of 2013. It's a multi-dimensional, deliberately paced piece of music and like ocean waves has moments of calmness followed by eruption. While "Bad Habit" never fully explodes out of proportion, it does have many elements to it making it a clever, nearly unexpected track from a band like Foals. It's definitely one of their most pop driven songs to date. However, it's nothing to shun when it sounds this intuitive and purely this good.



Tickets are available online at www.sierramadreplayhouse.org or by calling 626-355-4318



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HOW TO DIAGNOSE AND TREAT SLEEP APNEA

Dear Savvy Senior:

What can you tell me about sleep apnea? My husband, who's 60, has become such a terrible snorer he wakes himself up at night, and he keeps me up too. Sleepy Shelly

Dear Shelly:

If your husband is a loud snorer who wakes himself up during sleep, he probably needs to be tested for sleep apnea, a dangerous disorder that affects around 22 million Americans – and most don't even know it.

Sleep apnea is a disorder that causes a person to stop breathing during sleep, dozens and even hundreds of times during the night for up to 30 seconds at a time. Left untreated, it can cause extreme daytime sleepiness, as well as a host of serious health conditions like high blood pressure, heart attack, stroke, congestive heart failure, diabetes, depression and gastroesophageal reflux disease. In fact, it's estimated that every year, around 38,000 Americans die in their sleep from a heart attack or stroke because of sleep apnea.

But the good news is that sleep apnea is very treatable and most insurance companies, including Medicare, cover it.

Who Has It?

There are three types of sleep apnea: obstructive, central and mixed. Of the three, obstructive sleep apnea is by far the most common, and occurs when the throat muscles relax during sleep blocking the airway.

While anyone can have it, sleep apnea is most common in people who are overweight, male, middle-aged and older. For women, the risk rises after menopause.

The symptoms include loud snoring (however not everyone who snores has apnea), long pauses of breathing, gasping or choking during sleep and daytime drowsiness. But because most of these symptoms happen during sleep, most people don't recognize them. It's usually the person they're sleeping with who notices it.

Get Help

To help you get a handle on your husband's problem, the American Sleep Apnea Association has several quick diagnostic tests he can take at sleepapnea.org – click on "diagnosis and treatment." If you suspect a problem after taking these tests, he should try some self-help measures, including:

- Sleeping on his side or stomach: This will help keep his airways open. To promote side sleep-



ing, there are products available that can help like the Rematee Bumper Belt (antinsnoreshirt.com) and Sona Pillow (sonapillow.com).

- Losing weight: Excess body weight, especially around the neck, puts pressure on the airway, causing it to partially collapse. Even a slight weight loss may help.
- Avoiding alcohol and sleeping pills: These can relax the muscles in the back of his throat, interfering with breathing.

If his problem persists, make an appointment with his primary care doctor or a sleep specialist who will probably recommend an overnight diagnostic sleep test, which can take place at a sleep center (see sleepeducation.com), or at home using a portable device.

Treatment Options

If he is diagnosed with apnea, the most commonly prescribed treatment is a continuous positive airway pressure (CPAP) device. This involves sleeping with a snorkel-like mask that's hooked up to a machine that gently blows air up your nose to keep the passages open.

Another less invasive treatment option is Provent therapy (proventtherapy.com). This is a small, disposable patch that fits over each nostril to improve airflow. A 30-day supply of these prescription-only patches cost \$65 to \$90, but unfortunately, it's not currently covered by insurance or Medicare.

If the CPAP or nasal patches aren't an option, an oral appliance that fits into the mouth like a removable mouth guard or retainer may be the solution. Oral appliances work by positioning the lower jaw slightly forward to keep the airway open during sleep.

If these don't work, there are also a variety of surgical options available to help keep the throat open and prevent blockages.

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 TseThis and That PRECONCEPTIONS

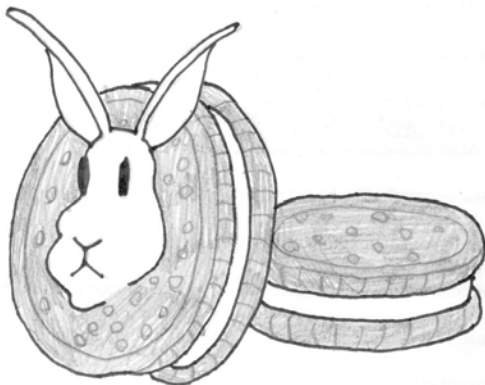
I often listen to KWVE, a Christian radio station with programs including "Through the Bible" with Chuck Smith, and "Pastors' Perspective," also with pastors Chuck Smith and Don Stewart. The content is always stimulating, but sometimes they throw in a funny story to illustrate a point. The following is from Chuck Smith; I'm not sure who he got it from, but enjoy!

At the airport, a lady bought a package of Oreo cookies to eat while waiting for her flight. Before long, she heard the sound of cellophane rustling. A man next to her was opening her package of Oreos! The lady stayed composed and watched incredulously as he popped one into his mouth and munched on it contentedly. She snatched a cookie from the box and chewed, keeping her eye on this forward stranger.

A few minutes later, she heard, again, the sound of rustling plastic. The man had the gall to take a second cookie, and relished it slowly. The lady grabbed another Oreo, shoving it into her mouth as fast as she could.

Her flight was set to take off in half an hour. Within that time, the cookie thief got away with another Oreo, while the lady kept pace in this bizarre snacking contest.

At last, her plane was ready to board. There was one cookie left. The lady pretended not to notice. The man took it, broke it, and offered half to her. Indignantly, she grabbed it and hurriedly swallowed it down. Fifteen minutes later, she was seated and listening to the in-flight instructions. If these red lights flash, she must secure this oxygen mask to her face. Stay seated and keep your seatbelts buckled until you are given permission to move about freely. It had been an irritating afternoon, and the lady felt a headache coming on. She opened her carry-on bag in search of some aspirin, but instead found her unopened box of Oreos.



SENIOR HAPPENINGS

By Pat Birdsall

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

HELPFUL HINT:

Recycling at its best: Cut open the cardboard toilet paper rolls and make a cuff to put around your wrapping paper to keep it from unrolling.

FOR YOUR FUNNY BONE

A man and his wife were having some problems at home and were giving each other the silent treatment. The next week the man realized that he would need his wife to wake him at 5:30 am for an early morning business flight to Chicago. Not wanting to be the first to break the silence, he finally wrote on a piece of paper, "Please wake me at 5:00 am." The next morning the man woke up only to discover that it was 9:00 am and that he had missed his flight. Furious, he was about to go and see why his wife hadn't woken him when he noticed a piece of paper by the bed...it said..."It's 5:00 am; wake up."

While my friend Cheryl was working as a receptionist for an eye surgeon, a very angry woman stormed up to her desk. "Someone stole my wig while I was having surgery yesterday," she complained. The doctor came out and tried to calm her down. "I assure you no one on my staff would have done such a thing," he said. "Why do you think it was taken here?" "After the operation, I noticed the wig I had on was ugly and cheap looking." "I think," explained the surgeon gently, "that means your cataract operation was a success."

HAPPY BIRTHDAY! ... March Birthdays...



Sally Contreras, 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:

Patience: A minor form of despair disguised as a virtue ~ Ambrose Bierce



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 2nd 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 2nd 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 2nd 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. Many states 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 2nd and 4th 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)

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HOW CAN YOGA HELP

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Take a few steps toward happiness through yoga. After just one class, yoga can begin to make a difference in how you feel. You can feel the stress melting away. But, then this funny thing happens. As you keep practicing, you begin to get stronger, you begin to feel better, you notice you are smiling more and you are making better choices about what to put in your body so you can do that pose a little better. (While I do advocate balance, and that includes the occasional indulgence, too many Krispy Kreme donuts can keep you from getting deeper into that forward fold.)

Self-discipline is one of the foundational teachings of yoga. But so is going at your own pace. If you jump into a new regime depriving yourself of pleasure, then you are bound to fail. But what if you can find pleasure in your practice? I think yoga is one of the most self-empowering things you can do for yourself. I always notice that my life just goes better when I am practicing. Things don't bother me as much. I am lighter on my feet. I have more stamina and less of that nagging negative voice in the head. I am happy.

I can't think of anything better for the planet and for you than happiness through your practice. The world will be a better place, and your life will be what you make of it. Yoga shows you how to overcome struggle, how to breathe in challenging situations and how to find happiness in yourself. Sound too good to be true? Then I challenge you. Have you been away from your practice for a while? Then I invite you back.

Namasté, René

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HOW TO MAKE HEALTHFUL EATING FIT YOUR DAILY ROUTINE

(StatePoint) Eating right is essential to keeping your body running at its best. But nutrition advice doesn't always account for people's varied lifestyles, health needs and tastes.

March, which is National Nutrition Month, is an excellent opportunity to review your diet and make positive, sustainable changes.

So what's the "right" way to eat for you? Experts say it's not as restrictive as you may think.

"There's sometimes a misperception that eating properly means giving up favorite foods," says registered dietitian and President of the Academy of Nutrition and Dietetics, Ethan A. Bergman. "But including foods you love in your diet can help you stick to your goals."

As part of the "Eat Right, Your Way, Every Day" campaign, Bergman suggests that those looking to eat a healthy diet, tailor food choices to meet lifestyle, needs and preferences:

- Business People: Busy work days can lead to on-the-fly meals. For desktop dining, keep single-serve packages of crackers, fruit, peanut butter, low-sodium soup or canned tuna in your desk.

Always on the go? Tuck portable, nonperishable foods in your bag for meals on the run. Try granola bars, peanut butter and crackers, fresh fruit,

trail mix or single-serve packages of whole-grain cereal or crackers.

- Athletes: Whether you're a competitive athlete or just enjoy working out, what you eat affects your performance. Eat a light meal or snack before exercising, such as low-fat yogurt, a banana or cereal with low-fat milk. Before, during and after exercise, drink plenty of water or a sports drink, if you prefer.

- Students: For nutritious, budget-friendly snacking, combine protein and carbohydrates, such as apples and peanut butter, low-fat cheese and whole-grain crackers or hardboiled eggs and fruit. These also double as quick grab-and-go breakfasts.

At the cafeteria, salad bars are a great choice -- just go easy on the high-calorie add-ons.

- Families: Family meals allow parents to be role models to ensure kids eat right. And, just because a meal is made quickly doesn't mean it can't be nutritious.

Keep things simple. Choose ingredients you can use for more than one meal. For example, cook extra grilled chicken for salad or fajitas the next day. Get the kids involved. They can make the salad, set the table or do other simple tasks.

- Vegetarians: A vegetarian diet can include just as much variety as one including meat. For example, nutrient-rich beans are a great choice. Enjoy vegetarian chili, a hummus-filled pita sandwich or veggie burger. Many popular items are or can be vegetarian -- pasta primavera, veggie pizza and tofu-vegetable stir-fry.

- Meat lovers: Keep your meaty meals heart-healthy by selecting lean cuts and choosing chicken, turkey and fish more often. Avoid deep fried foods. Instead, bake, broil, roast, stew or stir-fry your meals.

This month, set yourself up for success. Consider working with a registered dietitian to develop a personalized eating plan. More tips can be found at www.EatRight.org.

Remember, good nutrition isn't meant to make you suffer. With exercise and moderation, you can enjoy your favorite foods regularly.

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HOWARD Hays As I See It



"Many young people turned to drugs and immoral lifestyles; these youth became known as hippies. They went without bathing, wore dirty, ragged, unconventional clothing, and deliberately broke all codes of politeness or manners. Rock music played an important part in the hippie movement and had great influence over the hippies. Many of the rock musicians they followed belonged to Eastern religious cults or practiced Satan worship." - excerpt from textbook "America: Land I Love"

For those in my age group, ask yourself: Did this description apply to you? Myself, I sported "unconventional" clothing, but always tried to be polite. I enjoyed rock music – but never considered Ravi Shankar or Joan Baez to be "rock".

As for "Eastern religious cults", I'm a board member of the Pasadena Buddhist Temple – but only joined a couple years ago. I don't know of any ex-hippies among the congregation - except for maybe my wife, who was into flower-power as a teenager in Japan. If I wanted to hook up with a girlfriend back then or be allowed in by my Mom for a home-cooked meal on the week-end, I'd better have taken a bath.

Okay – that opening quote is ridiculous. It's taken from an eighth-grade history textbook, taught in private schools in Louisiana. It's a "history" financed by taxpayers via that state's "voucher" system – and I swear to that by the Power of Satan.

Last year I wrote a column on voucher-supported "history". In Louisiana, for instance, there are these gems of indoctrination from taxpayer-funded textbooks published by Bob Jones University Press:

On the KKK: "[The Ku Klux] Klan in some areas of the country tried to be a means of reform, fighting the decline in morality . . . it achieved a certain respectability" - United States History for Christian Schools, 3rd edition.

On slavery: "The majority of slave holders treated their slaves well" - United States History for Christian Schools, 2nd edition.

On dinosaurs: "Dinosaurs and humans were definitely on the earth at the same time and may have even lived side by side within the past few thousand years." - Life Science, 3rd edition.

"School choice" means parents have a choice whether to have their kids fed this stuff; taxpayers have no choice whether to take funds from their public schools to pay for it.

As I went through this "history", I was reminded of the tendency of fundamentalist texts (whether Christian or those of "Eastern religious cults") to categorize individuals and movements as "good" or "evil". The exception is with subjects like slavery and the KKK, where the hope is merely to move up the approval-spectrum from outright revulsion to somewhere in the mushy middle. It's like reminding us that Hitler was fond of dogs, and Mussolini liked Laurel and Hardy.

Conversely, there have been attempts to convert images of individuals with ambiguous characteristics (a description which applies to most everybody who ever lived on this planet), into epitomes of evil.

Again, for those in my age group, think back to the earliest images you recall seeing of Fidel Castro in his fatigues, cap and stogie on TV as your Dad watched Huntley and Brinkley. Here was a revolutionary who assembled his "July

26 Forces" in the hills above Havana which, under the command of Che Guevara, defeated Fulgencio Batista in the Battle of Santa Clara on New Year's Day, 1959. Really cool. Batista was a corrupt, thuggish dictator, and everybody knew it. The charismatic Castro and Guevara were ready-made for fawning reportage.

But then, Castro blew it. He wouldn't allow the Mafia to reopen their Havana casinos. He suggested the daughters of Cuba should be getting an education, not serving as maids and hookers for East-coast fun-seekers. He argued profits from sugar plantations should benefit "todos los Cubanos", not a handful of oligarchs.

This was too much for the American government, so they cut him off - and Castro turned to the Soviet Union and became "evil".

I recalled Castro as I thought of another Latin American leader. Consider this history, according to the UK Guardian: In his first decade in power, his country's GDP doubled. Unemployment and infant mortality were cut in half. The level of "extreme poverty" fell from 23.4% to 8.5% - the third lowest in all of Latin America. College enrollment doubled, and millions of its citizens had access to healthcare for the first time in their lives.

Hugo Chavez was a democratically elected leader, and his policies worked. With Castro it was sugar, with Chavez it was oil – and his policy of nationalization worked for the benefit of all Venezuelans. He practiced income redistribution and it worked – in contrast to the United States, which now has one of the worst levels of income inequality in the Western Hemisphere. Chavez practiced socialism and it worked – so he had to be made a caricature of evil.

Under the Bush Administration, it wasn't enough that Chavez was ridiculed – he had to be removed. Coup leaders, members of the Venezuelan oligarchy, held meetings with Bush Administration officials. The soon-to-be interim leader, Pedro Carmona, traveled to Washington. Bush insisted they had nothing to do with the coup. And when, after massive popular demonstrations restored Chavez to power after Carmona had been in office less than 48 hours in April 2002, Administration officials claimed they hadn't approved of the coup, anyway. Four years later, when Chavez spoke at the United Nations, he referred to Bush as "Satan".

When Chavez is referred to, if at all, in those Bob Jones University history textbooks, it'll be as the one who referred to our president as "Satan". There won't be any mention of the fact he was referring to the one who helped engineer the coup to overthrow the democratically-elected leader of his country four years before.

As "hippies", we learned to question authority. We also learned to question the accepted "history", such as the one being offered of Venezuelan leader Hugo Chavez. Peace.

HUGO CHAVEZ'S PAINFUL LEGACY GREG Welborn

A whole lot of people, who are seemingly intelligent and informed enough to know better, are out in force crying over the passing of Hugo Chavez, a man they claim was a great benefactor of the poor despite the reams of data showing how this populist thug hurt the very people whose support he so cynically manipulated.

Here are a few choice outtakes for what passes as insightful reporting and commentary today:

Chavez empowered and energized millions of poor people. (NY Times)

His legacy in his nation, and in the hemisphere, will be a better life for the poor and vulnerable. (Rep. Jose Serrano, Dem. Bronx, NY)

Chavez was the first time in many decades that a leader paid that kind of attention to the poor majority in Venezuela. (Washington Post)

Poor people around the world have lost a champion. (Sean Penn)

He was a great hero. (Oliver Stone)

He eliminated 75% of extreme poverty, provided free healthcare and education for all. (Michael Moore)

Sadly, all this praise and worship is a lie. The left has always been more focused on their ideology and their intentions than on the reality of their policy prescriptions. As Jean Kirkpatrick used to say, being on the left means never having to say you're sorry – sorry for the damage that you do to the people who can least afford the pain your leftist policies cause.

When Hugo Chavez was elected President in 1998, he took over a country which had staggered through 20 some years of economic and political upheaval, riots, corruption and a couple of coups. The price of oil was \$10 a barrel. With Venezuela being rich in oil reserves and the price of oil climbing from that \$10 floor to upwards of \$100 per barrel today, you wouldn't have thought things could get worse, but you would have been wrong. Hugo Chavez stepped in to a great opportunity. All he had to do was improve things a little bit, capitalize on the rising price of oil to lift his country out of poverty, and he could have delivered real relief to a population who had suffered so much.

Instead, he embarked on socialist policies that made things worse. He ruined the Venezuelan oil industry. Through nationalization of the various companies that drilled, refined and distributed oil, Hugo Chavez reduced oil production by roughly 30%, and much of what was still produced was shipped to Cuba at reduced prices to aid his comrade in arms, Fidel Castro. The job losses in the oil industry alone were enough to increase the poverty level in his nation. But his economic policies also resulted in devastating inflation. Prices are 20 times higher today than they were in 1999. The wealthy can always find a way around inflation; it's the poor that don't have the options, and can't leave the country, that pay the highest price.

He used the money he did give to the poor to consolidate his power and intimidate his rivals. He amended the constitution to give himself expanded power. He threatened reporters and stripped the independent media of their licenses to broadcast or print. Political opponents were limited to 3 minutes of political advertising per day. Whatever voice the poor might have had through opposition leaders or locally elected representatives was stripped from them along with their chances for economic success.

Hugo Chavez so demonized "the rich" and so encouraged retribution against anyone who seemed to be richer than their neighbor that he has bequeathed to Venezuela the highest murder rate in the world. Adding to the physical danger of living in this country is the fact that food is now scarce, lines at the stores long, and drinking water is often polluted by untreated sewage because basic infrastructure has been decimated and neglected.

One of the greatest ironies of all is that the rise in oil prices, which should have lifted this country out of poverty, has actually hurt the poor more than any other group. Today, the Venezuelan poor spend 80% of their income on necessities like gasoline and food. The rising world-wide price of oil has increased the pump price of gasoline, increased the cost of shipping and trucking, which in turn has increased the price of food and other necessities.

In stark contrast to Hugo Chavez's socialist policies stand two historically poor countries (China and India) which turned from socialism to capitalism. The period from 1980 through 2010 saw both these countries gradually dismantle harsh state economic controls and allow private enterprise to flourish. The results have been astounding. Over this time period, China's population increased by 400 million people, but the number of people in poverty DECREASED by 250 million. In India, 140 million people left poverty. Capitalism, not socialism, has created a middle class in these countries.

If we allow the broad brush of history to judge Hugo Chavez, rather than the short-sighted, ideological prejudices of the left, no tear would be shed for his passing. In 1950, Venezuela was the richest country in its region, and India and China were among the poorest in theirs. By 2013, Venezuela has sunk close to the bottom while China and India have climbed to heights that seemed almost unimaginable as recently as the early 80s.

The truth is that the only proven way to lift people out of poverty and fortify their position in the middle class is through free market principles and policies. The surest way to destroy their economic well being is through leftist policies. And yet it is the socialist dictator whom Hollywood and the media glorify. So we return to Jean Kirkpatrick's wit: being on the left means never having to say you're sorry.

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.



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

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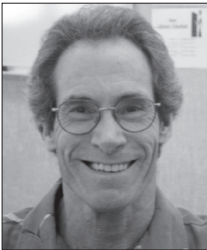
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The traditions of community newspapers and the concerns of our readers are this newspaper's top priorities. We support a prosperous community of well-informed citizens. We hold in high regard the values of the exceptional quality of life in our community,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

HAIL Hamilton My Turn



Editors Note: Hail Hamilton has been on leave since January. We welcome him back!

PART I: "AMNESTY BY ANY OTHER NAME IS STILL AMNESTY..."

This is the first in a series of articles about President Obama's proposed Comprehensive Immigration Reform and why Americans should oppose it. It is based on information from a variety of sources including the *Cato Institute*, *Center for Immigration Studies*, *Federation for American Immigration Reform* (FAIR), *NumbersUSA*, and *Pew Hispanic Center*.

In a May 24, 2006 *New York Times* Op-Ed, "An Amnesty by Any Other Name..." Ed Meese III, former attorney general under President Reagan, lamented the 1986 decision to grant amnesty to an estimated 2.7 million illegal aliens living in the United States.

"In exchange for allowing aliens to stay, he decided, border security and enforcement of immigration laws would be greatly strengthened — in particular, through sanctions against employers who hired illegal immigrants. If jobs were the attraction for illegal immigrants, then cutting off that option was crucial."

"Beyond this, most illegal immigrants who could establish that they had resided in America continuously for five years would be granted temporary resident status, which could be upgraded to permanent residency after 18 months and, after another five years, to citizenship...These are pretty much the same provisions included in the new Senate proposal and cited by its supporters as proof that they have eschewed amnesty in favor of earned citizenship."

"The difference is that President Reagan called this what it was: amnesty. Indeed, look up the term 'amnesty' in Black's Law Dictionary, and you'll find it says, 'the 1986 Immigration Reform and Control Act provided amnesty for undocumented aliens already in the country.'"

If President Obama really wants to reform our immigration system he should take following steps **before** any kind of immigration reform, comprehensive or otherwise, is considered.

Secure our Borders

The Department of Homeland Security reported in December that they reached their target of 18,000 border patrol agents protecting the land and sea borders of the United States, most of who are stationed along the U.S.-Mexico border. The border patrol uses a variety of tools to deter and apprehend smugglers and potential illegal immigrants, including using dune buggies to combat drug smuggling on the California-Baja California border, mounted patrols to combat human smugglers, and helicopters equipped with thermal imaging devices to find illegal alien convoys at night. Still, much more needs to be done. We need:

- More agents for U.S. Customs and Border Patrol and U.S. Immigration and Custom Enforcement agencies under DHS
- Expanded capacity to detain and remove undocumented immigrants
- Increased enforcement at worksites, stepping up fugitive operations and updating contracts with state and local law enforcement agencies
- Upgrading ports of entry and enhanced spending on steel fencing along the border
- Building a "virtual fence" under the so-called SBInet advanced technology program to increase the detection of illegal trafficking of narcotics and people

Workplace Verification (E-Verify)

As an employer, you want to do the right thing. But how can you insure that your prospective employee has a legal right to work in the United States? The simple solution: use E-Verify, the Department of Homeland Security's Electronic Employment Verification Program. E-Verify enables employers to quickly and easily verify the work authorization of their newly hired employees. E-Verify does this by providing access to the Verification Information System (VIS) database. This database is a nationally accessible database of immigration status information, including more than 60 million records.

Attrition Through Enforcement

The mainstream media and open borders groups constantly reiterate to the American people that there are only two solutions to our nation's illegal alien crisis – give illegal aliens amnesty or round them up and deport them. This is a diversionary tactic to draw public attention away from the most effective and efficient solution – Attrition Through Enforcement. Again, the internet-based program of E-Verify could be easily and accurately used to distinguish those who have the right to work in the United States from those who don't.

Don't be fooled. Comprehensive Immigration Reform is amnesty -- pure and simple. Only this time around, the 11-22 million illegal aliens living in the United States makes the 1986 Reagan amnesty look like a walk in the park.

JOE GANDLEMAN An Independent's Eye



SEQUESTRATION SHOWS FAILURE OF AMERICA'S POLITICAL CLASS

TUCSON, Arizona -- An old vaudeville joke went like this: "Do I look like an idiot? Do I look like a jerk who doesn't know what's going on? Do you think I'm dumb? Don't answer that!"

The sequester, with its draconian cuts, was an idea both sides considered so bad, so awful, so incredibly dumb that SURELY no responsible politician, political leader or party would let it stand. Welllllll...

And here we are. The word "sequester" brings to mind the Spanish word "secuestro," which means kidnapping. Sequestration held selected programs in a meat-cleaver-cutting ransom unless the political class displayed an assumed minimal political I.Q. by compromising, so held-for-ransom programs didn't suffer the consequences. Pundits now argue over which side will suffer the most political damage from the big cuts that weren't supposed to happen.

New Jersey Gov. Chris Christie -- the guy with the 74 percent home state approval rating who the conservative CPAC group pointedly didn't invite to its gathering because he won't always parrot the conservative or Republican Party line -- is notably unimpressed by both Obama and Republicans.

"I don't understand it, I don't understand why they haven't fixed it already," he told reporters. "It seems to me that it should be pretty easy to fix. Real leadership would get this fixed. Get everybody in the room and you fix it and you don't let them leave until you fix it. That's what real leadership is; not calling a meeting two hours before the thing's going to hit to have a photo-op in the driveway at the White House. That's not real leadership. Fix it!"

Then he added: "If anybody in this room thinks they understand Washington, D.C., please come on up, stand behind the podium and you give the answers, because I don't have the first damn idea of what they're doing down there."

Neither do they.

The sequester proves that all drips aren't found in Marco Rubio's water bottle. It suggests America's post-Greatest Generation leaders -- particularly baby boomers still acting out 1960s-derived polarizations -- are seemingly unworthy of the elected positions they hold when compared to leaders who held their positions in the past.

Partisans and analysts always offer a logical spin for today's gridlock and hackery. There's always a partisan talking point, a partisan choir and a partisan echo chamber. But when you compare the political leadership of generations past and today's, you have to think: there must have been a secret political sequester because America's leadership is now downsized.

It's fascinating to watch members of Congress with government-supplied health care, millionaire radio and cable talk hosts, and well-paid pundits, eagerly call for cuts that will cause pain to working families, the poor, children and the elderly. These politicos and pundits won't feel the cuts. If consensus and compromise are now considered oh, so 20th century, so is the once-valued idea of empathy.

Some analysts such as The National Journal's Charlie Cook now sadly conclude that our leaders' inability to seriously tackle America's debt means the sequester is perhaps "a bad idea whose time has come" since it'll result in at least some cuts. But, no matter what happens, political class has now defined itself.

"Do we look like a bunch of people incapable of putting aside partisan differences and ignoring pressures from our parties' bases and interest groups? Do we look like we're constantly calculating how our every move and utterance will help our parties in their 24/7 drives to win and cling to power? Do some of us look like we couldn't care less what happens to America's weakest and neediest? Do we look like political Tom Thumbs next to the political Jolly Green Giants of past decades? Don't answer that!"

Polls -- and history books -- will.

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

STUART Tolchin.....On LIFE



BILLIONAIRE'S PLAYGROUND

A few nights ago I stumbled across the Charlie Rose show at 11:30 p.m. on Public television. There right before me were two billionaires: Bill

Gates and Michael Bloomberg explaining how they were attempting to save the planet. In a way it was reassuring to see these two brilliant super-successful billionaires explaining how they had come around to using their excess billions for the common good.

Both men seemed sincere and good-intentioned. The great beneficiary of the technological revolution and the Mayor of New York City both emphasized that they were not just throwing money at problems but, in fact, were aware of the need to measure the effectiveness of their efforts and to learn from their mistakes.

Mayor Bloomberg explained his involvement in attempting to affect the failed public School education programs that exist across the United States. Today's School Board elections in the Los Angeles Unified School District involved a slate of candidates who received huge donations from national foundations funded by Mr. Bloomberg running against local candidates. Generally the local candidates were forced to rely on contributions they raised from within the state. The results are still pending.

Why does this activity by the mayor and Mr. Gates give me a chill? Of course it is nice to think that these wise and wealthy men have decided to devote themselves to what they see as the public good. Still I am reminded of the efforts of Sheldon Adelson, the global gambling empire magnate, who has used his billions to fund Tea Party candidates across the nation. Similar financial support efforts by the Mormon Church and other religious denominations that have been used to oppose Progressive candidates and, to my mind, portend a future where money buys complete political power.

Maybe I'm just being an alarmist. I admit it; I don't trust the rich. Their efforts, no matter how sugar-coated, remind me of the lessons taught in the casinos. Those lessons I am sure are intended to dupe players into betting more and more money which inevitably leads to the loss of more money by the players and more money for the casino owners.

Whatever happened to good old Democracy? You know - that government of the people, by the people, and for the people? Did Lincoln make the whole thing up? Is all this talk,

OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

HOW TO HAVE YOUR CAKE AND EAT IT TOO!



Somebody came up with the idea that you cannot have your cake and eat it too. I am not sure where that came from, and I am not exactly sure what it means. If I cannot eat my cake, whose cake can I eat?

I think it all depends on how you present "the cake" in question.

One of the things most important and strongly supervised in our home by the Gracious Mistress of the Parsonage has to do with the presence of such food items as cake. At times, I think she is overly obsessed with some diet phenomenon.

I, on the other hand, am rather open to the delicacies of such dietary niceties as cakes.

Like I said, there is a way to get around everything. My problem is, how can I have my cake and eat it too?

Recently my wife took a week's vacation to New York to visit her relatives. While she was away for that week, I was in charge of our little homestead. Whatever happened, happened because I did it. Whatever didn't happen, didn't happen because I didn't do it.

I have a simple rule in life. Do what you like and have fun doing it. My wife's rule in life is, do exactly what I tell you and do it now! When she is not present in the home, especially for a weeklong duration, I am the one supervising the rules. And so, during that week my rules ruled. I will not say I had fun during that week, because I would not want that kind of information to be leaked to certain people.

All during the week, I ate every kind of delicacy I could wrap my lips around. Not one shred of salad could be found in the house during the whole week. Salads were outlawed, desserts were in order.

On the day my wife was scheduled to return from her New York trip, I had to go to school and pick up one of my granddaughters. She was sick and nobody else was available but Yours Truly.

When I picked her up she did not look quite as sick as I would have figured, but who am I to question the wisdom of a schoolteacher. We spent the entire afternoon eating lunch at McDonald's, shopping at the Dollar Tree and just having a rip snorting time of our life. If this is sick, may I be sick every day of my life.

As a supposedly sick seven-year-old, her energy ran her grandpa firmly into the ground. I am not sure I ever had that much energy. It was great to spend an afternoon with one of my granddaughters. Usually this is the privilege of grandma and so I felt honored to take her place for one afternoon.

especially in election times, of freedom and liberty and independence, just illusion? Is the only real game in town the battle to see who can accumulate the most stuff before they die? Worse yet, are the billionaires secretly hiding the fact that their real game is the creation of their own immortality?

I do not think this reference to the search for a kind of immortality is completely fanciful. To me the technological revolution which originally was sold to us as labor-saving devices intended to simplify our lives has now become something completely different. Life has become more complicated and families have broken down. Communication takes place in some mystical cyber-space where all our words are monitored. Meanwhile at the levels of the powerful everything is kept secret and hidden. Our powerful ones are not transparent but we are—poor Bradley Manning. What are the real secrets that that the powerful ones try to keep?

I agree that Bloomberg and Gates seem like really good guys but do not believe that any particular individuals, especially very rich ones, can ever be completely relied upon or trusted. Great concern for humanity has historically not proved to be the road to great wealth and power. It is probably more important that Americans rely on Democratic Institutions and not allow these Institutions to be obscured by the power of money. One man - one vote. No more - no less. We have to make our government responsive and responsible. Right now it is neither; but to expect the rich and powerful to act in the interest of the Public Good just because they momentarily feel like it would be fun is an illusion like Santa Claus and the Easter Bunny - beloved but imaginary.

It is unpleasant to realize that all our Western education and all our technological advancement has not created a modern culture wherein individuals appreciate the power and miracle of their own existence. Instead, many of us are filled with stress and looking around for someone to save us from ourselves. It would really be nice if we could rely on someone or something. I'm all for it. Please point me in the right direction but, until I know otherwise, I still assert that the maintenance of family and friendships and local communities are a better starting place than the belief in the kindness of strangers. .

Read your local newspapers - like this one. You see that is in my imagined self-interest; see, even I cannot be completely trusted.

Towards the end of the afternoon my granddaughter said, "When will grandma get home?"

I calculated it and responded by telling her that according to the schedule she should be getting home around 6 o'clock. As that information saturated her little brain she then said, "Well, can we have a surprise party for grandma?"

Off to the store we went. Things needed for purchasing to put together the surprise welcome home party for grandma. There were cards to purchase. I say cards because she could not choose between two cards and so we decided, or rather I should say, she decided to get both of them. Women start early in life, don't they.

There were ribbons to buy and then she saw a nice bouquet of roses. We bought the roses.

All this time I was thinking about a special project I had in mind. That special project took the form of a special welcome home cake. I took my granddaughter over to the case where all of the cakes were displayed and invited her to pick out one that suited her. As far as I am concerned, a cake is a cake and my favorite cake is the one I am eating at the time.

She picked out a beautiful cake and we went to the checkout counter and paid for our wonderful purchases. Now it was home to set up our little welcome home party for grandma.

My granddaughter spent quite a bit of time drawing pictures on the inside of the cards while I paid special attention to how to display the cake. I was sure that grandma, who usually does not approve of cake coming into our home, would not disapprove of this cake if we presented it right.

When grandma walked in the door, we yelled "Surprise" and boy was she surprised.

Then came the time for us to present the cake and eat it as well. Whoever says you can't have your cake and eat it too needs to sit down and talk with me. I have found a wonderful way of having my cake and eating it too without the sneering disapproval of You Know Who.

I like what the Bible says. "There has no temptation taken you but such as is common to man; but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it" (1 Corinthians 10:13 KJV).

God always provides the cake and then invites us to eat it with Him.

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BUSINESS TODAY

The latest on Business News, Trends and Techniques

By La Quetta M. Shamblee, MBA



CAKE FOR THE POOR

"We are not rich by what we possess but by what we can do without." - Immanuel Kant

On Tuesday, March 5th I attended UCLA's State of the Nonprofit Sector Report and Funders' Breakfast. It was held at the beautiful Skirball Cultural Center where the Mulholland Dr. bridge meets the 405 freeway. As thousands of cars and trucks made their trek across this congested mountain pass, at least 300 individuals gathered inside to hear this year's Annual Report prepared by the Luskin School of Public Affairs at UCLA: "Spread Thin: Human Services Organizations in Poor Neighborhoods."

The majority of attendees were leaders from the nonprofit sector, joined by representatives from foundations that provide grants and other support, and directors of local government agencies. After Christine Essel, President of Southern California Grantmakers (SCG) welcomed the attendees and introduced Dr. Frank Gilliam, Dean of the UCLA School of Public Affairs. He spoke of the role of his department in preparing leaders for public service, stating, "We need to get to the place where our beautiful theories meet ugly facts."

Next, a panel of distinguished UCLA scholars provided background information on their research to prepare this report. Their findings point to the "growing wealth disparity between the ultra-rich and everyone else, particularly the very poor." The notion of "nonprofit deserts" indicates concentrated pockets, communities of poverty through Los Angeles County that lack basic safety-net services like healthcare, educational institutions and social services. Of approximately 500 census tracts, 24% are categorized as nonprofit deserts – not surprising, all in neighborhoods with the highest rates of poverty.

What is surprising is that nonprofits in communities that demonstrate the greatest need actually receive the least amount of financial support from government funders. The data shows that this dynamic is most pervasive in South LA, particularly in communities with at least 20% of African Americans. Chris Hoene, Executive Director of the California Budget Project shared a perspective, "Societies that are

inherently unequal, have long-term problems" (as it pertains to the income gap between the wealthy and the poor and access to basic services and resources).

Recent economic reports speak to the beginnings of a recovery. However, the impact of the recent Federal sequester is unknown. We are all looking forward to hearing of economic moving forward. But consider that all growth is not good growth. If you think the middle class in American has been squeezed beyond reason, consider the plight and pressure being placed on those in the low-income tier.

The UCLA poster from the Luskin School that served as a backdrop for the panelists on stage included a tagline, "Where Scholarship Meets the Streets." Coupled with Dr. Gilliam's statement at the beginning of the event, it was encouraging to know that an internationally-respected research institution is also focused on identifying practical solutions. The final panel was comprise of four department heads from government agencies in Los Angeles.

The moderator, Essel, posed the final question for each of them to answer, "Considering what we have learned from this report, what is the one thing that you would recommend for your department?" Two of them responded to the question by stating practical, concrete things that they could implement – one included an appeal to the audience to, "Hold us (the government agencies and elected officials) accountable." The other two provided responses typical of bureaucrats, "Check our website for information," and "I'll be sharing this information with my staff." I thought it was an accurate reflection of how we are currently dealing with this as a society. Perhaps half of us understand the need and importance of bearing some level of responsibility for our neighbors, and the other half simply expect them "to eat cake" that they don't have money to buy, nor the resources for the ingredients or a working to stove with which to make one.

A full copy of the annual report is available at: <http://civilsociety.ucla.edu/practitioners/publications/reports>

Social Media Tips & Tricks
By Merri Jill Finstrom

ARE YOU MARKETING TO AIR?

Q. "I've set up a Facebook page, a Twitter account and a LinkedIn account, but I'm not seeing any action. What am I doing wrong?"

When this question comes up, we always ask, "How many people are you connecting with and who are they." The answer is usually, "Oh, we don't have that many Likes, Followers or Connections we and don't go on them much."

If you have 10 Likes, two connections, five followers and an email list of three, you are basically marketing to air. It's not enough to set up the account, you have to commit to building the audience and being social.

The people who are frustrated with their social media presence are those who haven't built the audience and usually those that don't post, comment, share and participate. With social media, it's... social. It works better when you participate. You start to understand it more when you join in. It works better when you have people to interact with.

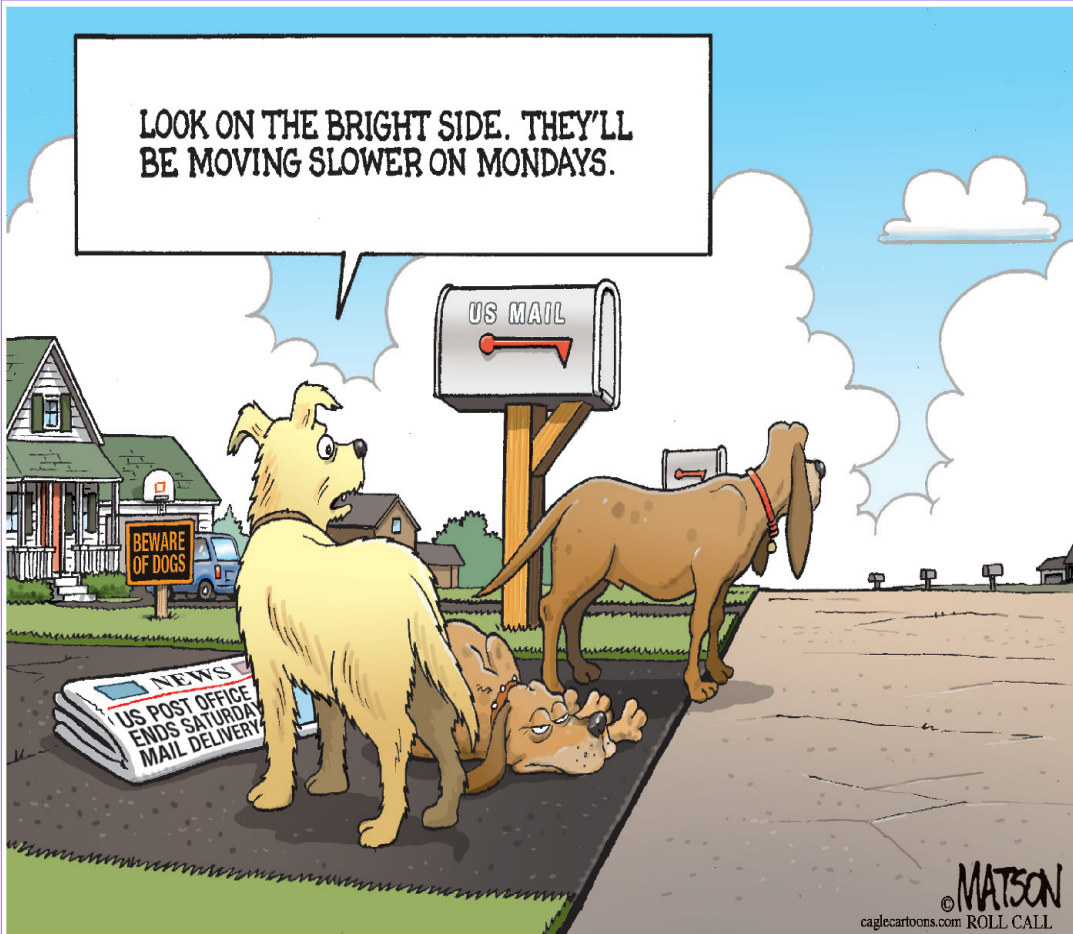
If you're frustrated with your current social media presence, ask a few questions:

Do your business cards and other printed materials have your social media links on them? Does your web site have links to your social media sites on every page? Do all of your emails contain links? Are you making it easy for people to find you and connect with you on your social media sites? Do you listen to your connections in social media and comment on what they are doing? Are you posting consistently?

And the big question: Are you giving people a good reason to join you on social media?

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.

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DOLLARS AND CENTS

By Carl Davis, CIMA

TAX REFUNDS ARE VULNERABLE TO IDENTITY THEFT

Hollywood may have just produced a film playing on the issue, but real identity theft is no laughing matter. Victims are devastated by decimated bank accounts, destroyed credit scores and an intrusion on their privacy. Our growing reliance on electronic data and systems has increased our vulnerability and created new opportunities for identity theft in unexpected places—including your federal tax refund.

According to the House of Representative's Committee on Oversight & Government Reform, identity theft-related tax fraud is a growing problem. The crime works like this: a thief steals a Social Security number and then diverts the individual's tax refund into a personal account that is quickly drained before the victim is aware of the theft. The fraud may not be discovered until the taxpayer attempts to file a return or claim a refund, and it can take months for the IRS to investigate and return the funds to the rightful owner.

The IRS has recently doubled its efforts to prevent this type of fraud and address victim concerns, but you should also take some steps to protect yourself. Your best defense is to prevent your personal financial information from falling into the wrong hands. Here are some guidelines for protecting yourself from tax refund fraud.

Protect your Social Security number. Your government-issued identification is prized information to thieves intent on opening fake accounts and claiming refunds that don't belong to them. Keep your card in a safe place in your home rather than in your wallet and don't provide your number unless absolutely necessary.

Monitor your financial accounts. Check your account balances and transactions regularly to spot unauthorized activity.

Check your credit reports. You are entitled to a free credit report annually from each of the three major credit bureaus: Experian®, Transunion® and Equifax®. If you notice adverse credit actions or accounts that you did not open yourself, take action.

Keep financial documents secure. Keep hard copies of your returns under lock and key, and shred statements you no longer need. Criminals have been known to go through personal trash in pursuit of financial records.

Take extra care online. Maintain a firewall on your personal computer and avoid accessing your financial information on open networks. Clear your browser history and "cookies" (the little files that remember passwords or previous visits to websites) before and after e-filing your taxes or visiting financial sites that contain your private information.

Beware phishing schemes. "Phishing" is a method of falsely soliciting information with criminal intent. Identity thieves have become more sophisticated, using design programs to replicate logos and create emails and even websites that look legitimate, but are not. If you receive an email that appears to be from the IRS—or any institution, for that matter—that contains a request for your social security number or financial accounts, it is probably a phishing scam that should be forwarded to the agency it is attempting to represent.

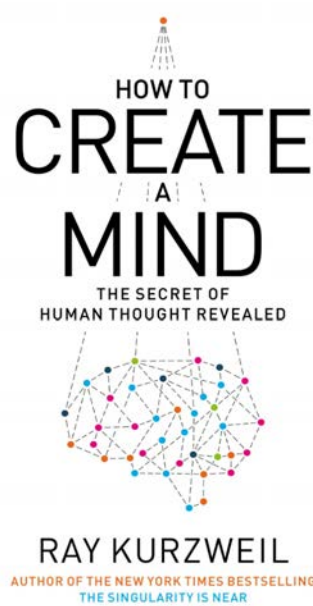
Contact the proper authorities if you suspect you've been a victim of identity theft. If your tax refund is involved, notify the IRS by completing IRS Identity Theft Affidavit (form 14039), which can be found at irs.gov. Also contact your bank, credit card companies and the local police. Talk to your financial advisor for additional help establishing safeguards for your financial information.

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, or at 10880 Wilshire Blvd, Los Angeles CA 90024

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How to Create a Mind: The Secret of Human Thought Revealed (Viking Press 282 pgs plus notes) is the latest offering from noted inventor, author and futurist Ray Kurzweil in which he delves further into his vision of the development of real AI (Artificial Intelligence). Mr. Kurzweil has been in the news as of late as he has accepted a position as Google's new Director of Engineering. His project for the search giant will be to build a search engine so intuitive and powerful that it will eventually know the end users better than they know themselves, answering queries before they're even posed. In this book Kurzweil introduces his Pattern Recognition Theory of Mind concept as a tool for creating a digital brain by mimicking and expanding upon the design of the human neocortex. The neocortex is the outer part of the human brain, visible as the familiar grey, wrinkled folds we imagine when we think of the word "brain". In humans, this part of the brain is associated with higher mental functions such as sensory perception, spatial reasoning, conscious thought and language. The Pattern Recognition Theory of Mind holds that the human neocortex functions via various neural connections that form and re-form based upon input which can be interpreted as sensory input. According to the author the brain processes these inputs using a basic algorithm that has the effect of ultimately giving rise to human thought.

Kurzweil believes that due to the physical space limitations of the human skull our capacity for information processing is limited to the physical 300 million pattern recognition processors, connected horizontally and vertically, that the neocortex contains. In his vision for a digital brain the number of processors would be expanded to as many as a trillion processing units. It is the physical structure and inner workings of what we call our brain that gives rise to what we identify as our mind. The possibilities for the emergent identity we know as intelligence are astounding for a machine that could accurately model the human brain while being composed of a trillion processing units and running more sophisticated versions of the algorithms that comprise human thought as we know it.

I found this book to be an interesting and thought-provoking read. The subject matter was at times highly specialized and dense but the author does an excellent job of making it accessible to the interested reader. His new position as the Director of Engineering at Google makes the context of this work all the more intriguing for me. Kurzweil believes that we now have the capability to build a machine that can re-create human intelligence and then have it outfitted with enormous quantities of information in the form of everything Google indexes from the Web and beyond. There are compelling reasons to believe that this approach just may work. The success of the Jeopardy! playing (and winning) AI project showed just how far the field of AI Computing has come in respect to the natural language processing needed to correctly "answer" Jeopardy questions. Coupled with a database consisting of upwards of 200 million pages of natural language documents, including the full text of Wikipedia, Watson had all the data and computing power it needed to best the 2 top human Jeopardy players in history. Critics of Kurzweil's approach argue, among other things, that computers just don't have capacity to "understand" language instead relying upon statistical probabilities of what is being answered in response to a query while he states that this technique is exactly what a human brain does as well. Regardless of your informed or uninformed stance on the subject of AI, this book makes an excellent read.

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File No. 2013-042337
The following person(s) is (are) doing business as:

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2013-041116

he following person(s) is (are) doing business as:
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ONTARIO, CA 91761. Full name of registrant(s)
s (are) CLAUDIO MIRON, MARIA EUGENIA
MALINAS, 12301 STUDEBAKER RD. #173,
MORWALK, CA 90650. This Business is conducted

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File No. 2013-041858
The following person(s) is (are) doing business as:
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CAROLDALE AVE., CARSON, CA 90745. Full
name of registrant(s) is (are) CULPA JOHN L.,
3313 CAROLDALE AVE., CARSON, CA 90745.
This Business is conducted by: AN INDIVIDUAL.

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 File No. 2013-041891
 The following person(s) is (are) doing business as:
 WAZE COMMUNICATIONS, 14019 FLALLON
 AVE., NORWALK, CA 90650. Full name of
 registrant(s) is (are) NAVARRO JUAN JOSE,
 14019 FLALLON AVE., NORWALK, CA 90650.
 This business is conducted by: AN INDIVIDUAL.
 Signed: NAVARRO JUAN JOSE. This statement

JOINT DECLARATION OF JOINT OWNERSHIP OF A BUSINESS
File No. 2013-039639

The following person(s) is (are) doing business as:
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 WHITTIER, CA 90604. Full name of registrant(s) is
 (are) MARIA AVILA, GERARDO AVILA, 14409
 TERRYKNOLL DR., WHITTIER, CA 90604.**
 This business is conducted by: **A MARRIED
 COUPLE. Signed: MARIA AVILA. This statement**

The following person(s) is (are) doing business as: OSORIO TRUCKING, 11212 DUNE ST., NORWALK, CA 90650. Full name of registrant(s) is (are) GEORGE OSORIO, JONATHAN OSORIO, 11212 DUNE ST., NORWALK, CA 90650. This Business is conducted by: CO-PARTNERS. Signed: GEORGE OSORIO. This

The following person(s) is (are) doing business as: PACE REAL INVESTMENTS, 2911 S. MANSFIELD AVE. #1, L.A., CA 90016. Full name of registrant(s) is (are) ERIC R. PACE JR., 911 S. MANSFIELD AVE. #1, L.A., CA 90016. This business is conducted by: AN INDIVIDUAL. Signed: ERIC R. PACE, JR. This statement

the following person(s) is (are) doing business as: PACIFIC HEALTHCARE MARKETING; PACIFIC HEALTHCARE PHARMACY GROUP, 185 QUINCY AVE, #301, LONG BEACH, CA 90803. Full name of registrant(s) is (are) IMAGE CONSULTANT MARKETING, 185 QUINCY AVE, #301, LONG BEACH, CA 90803. This



Tips of the Trade: Real Estate Revealed

by Luther Tsinoglou Realtor®

GET THEIR ATTENTION

There are many reasons to feel pressured to sell, be it a job transfer, family medical issues, or financial hardship. This is when you face cold hard facts about your home's value and what you can expect to net from your sale. Understand that what you paid for your home years ago has no relevance today, and a buyer won't pay a premium price simply because that's what you owe.

If your home is now worth less than what you still owe, it may be time to call your lender and arrange listing as a "short sale." Your lender will indicate the lowest price they'll accept, and you can begin your aggressive marketing. A short sale will blemish your credit rating, but not as badly as a foreclosure would.

If you're not experiencing such financial hardship, but still facing a deadline to sell, then you need to discuss the Comparative Market Analysis (CMA) that your agent prepares, and price your home below the average sales prices listed. That's "sales" prices, not "listing" prices. "Expired" listings educate you about the prices for which homes did not sell under any circumstances, so pay attention.

Realize that an underpriced home will seem like a bargain, and attract more interest and qualified buyers. It's always better to sell lower sooner than have to reduce your price and sell lower later.

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

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SMART LIGHTING IDEAS WHEN REMODELING OR BUILDING A HOME

(StatePoint) If you're building or remodeling your home, as more Americans are doing these days, consider a fresh approach to your lighting both inside and out.

"Lighting sets the mood for a space and illuminates daily activities," says Jeff Dross, trends expert at Kichler, a manufacturer of decorative lighting, landscape lighting and ceiling fans. "A good lighting design will balance form and function for beauty, safety and convenience."

To maximize the appearance and functionality of your rooms and outdoor spaces, there are several things you should know before getting started:

- **Style:** Consider your taste and how your lighting will interact with your décor and architecture. Is your style contemporary, traditional or transitional?

If you have heavily ornamented furniture, wallpaper or window dressings, consider lighting that's cleaner and simpler for a balanced contrast.

"The trend today is cleaner and simpler designs, regardless of your style preference," says Dross. "Keep it simple."

Finish: Today's most popular fixtures feature lighter colors like polished nickel or chrome, and textured or distressed finishes such as aged bronze.

Layers: Multiple light sources can minimize glare and shadows, while adding depth and dimension, so layer spaces with ambient (overhead), task and accent lighting. Ceiling fans are a favorite source of ambient lighting for a great room or family room.

- **Functionality:** Think about how you plan to use each space you're lighting. For example, if your dining room serves more as a homework and hobby station than a formal place to gather, you'll want to install a maximum amount of light. If you entertain there, be sure to install a dimmer.

Take advantage of the experience and expertise of a designer, contractor or lighting professional to help you determine how your lighting can accommodate your daily life.

- **Dimensions:** Pick appropriately sized lighting fixtures for the size of your rooms. A good rule of thumb for chandeliers is to add the two dimensions of your room to arrive at a minimum diameter. So a 12x12 room should have a fixture with a minimum diameter of 24 inches and be no larger than the width of the dining room table.

- **Energy-efficiency:** Consider new lighting technologies such as LED lighting, which can save you money on electric bills.

- **Wiring:** Know where the outlets and electrical boxes are. This is especially important for new construction or large remodeling jobs.

- **Sunlight:** Natural light plays a large role in the type of lighting you need. Look at where the windows are and how much light they let in. Pay attention to plants or trees that may partially block the sun's rays.

It's important to consider both daytime and nighttime lighting when choosing lighting.

- **Accents:** Light the cove, add sconces and fill the tray ceiling with light. Accent lighting is the jewelry of the home and can make a huge difference to your home's appeal. For more lighting ideas, visit www.Kichler.com.

If you haven't given lighting careful consideration in the past, now is the perfect opportunity -- whether you're remodeling or building your home.



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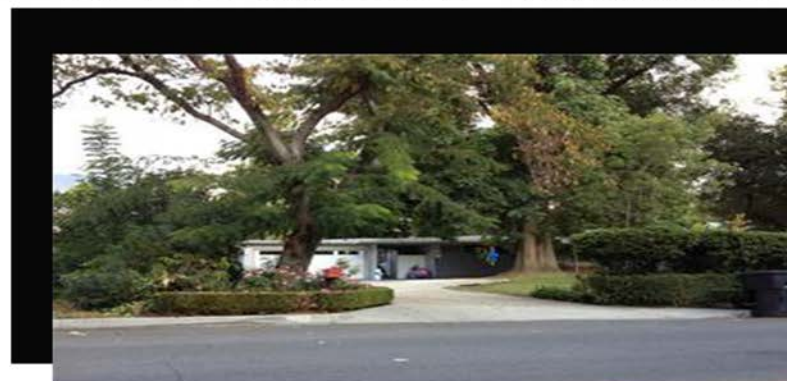
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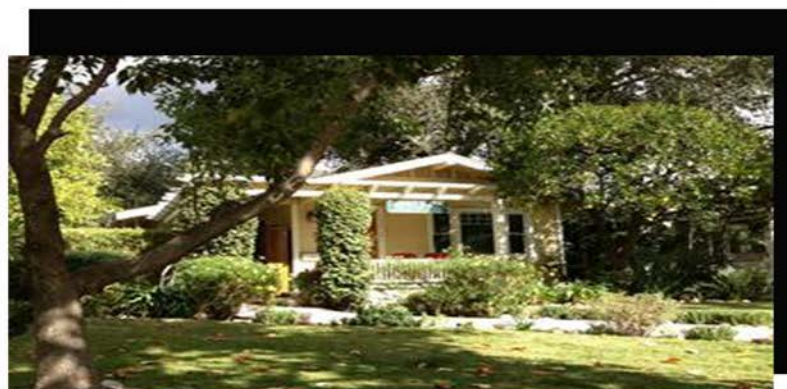
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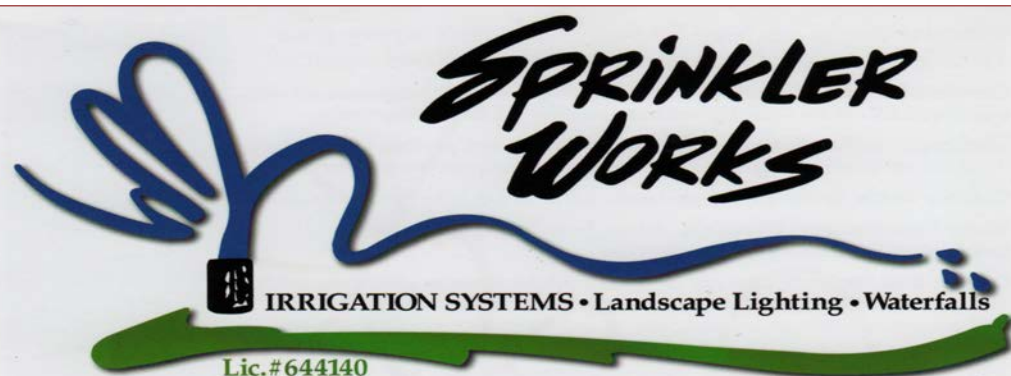
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File No. 2013-030460
The following person(s) is (are) doing business as: VERDUCCI, US WEAR; AMANDA; ESSENTIAL; MATANA, 300 S. ANDERSON ST., L.A., CA 90033. Full name of registrant(s) is (are) AMERICAN FASHION, INC., 300 S. ANDERSON ST., L.A., CA 90033. This Business is conducted by: A CORPORATION. Signed: BAHMAN NAVAIBAN. This statement was filed with the County Clerk of Los Angeles County on 02/13/2013. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News
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File No. 2013-028534
The following person(s) is (are) doing business as: VICKI'S PARTY SUPPLY, 1516 W. SLAUSON AVE., L.A., CA 90047. Full name of registrant(s) is (are) VIRGINIA SANCHEZ, 9919 RICHEON AVE., DOWNEY, CA 90240. This Business is conducted by: AN INDIVIDUAL. Signed: VIRGINIA SANCHEZ. This statement was filed with the County Clerk of Los Angeles County on 02/11/2013. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News
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File No. 2013-031057
The following person(s) is (are) doing business as: VIETNAMESE NOODLE & RICE; LEMONGRASS VIETNAMESE EATERY, 15705 ARROW HWY. #8, IRWINDALE, CA 91706. Full name of registrant(s) is (are) JAMES NGH, 3421 BARTLETT AVE., ROSEMEAD, CA 91770. This Business is conducted by: AN INDIVIDUAL. Signed: JAMES NGH. This statement was filed with the County Clerk of Los Angeles County on 02/14/2013. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News
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FICTITIOUS BUSINESS NAME STATEMENT
File No. 2013-030383
The following person(s) is (are) doing business as: VILLAGE BARBERS SHOP, SOTELO BARBERS, 833 TORRANCE BLVD. #136, TORRANCE, CA 90502. Full name of registrant(s) is (are) LUIS SOTELO, 833 W. TORRANCE BLVD. #136, TORRANCE, CA 90502. This Business is conducted by: AN INDIVIDUAL. Signed: LUIS SOTELO. This statement was filed with the County Clerk of Los Angeles County on 02/13/2013. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et

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FICTITIOUS BUSINESS NAME STATEMENT
File No. 2013-030657
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FICTITIOUS BUSINESS NAME STATEMENT
File No. 2013-031291
The following person(s) is (are) doing business as: VISTA CONSULTING, 19687 E. VALLEY BLVD. STED, WALNUT, CA 91789. Full name of registrant(s) is (are) STEVE BOLEN, 19687 E. VALLEY BLVD. STE. D, WALNUT, CA 91789. This Business is conducted by: AN INDIVIDUAL. Signed: STEVE BOLEN. This statement was filed with the County Clerk of Los Angeles County on 02/14/2013. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 01/01/2013. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News
Dates Pub: Feb. 16, 23, March 02, 09, 2013

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2013-026842
The following person(s) is (are) doing business as: VOLT SHOES, 13013 PHILADELPHIA ST., WHITTIER, CA 90601. Full name of registrant(s) is (are) RONALD MARTINEZ, 8615 PAINTER AVE., WHITTIER, CA 90602. This Business is conducted by: AN INDIVIDUAL. Signed: RONALD MARTINEZ. This statement was filed with the County Clerk of Los Angeles County on 02/07/2013. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News
Dates Pub: Feb. 16, 23, March 02, 09, 2013

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2013-027834
The following person(s) is (are) doing business as: WATER SUPERIOR, 3725 FIRESTONE BLVD., SOUTH GATE, CA 90280. Full name of registrant(s) is (are) JUAN O. MINA ESCOBAR, 1058 W. GAGE AV., L.A., CA 90044. This Business is conducted by: AN INDIVIDUAL. Signed: JUAN O. MINA ESCOBAR. This statement was filed with the County Clerk of Los Angeles County on 02/08/2013. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News
Dates Pub: Feb. 16, 23, March 02, 09, 2013

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2013-015776

The following person(s) is (are) doing business as: ZIZILU, 2322 MONTE VERDE DR., SIGNAL HILL, CA 90755. Full name of registrant(s) is (are) RAZAN ALJABBAN, 2322 MONTE VERDE DR., SIGNAL HILL, CA 90755. This Business is conducted by: AN INDIVIDUAL. Signed: RAZAN ALJABBAN. This statement was filed with the County Clerk of Los Angeles County on 01/23/2013. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News
Dates Pub: Feb. 16, 23, March 02, 09, 2013

FILE NO. 2013-028766
STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME
The following person(s) has/have abandoned the use of the fictitious business name: CERES HOTEL, 553 CERES AVE., L.A., CA 90013. The fictitious business name referred to above was filed on 02/07/2013, in the county of Los Angeles. The original file number of 2013026830. The business was conducted by: A GENERAL PARTNERSHIP. This statement was filed with the County Clerk of Los Angeles on 02/11/2013. The business information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false, is guilty of a crime.) SIGNED: VIRENKUMAR PATEL/PARTNER.
Publish: Mountain Views News
Dates Pub: Feb. 16, 23, March 02, 09, 2013

FILE NO. 2013-029674
STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME
The following person(s) has/have abandoned the use of the fictitious business name: FRANK'S BARBER SHOP & BEAUTY SALON & SUPPLY, 1207 VENICE BLVD., L.A., CA 90006. The fictitious business name referred to above was filed on 07/15/2011, in the county of Los Angeles. The original file number of 2011065316. The business was conducted by: AN INDIVIDUAL. This statement was filed with the County Clerk of Los Angeles on 02/12/2013. The business information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false, is guilty of a crime.) SIGNED: LUCIA GARAY.
Publish: Mountain Views News
Dates Pub: Feb. 16, 23, March 02, 09, 2013

FILE NO. 2013-028858
STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME
The following person(s) has/have abandoned the use of the fictitious business name: INDUSTRIAL BATTERY SPECIALISTS, 4603 LAGODA AVE., LAKEWOOD, CA 90713. The fictitious business name referred to above was filed on 04/23/2012, in the county of Los Angeles. The original file number of 2012073360. The business was conducted by: AN INDIVIDUAL. This statement was filed with the County Clerk of Los Angeles on 02/11/2013. The business information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false, is guilty of a crime.) SIGNED: TELLATZIN SOTO/OWNER.
Publish: Mountain Views News
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FILE NO. 2013-028514
STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME
The following person(s) has/have abandoned the use of the fictitious business name: MONTEBELLO FAMILY DENTAL, 711 W. WHITTIER BL., MONTEBELLO, CA 90640. The fictitious business name referred to above was filed on 07/27/2010, in the county of Los Angeles. The original file number of 2013028515. The business was conducted by: A CORPORATION. This statement was filed with the County Clerk of Los Angeles on 02/11/2013. The business information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false, is guilty of a crime.) SIGNED: RUBEN V. GONZALEZ/PRESIDENT.
Publish: Mountain Views News
Dates Pub: Feb. 16, 23, March 02, 09, 2013

FILE NO. 2013-028874
STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME
The following person(s) has/have abandoned the use of the fictitious business name: QUEEN CITY REALTY, 1165

E. SAN ANTONIO DR. #H, LONG BEACH, CA 90807. The fictitious business name referred to above was filed on 12/11/2012, in the county of Los Angeles. The original file number of 2012245973. The business was conducted by: A CORPORATION. This statement was filed with the County Clerk of Los Angeles on 02/11/2013. The business information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false, is guilty of a crime.) SIGNED: WILL ALLEN/PRES.
Publish: Mountain Views News
Dates Pub: Feb. 16, 23, March 02, 09, 2013

FILE NO. 2013-027705
STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME
The following person(s) has/have abandoned the use of the fictitious business name: SAN PEDRO BUFFET, 726 S. PACIFIC AVE., SAN PEDRO, CA 90731. The fictitious business name referred to above was filed on 11/30/2012, in the county of Los Angeles. The original file number of 2012238154. The business was conducted by: AN INDIVIDUAL. This statement was filed with the County Clerk of Los Angeles on 02/08/2013. The business information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false, is guilty of a crime.) SIGNED: JASMIN MOSQUEDA/OWNER.
Publish: Mountain Views News
Dates Pub: Feb. 16, 23, March 02, 09, 2013

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2013-018086
The following person(s) is (are) doing business as: LILY SPA & BEAUTY 24 W. SIERRA MADRE BLVD. STE. E, SIERRA MADRE, CA. 91024. Full name of registrant(s) is (are) LILLIAN BUCKNER 341 ACACIA ST., SIERRA MADRE, CA. 91024. This Business is conducted by: AN INDIVIDUAL. Signed: LILLIAN BUCKNER. This statement was filed with the County Clerk of Los Angeles County on 01/28/2013. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News
Dates Pub: Feb. 16, 23, March 02, 09, 2013

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ORDER TO SHOW CAUSE FOR CHANGE OF NAME CURISSA SCOTT CASE NO. TS016064

TO ALL INTERESTED PERSONS: Petitioner CURISSA SCOTT HAS FILED A PETITION WITH THE LOS ANGELES SUPERIOR COURT - SOUTH CENTRAL JUDICIAL DISTRICT FOR A DECREE CHANGING NAMES AS FOLLOWS:

Present Name: Curissa Scott
Proposed Name: Kurissa Latrice Scott

A HEARING on the petition will be held on 04/08/2013 at 8:30AM in Dept. B located at 200 West Compton Blvd., Compton, CA 90220

THE COURT ORDERS that all interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted.

Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted.

If no written objection is timely filed, the court may grant the petition without a hearing.

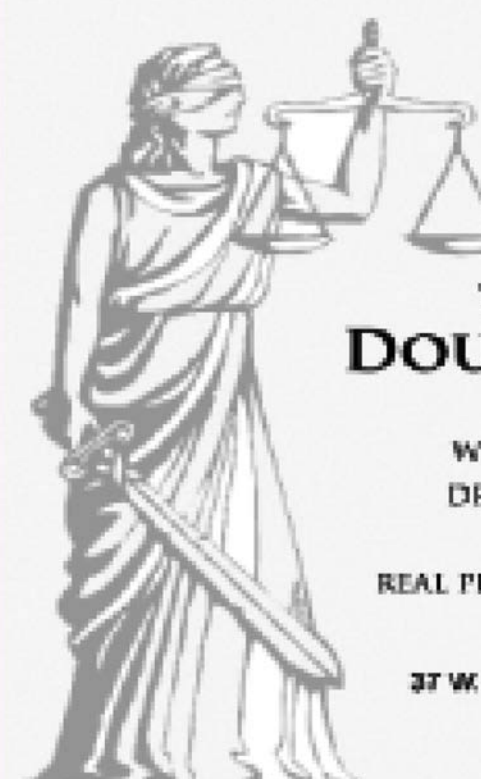
Petitioner Appearing Pro Per
Curissa Scott
17223 Wall Street
Carson, Ca. 90746
310-200-1291
JDC - MVNews
March 9, 16, 23 and 30, 2013



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