

## GOING, GOING, GONE!



The demolition of the former Skilled Nursing Center on Sierra Madre Blvd. began on Monday. The site, which once housed Sierra Madre's hospital and has been the subject of much controversy the last 7 years, is being razed so that the construction of The Kensington Assisted Living Facility can begin. Top photos by S. Henderson/Bottom photo by Ron Cooper



The new Kensington Sierra Madre potentially creates over 200 new construction jobs during an anticipated 16 month build period culminating in the hiring of as many as 90 full and part time professional staff that will help care for residents.

Residents will be accommodated within 75 assisted living suites where family and loved ones will be welcome. Additionally, generous community and common space will available, a café where residents can gather with friends and family, a fireplace parlor, library, media and art studios and ample courtyards and gardens for outside seating and relaxing as well. A webpage with photos is available to view here: <http://thekensingtonsierramadre.com/>.



## HIKERS FALL 200 FEET IN EATON CANYON - *Girl Dies from Head Injuries*

In a tragic turn of events, a 17 year old Alhambra teen, Esther Suen ,fell to her death in Eaton Canyon on Friday morning. Another member of the group of four, an 18 year old male, also fell 200 feet and was airlifted to Huntington Hospital. His condition was unknown at press time.

It was reported that Suen died as a result of head injuries, however, the coroner's office will be conducting an autopsy to determine the official cause of death.

The Altadena Sheriff's Department confirmed that the incident occurred in the canyon just north of Altadena. The other hikers in the group, another 17 year old female and 18 year old male were not injured. A full investigation is being conducted by the LA County Sheriff Department.

MVNews

## SUNSHINE RETURNS TO THE FESTIVAL



Maybe it was the 'Luck of the Irish', or maybe it was just time, but for the first time in three years, Sierra Madre's Wistaria Festival had dry weather. Held on St. Patrick's Day, the 119 year old vine drew more than 1,000 visitors by foot and shuttle to see its splendor. In addition, the exhibits of 80 crafters, a dozen food vendors, local artists, numerous local and regional non profit groups and our own local merchants drew additional visitors to Sierrra Madre. As one shopper said, "I've been so busy shopping that I completely ran out of time to see the vine!"

The event is sponsored by the Sierra Madre Chamber of Commerce with support from Athens Services, The Kensington, Southern California Edison and The Gas Company.



Members of the Sierra Madre Woman's Club (top) were the first to greet visitors on the Sierra Madre Blvd. (Photo by S. Henderson) Our Mayor Pro Tem Nancy Walsh, inset, has been credited for being the 'lucky charm' that brought good weather to the Festival, but it may have been the melodic sounds of the Flower of the Flock in Kersting Court. (above). Photo by Dean Lee

The Sierra Madre Friends of the Arts, Patricia Ancona, Sherrinn Mullen Ancona, Lazaro Arvizu, Kathleen Carey, Tracy Chamberlin, Susie Cortez, David Em, Lee Anne Graves, Stephen Johnstone, Jennifer Lindstrom, Sarah Prescott, Nicole Mililani Scanlan, Anibal Silveyra, and Camellia Steele created an Artist's Alley on Windsor Lane.

Music was provided by: The Subs, New Astroturf, ? and The Wistarians, Snotty Scotty and the Hankies, Flower of the Flock, Gem City Jazz Cats, Homegrown, Chico's Bail Bonds , Ron Longo, and Terry Gucma at various venues throughout the festival.

### This Week's Highlights:

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## Weather Wise

### 5-Day Forecast

#### Sierra Madre, Ca.

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

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 26, 2013  
6:00 pm

3/23 - Alverno High School Gala

3/25-3/29 - Sierra Madre School Spring Break

3/25 - Rotary Music Competition

3/26 - City Council Meeting 6:30

3/26 - Alverno High School Living Stations

3/27 - Library Parenting Workshop

3/27 - Library Trustees Meeting 7:00

3/28 - CERT Training

3/30 - Volunteer Firefighters Easter Egg Hunt

3/30 - Library eReader Class



**SELF STORAGE IN SIERRA MADRE**  
130 E. Montecito Avenue  
Sierra Madre, CA 91024

**SELF STORAGE  
MAIL BOX RENTALS  
FAX SERVICE**

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

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

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

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

Just write a Public Service Announcement that describes your event and e-mail it to [radio@cityofsierramadre.com](mailto:radio@cityofsierramadre.com).



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**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

SATURDAY MORNINGS D. J. Boddington

DJ Boddington AKA James Faulkner returns Saturday morning at 7:00 until 10:00 with his Saturday Morning Mix show. Lovers of music - tune in!

Village Vine Online Sports presents Little League Baseball this Wednesday night, March 27th, at 5:00 PM:

The Sierra Madre Brewers host the Pasadena Central Red Sox. The broadcast team of Gene Goss and Erik Zimmerman will provide play coverage and commentary live from Heasley Field.

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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](mailto:peggybeau@gmail.com) and visit our Facebook page Rotary of Sierra Madre.

**[www.SierraMadreRotary.com](http://www.SierraMadreRotary.com)**

### FRIENDS OF THE SIERRA MADRE LIBRARY BEST USED BOOK SALE

Just in time for spring, gardening books will be featured at the next Friends of the Sierra Madre Library's Best Used Book Sale being held in the basement and back parking lot of the library on Friday, April 5, from 3:00-7:00 p.m. and Saturday, April 6, from 10:00 a.m. to 2:00 p.m. We'll offer a variety of books on designing and planting gardens for year-round beauty as well as books on planning specific garden types and the plants to use in each. For the history buff there are several Time-Life sets such as *The Civil War* and *The Old West*. If your taste runs more to fiction, we have a number of sets of Anthony Trollope novels and a beautiful set of the Franklin Library reprints of classic literature titles. Also on sale are many other volumes of newer fiction and non-fiction. Our basement table features sets of art prints by famous artists and wonderful coffee table books on cooking, wine, history, and contemporary culture in addition to volumes for children and teens. There will also be DVDs and Audio Books for sale.

In the parking lot, our popular \$1.00 bargain book tables feature newly reduced volumes from our fiction and non-fiction collection as well as a variety of teen and young adult books. And, as always, the paperbacks and children's books outside are only 25 cents each or 5 for \$1.00.

These sales offer high quality, slightly used books that are culled from our library shelves or donated, books that you'll be proud to place in your own library or to give to friends and family. So come early and come often to see what treasures you can find. Proceeds from the Best Used Book Sales will be donated to the Sierra Made Public Library to support program and equipment needs. The library is located at 440 W. Sierra Madre Blvd. in the city of Sierra Madre and there is parking on the street and behind the library. For more information visit our website at [www.sierramadrelibraryfriends.org](http://www.sierramadrelibraryfriends.org) or call the library at 626 355-7186.

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

### 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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# SIERRA MADRE

Sierra Madre

Arcadia

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Monrovia

## REMEMBRANCES

### Doria Mae McDonald

Doria was born in Los Angeles on May 20, 1920. Her family included her parents, George and Mabel McDonald, her sister Mary and her brother, Henry. Doria grew up in the Los Angeles area, attended South Pasadena and San Marino schools and graduated college at USC. Her profession was human resources.

Doria served most of her career with the University of California and retired relatively early at age 55 as Director of Human Resources for UCLA Medical Center. She broke many glass ceilings during her distinguished career!

Her early retirement enabled her to travel the world for many years while still devoting huge amounts of time to her family and various volunteer organizations.

She moved to Sierra Madre in 1977 where she lived for the rest of her life.

Doria always remained very close to and deeply supportive of her extended family, most of which was in Sierra Madre. She was an incredible role model to her family. She gave so much to others including years of volunteering with Meals on Wheels and Women at Work. She also was a member and held a number of offices within the San Marino Chapter of PEO.

Doria died peacefully on March 9, 2013. She is survived by her nieces Cecile Goodwin of Sierra Madre and Jeanette Martin of San Marino; her four grand nieces, three grand nephews and four great grand nephews.

We shall miss her dearly. A small family burial service was held grave side on March 18, 2013. In lieu of flowers her family asks that you contribute to Women at Work in Pasadena, The American Cancer Society or the UCSF Memory and Aging Center.



### IRENE KUDIRKA

June 21, 1927 - March 13, 2013

Our dear mother, Irene Kudirka, passed away on March 13, 2013, at the age of 85.

Irene was born in Kybartas, Lithuania on June 21, 1927. Together with her parents, Andreas and Berta Giedrys and older brother, Eugene, Irene moved to Kaunas, Lithuania where she spent her youth and attended school.

During the Second World War, her father was a wartime prisoner at the Kaunas 9th Fort Prison. After her father was released, the family relocated to Augsburg, Germany and resided in the displaced persons' camp, 'Haunstetten'. There she graduated from Saint Theresa's Catholic Girls High School.

Irene emigrated to America in 1949, and lived in Brooklyn, New York with her parents. In 1951 she married George Kudirka, MD, while he completed his residency in family practice. Later, they resided in various states while her husband completed his military service. In 1951 they settled in Mason City, Illinois, where they resided for over fifty years raising a family of five children; four sons, George, Tom, Tony, John, and one daughter Daina. All children are graduates of higher education; three sons earning medical degrees, MD, and one son with two Masters Degrees in public administration and international business. Their daughter attained a BS in Nursing.

Irene Kudirka resided the last five years in Sierra Madre, California. Her husband, Dr. George Kudirka, passed away October 14, 2011, and is buried in Mason City, IL. They were married for 60 years.

Irene is survived by (4) sons, George Kudirka (Beth) grandsons Chris & Taylor of Tuscaloosa, AL., Tom Kudirka of Santa Monica, CA., granddaughter Magalie, Anthony Kudirka (Lori) grandson Adam, granddaughter Lauren of Milford, MI., John Kudirka grandsons Connor & Lukas, granddaughter Lexi of Thousand Oaks, CA., and a daughter, Daina Kudirka Shuster (Mark) granddaughters Sterling & Kiki, grandson Alec of Arcadia, CA.

The funeral for Irene Kudirka will take place at St. Casimir's Lithuanian Catholic Church on Thursday, March 21st at 11AM. She will be buried in Mason City, Illinois on Tuesday, March 26th, 2013.

The Kudirka Family.



## Sierra Madre Search and Rescue Log

Search and rescue activity in our local area continues at a very modest level with the Sierra Madre Search and Rescue (SMSR) Team responding to three calls for assistance in February.

**Injured Hiker, Big Santa Anita Canyon, Chantry Flat:** The Team received a page at 1:00 p.m. on February 7th to respond on reports of a hiker with an injured ankle near Sturtevant Falls. Search and rescue team members were joined at the Chantry parking lot by responding fire department units from Los Angeles County and Sierra Madre. A unified command was established and rescuers began making their way to the subject's reported location. Crews on scene assessed the hiker's injuries and determined that they were not serious. A LA County Fire Department helicopter responding to the incident was cancelled and a ground-based litter wheel out was initiated. The operation was secured at 2:00 p.m. and all units released from the incident.

**Stranded Hiker, Eaton Canyon:** At 6:30 p.m. on the 17th, SMSR responded to a mutual aid request from Altadena Mountain Rescue to assist in the technical rescue of a hiker stranded on a ridge above Eaton Canyon. The hiker had become separated from his hiking companion and reached a point along the ridge where he could neither ascend or descend safely. The hiker's cell phone became invaluable not only in communicating with rescuers, but by using the light from the phone's screen he was able to provide a visual clue to his location. A small light source can often stand out easily against a very dark mountainside at night. Rescuers used a series of rope systems to reach the hiker and bring him to a safe location and walk him out to the trailhead. The rescue was secured at 10:09 p.m.

Rescuers would like to remind hikers that off-trail travel in our local mountains can often present significant challenges to the unprepared. Steep cliffs, loose rock, poison oak and other hazards can easily turn a fun day in the mountains into an unpleasant or even life threatening situation. Cell phone coverage is very limited or non-existent in many areas.

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

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

## Sierra Madre Police Blotter

For the period March 11-17, 2013

### Monday March 11, 2013

At 3:30pm, a traffic collision occurred at the intersection of Sierra Madre Boulevard and Mountain Trail Avenue when an eastbound vehicle failed to stop for the posted stop sign. That impact caused the second vehicle to collide with the bus bench shelter at the southeast corner. One party complained of pain and was transported to the hospital by fire department personnel.

### Wednesday March 13, 2013

Palo Alto Police contacted SMPD regarding a fraud investigation being conducted in their city. A business in Palo Alto reported four fraudulent checks drawn on their account in late 2012. The Palo Alto investigation revealed that the fraudulent checks had been deposited in an ATM at the Sierra Madre Branch of the Bank of America.

SMPD has assumed investigative responsibility for the matter. Surveillance video has been acquired and information on two suspects with addresses in Los Angeles obtained. The investigation is continuing.

### Saturday March 16, 2013

At 8:30pm, a vehicle travelling north on Lima Avenue from Orange Grove Avenue collided with a vehicle parked at the curb. The driver stated that she did not see the vehicle prior to the collision. She located the owner of the parked vehicle and ensured that a police report was completed. The driver was not injured in the incident.

City of Sierra Madre

### PUBLIC HEARING NOTICE

**From:** The City of Sierra Madre  
**Subject:** MUNICIPAL CODE TEXT AMENDMENT 12-03 (MCTA 12-03)  
**Applicant:** City of Sierra Madre  
**Project Location:** Properties in the City of Sierra Madre, County of Los Angeles, State of California

The City of Sierra Madre gives notice, pursuant to State of California law, that the City Council will conduct a public hearing to consider an Ordinance amending the development standards for single-family residences in the City. The following chapters of the Municipal Code are proposed to be amended: 1) Chapter 17.20 ("R-1 One Family Residential Zone") regarding various definitions (attic, habitable attic space, bedroom, driveway, gross and net floor area, flag lot, and front lot line), permitted uses, floor area calculation, setbacks, building floor area calculation, height, and parking, among others; and 2) Chapter 17.68 ("Parking") regarding parking requirements, tandem parking, and pavement of parking areas associated with single-family residential uses subject to R-1 development standards. At their meeting on March 7, 2013, the Planning Commission recommended approval of MCTA 12-03 to the City Council.

### DATE AND TIME OF HEARING

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

### PLACE OF HEARING

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

All interested persons may attend this meeting and the City Council will hear them with respect thereto.  
**ENVIRONMENTAL DETERMINATION:** The project qualifies for a Negative Declaration pursuant to the provisions of the California Environmental Quality Act (CEQA).

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

## TREES TOPIC OF APRIL GARDEN CLUB MEETING

Tree Damage and the Great 2011 San Gabriel Valley Windstorm: Predestined or Preventable? Arboretum Botanical Information Consultant Frank McDonough looks at trees destroyed or damaged by the 100-year windstorm and comes up with some surprising conclusions. Highlighting recent studies of the physics of tree failure, Mr. McDonough will explain what they mean for our trees and safety. We will find out why some species of trees were untouched while others failed; how thinning, lacing, and topping can make a tree more vulnerable to failure; how to choose and plant a tree to increase its chances of standing up to the wind; one planting mistake that will almost always doom a tree; and how to determine which one of your trees should be removed before it kills you.

Los Angeles Arboretum and Botanic Garden botanist Frank McDonough graduated with a botany degree from Cal Poly Pomona and has worked in the horticultural industry for over 30 years. He is a certified California Nursery Professional and holds a California Pest Control Advisors License. With the Arboretum since 1998, he answers thousands of plant-related questions from government, business, and private individuals. Frank uses the Arboretum's vast store of horticultural

literature, his Internet search skills, and his own 30 years of experience as a nurseryman and botanist to track down the answers. From "what's eating my plant?" to "what evidence would a man-eating plant leave?" the riddles he must solve are as varied as the residents of the county he serves. He has appeared as an expert on the DIY channel, the Gardening Channel and the History Channel. As a professor at California State University Dominguez Hills he taught a televised college course on gardening called "Gardens of California" viewed by over 98,000 people weekly on channel 36 in Los Angeles and channel 64 in Pasadena.

Anyone interested in learning about trees or gardening in general is invited to attend the April 8 meeting of the Sierra Madre Garden Club. Dinner begins at 6:30 p.m., followed by the program at 7:15 p.m. The catered dinner is \$10 and reservations for dinner must be made by April 4, at 626-836-4945. There is no charge for attending only the program. Location: Hart Park House, Memorial Park, 222 W. Sierra Madre Blvd., Sierra Madre, CA 91024. For more information, call the reservation number or visit [www.smgarden.org](http://www.smgarden.org).

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## FOR SUCH A ONE AS THIS

A unique dramatic musical presentation for Holy Week featuring choir, soloists, full orchestra, and drama teams.

**Palm Sunday, March 24**  
**6:00 pm in the Sanctuary**

**Good Friday, March 29**  
**7:00 pm in the Sanctuary**

Don't miss the dramatic conclusion to this presentation on Easter Sunday during the 6:30, 8:00, & 10:30 am services.

**No Tickets Required | Open Seating | Freewill Offering**

Contact Leslie Cheng for more information at [Icheng@paznaz.org](mailto:Icheng@paznaz.org) or 626.351.2433.

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3700 East Sierra Madre Boulevard | Pasadena, California 91107 | 626.351.9631 | [www.paznaz.org](http://www.paznaz.org)

**GOOD FRIDAY, APRIL 29, 2013**

**4:30 P.M. – 8:00 P.M.**

### COMMEMORATE THE PASSION AND DEATH OF CHRIST STATIONS OF THE CROSS

The Passionists welcome the public to join in devotion of the Stations of the Cross on **Good Friday, April 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

### CELEBRATE HOLY WEEK & EASTER AT SIERRA MADRE'S VILLAGE CHURCH OF THE ASCENSION

As at any joyous holiday season, you can count on Church of the Ascension – Sierra Madre's Village Church - to be the place where you can join with friends and neighbors to remember the events of Holy Week and rejoice at the miracle of Easter. All of the services point to the joy of the Paschal Mystery – the Resurrection of Our Lord Jesus Christ. *Services during Holy Week 2013 include:*

**Palm (Passion) Sunday** March 24 at both 8 AM and 10:15 AM

Both services include the Blessing of Palms. The 10:15 AM service will begin in the Memorial Garden with a procession into the Church.

|                             |               |                   |  |
|-----------------------------|---------------|-------------------|--|
| <b>Monday &amp; Tuesday</b> | March 25 & 26 | 7:00 PM           | Mass   |
| <b>Tenebrae – Wednesday</b> | March 27      | 7:00 PM           | Readings from the Holy Scripture and the Early Church.   |
| <b>Maundy Thursday</b>      | March 28      | 7:00 AM           | Mass   |
|                             | March 28      | 7:00 PM           | Foot-washing and Mass. This service begins what is known as the Triduum – the Three Holy Days. |
| <b>Good Friday</b>          | March 28      | 9:00 pm -12:00 am | Watch at the Altar of Repose   |
|                             | March 29      | 6:00 – 11:00 am   | Watch at the Altar of Repose   |
|                             |               | 12:00 PM          | Stations of the Cross  |
|                             |               | 7:00 PM           | Liturgy  |

There are two distinct services on Good Friday. The first is the Stations of the Cross which begins in the Church and processes around the grounds. The second service is the Good Friday Liturgy & Veneration of the Cross before the Church "goes dark" until Easter Eve.

**Holy Saturday** March 30 10:00 am  
Youth Group Party

**Easter Vigil & 1<sup>st</sup> Eucharist** March 31 6:00 AM

The pre-dawn Sunday morning Easter Vigil is both a spiritual and physical awakening as the sun rises over the outdoor service and the congregation shares the joy of the Resurrection. The service then moves into the sanctuary where we experience the music of Easter, the beautifully decorated church, the Easter sermon, and together celebrate the first Eucharist Mass of Easter. An old tradition at Ascension is for everyone to bring bells to ring as a sign of our joy.

**Easter Service** March 31 10:15 AM Church

Traditional Easter message, Music, and Festival High Mass. The proclamation of Jesus' Resurrection is again accompanied by the bells brought by the congregation.

Come for some part or all of this series of reflection. Holy Week and Easter services are great ways to meet new neighbors and check out a wonderful community church. For more information, please call the church office at (626) 355-1133 or visit: [www.ascension-sierramadre.com](http://www.ascension-sierramadre.com).

St. Rita Catholic Church Office of Liturgy and Music presents

## JOURNEY TO THE Cross

**PALM SUNDAY EVENING**  
March 24, 2013  
6:30 p.m.

St. Rita Catholic Church  
318 N. Baldwin Ave., Sierra Madre  
(626) 355-1292 ✉ [www.st-rita.org](http://www.st-rita.org)

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# Pasadena Altadena

News From Your Community For Your Community

## Review Concluded in McDade Shooting

Pasadena Police released an update Wednesday to the ongoing independent reviews and a concluded internal administrative review of the officer involved shooting, last year, of Kendrec McDade determining that involved Officer's actions were lawful and within departmental policy.

According to police, on March 15, the Pasadena Police Department concluded the Administrative Review on this incident, which included the Use of Force Review Board. The Review Board considered lawfulness, tactics, patrol vehicle operation, radio communication and equipment and determined that Officer Newlen and Officer Griffin's actions were lawful and within departmental policy.

In December, the District Attorney's Office completed their own investigation concluding that, "the officers acted in lawful self-defense and defense of others."

Police responded to a radio call on March 24, 2012 at 11:04 p.m., of an armed robbery on Orange Grove Blvd. at Summit Avenue. Patrol Officers Jeffrey Newlen and Matthew Griffin responded shooting McDade at Fair Oaks Avenue and Orange Grove Blvd. He later died from his injuries.

"The loss of any life, regardless of the circumstances, is always tragic," Police Chief Phillip Sanchez said. "The shooting involving Kendrec McDade is no exception. Whenever lethal force is used, it demands a comprehensive review to evaluate tactics, communication, equipment and conduct of the officer(s). To that end, the completion of the Department's Administrative analysis and the utilization of independent reviews serve to meet these obligations." As Chief, I am acutely aware of my responsibility to the community, to our Mayor and City Council, and to my employees, recognizing these relationships necessitate open communication and accountability."

Sanchez said the department is also awaiting the independent reviews being conducted by the Office of Independent Review Group and the Federal Bureau of Investigation. Upon receipt, their findings will be made available to the public

## Pet of the Week



Sophie is a shy, four-year-old Tibetan spaniel mix. A calm, quiet household would be a great match for her. She'd love to find a loving home.

Sophie's adoption fee is \$125, which includes her spay 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 A322638, or visit at 361 S. Raymond Ave. in Pasadena. Adoption hours are 11-4 Sunday, 9-5 Tuesday – Friday, 9-4 Saturday. Pets may not be available for adoption and cannot be held for potential adopters from phone calls or email. Directions and photos of all pets can be found at [www.pasadenahumane.org](http://www.pasadenahumane.org).



## Gelson's Market to Leave Pasadena

After being in the city for over a decade, Gelson's supermarket chain President Rob McDougall said the Paseo Colorado store will close in July due to the low number of customers shopping at the location.

The announcement came in statement released Monday. "After almost 12 years of operation in Pasadena, we have reached the difficult decision to discontinue operation of the Pasadena store," he said.

The store will most likely close on July 21.

McDougall also said that all employees will be reassigned to

alternate Gelson's locations; "no employee will be involuntarily displaced due to this store closure."

"It's been an honor serving our loyal Pasadena shoppers and the surrounding community—we genuinely appreciate your years of support," He said. "We hope to continue to serve you in one of our 16 other locations."

Nearby Gelson's include, Silver Lake/Los Feliz, North Hollywood, Encino and Sherman Oaks.

This makes the second major store closing at the Paseo Colorado this year. Macy's, Inc.

announced in January plans to close stores throughout the country including the Paseo Colorado.

Karen Hoguet, chief financial officer of Macy's, said in January, they had to, "make the tough decision to selectively close underperforming stores that no longer meet our performance requirements or where leases are not being renewed."

Gelson's Market was founded by Bernard and Eugene Gelson. The first store opened in Burbank in 1951.

## Chamber to Hold Restaurant Week

Pasadena's restaurant community opens its doors to guests from throughout Southern California for the third Pasadena Restaurant Week. The Pasadena Chamber is sponsoring the event which takes place from Sunday, April 21st through Friday, April 26th.

Pasadena Restaurant Week is a citywide event featuring the cuisine of many of Pasadena's top dining establishments. Participating restaurants will offer fixed price dinner and/or lunch menu items for visitors. Dinners will be three-course meals while lunches will consist of two-courses. Depending on the venue and menu offered, meals will be priced at either \$26, \$35 or \$44 for dinner or \$15, \$20 or \$25 for lunch. (Some prices may vary.) Alcoholic beverages, gratuity and tax are not included in the price unless specified by the individual restaurants in advance.

Pasadena Restaurant Week showcases Pasadena as a restaurant destination. The weeklong dining event reminds Southern California that our local restaurants offer dining experiences to satisfy all tastes at every price range. Chefs and restaurateurs are offering their finest lunch and dinner dishes at special prices throughout the week.

For individual restaurant menus, location and pricing information and a complete list of participating restaurants visit Pasadena restaurant week. com. Website information is updated as it becomes available.

## High Collision Intersection Program

The Pasadena Police Department will be conducting traffic enforcement at high collision intersections throughout the City of Pasadena on Monday

The hours of operation will be from 7:00 a.m. to 1:00 p.m.

The Pasadena Police Department is committed to reducing the number of traffic collisions resulting from drivers running red lights or driving aggressively through intersections. The ultimate goal is to enforce and educate the driving public at the same time reducing serious injuries and fatal collisions.

Funding for this program was provided by a grant from the California Office of Traffic Safety.

## Three Arrested for Kidnapping, Shooting at Police

Three suspects were arrested in connection with a home invasion robbery, last week, where three armed masked gunmen entered a residence in the 1900 block of North Arroyo Boulevard and held two women captive.

The break-in took place March 12, at approximately 11:00 p.m. police said.

According to police, officers were made aware of the crime the following morning when bank personnel phoned the police department reporting that a female was at the location reportedly withdrawing money under duress. Pasadena officers responded and began their investigation. The robbery victims were not injured.

On Thursday, March 14, at approximately 12:20 p.m., detectives and Los Angeles County Sheriff's Department (LASD) plainclothes deputies were jointly investigating the robbery when one of two suspects shot at the deputies. The two suspects fled on foot.

A containment was established in the area of Mar Vista Avenue and Orange Grove Boulevard.

Pasadena detectives subsequently arrested Marquis Garrett (male, African American, age 20, a Pasadena resident) and Paul Scott (male, African American, age 31, Pasadena resident) and Eddie McFadden Jr. (male, African

American, age 20, Arcadia resident) for kidnapping for financial gain. Each suspect is being held on \$1 million dollars bail.

The Pasadena Police Department continued to investigate both the home invasion robbery and attempted murder a Sheriff's Deputy.

"The home invasion robbery and attempted murder of a peace officer are violent crimes that necessitate a swift response. The subsequent arrest of the suspects was the result of a collaborative effort involving law enforcement entities; including the Pasadena Police Department, the Los Angeles County Sheriff's Department, the Federal Bureau of Investigation, the California Highway Patrol, and K-9 search teams from South Pasadena PD, Alhambra PD, and El Monte Police Department," stated Police Chief Phillip Sanchez.

Anyone with information regard the home invasion robbery is asked to contact the Pasadena Police Department at (626) 744-4241. Individuals with information regarding the attempted murder of the LASD Deputy are asked to contact the LASD at (323) 890-5500. You may report anonymously through Crimestoppers at (800) 222-TIPS (8477) or <http://lacrimestoppers.org> (insert key word Pasadena).

## Green Award Nominations, Due April 3

The City of Pasadena wants to publicly recognize local businesses, non-profits, schools, artists and individuals who have demonstrated outstanding efforts to improve Pasadena's environment.

Applicants may nominate themselves or another party may nominate them. Green City Award applications must be received by 5:00 p.m., Wednesday, April 3. Application forms are available online at [www.cityofpasadena.net](http://www.cityofpasadena.net). Click on the "Green City Awards Application" on the homepage under FYI Pasadena.

Completed award applications may be emailed to [recycle@cityofpasadena.net](mailto:recycle@cityofpasadena.net) or faxed to (626) 744-7085. You may also mail applications to: City of Pasadena, Department of Public Works/SMIWM Division, Attn: Gabriel Silva, P.O. Box 7115, Pasadena, CA 91109.

For more information

## County to improve Mentally Ill Homeless Services

A motion by Supervisor Michael D. Antonovich directing the Chief Executive Officer to develop recommendations for streamlining and improving the provision of County services for the mentally ill homeless was unanimously approved.

"In addition to expanding the availability of vital

regarding the Green City Awards contact Gabriel Silva, Environmental Programs Manager, at (626)744-4721, or [recycle@cityofpasadena.net](mailto:recycle@cityofpasadena.net).

The 2013 Green City Awards will be presented during the Earth and Arts Festival on April 20. The award program includes eight categories:

- Energy—conservation, alternative energy generation/purchasing
- Waste Reduction—reducing, reusing, recycling, composting
- Urban Design—green building, urban planning, green jobs
- Urban Nature—tree planting, habitat protection, litter abatement
- Transportation—clean vehicles, congestion reduction, public transit
- Environmental Health—toxic reduction, organic foods, air quality improvement
- Water—conservation, pollution prevention, waste water reduction
- Innovation/Start-up—new concepts or ideas, trail blazers

For more information about the City of Pasadena, go online to [www.cityofpasadena.net](http://www.cityofpasadena.net).

mental healthcare treatment through Laura's Law, this action will improve access to other supportive service programs," said Antonovich.

The motion directs the Chief Executive Officer to work with the Departments of Mental Health, Health Services, Public Health, and Social Services and report back to the Board in three weeks.

## Learn How to Produce Your Own TV Show

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

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

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



**PASADENA MEDIA**

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



**"What's Going On?"**

News and Views from Joan Schmidt



A few years ago, I read about firemen and policemen having their heads shaved to earn money. Last year I read an article by Anissa Rivera in the *Pasadena Star News* about her son and other students from Holy Angels having their heads shaved in a fundraiser for young cancer victims. Both times I was very impressed.

This year the event was going to be held at Matt Denny's in Arcadia. It was the Arcadia Fire Department in charge and also some Arcadia Policemen were going to participate. I planned to attend, but was really surprised to learn my former sixth grader from Annunciation, Matthew Brayton, now a freshman at Bishop Amat, was going to participate and had raised \$5000!

I attended the event, and his whole family was there, his parents Janeen and Matt, sisters Emma & Bella, Grandma Peg Maile and Aunt Patty Wright! I also was sitting by the stage, waiting for the event and met Anissa Rivera with her two sons and daughter, "Cheeky" who is quite beautiful. Her older son and youths from Holy Angels School including Joseph Adams, son of Rick and Carol raised \$10,000! Many years ago, Deputy Rick Adams was part of the COPS Team Programs that really improved county areas, so it

**THE ORIGIN OF ST. BALDRICK DAY AND RAISING MONEY FOR YOUNG CANCER VICTIMS**

was a great surprise to see him.

How and where did this wonderful program begin? In Manhattan, in 1999, Tim Kenny issued a challenge to colleagues John Bender and Enda McDonnell. "How would you give back in return for your own good fortune in business? Enda's thick head of hair gave John the big idea of shaving their heads for donations to raise funds for kids with cancer.

On March 17, 2000, the annual reinsurance industry's annual St. Patrick's Day party at Jim Brady's pub in Manhattan became the first St. Baldrick event. The goal of shaving 17 heads and raising \$17,000 turned into 19 bald heads and \$104,000, which was donated to fund the research of the Children's Oncology Group.

The second event in 2001 raised \$140,000. **John and Enda then planned to expand the fundraiser past the reinsurance industry.** After 9/11 the founders lost hundreds of friends and colleagues, but their dedication to this project did not stop. By 2002, there were now 37 head-shaving events and now \$1 Million had been raised. In 2003, firefighters, policemen and the military-not only US bases, but also in Germany and Iraq- began to take part. In 2004, the St. Baldrick Foundation was created. In 2012, 30 million was raised and recently the 100 million mark has been reached in research grant money. It is so amazing that one man wanted to give back and, from his gratitude, such a great program began.

**EARTH HOUR: MILLIONS PREPARE TO SWITCH OFF THE LIGHTS**

Thousands of cities and towns across the world, including major landmarks, to turn off lights to show concern for the environment Earth Hour is here again, and WWF is calling on hundreds of millions of people in thousands of cities and towns around the world to switch off their lights for an hour at 8.30pm local time on Saturday 23 March to show their concern for the environment.

Last year saw the lights go out in homes and businesses in more than 6,950 cities and towns. The campaign even went into space when astronauts reduced power on the International Space Station. This year, more than 150 countries and territories are expected to participate, with Palestine, Tunisia, Galapagos, Suriname, French Guyana, St Helena and Rwanda joining the movement for the first time.

In the United States, New York city landmarks taking place include Times Square, the Rockefeller centre and the Empire State Building. The bright lights of the Las Vegas strip will also go dark for the hour, as well as Los Angeles airport and Niagara Falls. Pasadena City Hall will also go dark for an hour.

Across the world, the Sydney opera house and Harbour bridge, Petronas towers in Kuala Lumpur, Singapore's Marina Bay Sands, Tokyo tower, Taipei 101, the Bird's Nest in Beijing, the Gateway of India, the world's tallest building the Burj Khalifa, the Ancient Citadel of Erbil in Kurdistan, Table Mountain, the Bosphorus Bridge, the Eiffel Tower, the Brandenburg Gate, the UK Houses of Parliament, and Buckingham palace also will be lights out for an hour. Landmarks switching their lights off for the first time for Earth Hour this year include Copenhagen's Little Mermaid

statue and Florence's Statue of David.

At the global media launch for Earth Hour 2013 in Singapore last month, CEO and co-founder, Andy Ridley, highlighted the grassroots nature of the movement:

"People from all walks of life, from all nations around the world, are the lifeblood of the Earth Hour interconnected global community. They have proven time and time again that if you believe in something strongly enough, you can achieve amazing things. These stories aren't unique, this is happening all over the world." Earth Hour has its share of critics, who say it symbolises environmentalism as living in the dark. Author George Marshall wrote in 2009:

"Asking people to sit in the dark plays very well to a widely held prejudice that 'the greens' want us all to go back to living in caves."

This year, Prof Bjorn Lomborg, a prominent critic of the economic cost of dealing with climate change, has warned the gesture will do little to help the planet and gives people the wrong impression about how to address climate issues: "Global warming is a real problem, but Earth Hour is not the answer. Taken to its logical conclusion, if switching the lights off for one hour is a good idea, why not for all the other 8,759 hours of the year?"

Some energy experts have also said that Earth Hour could result in an increase in carbon emissions and place great strain on electricity grids. Fossil-fuelled power stations could be required to fire up quickly when everyone turns their lights back on, "rendering all good intentions useless at a flick of a switch".

But WWF maintains Earth Hour is not about saving energy but raising awareness. Part of this year's campaign is "I Will If You Will" - where you can pledge to take action beyond Earth Hour and get your friends, family and colleagues involved. WWF also wants to spread the word using social media.

**THE FUTURE OF AFFORDABLE HOUSING**

Public Forum April 4, 2013

"Affordable Housing After the Redevelopment Era: What Now?" will be the topic of a free public forum April 4, 10:30 a.m. to 1 p.m. Sponsored by the League of Women Voters Pasadena Area, the event will be at the Women's City Club, 160 N. Oakland Ave., Pasadena.

A panel of professionals with expertise in housing will look at the current stagnated state of affordable housing in the region since Gov. Jerry Brown pulled the plug on 400 redevelopment agencies last year. It also will address prospects for the future. Included will be how League members and the public at large can help support efforts to preserve and develop affordable housing through a proposed Homes and Jobs Act and a \$5 million-a-year fund for affordable-housing.

Here is the lineup of panelists:

Anne Lanier Marquit, Public Counsel's community development attorney, will discuss how California got into its redevelopment quagmire, what the 2013 Homes and Jobs Act can do and how the \$5-million fund works.

William Huang, director of the Pasadena Housing Department, will talk about how Pasadena is coping with a 93-percent loss in fund for affordable housing.

Joseph Carreras, housing director of the Southern California Association of Governments, will discuss demographics and housing patterns in the region.

As the luncheon speaker, Michelle White, director of Affordable Housing Services in Pasadena, will discuss opportunities to advocate for preservation and creation of affordable housing.

The program is free and open to the public. Lunch is available by reservation and costs \$20, including tax and tip. The number to call for reservations is 626-798-0965.

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I am turning off my lights at 8:30pm  
local time on March 23 for **Earth Hour!**







Follow Earth Hour updates at [facebook.com/worldwildlife fund](https://facebook.com/worldwildlife fund)

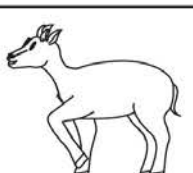
© Jeremiah Armstrong/WWF-Canada

We visited the butterfly zoo and...









...watched butterflies feed on flowers.



# Newspaper Fun!

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Have you ever watched butterflies flutter by and wondered where they come from and where they go? I wanted to learn more about them so I went to visit a butterfly house.

I learned that there are more than 17,500 kinds of butterflies. They live almost everywhere, except Antarctica. I'd tell you more, but I want you to **read my clues to fill in my butterfly crossword puzzle!**

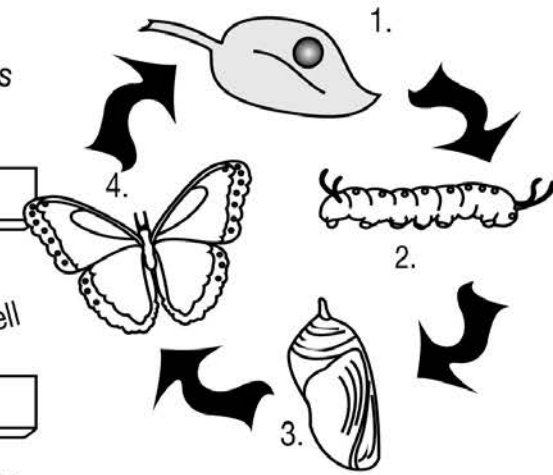
**Butterflies:**

1. are \_\_\_\_\_, they have 6 legs.
2. have 2 pairs of \_\_\_\_\_ and a narrow body
3. have a \_\_\_\_\_ from one half inch (the Pygmy Blue found in southern U.S.) to almost a foot (Queen Alexandra's Birdwing in rain forests of New Guinea)
4. have a sense of taste through their \_\_\_\_\_
5. feed on nectar from \_\_\_\_\_ or juice from rotting fruit through a "strawlike" tongue
6. "\_\_\_\_\_" through their antennae
7. can see \_\_\_\_\_: red, green and yellow
8. have skeletons on the \_\_\_\_\_ of their bodies (exoskeleton)
9. are protected from being \_\_\_\_\_ by their terrible odor or taste
10. may have \_\_\_\_\_ on their wings that scare predators away
11. may have colors that help them \_\_\_\_\_ or blend in
12. fly mostly during the \_\_\_\_\_
13. hang from leaves, crawl into cracks in rocks to sleep at \_\_\_\_\_
14. live for about one \_\_\_\_\_ (some live longer)

## Butterflies

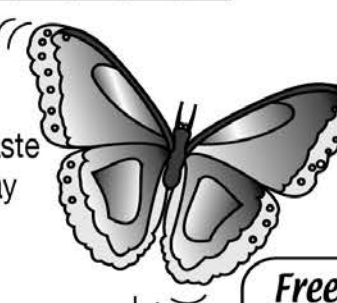
(A Cycle of Life)

**Metamorphosis**  
(Transforming or changing)



Do you know the four stages of a butterfly's life? **Read the clues to fill in the blanks and find out!**

1. a butterfly \_\_\_\_\_ is laid on a leaf
2. a \_\_\_\_\_ (larva) hatches and eats its own eggshell, then it eats the leaves of the plant on which it hatched
3. it hangs by silken threads and forms a \_\_\_\_\_
4. later, the \_\_\_\_\_ (winged adult) comes out and the cycle begins again



**Free Puzzles**

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# ARCADIA

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Arcadia's Home Spun Humor:

## MAYOR'S PRAYER BREAKFAST, ENTERTAINING AND MEANINGFUL

By Joan Schmidt



Recently I attended the best Mayor's Prayer Breakfast ever in Arcadia! Festivities began with Presentation of Colors by Boy Scout Troop 125, Pledge of Allegiance by former City Clerk Jim Barrows and an amazing rendition of the National Anthem by Stu Henderson, accompanied by Tabitha Henken. After Reverend Philip Wood, Pastor of Good Shepherd United Methodist Church, gave the Invocation, Mayor Bob Harbicht came to the Podium and acknowledged all the past Mayors, current City Council Members, Superintendent Dr. Joel Shawn, Supervisor Mike Antonovich and Pasadena Star News Editor Frank Girardot. The Mayor then gave a great address, recalling how our country began...the first rebels were local farmers, townspeople, not professional soldiers. "Would we be brave enough to take up arms and fight professional soldiers?"

After the Mayor's thought-provoking speech, we were treated to a beautiful musical presentation by students from Barnhart School. Their selections included "You're a Grand Old Flag", "Fifty Great States" and "This Land is Your Land".

The Keynote Speaker, Tim Conway, Jr. followed and he had us all in stitches. He is the Radio Host for KFL and loves to go to Santa Anita Race Track. The track provided a source for many of his jokes.

Mr. Conway also noted that there were several former Arcadia mayors at the event. He quipped, "Arcadia has a lot of former Mayors. Did the FBI come through here recently?"

And we also were introduced to Trainer Doug O'Neill and former Santa Anita CEO Mark Verge, who both spoke of their love of horse racing. It was a morning of surprises and seeing familiar faces! The event ended with a special musical performance by the Tzu Chi Charity Foundation, "Love and Care for Our Land" performed while doing sign language.

## Arcadia Police Blotter

*For the period of Sunday, March 10<sup>th</sup>, through Saturday, March 16<sup>th</sup>, the Police Department responded to 1,040 calls for service of which 131 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.*

Sunday, March 10:

1. At about 7:34 p.m., officers responded to the intersection of Santa Anita Avenue and Huntington Drive in regards to a fight in progress. The Arcadia Fire Department responded to the scene to treat the victim's injuries and transported him to Huntington Memorial Hospital for further evaluation. An investigation revealed the suspect punched the victim in the mouth, causing him to fall to the ground with enough force to render him unconscious, and proceeded to kick him in the chest multiple times. The 43-year-old Hispanic male was arrested and transported to the Arcadia City Jail for booking.

2. At approximately 8:13 p.m., an officer made consensual contact with a subject walking in front of Ralphs, 16 East Live Oak Avenue. The officer discovered the subject was under the influence of a controlled substance. The 26-year-old White male was arrested and transported to the Arcadia City Jail for booking.

Monday, March 11:

3. Shortly after 12:30 p.m., officers were dispatched to the 1800 block of South Baldwin Avenue in reference to an area check for a female subject walking in lanes of traffic. An investigation revealed the subject had mental disorders and was not taking her medication. She was transported to Arcadia Methodist Hospital and placed on a 72-hour detention for evaluation and treatment.

4. Just after 6:50 p.m., an officer responded to Sephora at the Santa Anita Mall, 400 South Baldwin Avenue, in regards to a theft report. Two suspects concealed merchandise underneath their t-shirts and exited the store without making payment. The 23 and 24-year-old Hispanic females were arrested and transported to the Arcadia City Jail for booking.

Tuesday, March 12:

5. At roughly 2:40 p.m., an officer responded to the 1100 block of Rancho Road regarding a residential burglary investigation. Unknown suspect(s) forced entry through the front door, ransacked the residence, and took several items including the victim's purse, which contained her car keys. The suspect(s) fled undetected in the victim's vehicle while the entire time the victim was gardening in the backyard. No one reported seeing or hearing anything suspicious.

6. Around 8:40 p.m., an officer was dispatched to CVS Pharmacy, 188 West Las Tunas Drive, regarding a theft that had just occurred. Two Hispanic male suspects fled the store through the rear emergency exit door with six large bottles of hard liquor, one case of beer, and a can of Red bull. They entered an awaiting suspect vehicle, a black two-door Geo hatchback, and fled the location eastbound on Live Oak Avenue. Officers conducted an area check, but the suspects were not located.

Wednesday, March 13:

7. At about 6:25 a.m., a female victim was entering her car parked in the 2800 block of Holly Avenue when she was approached from behind by a male subject. Fearing for her safety, the victim turned around and kicked the subject in the groin area. The subject then punched the victim once in the face and fled westbound on Live Oak Avenue. The officer determined a robbery did not occur; however, the victim felt the subject was going to victimize her in some way.

8. Shortly after 9:35 p.m., officers were dispatched to Tasty Garden, 1212 South Baldwin Avenue, in regards to a robbery report. While sitting inside his vehicle, a restaurant employee was approached by two male suspects who both punched him in the head. One of the suspects put a knife to the victim's throat and demanded money. The victim handed the suspect \$70 in cash and watched them flee the parking lot in a gold or silver colored Sedan, possibly a Japanese make. Suspect one is described as a Hispanic male, approximately 19 to 25-years-old, 5'4" tall, with shoulder length black hair, wearing a black t-shirt and black shorts. Suspect two was described as approximately the same age and height, also wearing a black t-shirt and black shorts. Further investigation is being conducted by the Detective Bureau.

Thursday, March 14:

9. At approximately 6:31 p.m., an officer responded to Macy's at the Santa Anita Mall, 400 South Baldwin Avenue, in reference to a theft report. The suspect, recognized from a prior theft incident in which he was not detained, came back to the store to steal again. He concealed merchandise inside a used shopping bag and exited the store without making payment. The 58-year-old Asian male was arrested and transported to the Arcadia City Jail for booking.

10. Shortly after 11:25 p.m., an officer responded to the 1600 block of Holly Avenue in regards to an intoxicated subject outside the location. The officer made contact with the subject who smelled of alcohol and needed assistance walking. The 48-year-old Hispanic male was unable to care for himself and was transported to the Arcadia City Jail for booking.

Friday, March 15:

11. At about 1:54 a.m., an officer conducted a traffic stop on a vehicle after a records check revealed a misdemeanor warrant attached to the license plate. The driver provided false information; however, a records check revealed the warrant belonged to her and she had a suspended license. The 29-year-old Asian female was arrested and transported to the Arcadia City Jail for booking.

12. Around 2:30 p.m., an officer was dispatched to the 200 block of South Third Avenue regarding a suspicious circumstances call. Several residents observed a female subject looking inside multiple mailboxes. One witness confronted the subject and recorded a partial license plate as she fled the location.

Saturday, March 16:

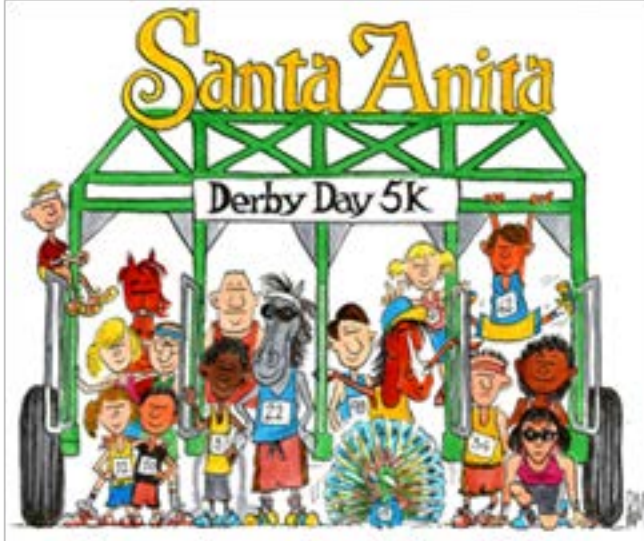
1. At roughly 12:21 p.m., officers were dispatched to a residence in the 100 block of California Street regarding a disturbance. While a welfare check was being conducted, officers located a stolen vehicle on the property. An investigation revealed one of the subjects inside the residence, a 27-year-old Hispanic male on felony parole, stole the vehicle out of San Gabriel. He was arrested, booked, and later transported to the Los Angeles County Jail.

2. At approximately 11:04 p.m., officers were dispatched to Pizza Hut, 161 East Live Oak Avenue, in regards to a fight in progress. An investigation revealed an argument between two male subjects resulted in a physical altercation. The victim suffered injuries to his ribs, back, and face, and received treatment by the Arcadia Fire Department. The 50-year-old White male suspect was arrested and transported to the Arcadia City Jail for booking.

## FLASHLIGHT EGG HUNT FOR TEENS ARCADIA PAR 3 GOLF COURSE!

FRIDAY NIGHT, MARCH 29, 2013

All Middle School and High School students are invited to bring their flashlights and baskets to search for eggs in the dark at the Arcadia Par 3 Golf Course, 620 East Live Oak Ave., Arcadia on Friday, March 29th! Separate Middle School and High School areas will be sectioned off for students to have the best chance of finding the "Special Eggs". Prizes range from restaurant gift certificates to amusement park tickets! Don't forget to bring your current student ID in order to redeem the prize for finding a "Special Egg". All parents in attendance will have opportunities to compete with other parents to win prizes for their teens. Make it a family evening and come out to participate in this free event! Parent Contest: 7pm/Egg Hunt: 8pm Sharp! For more information please call 626.574.5113! Or go on-line to the City of Arcadia's website: [www.ci.arcadia.ca.us](http://www.ci.arcadia.ca.us).



Saturday, April 6, 2013  
Santa Anita Park - Arcadia, CA

## DERBY DAY 5K WALK/ RUN

Saturday, April 6 is the Derby Day 5K Walk/Run! This year's event includes, custom medals to the first 5,000 finishers, starting from an authentic starting gate, one of LA's most scenic 5K courses through the Arboretum and finish on the track, post-race beer garden, and complimentary admission to Santa Anita Derby Day.

## NOTED EDUCATOR TO SPEAK AT ARCADIA AAUW MEETING

What can we learn from China's education system, and what can they learn from ours? Innovative educator Nancy Pine, Ph.D., will explain that sharing and contrasting of ideas when she speaks at the Monday evening, April 8 meeting of the Arcadia Branch of the American Association of University Women (AAUW). Nancy Pine is a professor emerita of Mount St. Mary's College, Los Angeles. During her extensive career in education, Pine has taught at all levels, been widely published, presided at many workshops, and has received numerous awards.

At Mount St. Mary's, Pine was director of the Elementary Education Program for ten years and founder of the Bridging Cultures: U.S./China Program. During her years of teaching, Pine also did cross-cultural research with her counterparts in China, traveling to China often to visit classrooms and to do research. Now Pine's cross-cultural research has led to the publication of her groundbreaking book "Educating Young Giants: What Kids Learn (And Don't Learn) in China and America."

Nancy Pine's book has received high acclaim from educators and others in both the U. S. and China. It was recently recommended by CHOICE, the American Library Association publication that is used by all U.S. university and college libraries. Pine's report is unbiased. Her cross-cultural research explains that each country wants what the other has: The U.S. wants students to be more studious, focused, and expert at math, and the Chinese want students to be more innovative and able to create imaginative ideas. Pine does offer some solutions and ways to achieve those desires.

The public is cordially invited to attend the Arcadia Branch AAUW meeting. The group meets in the Church of the Good Shepherd's Jordan Hall, 400 W. Duarte Rd. (SW corner of Duarte Rd. and Holly Ave.), Arcadia. Socializing and refreshments begin at 6:30 pm with Dr. Nancy Pine's presentation to follow at 7:00 pm. There is no charge for the meeting, and ample parking is available in the church parking lot. Pine's book "Educating Young Giants" is available at Vroman's Pasadena, where she recently gave a book talk. The book will also be available for purchase at the AAUW meeting.

Membership in the American Association of University Women is open to women and men holding a university or college degree, as well as to those with an Associate of Arts degree or its equivalent. For more information, please call Tamara Kato at (626) 375-6756 or Patricia Dietrich at (626) 446-8437.

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## WINGS OVER PASADENA, PLUS RED WHITE + BLUEZZ RESURFACES

What's the Final Four Basketball Championship without good food? One of the best game-watching dishes is chicken wings. Prove your passion for both the ball and the cluck in the Wing Eating contest 1-3 p.m. Sunday, April 7 at Vons (1390 N. Allen, Pasadena).

Sponsored by Rex-Goliath winery and Vons Grocery Stores, the contest celebrates March Madness as well as Vons' Corporate Chef Jeff Anderson's recent victory in a statewide chicken wing contest. Anderson studied at the Culinary Institute of America in New York. He brought his love of emerging American cuisine to several restaurants before heading up his own Black Crow Grill and Taproom, and The Rawbar Restaurant and Sushi, in Chico, California. Now, he brings his knowledge and talent to your table with Vons.

TABLE FOR TWO by Peter Dills  
[thechefknows@yahoo.com](mailto:thechefknows@yahoo.com)

Anderson's award-winning wings will hold center court during the contest. Each participant will be given five minutes to eat up to five pounds of chicken wings. The winners will receive a \$100 Vons gift card, and all participants will receive a t-shirt. Don't waste time dribbling - sign up for your chance to score now as there are only a few spots left. Wing-eating fans are welcome to root for their favorite contestant and join the fun. Admission is free. For more information, visit [www.peterdills.com](http://www.peterdills.com).

Before I could announce the closure of Red White + Bluezz, I noticed that they moved to the Pasadena Play House. With a little investigation, I have come up with same name but different ownership. I contacted former GM Russ Meek and we made a date to check it out, stay tuned!!

This Sunday, come to **Uncorked** at the Santa Anita Race Track, featuring over 25 Wineries and popular area restaurants. \$60 and well worth it!!! Join me from 12 Noon to 4 PM. Call (626) 574-race.

Tune into my radio show this Sunday at 5 PM KABC 790 AM



(This recipe serves 8 - 10 people)

### INGREDIENTS

#### Marinade

1/2 cup orange juice  
1 cup white wine  
3 cloves garlic, minced  
2 teaspoons of fresh thyme or 1 teaspoon of dried thyme  
2 Tbsp of fresh chopped rosemary or 1 Tbsp of dried rosemary  
1/4 teaspoon of fresh ground pepper

Blend marinade ingredients in a blender, just a few pulses until well mixed.

#### Lamb Roast

1 (6-pound) leg of lamb, bone-in or boneless. If boneless, the leg should be tied up with kitchen string by butcher.

Marinade  
Salt and freshly ground black pepper

1 Place lamb and marinade into a plastic bag. Squeeze out as much of the air as possible from the bag and seal. Wrap again with another plastic bag to ensure that the marinating lamb doesn't leak. Marinate for several hours, or overnight, in the refrigerator. Remove the lamb, still in its marinade bag, from the refrigerator at least an hour (preferably two hours) before putting in the oven to help bring the lamb closer to room temperature before roasting.

2 Preheat oven to 425°F. Arrange two racks in the oven - a middle rack to hold the lamb, and a lower rack to hold a roasting pan with which to catch the drippings. Note that this arrangement of racks and pans, with the roast sitting directly on the oven rack, will create a natural convection of heat in the oven, causing the roast to cook more quickly than if cooked the traditional method in a rack in a roasting pan.

3 Remove the lamb roast from its marinade bag (you may want to temporarily place lamb in another roasting pan, just to make it less messy to work with.) Pat dry the marinade off the lamb with paper towels. Generously salt and pepper all sides of the roast. Arrange the roast fattiest side up, so while the lamb is cooking the fat will melt into the meat. Insert an oven-proof meat thermometer into the thickest part of the roast, not touching the bone if your roast is bone-in. Place the roast directly on middle rack of the oven, with a roasting pan on a separate rack a rung lower, to catch the drippings. You may also want to put some water (a cup or so) in the bottom roasting pan, so that the drippings fall into the water instead of burning in the hot pan and smoking up your kitchen.

4 Roast at 425°F for 20 minutes. Then reduce the heat to 300°F and roast an additional 40 minutes (for a 6 pound boneless roast) to an hour (for a 6 pound bone-in roast). If you are cooking a roast bone-in, the bone will act as an insulator and will require a longer cooking time than a boneless roast. In general estimate 10-13 minutes per pound for total cooking time (for rare), including that first 20 minutes at high heat. (Assuming you let the roast sit out for an hour or two before putting it in the oven. If it's right out of the fridge, it will take longer to cook.)

Note that the method of cooking directly on the oven rack will mimic a convection oven and the cooking time/oven temp needed will be less than you would need if you cooked the roast on a rack in a roasting pan. If you are cooking the roast in a roasting pan, rack or not, start the roast at 450°F and then reduce the heat to 325°F. Also, the shape of the roast will have an impact on the cooking time. Our roast was rather long and thin, so it cooked up fairly quickly. A thicker roast may take longer than expected.

So, use a meat thermometer!

About 20 minutes before you expect the roast to be done, start checking the meat thermometer. Note that every time you open the oven door, you'll need 10 minutes or so to bring the oven back up to temperature, thus slowing down the cooking process. So, don't check too often. Remove from the oven anywhere from 125°F to 135°F for medium rare. Lamb should never be cooked until well done or it will be too dry. Let stand for 25-30 minutes before carving. Cut away the kitchen string and slice with a sharp carving knife, 1/2 inch thick slices, against the grain of the meat.

5 While the roast is resting, use a metal spatula to scrape up the drippings in the roasting pan. Use the drippings to make a gravy, or use just the drippings themselves to serve with the lamb.

Serve with some homemade mint jelly for an added treat.

For more information, go to: <http://www.simplyrecipes.com/recipes>

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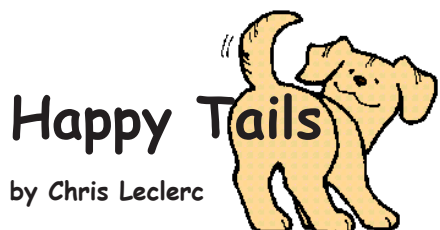
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by Chris Leclerc

## THE OREGON SPOTTED FROG A HOP, SKIP & A JUMP AWAY FROM EXTINCTION?



In 1993, the Oregon spotted frog (*Rana pretiosa*) became a U.S. Fish and Wildlife Service candidate for listing under the Endangered Species Act of 1973. However, due to preclusion by numerous other species considered a higher priority for protection at the time, this vanishing amphibian was deferred for future consideration. Now, at long last, following a 20-year wait, the Oregon spotted frog is finally finding its way into the federal bureaucratic limelight as a species valuable enough to be rescued. What this means is there will be government funding available for qualified programs designed to help restore the Oregon spotted frog's population, and new legislation will be enforced to protect it.

Listing under the Endangered Species Act is no easy task, and the waiting list is quite lengthy. As part of the qualification process, it must be proven through scientific research and data gathering that a particular species is indeed in danger of extinction. Such studies typically take a long time to complete and can cost a fortune to conduct. In some cases, where interested individuals get involved, the requisite research is done pro-bono, by skilled volunteers who care enough about nature and realize that the loss of any species can have a major diverse impact on the environment. However, nature-loving science professionals with spare time to offer don't necessarily grow on trees, so there are times when a more creative and resourceful approach must be applied in order to qualify a species for listing.

The U.S. Fish & Wildlife Service most definitely took a creative and resourceful approach to helping prevent the extinction of the Oregon spotted frog, by taking part in a very unique prison program wherein convicts are trained to do a large part of the hands-on lab work that would otherwise have to have been bought and paid for at a high price. Unlike the Bird Man of Alcatraz, the would-be frogmen of Cedar Creek Corrections Center in Washington state will most likely remain anonymous in spite of their experience in helping gather data on population loss and breeding spotted frogs behind bars, as part of an effort to help list the species as endangered. The prisoners at Cedar Creek who qualified to be part of the national Sustainability in Prisons program have helped connect the dots for felons and frogs, just when they needed a bit of a boost to enhance their population.

The fact is, the Oregon spotted frog has been lost from at least 78% of its originally recorded range. In fact, in recent years it was completely extirpated (locally extinct) from the entire state of California where it used to be commonly seen in areas where water reservoirs, creeks and rivers are found. In addition to the relatively recent absence of the species in California, the spotted frog population has also been observed waning dramatically over the past few decades in the states of Oregon and Washington, as well as in British Columbia. Actually, this slowly but surely absent amphibian has now departed from its natural habitats to a point where it is considered to have less than 25% of its original population.

A darling and endearing dweller of shallow west coast waters, the Oregon spotted frog is scientifically defined as the most aquatic native amphibian in the Pacific Northwest. This happy little hopper plays an enormous role in the big scheme of things with regard to nature and how other living things thrive within its relative environment. While it may come easy for some to assume that a tiny frog is an insignificant being, the truth is that every being matters regardless of size, shape or color, and based on science, the smaller creatures are often the ones sustaining the life and livelihood of the larger.

Ultimately, the Happy Tail of this article is that people who cared enough about the existence of a very small but special species came to the plate to save it from extinction, and were willing to work with anyone (including convicts) who were equally willing to work for the cause, and I am sure those frogs are leaping for joy in thanks for their help in keeping them alive and thriving.

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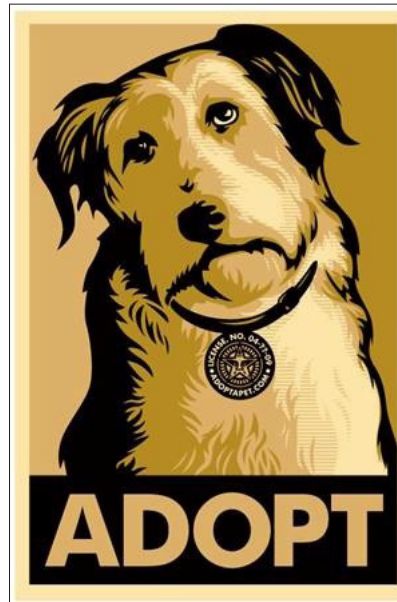
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## PET OF THE WEEK SCOOPY DOO: #A4549197

Meet an amazing dog, the incredible Scooby-Doo (A4549197)! Scooby-Doo is a happy-go-lucky four year old tricolor and black neutered male Beagle mix who was forsaken at the Baldwin Park Animal Care Center with his companion Spiky (A4549198) on March 2nd after his former owners lost their home. Weighing seventeen pounds, Scooby-Doo is familiar with the concept of a leash but needs additional training. He does seem to be housetrained. He gets along well with most small dogs, but would rather avoid big ones, and we think he will do fine with kids. This is a medium-energy, clever, affectionate boy who loves belly rubs. Scooby-Doo is the perfect indoor pet for anyone anywhere. To watch a video of Scooby-Doo and Spiky, please visit: [www.youtube.com/watch?v=8iw0gRax26M](http://www.youtube.com/watch?v=8iw0gRax26M)



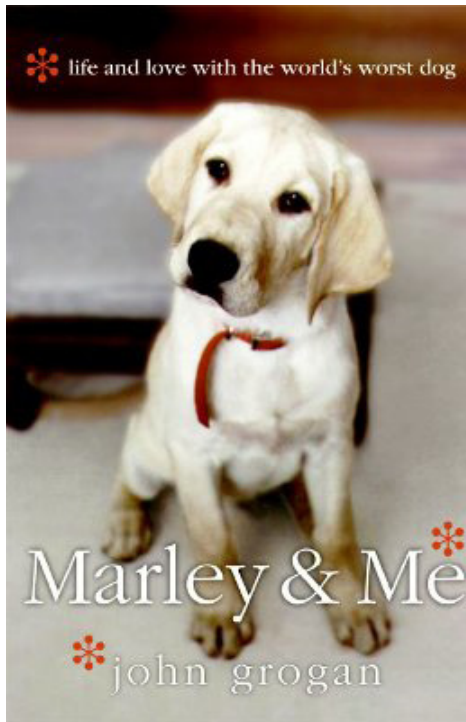
To meet Scooby-Doo in person, please see him at the Baldwin Park Animal Care Center, located at 4275 N. Elton St., Baldwin Park, CA 91706 (Phone: 626-430-2378 or 626-962-3577). He is currently available now. For any inquiries about Scooby-Doo, please reference his animal ID number: A4549197. The shelter 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 Scooby-Doo or the adoption process, please contact United Hope for Animals Volunteer Adoption Coordinator Samantha at [Samantha@hope4animals.org](mailto:Samantha@hope4animals.org). To learn more about United Hope for Animals' partnership with the Baldwin Park Shelter through its Shelter Support Program, as well as the many dogs of all breeds, ages, and sizes available for adoption in local shelters, visit <http://www.unitedhope4animals.org/about-us/shelter-support-program/>.



## JASMINE'S CORNER

Book Reviews by Jasmine Kelsey Williams

## MARLEY &amp; ME By John Grogan



This next selection is perfect for all you pet-lovers out there, especially to those of you who enjoy the love and companionship of your dogs. "Marley & Me" by John Grogan is a #1 New York Times Bestseller, copyrighted in 2005 but still holds its appeal and charm to this day. Grogan brings forth a story perfectly told as a walkthrough of snapshots of his life, which takes a significant turn for the better when he and his wife bring home Marley, the energetic Labrador retriever puppy.

Energetic may be considered a stretch for both the reader and Grogan, considering when Grogan recalls his experiences of Marley not just being an energetic and lovable pup, but one that knows no bounds. Marley never stops moving, his outlook on life never ceasing, and causing quite the ruckus while he's at it; running and crashing through screen doors, chewing on furniture, and eating bags of kibble are just a few of the hilarious antics that Marley pulls. Josh Grogan shines with his words when he delves into the life of Marley, but without completely overshadowing any other aspects of his life or his wife. The pacing flows at a leisurely pace and the tone matches it as well; the history of how Marley came to be, Grogan's life before and after Marley came into their lives, and how Marley affects the course of all lives included when Grogan and his wife start a family. Readers will

be delighted at not just how smoothly the story flows out, but also the color photographs of him and Marley and how he interacted in real life. Even when the story starts to turn somber as Marley nears old age, readers can still comprehend the joys of a life well-spent from a loyal creature that is classically viewed as "man's best friend".

"Marley & Me" is an excellent and lovely selection for all readers and should make you appreciate the companionship of any pets that you have, wish to have, or even if you do not have one. And to add to its appeal, "Marley & Me" has also been adapted and released as a major motion picture which stars Owen Wilson and Jennifer Aniston.



## SEAN'S SHAMELESS REVIEWS:

## DUCKTAILS

Matt Mondanile of the indie rock outfit Real Estate has been making solo albums under the moniker Ducktails for sometime now. With his latest endeavor, "The Flower Lane," Mondanile takes a tangential turn by including the band Big Troubles to back him as well as a few other musicians lending a hand. This new collaborative approach has Ducktails veering into a new soundscape, one that isn't all lo-fi with fuzzy guitars and echo-y vocals. Instead the "studio" like resonance feels more professional than ever before with saxophones, synths, pianos and clearer vocals to boot. If anything, the sound of Ducktails is on a much larger scale, but loses some of its intimate and tight sound. "The Flower Lane" is an easy listening pop record that is much more expressive and expansive than previous efforts have proven to be. With the combination of soft rock, pop, and jazz this new foray of a shared band experience has benefited Ducktails in many ways, but has also taken away their certain, distinctive charm.

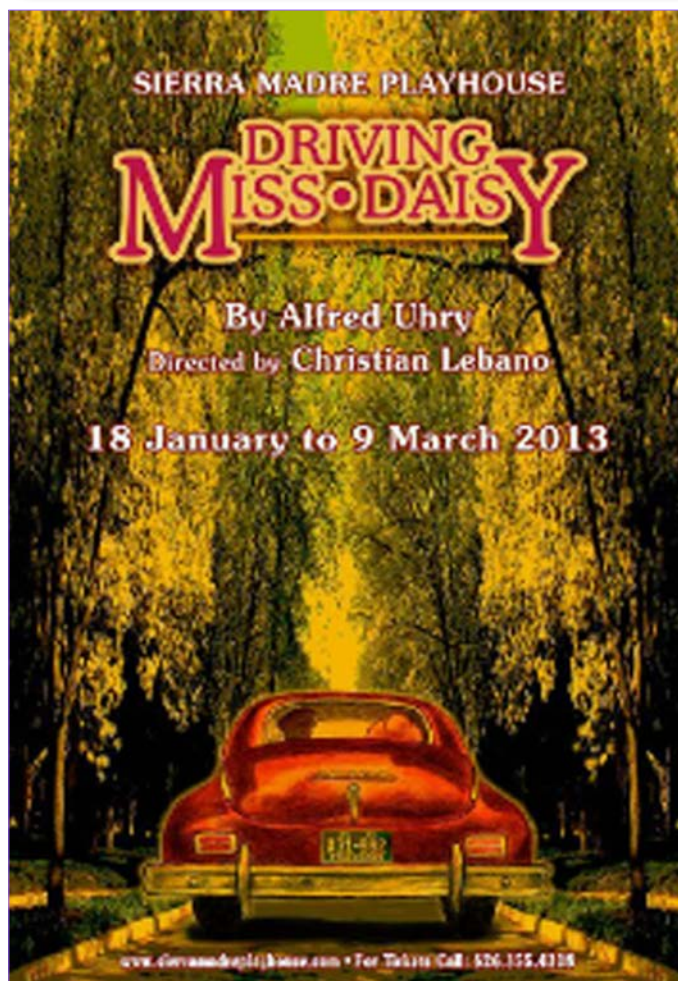
|                      |                           |
|----------------------|---------------------------|
| <b>Artist:</b>       | <b>Ducktails</b>          |
| <b>Album:</b>        | <b>The Flower Lane</b>    |
| <b>Label:</b>        | <b>Domino Records</b>     |
| <b>Release Date:</b> | <b>January 29th, 2013</b> |

"Ivy Covered House" floats gently along in a breezy sort of way. There is a hazy feel to it, but never does it develop into anything much greater. As of most the songs do here, they're all very pleasant, but Ducktails dare to take any bold risks. The title track has a nice feel to it. It moves along very smoothly and is the ideal song while sitting outside on your porch enjoying the springtime. Everything on "The Flower Lane" is structured differently than previous Ducktails' material. There's more songwriting to go along with the songs, but don't expect anything remotely deep or insightful. The lyrics play a minor role as their meanings seem either vague or inessential. However, the album is a lot fuller, more polished and easily more accessible than Ducktails' last three albums. There's more to grasp you here with the arrangements even if the lyrics merely play second fiddle.

Mondanile draws influences from 60s pop to psychedelic rock. Each song is sonically pleasing and there are no noticeable mishaps along the way. In the end, "The Flower Lane" is a departure for Ducktails, but a rather safe bet for one to take. The music is both easy going and pleasing, but the album lacks a heartbeat. There's no soul behind it. It's a bunch of songs that have no interconnection to one another. While the production was boosted quite noticeably, the songwriting deeply suffers as well as little risk was taken. It's difficult to ignore "The Flower Lane" and while it surely isn't what many fans may have been looking for, the change in course may serve those looking for something different. Too bad different doesn't always correlate to memorable.

Grade: 6.9 out of 10

Key Tracks: "Under Cover," "Assistant Director," "Academy Avenue"



## "GOD'S MAN IN TEXAS"

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Directed by: NANCY YOUNGBLUT

Presented by:  
SIERRA MADRE PLAYHOUSE

Starring: TED HEYCK,  
CHRISTIANLEBANO  
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## AUTHORS TOURS USA - Launch &amp; Inaugural Book Signing

[www.AuthorsTourUSA.com](http://www.AuthorsTourUSA.com) [www.Facebook.com/AuthorsTourUSA](http://www.Facebook.com/AuthorsTourUSA)

Pasadena-based organized, co-founded by Wendy Anderson and La Quetta Shamblee was created to provide marketing, networking and promotional support for published authors, with a focus on self-published authors small, independent publishing companies.

According to Anderson: *Authors Tour US*, developed as a natural expansion of the Authors' Corner section of *The Artisan Faire* held at historic Santa Anita Race Track in November 2012, *Authors Tour USA* "is a vehicle for authors to promote their published works."

"What is exciting," says Shamblee, "*Authors Tour USA*" has already attracted authors from coast to coast in California, Nevada, Massachusetts, Virginia, Texas, and also Puerto Rico."

Webster's Fine Stationery, an independently-owned family business with a reputation for supporting local artisans and authors, is the host venue for this event. The official launch Authors Tour USA "will feature four authors who reside in the Greater Pasadena area, including.

**ADRIANNE HALL**, (Monrovia native): In her first novel, *Thresholds*, the underlying message is, "Everyone has a secret" and some of those secrets cross over the threshold to being outright lies. Winter Bernard and Carley DeVries are two college co-eds who, while harboring their own deep dark secrets, befriend each other and through a series of heroic events find themselves embroiled in unfolding the life-altering truth about another co-ed's tragic death. Throughout the twists and turns that their lives take, the characters in *THRESHOLDS* come face to face with the realization that nobody really knows the impact that secrets and lies will have, whether or not they are discovered. (Fiction)

**KOJI STEVEN SAKAI**, (Pasadena native) has four screenplays, which became feature films: *Haunted Highway* (2006), *The People I've Slept With* (2009), *Monster & Me* (2012), and *Chink* (2012). He also served as a producer on *The People I've Slept With* and *Chink*. Most recently, his feature length screenplay, *Romeo, Juliet, & Rosaline*, was optioned by Amazon Studios. (Screenplay). His project, *My Imaginary*

Boyfriend, that he wrote with Emily Brauer Rogers was accepted to Project Catalyst at the 2013 29th Annual Los Angeles Asian Pacific Film Festival! Although he doesn't have a book, he will be providing invaluable information about his process and success in having his screenplays produced as feature films.

**CHRISTINA HAMLETT**, (Pasadena). Screenwriting for *Teens* is the second film book Hamlett has written specifically for the high school market. Her fondness for this age group, however, goes back much farther. Since 1980, she has been mentoring aspiring young writers nationwide as well as penning over 150 plays for them to perform at their schools and in community theaters. This particular book gives teens -who go to the movies more than any age group in the world - the tools to do more than just watch those movies. It gives them the tools to write their own films. Don't let the title fool you, though - just as many young-at-heart adults have plucked it off the shelves to learn the tricks of the trade and master their own screenwriting journeys.

**ELLEN SNORTLAND** (Altadena). *Beauty Bites Beast* is a clarion call for women and girls to learn how to physically defend themselves as a birth right or human right. Women are not biologically helpless, but just like swimming must be taught, so too can personal safety skills that can save a woman's life. Featured on NBC's Dateline program, *Beauty Bites Beast* is considered a classic in the violence prevention field. Snortland is currently completing her documentary, also called *Beauty Bites Beast*, which chronicles women in a Mexican factory who learn how to defend themselves. Stirring, revolutionary and controversial, it poses the question, "What happens when the sleeping giant of women in Latin America wake up and take back their power?"

Other Authors Tour USA "members to be showcased in the future include: Emmy-award" winning children's author John Lanza; Award-winning author and activist, Ifalade Tashia Asanti, Actor, Giovanni Ortega; documentary producer and military historian, Jay Wertz; hypnotherapist and Reiki Master, Carol Woodliff. Other talented authors include: from California: McCael "Fly Boy" Baez,

Brigitte Benchimol, Abdul Chappel, Randy Jurado Ertll, Kinji Inomata, Azaan Kamau, Jessie Karen, Roberta Martinez, Jan McInnis, Carol McKibben, Stacy Nelson, Poetic Old Soul, La Quetta Shamblee, Kira Solomatova. Also Marvie Ellis, Texas; Mark Sonder, Virginia; Roseann Benson, Massachusetts; Janet Dunnagan, Nevada and Yolanda Aroyyo-Pizarro of Puerto Rico.

If you are a writer or author and would like to become a member, complete the online application at [www.AuthorsTourUSA.com](http://www.AuthorsTourUSA.com)

**WEBSTER'S FINE STATIONER** - Webster's is a third-generation Altadena small business. They are the first and only Altadena Lifestyle retailer with a long history of family and community. Webster's is a local, sustainable, socially responsible store with gifts and stationery presented to their community with their lifestyle sensibilities in mind.

In addition to being the first and only Lifestyle store in Altadena, they host monthly "Eccentric Poets Open Mic", book signings and showcase local artists. Webster's provide retail distribution opportunities for products created by individual artisans and musicians. They also carry an inventory of fine art, artisan food products, body care products, stationery and jewelry from manufacturers throughout the U.S. Part of their mission is to educate residents about the value of shopping locally. According to Lori Webster: "I feel that the only way our economy is going to turn around is if we all make a concentrated effort to avoid shopping at corporate stores. If most of our retail store owners brought from more local sources, our local economies would be strengthened. Chasing the lowest price isn't good for anyone."

In addition, Webster's has opened its store to local non-profits, showcasing merchandise year round for Altadena's Christmas Tree Lane, giving 75% of net proceeds to the nonprofits. They sell t-shirts from the Altadena Library, giving 100% of the proceeds to them.

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## SIERRA MADRE PONYCOLT BASEBALL OPENING DAY RECAPS - SATURDAY 3/16/2013 AT HAL DAPPER FIELD

**Sierra Madre Marlins (PONY) 11, Monrovia (MYBL Black) 9:**

This game was undoubtedly the most exciting of all as neither team refused to surrender in a back and forth affair with momentum swings galore, and a controversial lineup snafu towards the end of the game in an already tense atmosphere as the teams stormed down the stretch.

Felipe Maestas got things started unorthodoxally as two runs scored on his 4-3 groundout when Brandon Hicks took advantage of infield confusion and safely slid home after Matt Arnst. Hicks then drilled one thru the 5-6 to deliver Grady Gills

the fourth, featuring two run hits by Maestas (2B) and Arnst (1B). Arnst and Hicks both finished with three runs. The 9-2 cushion resulting from that was short lived, as Monrovia responded with four runs in its top 5th, knocking out starting pitcher Tommy Sampled and cutting the score to 9-6. Jacob Coker led off walking and was immediately tripled in by Steven Ochoa who in turn was brought in on Dylan Gibson's groundout up first base. Cesar Gutierrez then dived in Cody Crowder before Eli Delgado ran into a 6-3 to pick Cesar up.

The Marlins battled back with what proved to be decisive runs in the fifth with two outs and runners at second and third on a botched routine groundball to second (hit by Maestas) as Arnst and Hicks again followed each other to paydirt extending the Marlins' advantage (11-6), but Monrovia refused to waver and spun off three at the top of the sixth before Garet West stranded the tying run on second



The Sierra Madre VFW 3208 makes a \$1,300 donation for a new flag pole on Dapper Field



Dapper Field

and make it 3-0 in the second, before the first back and forth volley started as Monrovia tore up the base pads to steal three, plus home, in the top 3rd.

The Marlins flipped out a big six run inning in

by serving a strikeout to end the threat. Maestas had four RBIs.

West them sat down all three he faced in the seventh to earn a save. Samples hung on to the win.

### Sierra Madre Giants 12, Duarte Angels 2:

Ryan Wong hit 3 of 4, stole two bases, scored a pair of runs, and had four RBIs, including a two run walkoff single in the bottom of the fifth that brought about a ten run margin and mercy rule 12-2 win.

Phil Hayes (0/1, BB, HP, 2/2 SB) and Jacob Bechtold (1/4, 2B) both scored twice and so did Rosch Mendia, who batted 2 for 4 with a double, two RBIs, and a stolen base. The big knocks came from Aaron Corder early as he got the Giants on the board first in the opening stanza with a one run double, before hitting another dub for two runs in the third and finishing 2 of 4 with three RBIs.

Matt Nixon, a southpaw strongarm for the Giants, dealt sensationally from the bump and had nine strikeouts in three shutout innings with one hit and walk to collect the win.

The Duarte Angels broke up the team shutout on relief pitcher Mendia at the top 5th when Angel Pargas, who bunted the only hit on Nixon in the third, slashed a two run single to right.

### Sierra Madre Dodgers 4, Sierra Madre Angels 1:

The Angels struggled to put runners on, while the Dodgers were the same trying to score runners.

What culminated at the end of it all was a 4-1 victory for the Dodgers, who scored on a fielding error in the first inning, an RBI single by Jacob Romo (1/3, 2 runs) who then plated home on a balk, before Basil Inman seasoned up the last of the four Dodger runs with a two out RBI knock to right.

Romo also picked up the pitching victory retiring six of his first seven batters before teaming up with Inman, Zack Brown, and Sean Griffith for a combined six shutout innings. Brown also batted 2 for 3, along with Riley Gosnell.

The Angels were thwarted in the second at home on a fielder's choice throw from third and with a runner in scoring position for three of its final four innings. Owen Brodrick reached on error and then cashed in via throwing mishap from the catcher for the Angels' lone run in the sixth.

Corey/ Sierra Madre Pony Colt League Writer



## G3 ACADEMY INVITES COMMUNITY TO ONE-YEAR CELEBRATION

**Sierra Madre, CA** If you've ever passed by the martial arts studio in town and been curious about their programs, for either your kids or yourself, next Saturday, Mar. 30, is the perfect time to stop by! Sierra Madre's G3 Academy of Martial Arts and Wellness will be holding a first-year celebration with food, fun and demonstrations for the public from 2-4pm.

The event will showcase students' talents and provide an introduction to their various programs including Hapkido, Women's Self-Defense, Sparring, and Ki Gong. Founded in 2012 by Master Bill Darlas, a 6th Degree Black Belt and Master in Hapkido and Ki Gong, and Gary Gapazzani, 4th Degree Black Belt and Chief Instructor, G3 Academy has classes for everyone, from school-aged children to seniors.

Both Darlas and Gapazzani grew up in Arcadia and each studied under

Grandmaster Chong S. Kim, who is recognized as one of the world's foremost instructors and practitioners of the Korean martial art of Hapkido. Darlas was regarded by Kim as his Chief Instructor and confidant, has been teaching the art for 20 years and managed two studios prior to starting G3. Gapazzani is a fully credentialed teacher, with two Masters Degrees in Education, and has practiced martial arts while teaching elementary and middle school grades for 15 years.

"We have seen an amazing difference in our kids since they started Hapkido at the studio last Summer," said Ken Higdon, parent of 7-year old Chase and 10-year old Brynn. "They are so proud of themselves, noticeably more self-confident and we, as parents, love the tie-in reward program for their academic achievement and at-home behavior." Higdon added that he was so impressed with the instructors that he decided to join himself.

Don't miss next Saturday's fun-filled afternoon when, in addition to the students, Darlas and Gapazzani will demonstrate their own talents! The Academy is located at 303 W. Sierra Madre Blvd. Please call (626) 773-6876, visit [www.G3academy.com](http://www.G3academy.com), or stop in at the studio for more information.

*Right: Gapazzani and Darlas black belts, demonstrate technique in the teenage Hapkido class. Photo courtesy John Taylorson.*





*Dear Savvy Senior: What can you tell me about on-line dating for older people? My daughter has been urging me to give it a try, but at age 62, I'm a little hesitant. Lonely Senior*

Dear Lonely:

Dating sites have become enormously popular among the older generation in recent years. In fact, boomers and seniors make up about 20 percent of online daters today, and the numbers keeps growing. Here's what you should know.

Meeting Online

If you're interested in dating again or are just looking for a friend to spend time with, dating websites are an easy way to meet hundreds of new single people without ever having to leave home.

If you're feeling hesitant, a good way to ease into it is to visit a few dating sites and look around. Most services allow you to check out their members at no cost or obligation. Then, if you like what you see, you can sign up (fees typically range between \$15 and \$60 per month, however some sites are free) and start emailing members you're interested in or they can email you. Here are some other tips to help you get started.

Choose a site: With over 1,000 matchmaking sites on the Internet today, choosing can be a bit overwhelming. Depending on your preferences here are some popular options to look into.

If you don't want to spend any money, free sites like Plentyoffish.com and OKCupid.com are good places to start, but beware that these sites have a lot of ads.

If you're interested lot's of choices, consider mainstream sites like Match.com and eHarmony.com which have huge memberships in all demographics.

Or, if you are looking to find a specific type of person, there are hundreds of niche sites like OurTime.com and SeniorPeopleMeet.com for those 50 and older, Alikewise.com for book lovers, DateMyPet.com for animal lovers, VeggieDate.org for vegetarians, JDate.com for Jewish singles, BlackPeopleMeet.com for African Americans, and ChristianMingle.com whose slogan is "Find God's Match for You." Or, check out AARP's new dating website partner HowAboutWe.com.

Create a profile: When you join a dating site you'll need to create a personality profile that reflects who you are including recent photos, hobbies, interests, favorite activities and more. If you need some help, sites like eFlirtExpert.com or VirtualDatingAssistants.com can write one for you for a fee.

Use caution: When you register with a dating site you remain anonymous. No one gets access to your full name, address, phone number or email until you decide to give it out. So be very prudent who you give your information to, and before meeting, chat on the phone a few times or video chat online, and when you do meet in person for the first time, meet in a public place or bring a friend along. If you want to be extra cautious, you can do a quick background check on your date for a few dollars at sites like valimate.com and mymatchchecker.com.

Don't be naive: In an effort to get more responses, many people will exaggerate or flat out lie in their profiles, or post pictures that are 10 years old or 20 pounds lighter. So don't believe everything you see or read.

Make an effort: A lot of times, people – especially women – sit back and let others come to them. Don't be afraid to make the first move. When you find someone you like, send a short note that says, "I really enjoyed your profile. I think we have some things in common." Keep it simple.

Don't get discouraged: If you don't get a response from someone, don't let it bother you. Just move on. There are many others that will be interested in you and it only takes one person to make Internet dating worthwhile.

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



## KATIE Tse .....This and That Dirty Work

It's finally spring! One of my chief pleasures of the season is walking around our beautiful community, inhaling the delicate scent of blossoming flowers. Some of my fellow walkers, however, are more attuned to the not-so-delicate odor of dog excrement left upon the sidewalk.

I never really noticed the number of dog "calling cards" dotting our streets and sidewalks. However, now that it's been brought to my attention, I've become keenly aware of a pile here, a pile there, and a log or two impeding the flow of foot traffic.

While I'm not particularly bothered by having to dodge feces on my walk around the neighborhood, I can see why home owners would become annoyed by it. Living in an apartment, I don't have a yard to maintain, and therefore never really need to confront the issue of animal droppings on my property. (An animal would have to go up upstairs and find my apartment number in order to deposit anything near my place. Perhaps an African Gray parrot or raven would be capable of such a feat, but they're not typically one of the animals defecating on people's lawns.)

So, you wake up, walk outside, and realize something has relieved itself on your property. How can you tell if it was the innocent mistake of an animal (e.g., how was that coyote supposed to know you'd just had your lawn reseeded), or the carelessness of a pet owner (e.g., "Go ahead, Fido. If we can't see them, they can't see us!"). I don't really think any pet owner has those exact thoughts, but sometimes their actions suggest it. For example, have you ever gone outside and discovered a piece of dog poo neatly bagged and sitting in your driveway? The implications are that the bagger was conscientious enough to contain the problem, but irresponsible enough to leave it behind. There's probably a big ethical debate at the core of this scenario, but I leave it for greater minds to consider.

At the end of the day, we're left with the challenge of identifying those specific dogs who've messed people's yards. The only way to fairly do this is to conduct DNA tests on the feces left behind. Apparently, New York has attempted this. I'm not sure of their rate of success. Of course, this necessitates that all dog owners register their dogs along with their dog's DNA. However, asking dog owners to register their dogs and their dogs' DNA is akin to "preaching to the choir." The responsible people will register their dogs along with their DNA. These aren't the people who randomly allow their dogs to relieve themselves on your lawn. These people actually pick up their dog's droppings and remove them from your residence. The folks who leave piles (bagged or un-bagged) probably aren't sitting up at night worrying about your lawn.

So, with spring coming into full bloom, I hope your enjoyment of the season isn't contaminated with the foul smells of someone else's pet. And if it is, I hope they've registered its DNA.



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# THE GOOD LIFE

## SENIOR HAPPENINGS

By Pat Birdsall

**FYI** - Well, I'm slowly getting back in the saddle again, to quote Gene Autry. I should have a *Bird's Eye View* or a topic that will actually be of interest to seniors next week. All about Pat Birdsall is extremely boring...my apologies.

### HELPFUL HINT:

How fresh is it? The color-coded plastics tags or twist ties on loaves of bread not only help keep the wrapper in place but they also indicate what day of the week the bread was baked.

BLUE  
Monday

GREEN  
Tuesday

RED  
Wednesday

WHITE  
Friday

YELLOW  
Saturday

### FOR YOUR FUNNY BONE

I didn't enlist in the Army- I was drafted. Because of that, I wasn't going to make life easier for anyone. During my physical, the doctor asked softly, "Can you read the letters on the wall?" "What letters?" I asked slyly. "Good," said the doctor. "You passed the hearing test."

A young lady came home and told her mother that her boyfriend had proposed but she had turned him down because she found out he was an atheist and didn't believe in Heaven or Hell. "Marry him anyway dear." Between the two us, we'll show him just how wrong he is."

### 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:

A best friend is like a four leaf clover: Hard to find and lucky to have.

~AuthorUnknown



### ACTIVITIES:

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

YMCA San Gabriel Valley Intervale Senior Café: Monday-Friday at 12:00 Noon (Participants are urged to arrive no later than 11:45 A.M.)

All seniors 60 and up can take part in the lunch program. There is a suggested donation of \$2.00 for those 60 and over and \$3.75 for non-senior guests. Daily reservations are necessary as space is limited. Please call 24 hours in advance..626.355.0256

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

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

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

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

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

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

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

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

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

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

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



### EXCURSIONS:

COMING UP:

**Jeopardy Taping at the Sony Lot** Date: Wednesday, March 27, 2013

**Description:** Attend a taping of America's favorite quiz show. Test your knowledge while host Alex Trebek challenges the contestants.

**SENIOR MOVIE PROGRAM: FREE** movies are shown on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of the month. The films, one contemporary and one vintage, are chosen by the seniors themselves. All movies are shown in Sierra Madre's City Council Chambers, 232 W. Sierra Madre Blvd.

## Senior Movie Program

Shown in Sierra Madre City Hall - Council Chambers



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

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



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

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



HOW CAN YOGA HELP

KEEPING IT REAL

The picture of serenity, always calm and thoughtful, tranquil, peaceful, centered, wise, never stressed out – and then we got a puppy. How does all that work with a puppy? The puppy is just like Marley, only black. She is a 12 week old, black lab and super cute. She is so full of energy and wants to chew us and our house, to pieces! How serene can you be when your favorite shoes are toast? What about when the toilet brush gets dragged across the living room? How does Downward Facing Dog help? What helps is to know that things are always changing. Nothing outside myself is under my control (well the puppy can be taught....and kept to certain areas)

But it is how we react that is the real work, the True Yoga. Learning to breathe while doing the challenging poses helps us remain calm in the storm. Because that is what we all want to be – right? Steady and calm, even when turmoil is all around us – like the Dalai Lama. He doesn't blow a gasket. What we are learning is an even deeper sense of inner calm and patience. Everything is changing and nothing material is worth blowing a gasket. But what about grandma's antique chair? Our minds are really just like the chewing dog, if left unattended, with out focus and discipline – they run amok!

The yoga here is: play with the puppy, breathe and put grandma's chair in storage. Get a baby sitter and get into yoga class.

Namasté, René

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TOP TIPS FOR MEN’S OVERALL HEALTH

(StatePoint) This year, millions of personal promises for self-improvement will be made - and then broken soon after. But there is one commitment that all men should keep: to maintain a healthy lifestyle.

Prostate cancer is the most common non-skin cancer in America, affecting one in six men, according to the Prostate Cancer Foundation. In addition, heart disease killed 26 percent of the men who died in 2006. And half of the men who die suddenly of coronary heart disease have no previous symptoms, according to the Centers for Disease Control and Prevention (CDC).

There are many simple ways men can reduce their risk for life-threatening health conditions. Aspire to improve your health and better your life with these easy tips.

Get Checked

Sometimes improving your health is as simple as a trip to the doctor. As you age, the likelihood of being diagnosed with prostate cancer increases significantly. Men over 40 should begin discussing their prostate health with a physician. Catching prostate cancer in its earliest stages can greatly improve a man's chance at survival, so it's important to be proactive and talk to your doctor about your prostate health. You can learn more about risk factors and prevention on the Prostate Cancer Foundation's website at [www.PCF.org](http://www.PCF.org).

Eat Healthy

Choosing healthy snacks and avoiding fatty meals can help reduce your risk of heart disease, diabetes and certain forms of cancer. Foods that are low in saturated fat and dietary cholesterol and high in fiber can help prevent high cholesterol, according to the CDC. Additionally, several studies suggest that eating fish can help protect against prostate cancer because they have "good fat," particularly omega-3 fatty acids.

Exercise

Maintaining a healthy weight is crucial to preventing heart disease. Physical activity will help lower your blood pressure and cholesterol. According to the Surgeon General, adults should engage in moderately intense exercise for at least 30 minutes a day. By maintaining a healthy weight, you will also lower your risk for diabetes.

Relax

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

**Now you can lose up to 3 pounds a week (7-lbs in the first week) with a cutting edge, all-natural (all-natural) weight-loss method that will have your hormones burning fat like a teenager again. Don't throw away those old jeans!**

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

**Call (626) 355-2626 for your free appointment.**


*This is a limited offer. Calls are taken on a first come, first served basis.*

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ANTONOVICH MOTION STREAMLINES SERVICES FOR COUNTY’S MENTALLY ILL HOMELESS

LOS ANGELES COUNTY – A motion by Supervisor Michael D. Antonovich directing the Chief Executive Officer to develop recommendations for streamlining and improving the provision of County services for the mentally ill homeless was unanimously approved.

“In addition to expanding the availability of vital mental healthcare treatment through Laura’s Law, this action will improve access to other supportive service programs,” said Antonovich.

The motion directs the Chief Executive Officer to work with the Departments of Mental Health, Health Services, Public Health, and Social Services and report back to the Board in three weeks.

DIGESTIVE DISORDERS AND NATURAL SOLUTIONS

Arcadia Senior Services is holding a health education workshop, “Digestive Disorders and Natural Solutions” at the Community Center, 365 Campus Drive, Arcadia, CA 91007 on Monday, April 8 from 1-2pm. Attendees will learn about digestion practices of the body and natural treatment methods to take advantage of. Dr. Brad Miller is the speaker, and has been practicing Chiropractic care and overall wellness for his patients in Arcadia for the past 26 years.

For more information or to register for the lecture, please call the Arcadia Community Center at 626.574.5130.

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Don't sweat the small stuff. Reducing your stress at work and at home can help improve your overall health and lead to a longer, happier life. Seek medical treatment for stress, high blood pressure, high cholesterol and depression. Treating these conditions may save your life and have been shown to improve survivorship in prostate cancer

These are goals to start working towards. Now is the perfect time to make changes to improve your health.





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## BUSINESS TODAY

*The latest on Business News, Trends and Techniques*

By La Quetta M. Shamblee, MBA



## MAKING HOLIDAYS WITH FAMILY FABULOUS

*Managing Family Dynamics for a More Fun and Joyful Celebration –*

When Amber Nelson took the mic as the guest speaker following the monthly luncheon at Sierra Madre Women's Club on Tuesday, March 13th, it was clear that she excels in her profession as a communications expert. She has amassed an impressive list of business clients, from small "mom and pop" companies to multinational corporations like General Mills, Target and Georgia Pacific. After earning a degree in journalism from Boston University, this Boise, Idaho native honed her skills in her first professional job working on the nation's very first anti-smoking campaign, "Let's Make Smoking History."

Amber moved to Southern California in 1995, working in an inhouse marketing position for a firm in Santa Ana. There, she extended her craft to working with nonprofit organizations as well. After purchasing a home in La Canada, the grind of her daily commute served as the impetus for the founding of her company, Lingo Consulting, Inc.

Her topic was most timely for the upcoming Easter holiday, and is in fact, applicable to any gathering with family and close friends. She engaged the audience with questions and shared several, light-hearted examples and provided many practical suggestions. Amber shared her belief, "Communicating well is the secret sauce" for great gatherings. The content of her presentation is captured in the outline that she prepared as a guide for her main talking points. It is printed in its entirety below:

Holidays and family gatherings are a time to relax and rejoice, celebrating the ones we love. All too often, however, we end up with less than perfect occasions that leave us feeling disappointed. The following five tips can help to make your family get-togethers more of what you want them to be.

1. Reality Check – Think back to the last few holidays with your family. What did you appreciate? How did you show your appreciation? What made you cringe? How did you share your displeasure? How would you improve the experience?
2. Setting Intentions – What do you want from your holiday celebrations with your family? Do you want to build memories for the little ones? Foster a sense of family and belonging? Show off your amazing culinary skills? Dazzle



Amber Nelson (l) with Sierra Madre Woman's Club President Mary Carney

the relatives with your irreverence? How can you do your part to make the celebration what you want it to be?

3. Right-Sizing Expectations? – Do others share your vision of a really meaningful holiday? What do you think they value? How can you realistically make a holiday you will enjoy while allowing for other visions?
4. Beginner's Mind – When you release your expectations, you make room for possibility. If you welcome each family member as they are, see and accept them as they are, you may find new understanding and create unexpected connections.
5. Enjoy What's in Front of You – the baby may be crying, but you can appreciate how your daughter tries to comfort him. The ham may be overcooked, but you can join in on the laughter when your brother uses humor to ease the tension. Most people, when given the opportunity, will rise to the occasion. Give your family that opportunity.

This accomplished woman is the daughter of Ellen Burry, Sierra Madre resident and member of the city's Women's Club. Amber Nelson is a master moderator, innovative interviewer and communications expert. She is the president of Lingo Consulting, Inc. For more information, email [Amber@LingoConsultingInc.com](mailto:Amber@LingoConsultingInc.com) or call (818) 653-0401.

## 10 ESSENTIAL MOBIL APPS FOR ON-THE-GO MARKETING

Our smart phones keep getting smarter. If you are using social media and email marketing for your business, there is a lot you can do from a smart phone. For example, if you use Constant Contact, you could compose an email campaign from your phone, schedule it and see how many people opened the email and who opened it.

Here are 10 of my favorite apps:

About MJ: MJ and her brother David own HUTdogs, a creative services business that specializes in Internet Marketing strategies and Social Media Education for businesses and non-profits. "Like" them on Facebook for trending news in social media, internet marketing and other helpful tips, [www.facebook.com/hutdogs](http://www.facebook.com/hutdogs).

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## HARDER THAN IT LOOKS

With markets so rapidly changing, it's easy to imagine how property appraisers might sit in a darkened room, waving their hands over a crystal ball, and producing the mysterious and all-powerful document of a home's value. Let's dispel the notion of magical figures and look more carefully at the process.

When comparing against similar properties, it's not just the final price that counts. Appraisers also factor in any "incentives" offered, such as sellers who pay closing costs or remodeling allowances.

Perhaps the most important factor that lenders review in an appraisal is the closing dates of the "comparables" (other homes by which yours is measured). Unfortunately, with today's stricter lending requirements, most "comps" must have sold within the last 60 or even 45 days to carry weight. Markets change so quickly that any sale price over two months old may be completely irrelevant.

Now a few words about how foreclosures in a neighborhood affect determination of value. Technically, appraisers shouldn't consider them, because they don't fit the Appraisal Institute's definition of "a property reasonably exposed in a competitive market." However, if several area homes have been abandoned, we know the negative effect that can have on a home's "perceived" value.



## OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

## THE PROPER ETIQUETTE FOR EATING AN ICE CREAM SUNDAE

Not everybody realizes how important it is to follow protocol. Many Philistines in our society do things so hap-

hazardly that it is a real affront to those of us who know better. There should be a law forbidding such perfunctory behavior. We have a law for everything else, why not this? Plus, it would better serve our country and help maintain civilized behavior among our citizens.

I will be the first to admit that, throughout my lifetime, I have not always been committed to civilized behavior. It took me a long time to realize what civilized behavior really was. Before I got married, I had an idea of what I thought civilized behavior was. Unbeknownst to me I had wandered about in sheer ignorance.

Looking back, I think of those times and know why somebody said, "Ignorance is bliss." And to be sure, I was very blissful. In fact, I did not know how very blissful I was.

Then came the time when I was willing to throw away all that bliss for the, "I do," of a certain young lady I chanced to meet. It was then that my idea of bliss radically changed forever.

After getting married I realized just how uncivilized by behavior had been up to this point. Fortunately, for me, my bride was more than willing to take up the challenge of nurturing me to a more civilized behavior.

I would not say that she has been overwhelmingly successful in this attempt, however. I am a lot more civilized today than I was prior, which has to count for something.

One of the things that she attributes to civilized behavior has to do with cleanliness, in particular, clean clothes. For some reason she has a fetish that everything has to be cleaned. In my uncivilized days, I had more of a fetish about saving water. Through the years, her persistence has paid off and I have come to the place that I really appreciate clean clothes.

Of course, there is a discrepancy in what each of us deem as clean.

For me, clean is when it passes the sniff test. As long as I cannot smell anything on my shirt, I consider it clean. My wife, on the other hand, believes that if you wear a piece of clothing one time it ceases to be clean.

Then there are spots. If a spot is on my shirt where nobody else can see it, I consider the shirt clean. After all, appearance is what really counts. However, my wife believes any and every spot renders a shirt unclean.

This brings me to the subject at hand. That is, the proper etiquette for eating an ice cream sundae. It appears, so I am told, that the correct way to eat an ice cream sundae is not to get any on your shirt.

My favorite ice cream sundae is hot fudge, which is humanly impossible to eat without getting something on your shirt. No matter how careful, I always drip hot fudge on my shirt. The cleaner the shirt, the bigger the smudge.

It is for this reason that the Gracious Mistress of the Parsonage has laid down some very strict rules when it comes to ice cream sundaes. No ice cream sundaes!

Period! For the most part, I do not let her catch me eating an ice cream sundae. It is more for her good than for mine that I keep this a secret. Whenever she discovers I have had an ice cream sundae it affects her blood pressure, not to mention the wear and tear on her vocal cords. (I will not even mention my eardrums.)

I have tried everything under the sun to master the etiquette of properly eating an ice cream sundae. No matter what I do or try, the result is always the same. Some little smidgen of fudge on my clothing somewhere.

I recently came to a milestone in my pursuit of ice cream sundaes. At first, I thought it was an ingenious plan. In the beginning, it looked promising. It went simply like this. Since a hot fudge sundae usually drips on my shirt evidencing the fact that I indulged in the forbidden delicacy, I switched to strawberry sundaes where there is absolutely no chance of smearing your shirt with fudge.

This plan of mine worked for several months but came crashing down this past week. I had indulged in a very delicious strawberry sundae and thought I had gotten away with it. When I got home my wife looked at me and then said, "What is that stain on your shirt?"

Knowing that if I confess I had an ice cream sundae I would be in deep trouble the thought occurred to me until I took my chance.

"I think it's lipstick," I said with a smile on my face.

"Oh, I thought it was strawberry syrup," she said.

I am not sure what that means but I did not want to pursue the subject at the time.

I am learning that some things are not worth the effort. The apostle Paul thought this too.

"All things are lawful for me, but all things are not expedient: all things are lawful for me, but all things edify not" (1 Corinthians 10:23 KJV).

There is a proper way of doing everything and some things are not worth doing at all.

Rev. James L. Snyder is pastor of the Family of God Fellowship, PO Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. Call him at 1-866-552-2543 or e-mail [jamesnsnyder2@att.net](mailto:jamesnsnyder2@att.net). His web site is [www.jamesnsnyderministries.com](http://www.jamesnsnyderministries.com).

# Legal Notices

## 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 Karpna

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

## FICTITIOUS BUSINESS NAME STATEMENT

File No. 2013-056055

The following person(s) is (are) doing business as: MAMA BLEU DESIGNS 207 PARK AVENUE, SIERRA MADRE, CA. 91024. Full name of registrant(s) is (are) LAURA CLAUSSON 207 PARK AVENUE, SIERRA MADRE, CA. 91024. This Business is conducted by: AN INDIVIDUAL. Signed: LAURA CLAUSSON. This statement was filed with the County Clerk of Los Angeles County on 03/27/2013. 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: March 23, 30, April 06, 13, 2013

City of Sierra Madre

## PUBLIC HEARING NOTICE

**From:** The City of Sierra Madre  
**Subject:** 2008-2014 Housing Element, including General Plan Amendment (GPA 13-01 A, B, and C), Municipal Code Text Amendment (MCTA 13-01) and Zone Change No. 13-01

**Applicant:** City of Sierra Madre  
**Project Location:** Properties in the City of Sierra Madre, County of Los Angeles, State of California

The City of Sierra Madre gives notice, pursuant to State of California law, that the Planning Commission will conduct a public hearing to consider a General Plan Amendment (GPA 13-01A) to adopt the 2008-2014 Housing Element, which is a State mandated General Plan element. The Housing Element must be updated pursuant to California Government Code Section 65588 for the 2008-2014 planning period. Implementation of the new Housing Element requires two additional GPAs (13-01B) to adopt a new Land Use Category RH1 (Residential High Density, up to 20 dwelling units/acre), and GPA 13-01C to change the Land Use designation of property located at 271-293 Mariposa Avenue from RH (Residential Medium/High Density, up to 13 dwelling units/acre) to RH1 (Residential High Density, up to 20 dwelling units/acre). The final aspect of the project includes a Municipal Code Text Amendment (MCTA 13-01) to add a new zoning category R-3H (Multiple Family Residential High) and a Zone Change (ZC 13-01) to rezone 271-293 Mariposa Avenue from R-3 to R-3H.

## DATE AND TIME OF HEARING

City of Sierra Madre  
Planning Commission meeting  
Thursday, April 18, 2013  
(Hearing begins at 7:00 p.m.)

## PLACE OF HEARING

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

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

**ENVIRONMENTAL DETERMINATION:** The project qualifies for a Negative Declaration pursuant to the provisions of the California Environmental Quality Act (CEQA). The Initial Study/Negative Declaration document and Draft 2008-2014 Housing Element are available for review at the Development Services front counter, the Sierra Madre Library, and at the City's website (under the Development Services page) at [www.cityofsierramadre.com](http://www.cityofsierramadre.com). The public comment period for the Initial Study/Negative Declaration ends on April 15, 2013.

**APPEAL:** The decision of the Planning Commission is subject to a 10-day appeal period to the City Council. If in the future anyone wishes to challenge the decision of the Planning Commission in court, one may be limited to raising the issues that were raised or presented in written correspondence delivered to the Planning Commission at, or before, the scheduled public hearing. For further information on this subject, please contact the Development Services Department at (626) 355-7138.



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### Mountain Views News Mission Statement

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

## HOWARD Hays As I See It



*"We not only know Saddam Hussein has weapons of mass destruction, we know where they are."*

- Defense Secretary Donald Rumsfeld - 2003  
*"My biggest fear ... is the chemical weapons in Syria falling in the hands of extremists and Americans need to lead ... Absolutely, you've got to get on the ground. There is no substitute for securing these weapons."*

- Sen. Lindsey Graham (R-SC) - 2013

When I saw by the heading of Greg Wellborn's column last week that his subject was the new Pope, Francis I, I figured right off thered be no need for a rebuttal column.

But, there's always something. Greg notes that the former Cardinal Bergoglio "stood up against the Marxists of his homeland." Okay - but the only controversy was whether he had "stood up" to the military junta of Gen. Jorge Videla during Argentina's own "dirty war" of the 1970s and 80s - a period, as described by former Washington Post and Associated Press correspondent Peter Eisner, during which "Videla and his band of generals turned a battle against a small group of leftist subversives into a murderous campaign against teachers, doctors, unionists, intellectuals, Jews and, sometimes, activist priests."

Eisner describes many of the military leaders as being "as ardently Roman Catholic as they were anti-communist", and notes "survivors say that neither the Argentine Catholic Church nor the Vatican . . . raised their voices to protest the slaughter of innocents." But at least he "stood up against the Marxists."

The new Pope was the big event, along with the spat between Sarah Palin and Karl Rove at the CPAC convention. Their names were often heard at that conservative conclave.

One name barely heard was that of George W. Bush. Nor was there note taken of words spoken by him exactly ten years ago, on March 19, 2003: "My fellow citizens, at this hour, American and coalition forces are in the early stages of military operations to disarm Iraq." It was "shock and awe."

Columns could be filled on the lingering effects of that war; the devastation to tens of thousands of American and hundreds of thousands of Iraqi families, the trillion dollars added to our national debt, the transformation of a powerful regional adversary of the Iranian Ayatollahs into a reliable ally. I thought, though, of many lessons learned, and how long it takes to forget them.

Nearly a hundred years ago, President Wilson saw the lessons of The Great War as the need for international engagement (a "League of Nations"), and to help rebuild even vanquished adversaries. Ten years later, the nation embraced isolationism and the imposition of punishing reparations on a devastated Germany. The lessons had to be tragically relearned, and later we saw the Marshall Plan and a United Nations.

President Franklin Roosevelt saw the lessons of Black Friday as the need to reform unbridled

financial markets, to separate commercial from investment banking and to protect our seniors (a third of whom ended up in poverty) by a program of Social Security. By the end of the century, those protections were removed, leading to a second financial collapse, and we see moves to turn the security of our seniors over to the financial behemoths behind the recent meltdown.

I remember all the talk of the "lessons from Watergate", and the ensuing campaign reform legislation. Forty years later saw the "Citizens United" Supreme Court decision, and now corporate control over our government is so entrenched that a measure supported by 9 in 10 Americans (according to a CBS News poll) like requiring universal background checks for gun purchases cannot find the 60 Senate votes necessary to move it to the floor for debate. (It didn't take three months to forget whatever lessons were learned from the massacre of 20 children, ages of six and seven, and six staff members, at Sandy Hook Elementary.)

Lessons from the Vietnam War were enunciated by Gen. Colin Powell in the "Powell Doctrine", that before committing ourselves we must ask: Is a vital national security interest threatened? Do we have a clear, attainable objective? Have the risks and costs been fully and frankly analyzed? Have all other non-violent policy means been fully exhausted? Is there a plausible exit strategy to avoid endless entanglement? Have the consequences of our action been fully considered? Is the action supported by the American people? Do we have genuine broad international support?

Ten years ago, that doctrine was abandoned and the lessons forgotten.

As for lessons from Iraq, I'd refer you to an open letter to George W. Bush and Dick Cheney from Tomas Young, an Army vet from Missouri dying from wounds suffered in an attack in Sadr City when he was 22 years old ([http://www.truthdig.com/dig/item/the\\_last\\_letter\\_20130318](http://www.truthdig.com/dig/item/the_last_letter_20130318)):

"I would not be writing this letter if I had been wounded fighting in Afghanistan against those forces that carried out the attacks of 9/11. Had I been wounded there I would still be miserable because of my physical deterioration and imminent death, but I would at least have the comfort of knowing that my injuries were a consequence of my own decision to defend the country I love. I would not have to lie in my bed, my body filled with painkillers, my life ebbing away, and deal with the fact that hundreds of thousands of human beings, including children, including myself, were sacrificed by you for little more than the greed of oil companies, for your alliance with the oil sheiks in Saudi Arabia, and your insane visions of empire."

I wrote a couple weeks ago of hippie-dom, but I was more of the anti-war crowd. My anthems were Buffalo Springfield's "Stop Hey What's That Sound" and Credence Clearwater's "Bad Moon Rising". But as I read Young's letter, I thought of a recording by The Searchers of a Pete Seeger song about flowers and its repeated refrain, "When will they ever learn? When will they ever learn?"

## IRAQ THROUGH THE LENS OF HISTORY GREG Wellborn



At any given moment, there are political, social and economic debates in this country that enflame the passions of those in favor of and those opposed to the issue at hand. It is only through the lens of history that those passions are dampened, that truth emerges, and, if we're lucky, that lessons are learned which help us better handle the next challenge or crisis. This week marks the 10-year anniversary of the Iraq war and, as the fates would have it, provides President Obama a crisis eerily reminiscent of what faced President Bush a decade ago.

To understand what has happened and what can be learned, we need to honestly review the historical record. President Bush assumed the presidency at a time when Iraq had waged a brutal war against two neighbors - Iran and Kuwait -, when it had developed weapons of mass destruction (nerve gas), used those weapons against its own people (the Kurds), evaded the UN arms inspectors, and told the world and its own military leaders that it still possessed, and would use, those weapons.

Great is the number of political leaders and intelligence agencies which believed Saddam Hussein was an imminent threat to world peace and the stability of the region. President Clinton had stated that Saddam "threatens the safety of his people and the stability of the region". Nancy Pelosi stated, "Saddam Hussein has engaged in the development of weapons of mass destruction". Hans Blix of the U.N. reported that "the Iraqi regime has allegedly misplaced 1,000 tons of nerve agent". The intelligence agencies of Russia, England, France, Israel, Germany and the U.S. all believed Saddam maintained his stockpiles of WMD. So, too, by the way did Saddam's own generals. How could any prudent person conclude differently? If Bush lied, then so too did Clinton, Pelosi, and every other leader referenced above.

As to the failure of the Bush administration to obtain U.N. Security Council authorization to remove the threat, then we must also indict and crucify President Clinton for his unauthorized use of force in Serbia in defense of the Muslims facing ethnic cleansing there. The more important indictment, however, is neither against Bush or Clinton, but against the U.N. for its fecklessness in the face of real human suffering. What the U.N. did in Rwanda, in Serbia, and was willing to do in Iraq is cynical, immoral, and unworthy of a small town council, let alone a world body.

All of which brings us to the reasons, justifications and results of the Iraq war. For those with honest memories, aided by the ample documentation from 10

years of historical study, the justification for the war contained eight solid points, only one of which referenced WMDs. The most important points were freedom for the local people and the spread of democracy in the region. These have been the abiding principal in almost all of America's wars. It's what makes us great.

Some, of course, have argued and still argue to this day against all evidence to the contrary that Iraq was a diversion from the real war on terror. Those who hold this line have to square themselves with the contradictory and much more believable assertions from those who actually waged the war against democratic values. Osama Bin Laden, himself, said the struggle for dominance in Iraq was "the most important and serious issue facing the world". Other terrorist leaders also went on record telling us that victory in Iraq was necessary to solidifying Islamic rule in the region and carrying it into the rest of the world. Those fighting against us saw it as their world war, even if some of our talking heads did not.

Fast forward, though, to this week's anniversary of the war where we are called to give ample regard to the results of the war. Nobility of cause and courage in its defense are no substitutes for results. What did the war bring? In short, the answer, for those again who are honest, is overwhelming success.

The Iraqi people no longer face the threat of incarceration, torture or indiscriminate death. The Iraqi people proudly held out their purple-stained thumbs to evidence the birth of another democracy in a region that has known few of them. Iraq's neighbors are no longer threatened. The leaders of Iraq may not be perfect democrats in the American vein, but they are clearly not sadistic, psychotic, sociopathic, or even particularly fanatical. The worst we can say against them today is that they're a bit corrupt. Corruption instead of death and dismemberment is probably a pretty good bargain at this point in the long game. Additionally, the U.S. willingness to act, and success in its actions, convinced Moammar Gadhafi to blink in his oppressive power game against his people. Thankfully, we no longer have to deal with his tyranny, nuclear threats or financial backing of those who bring airliners down in the pastures of Scotland.

The dispassionate verdict of history is that the world is a better place because of the moral conviction and steadfastness of one American President and the valor and sacrifice of scores of thousands of American soldiers who answered the call to make their world a better place.

But what of today? What of the

lesson that can accrue to and benefit President Obama? Here the fates offer bitter irony. Within the last 48 hours, there are credible reports that the Syrian regime has used weapons of mass destruction against the insurgents there who seek freedom and democracy. President Obama has stated that, if true, it would represent the crossing of that bright line in the sand which mandates U.S. action. But does he really understand the meaning of his statement?

This is the same man who argued President Bush did not have the right to wage a pre-emptive war against a foreign nation simply because of the threat to use WMDs against us. This is the man who said there were no WMDs in Iraq at a time when there were reports that highly secret shipments were made from Iraq to Syria. He this may have to face the contradictions of his own poorly considered philosophy and world view.

Syria does not threaten the U.S. Unlike Iraq, or Iran or North Korea, it doesn't even claim that it intends to threaten the U.S. It only wages a battle - unfathomably brutal as it might be - against its own people on its own soil. What would be the justification to pre-emptively start a war if Bush was really wrong in doing it 10 years ago? What would the President have to admit if Syria's WMDs were found to have emigrated from Iraq? Would he have to admit that Bush was right?

The answer is yes. To do the right thing today, to learn and apply correctly the lesson of history, President Obama must confront his own philosophical misunderstandings of the way the world really works and admit to his egregiously unfair mischaracterizations of President Bush's honor, decency, intelligence and moral strength. I fear that these may be too hard for President Obama to do, but I pray he can do them. It would be the mark of a man who cares about more than just the next election, of a man who can admit error and grow, of a leader who warrants the supreme responsibility that our nation's citizens have placed on his shoulders. I pray he is all those things.

About the author: Gregory J. Wellborn 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 [gregwellborn@earthlink.net](mailto:gregwellborn@earthlink.net).

## STUART Tolchin.....On LIFE

### IT'S NOT JUST A MOVIE



I am troubled by my own conformity. In my articles I invariably end by advising you imagined readers to be nice to one another, hug your loved ones frequently and to not be distracted by the temporary pleasures and diversions of life. I proclaim that there's more to life than sex, drugs, money, and rock and roll. Well, yesterday, I saw this really troubling movie titled *The Identity Thief*. I don't think it was intended to be troubling, but it really bothered me. The movie stars someone named Jason Bateman who has kind of grown up on television and in the movies. His co-star is Melissa McCarthy who is the fat lady that caused all sorts of problems for me.

To summarize a rather unrealistic plot, Bateman is stuck in a job where he is unappreciated as well as under-paid. He is offered a job in a newly forming company at five times the salary; but there is a problem. Someone has obtained information enough about him to create phony credit cards and run up tremendous bills. The Police are after him because there are now outstanding warrants for his arrest. Now everything is in jeopardy; his job, his house, his freedom. He must personally apprehend the identity thief; bring that person back to Denver and place that person into the hands of the police. It's all preposterous, but he must leave comfortable but dull Denver where he lives with a beautiful pregnant wife and beautiful kids in order to catch the thief who is in Winter Garden Florida, wherever and whatever that is. One other thing; despite the wife and the beautiful kids, and his obvious dependability and even before he learns about the identity theft, Bateman seems kind of gray and fatigued and troubled.

We movie-goers observe the thief long before Bateman does. Although she is the co-star of the movie, she is not beautiful. She is an overweight kind of out-of-control fat lady. She is highly skilled in the technological maneuverings necessary to create false credit cards and false identities, but she cannot buy happiness. The place in which she resides (she probably stole that too) is crammed full of boats, jet skis, knick knacks and junk that she has obviously obtained illegally. Bateman finally corners her at some sleazy saloon and now he has to get her back to Denver - but strange things start happening. First of all, she reveals wonderful abilities like knowing how to defend herself. She hits men in the throat, knees them in the groin and is a talented risk-taking driver. She breaks out of police cars by kicking out the back windows and escapes being run down by a car using a wonderful move she learned on the internet. When she carries Bateman a half-mile through the forest in order to save his life, our feelings begin to change.

She is filled with energy and never gives up. She is sexually ever-ready, but Bateman never touches her because he is true-blue and she is still pretty gross. They get back to Denver and in one night she bonds with his wife and children and Bateman decides not turn her in BUT she decides to turn herself in and is sentenced to prison for three years. Bateman, his wife, and kids visit her regularly at the prison. THE END.

So what troubled me? Obviously in her troubled, out of control life she was having a lot more fun than Bateman and his perfect family. She's the only interesting thing in the movie. So my question is wondering whether being middle-class and following the rules is just for fools like me? Really, my only sins are the sins of inattention when I fail to do something I meant to do. What do you think? Is living the responsible life I lead sort of like living a life that we expect other people's children to lead without finding the secret pleasures that might make life more interesting. Really, I like my life but I admit I don't even view pornography. I guess my mom wouldn't like it.

I wonder if this is the true failure of our educational systems. Are we teaching restriction and conformity when it is clear that the young, and maybe everybody else, want freedom and self-expression. I have been taught to avoid trouble, while maybe the more important lessons are how to find trouble and then get out of it pretty much unscathed.

Can civilization tolerate communities wherein people do pretty much whatever they want without thinking about the consequences? Maybe that's how many people are living already, as both the children of the very rich and the very poor seem to roam the streets, (yes they are different streets) all night without much supervision or parental concern.

Is the middle class disappearing from lack of imagination? Or lack of interest? What is our real identity and what is the kind of life we want to lead? Are we our own Identity Thieves who have stolen our potential from ourselves? I said at the beginning that I really don't know the answers but that I am troubled by the questions. What about you?

## RICH Johnson Moving On and Out



Well, for those of you keeping score, my office relocation is about 99.8% complete. Just a few items left at our old facility and already a state of disarray at our new place.

The Versa-Tape management staff consisting of Rich and James, made a key management decision early on in the game. Since rarely do any customers come through our front door, we focused more on excellent customer service and less on a pristine office setting. James and I have really succeeded in achieving that goal.

The new offices are nicer and the layout is superior to our old offices. And now I will be traveling 7.7 miles east from my residence in Sierra Madre. The old commute was approximately 4.5 miles in a westerly direction. And to my 180 degree change in commute direction, I apologize to Horace Greeley. I am now traveling east.

I ceremonially removed the old office keys from my key ring. This set of 3 keys had resided on that key ring for 27 years. And it felt like the death of an old friend. So, when I ran across news of the death of a famous celebrity I thought it might be cathartic to share the article with you. Okay, for my own sense of well being, I kneaded to share this story:

### The Demise of the Doughboy

The Pillsbury Doughboy died yesterday of a yeast infection and complications of trauma due to being poked repeatedly in the belly.

Doughboy was buried in a lightly greased coffin. Dozens of celebrities turned out to pay their respects, including Mrs. Butterworth, Hungry Jack, the California Raisins, Betty Crocker, the Hostess Twinkies, and Captain Crunch. The grave site was piled high with flours.

Aunt Jemima delivered the eulogy and lovingly described Doughboy as a man who never knew how much he was kneaded. Born and bread in Minnesota, Doughboy rose quickly in show business. But his later life was filled with turnovers. He was not considered a very smart cookie, wasting much of his dough on half-baked schemes. Despite being a little flaky at times, he lived to be a crusty old man and was considered a positive roll model for millions.

Doughboy is survived by his wife Play Dough, three children: John Dough, Jane Dough and Dosey Dough. Plus they still had one in the oven. He is also survived by his elderly father, Pop Tart.

The funeral was held at 3:50 for about 20 minutes

I hope you are having a good week, month, year, decade, and millennium! Pick all of the above!





















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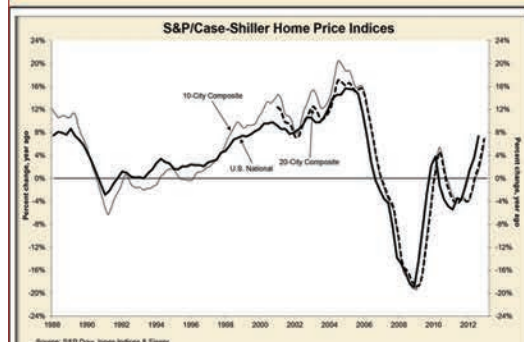
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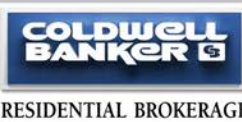
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