

THE CHANGING FACE OF SIERRA MADRE



The quiet village of Sierra Madre lately has become a hub of development activity. Long anticipated projects that have been looming for years, such as “Stonegate” (the controversial 1 Carter development) has started the production of homes. (Photo left). Other less controversial projects such as the remodeled medical facility on Sierra Madre Blvd are near completion. The sounds, sights, and dust of construction can be seen all over town. Below left Grandview Avenue was the scene of traffic detours while the San Gabriel Valley Water District put in a connector for the city. Bottom right is the ongoing renovation of th former Steamers Coffee shop on Sierra Madre Blvd. which will be the home of several retail outlets. Stay Tuned. Photos by S. Henderson/MVNews



ONE UP...ONE TO GO! *Sierra Madre Schools construction projects a complicated game of PUSD loves me, PUSD loves me not.*
Photos and story By Fred Thomas

On Monday April 1, 2013, Sierra Madre School's lower campus added a new wing to its facilities. This state of the art structure houses two fourth grade classrooms, all four fifth grade classes and a spectacular pre-kindergarten wing. Already dubbed “Upperclassman Hall” by the students, this structure is a testament to building capabilities of a much maligned district facilities department.

Monday was also April Fool's Day. There is no better example of the spirit of this day than the “Joke” the district has continuously played on Sierra Madre Middle School, or “Upper Campus” as it is known. (cont. on page 8)



They love me.....the newly renovated Sierra Madre School elementary campus (lower campus)



They love me not!....the walkway to “temporary”classrooms at Sierra Madre Middle School (Upper Campus).

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Weather Wise

5-Day Forecast

Sierra Madre, Ca.

Mon:	Sunny	Hi 80s	Lows 50s
Tues:	Sunny	Hi 80s	Lows 50s
Wed:	Sunny	Hi 80s	Lows 50s
Thur:	Sunny	Hi 80s	Lows 50s
Fri:	Sunny	Hi 80s	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, April 9, 2013
6:00 pm

April 17	06:30pm	UUT Oversight Committee
April 09		Friends of the Arts - General Meeting
April 18		City of Sierra Madre - Volunteer Breakfast
April 18		LA County Health Department - temporary food facility presentation
April 20		Woman's Club - Fashion Show
April 20		SM Rose Float - Legendary Bingo
April 20		SM Environmental Action Committee - Bailey Canyon Wilderness Park Clean Up
April 20		Foothill Unity Center - Murder Mystery Fundraiser



130 E. Montecito Avenue
Sierra Madre, CA 91024

SELF STORAGE
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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.



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VILLAGE VINE ONLINE
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THIS WEEK

MONDAY - 10 - 11 am Barry, Rich & Lisa Show
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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 by 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.

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AND HAVE SOME FUN!

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

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

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

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

www.SierraMadreRotary.com

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 or call the library at 626 355-7186.

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Spring Session Begins
April 8, 2013

Creative Arts Group

108 N. Baldwin Ave. Sierra Madre, CA 91024
626•355•8350 www.creativeartsgroup.org

CLASSIFIEDS

Employment Opportunity:

Foothill Creative Arts Group is seeking a full-time Executive Director responsible for overall planning, operation, and management of a nonprofit art center serving the community of the San Gabriel Valley. Visit the website at creativeartsgroup.org for details. No phone calls.

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Sierra Madre

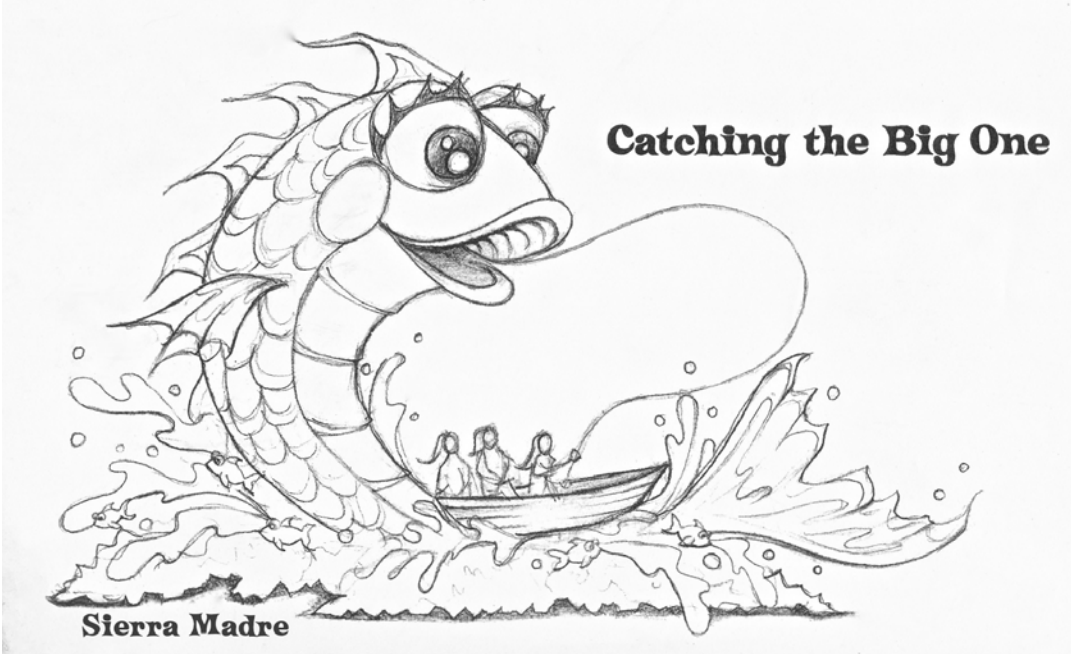
Arcadia

Pasadena

Altadena

Monrovia

ANNOUNCING THE SIERRA MADRE ROSE FLOAT ASSOCIATION'S ENTRY FOR THE 2014 TOURNAMENT OF ROSES PARADE:



The theme of the 2014 Rose Parade® is "Dreams Come True." Sierra Madre's fun-loving float entitled "Catching the Big One" comes under the heading "be-careful-what-you-wish-for!"

This particular fishing trip proved a little TOO successful. The catch of the day is an enormous 26-foot tall fish that dwarfs the tiny skiff below. This whimsical, animated entry will feature tens of thousands of iris, carnations and roses as well as several types of citrus. The design of this float is once again thanks to Charles Meier, Creative Director of Paradiso Parade Floats. *Sierra Madre Rose Float Association Scholarship Opportunity*

The Sierra Madre Rose Float Association is proud to announce its annual scholarship competition. To qualify, applicants must actively participated in one or more Sierra Madre Rose Float activity (such as fundraising, design, construction, flowering or as a past or present float rider) and must currently be a student in their senior year of high school or be a college freshman with a minimum GPA of 3.0.

For more information and to download an application form, please visit our website at: <http://www.smrosefloat.org/scholarship>. All applications must be received by May 3, 2013.

2013 Mount Wilson Trail Race - Youth Opportunities

Kids' Fun Run

Join the Sierra Madre Community Foundation and CATZ Sports for the 2013 Mount Wilson Trail Race Kids' Fun Run. The Kid's Fun Run is an absolutely **free** event for youth ages 3-12 years of age. The Kid's Fun Run will begin at 7:45 a.m. on Saturday, May 25, 2013. Youth will have the opportunity to run up and down Baldwin Ave. and finish under the same banner as MWTR runners! Youth 3-6 years of age will run a ½ mile course, while youth 7-12 will run the full mile. All participants must sign up with a parent or guardian beginning at 7:00 a.m. in Kersting Court. The first 250 youth to sign up will receive a **free** T-shirt, compliments of Sierra Madre Community Foundation and will receive a ribbon for their participation.

Kids' Fun Run Training Days

Join past MWTR Women's Race Winners Sharon Pevsner and Jill Liston as they prepare you for the MWTR Kids' Fun Run. Training days will be held on Saturday April 27, 2013 and Saturday May 11, 2013 beginning at 9:00 am at Sierra Vista Park – Westside, 611 E. Sierra Madre Blvd. Participation in the training days is **free** for all and participants should bring running shoes and water. Participants will learn basic running technique, complete running drills, and take part in a question and answer session with Sharon Pevsner and Jill Liston.

Kids' Fun Run T-Shirt Design Contest

Your artwork can be featured on the 2013 Mount Wilson Trail Race Kids' Fun Run T-Shirt! Youths in Kindergarten – 8th grade are encouraged to submit their artwork for this contest. The winning entry will have their artwork displayed on the back of the Kids' Fun Run t-shirt, be recognized at the Mount Wilson Trail Race and receive a t-shirt with their design. Participation in the contest is absolutely **free**. Contest application and guidelines are available on the City's website, www.cityofsierramadre.com, on the Community Services Department page or at the Community Services office located at 611 E. Sierra Madre Blvd. Applications are due by Friday, April 26, 2013 at 5:00 pm.

For more information on any of the 2013 Mount Wilson Trail Race Youth Opportunities please contact the Community Services Department at 626.355.5278.



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FRIENDS OF THE SIERRA MADRE LIBRARY ANNUAL ART FAIR

The 51st annual Friends of the Sierra Madre Library's Art Fair will be held in Memorial Park, 222 West Sierra Madre Blvd, Sierra Madre, on Saturday, May 4, from 9:30AM to 6:00PM and Sunday, May 5, from 9:30AM to 5:00PM. More than 90 artists will be displaying and selling their fine arts throughout the weekend. Mediums include oil painting, jewelry, water colors, glass, wood, metal, photography, pottery, ceramics, mixed media, and weaving. The Art Fair will be the place to be to find that perfect Mother's Day, graduation, or wedding gift and to find pieces that you will be proud to wear or to display in your home.

Live music will be featured throughout the weekend in the band shell and on the south lawn. Guests will enjoy an eclectic selection of music ranging from country jazz to Latin to classical flute and guitar. A food court will offer a variety of food and drinks provided by local non-profit groups as well as food vendors. And, of course, the Friends of the Library will have a booth selling their famous sweet breads and quick breads. For the children, the Creative Arts Group has planned a Chinese kite making activity on Saturday and Sunday from 10am-4pm.

This year we will again have a silent auction. So far, forty of the artists who are displaying and selling their creations at this year's fair have donated lovely, one-of-a-kind pieces for the auction which means that you'll have a chance to bid on some really beautiful artwork.

So come early and stay all day. Browse through the wonderful displays of artwork, sit on the lawn and listen to music, have a little lunch, check on your silent auction bids, and then go back and purchase those lovely pieces of art that have been calling your name ever since you spotted them. Proceeds from the Art Fair benefit the Sierra Madre Library. For more information, visit our website at sierramadrelibraryfriends.org or call 626 355-7186.

Sierra Madre Police Blotter

For the period March 24-31, 2013

Tuesday March 26, 2013

A resident in the 00 block of North Mountain Trail reported that her vehicle was stolen from her carport. The victim indicated that she had friends at her residence the night before and the keys to the vehicle were now missing. The victim was unable to recall when she last saw her vehicle parked in the car port.

Thursday March 28, 2013

A resident of the 300 block of Montecito Avenue filed a police report alleging that her ex-boyfriend called and threatened to kill her. The threat took place during an argument over child visitation. During the investigation, officers managed to contact the ex-boyfriend. He denied making the threat and stated the victim was making up the entire incident. The investigation is on-going.

At 8:30am, a solo vehicle traffic collision took place in the 400 block of Santa Anita Court. The vehicle was proceeding east on Santa Anita Court when it drifted to the right, travelled over the curb and collided with a tree. The momentum caused the vehicle to roll over onto its roof. The driver complained of pain caused by the deployment of the vehicle air bag and received medical treatment. The driver admitted that he became distracted when he was attempting to plug in his cell phone.

Friday March 29, 2013

At 8pm, a resident in the 100 block of North Lima Avenue parked his vehicle at the curb and went inside. Two hours later he returned to his vehicle and discovered that the left side of the car was damaged. The investigation revealed that an unknown vehicle side-swiped that parked car, leaving scape marks and destroying the side view mirror. The party at fault left the scene without making contact with the other party or leaving contact information on the damaged vehicle.

Saturday March 30, 2013

At 1:45pm, officers responded to a report of domestic violence in the 400 block of East Laurel Avenue. The person reporting stated that her husband of three years came home intoxicated and began an argument. During the argument, the husband allegedly slapped a cell phone out of her hand and then struck her with his shoulder. The husband (male 28 years of age) was arrested for Battery and booked at Pasadena PD Jail.

At 4:45pm, officers responded to a report of a vehicle being driven erratically on Sierra Madre Boulevard. The officers located the vehicle stopped for the stop sign at Sunnyside Avenue and Sierra Madre Boulevard and observed that the driver appeared to be unconscious. The officers detained the driver and determined he was under the influence of an unknown drug. The investigation revealed fresh traffic collision damage on the right side of the vehicle suggesting that the driver collided with an object prior to the reporting party calling in her observations. The driver (male 57 years of age) was arrested for DUI.



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Pasadena Altadena

News From Your Community For Your Community

Five hikers Found Safe in Eaton Canyon

By Dean Lee

Search and rescue teams headed out Friday morning looking for five hikers reported missing in Eaton Canyon —the same location a 17-year-old girl was killed and two other rescued while hiking two weeks ago.

According to reports, The Los Angeles County Sheriff's and Altadena Search and Rescue started the search around 8 a.m. after the father of one of the hikers reported his daughter missing at 7 a.m.

Dense fog in the area hampered rescue efforts limiting the search by helicopter.

All five hikers were found safe. Deputies said search efforts on the ground focused on the areas around the two waterfalls in the canyon. The group was located around 11 a.m. at the second waterfall.

It was first thought the group, all in their 20's, set out Thursday morning for a day hike and repelling. The trip was planned overnight and a misunderstanding led one parent to become concerned when the group did not return according to deputies.

Rescue officials said the group had food and water with them. They were escorted out of the canyon.

Last week the Sheriff's Department Search and Rescue Team members circulated a video on YouTube of the danger in the area, "(The Dangers of the) Eaton Canyon Waterfall - Don't believe the false information --- There is no safe trail to the second waterfall."

Pet of the Week



Fluffy is an eight-year-old black and white longhair cat. She's very friendly and enjoys attention. She loves to purr too!

Fluffy's regular adoption fee is \$70, 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. Fluffy also qualifies for our Seniors for Seniors program in which her adoption fee is waived for adopters 60 years old and up. Ask an adoptions counselor for more information during your visit.

Call the Pasadena Humane Society & SPCA at 626.792.7151 to ask about A179264, 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.



Food Co-op Leases Site for Local Market

With plans to offer organic, sustainable, and locally sourced products, the Arroyo Food Co-op announced this week they have leased a former grocery in central Pasadena.

In a public statement the organization said the move is a major step toward their plans of opening a long-awaited community-owned grocery store.

In a vote by Co-op members, over 98 percent, gave their approval for the Board of Directors to sign the lease on a 4,900 square-foot building at 494 N. Wilson Avenue, on the corner of Villa Street. The building was once the site of George's Market.

"We looked high and low to find just the right spot to open the Co-op," said Tricia Keane, president of the Co-op's Board of Directors. "We looked for all those things that make a location a good location. We wanted it to be as close to our members as possible, and conveniently located for

members of the public. I always had a dream that we would find a former grocery store just waiting for new people to move in, and, apparently, dreams do come true. The former George's Market site has all the things we were looking for—and then some. This is truly an exciting time to be part of the Arroyo Food Co-op."

Along with signing the lease, the Co-op also announced a campaign to raise final funds necessary to open its doors. The Co-op needs approximately \$70,000 to refurbish and renovate the site and another \$251,000 for operational expenses, primarily inventory, they said.

Years of hard work have brought us to these last steps before we open our doors," said Patrick Reagan, Arroyo Food Co-op founder and CFO. "With the community's continued support, we'll clear these remaining milestones, establish a significant resource for healthy food, and provide yet

one more example of how well the cooperative business model works for a local economy."

The co-op currently has a total of 550 members.

The new market would also sell fair trade items and non-GMO produce. Possible features such as a deli, coffee bar, and community space are also being considered they said.

For more information about the Co-op's location, its capital campaign—including how to make a loan and becoming a

Earth and Arts Festival April 20

Celebrate a world of nature, art and live music at the Pasadena Earth and Arts Festival, 11:00 a.m. to 5:00 p.m., Saturday, April 20, at Pasadena's Memorial Park and, across the street at the Armory Center for the Arts, 145 N. Raymond Ave. Master of Ceremonies is noted author, performer and KPCC (89.3 FM) public radio commentator Sandra Tsing Loh.

This is the 11th anniversary of Pasadena's Earth and Arts Festival, one of the biggest Earth Day events in Southern California. The free, family friendly festival features activities, exhibits and entertainment for all ages. The 2013 Green City Awards also will be presented during the festival.

Browse through a huge eco-marketplace where exhibitors will promote green living, energy and water efficiency, composting, organic foods, green building design, alternative transportation and renewable energy. City staff from many city departments will be on hand to answer your questions about waste reduction, recycling, water and energy conservation, and parks and nature preserves.

Armory Center for the Arts is bringing MIA "Moving Images Art" which will feature projections of artists work using the moving images from experimental film, video art, installation art, performance art, essay films and animation. Show your Metro pass at the transportation booth to receive an Earth Day reusable bag, while supplies last. Alternatively, join the 5.7-mile Earth and Arts

Festival Bike Ride through town, led by C.I.C.L.E. Perfect for riders of all ages and skill levels, the guided tour will highlight the City's Rotating Public Art Exhibition Program.

The annual festival is sponsored by the City of Pasadena, Armory Center for the Arts, Conscientious Projector and Metro. For more information, visit www.cityofpasadena.net/earthday or call (626) 744-4087.

Holden holds '100 Days Town Hall'

This is an opportunity to talk with Assemblymember Chris Holden about issues that affect our district - from transportation to business to education; bring your ideas and we will supply cookies and coffee.

Thursday, April 18, 5:30pm -7pm District Office - 600 N. Rosemead, Suite 117, Pasadena

To RSVP: call 626.351-1917.

Man Climbs Edison Tower, then Threatens to Jump

Pasadena Police received a call at 3:45 p.m. Friday March 29 of despondent male who climbed the Edison power tower and was threatening to jump.

Police officers and Pasadena Fire Department personnel responded to the scene. The male, 48 years old, resident of the Los Angeles area, climbed the power tower at Colorado Blvd. and Kinneloa St. to a height of about 50 feet above the ground.

The Pasadena Police Department Crisis Negotiating Team negotiated with the despondent male until about 10:00 p.m. The despondent male then



jumped from the tower and landed on the rescue airbag deployed by the Pasadena Fire Department, which saved the man's life from the fall.

He was taken to a hospital for evaluation.

Former Journalism Advisor Steps In to Help Student Run Newspaper

By Dean Lee

Retired journalism instructor and college newspaper advisor Mikki Bolliger assumed the teaching duties of PCC inductor Warren Swil Monday after he was placed on administrative leave last week pending a complaint.

"I still don't know any the details, just what's been said," Bolliger explained. "I talked to him [Swil] on the phone about routine stuff, like where is the roll book? He has been instructed not to talk about the investigation."

Bolliger said she was called suddenly Friday and asked if she teach Swil's classes.

"I had to juggle a lot of stuff around to make this work," she said explaining that if she did not, her thinking was, students might not be able to continue with the newspaper. "It's very late in the semester."

Swil spoke out Wednesday for the first time, in an interview on

KPCC radio, since being put on leave last Thursday. He said the situation is stressful and that he grieves for his students, further saying, none of them deserve this crisis.

Swil has been a fulltime faculty member since 2007.

In recent weeks, the Courier has been critical of the schools administration including reporting on votes of no confidence for current President/ Superintendent Mark Rocha at a March 13 Board of Trustees meeting.



Swil

Police to Conduct 'Every Fifteen Minutes' Program

The Pasadena Police Department's Traffic Section will again conduct a teen education program known as "Every 15 Minutes" Thursday — bringing awareness to the problem of teen drinking and driving.

The program is held once a year at one of the local high schools.

According to police, this year's two day awareness program will begin held at Polytechnic School starting on Thursday at 8:00 am.

A realistic mock fatal collision will be staged in front of the school on Arden Rd west of Wilson Ave. Students will be directed to the collision scene and view participating fellow

students involved in the mock fatal collision. Over the course of two days, students will experience the "grim reaper" of death, staged loss of fellow classmates, and family grief as student participants and their families share their obituaries and deepest thoughts on the subject of drinking and driving.

The PPD, along with the Pasadena Fire Department, Los Angeles County Coroner's Office and Huntington Memorial Hospital will participate in this major demonstration to expose teens to the realities of alcohol and driving with the aim of preventing these deadly consequences. State Farm Insurance and the CHP fund the program.



Learn How to Produce Your Own TV Show

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



PASADENA MEDIA

training and memberships are available in our citizen journalism and digital film groups. Call (626) 794-8585 or go to PASADENAMEDIA.ORG explore all that PM has to offer.

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

Orientation:

Producers' Training

Camera

Character Generator

Lighting

Audio

Video Tape Operator

Technical Director

Stage Manager

Teleprompter

Citizen Journalism

Digital Film Group

1st & 3rd Monday

2nd & 4th Monday

1st & 3rd Tuesday

2nd & 4th Tuesday

1st & 3rd Wednesday

2nd & 4th Wednesday

1st & 3rd Thursday

2nd & 4th Thursday

1st & 3rd Friday

2nd & 4th Friday

Every Tuesday

Every Thursday

"What's Going On?"*News and Views from Joan Schmidt***SENIORS BEWARE:
GRANDPARENTS' SCAM
STILL GOING STRONG**

Last year, I read an article about a "Grandparents' Scam. What happened was grandparents would receive an urgent frantic call from a grandchild saying they were in a terrible bind and needed money immediately. It could be \$1000 and even more! Sometimes the grandchild was away at college and therefore the call seemed believable, so the grandparent believed the story. I could imagine receiving a call like that and it would be terribly upsetting. Many people were duped by this.

I hadn't heard about this lately until I stopped to visit a friend after her daughter's untimely death. She told me about this terrible phone call she received. The caller pretended to be her granddaughter and said she was picked up for drunk driving and was going to be put into jail if she didn't wire money for the fine. The girl was so hysterical, my friend actually could NOT rule out it wasn't her granddaughter! Luckily her granddaughter lives in the front house, so a quick walk to the front ended her fears. Also my friend was told to mail the money to Mexico which didn't make sense as the caller was supposedly calling from New York City.

When I stopped to visit another elderly friend, I told her what happened. She said she received a similar call. What is so crazy is that my second friend doesn't even have grandchildren. Her only son was killed by a drunk driver probably 30+ years ago! The caller said, "Grandma, you know who this is." The caller was trying to get my friend to say the name of her grandchild, but she couldn't. She had no grandkids!

Please be leery of any phone calls like this. It's sad these people prey on unsuspecting folks' emotions.

**THE ESBIT POCKET STOVE -
*Reincarnated!*****By Christopher Nyerges**

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

At least 40 years ago, we all had to get the little Esbit pocket stove for our camping trips. They were made in Germany, but you could obtain them at some of the various camping supply stores that were more common back then. The entire stove is just a little larger than a pack of cigarettes, and it folds open so that the two "doors" become "legs." You set the stove on the ground or a sturdy surface, and when open the bottom is just a little off the ground, so there's an air space underneath. You add a little fuel tab, and you rest your metal cook pot on the top. It was ingenious, small, lightweight. You hardly knew it was there.

When you purchased one of these little Esbit stoves, it came with little fuel tabs, probably trioxane. One tab was enough to bring a cup of water to a boil.

But as campers with no money, we never bought fuel. We'd just stuff some twigs into the Esbit cooker, light them, and cook some soup or tea in a metal Sierra cup. Sometimes we just cooked in an old soup can. I've used my Esbit stove in the desert, in the mountains, and even in the parking lots of rest areas in California and Arizona!

In the last four decades, we've seen some amazing high-tech gear for the campers and backpackers. At a recent self-reliance and survival shows in Utah, I've seen no less than six new high-tech cookers, all very useful and – very expensive. There are many variations of the original Esbit cooker, generally which go by the name of "tommy cookers."

Never being a fan of heavy, bulky, expensive gear, I've never bought into many of the new products that flood the marketplace. Of course I do have a few such stoves, and they are great to store in your garage in case I ever have to cook in my backyard after an emergency. I have used mine in the backyard many times.

Getting back to the Esbit. I didn't even know the company was still around, until I got one of the latest Esbit stoves to test. This time, it's not the tiny stick-in-your-pocket cooker. But it's the same stove on steroids.

The new Esbit stove is bigger, a bit too bulky for most backpackers, but ideal to stick in the car for camping, or to keep handy for home emergencies.

It measures 13" deep, 10" wide, and 4 inches high. It weighs around five pounds. It won't fit into your pocket but it would fit into your trunk. I don't think anyone would backpack with it, though you might just carry the grill along.

We tried cooking on the large Esbit cooker during an expedition to the local mountains, and found it to be convenient to use and easy to pack back up.

I was with a group and Francisco Loaiza and his son Benjamin – mostly his son Benjamin (a recent Eagle Scout) – did most of the cooking.

While everyone agreed that they'd not carry this stove backpacking, it seemed ideal for the cookout for three to five people where a convenient stove in the trunk is just the thing.

According to Francisco Loaiza, "I like the fact that it is constructed of stainless steel, and would resist rusting and I like how it folds up to a nice compact size. Some other barbecues are "oddly shaped" and would be more cumbersome to pack neatly. This is a basic box shape as opposed to the round mini barbecues I have used in the past."

We both liked the charcoal bag which allows you to neatly carry charcoal, and pack it within the stove.

Though this Esbit stove might be a bit small for a large group, it's fine for a small family barbecue, car-camping, and emergency backyard use. It's built of stainless steel, compact, and neatly fits into a convenient carrying case. Loaiza and I both noted that some stoves of this category have covers, which would allow one to use the stove as an oven. Though this new Esbit stove has no cover, one could easily be fabricated with aluminum foil.

Esbit stoves are exclusively distributed in the U.S. by Industrial Revolution, whose web site is <http://www.industrialrev.com/esbit>.

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

Looking Up

with Bob Eklund

**ASTEROID EXOPLORER HAYABUSA2 MESSAGE CAMPAIGN****You Can Send a Message to an Asteroid**

The Japan Aerospace Exploration Agency (JAXA) is scheduled to launch the asteroid explorer "Hayabusa2" on the H-IIA Launch Vehicle in 2014. The spacecraft will arrive at an asteroid in 2018 to investigate it for one and a half years—and to leave there a collection of messages from the general public—before returning to Earth in 2020.

JAXA will record and load names, messages and illustrations, from those wishing to participate, on the craft's onboard devices—the target marker and the re-entry capsule. The target marker is a marking device that will be dispatched from Hayabusa2 when the spacecraft lands on the asteroid. The marker will remain on the asteroid after the craft's re-entry capsule departs for its return to Earth.

The final stage of the Hayabusa2 mission will be a sample return. The craft will attempt to collect and bring back sand from the asteroid for study, with the goal of elucidating the origin and evolution of the solar system and learning more about the raw materials of life.

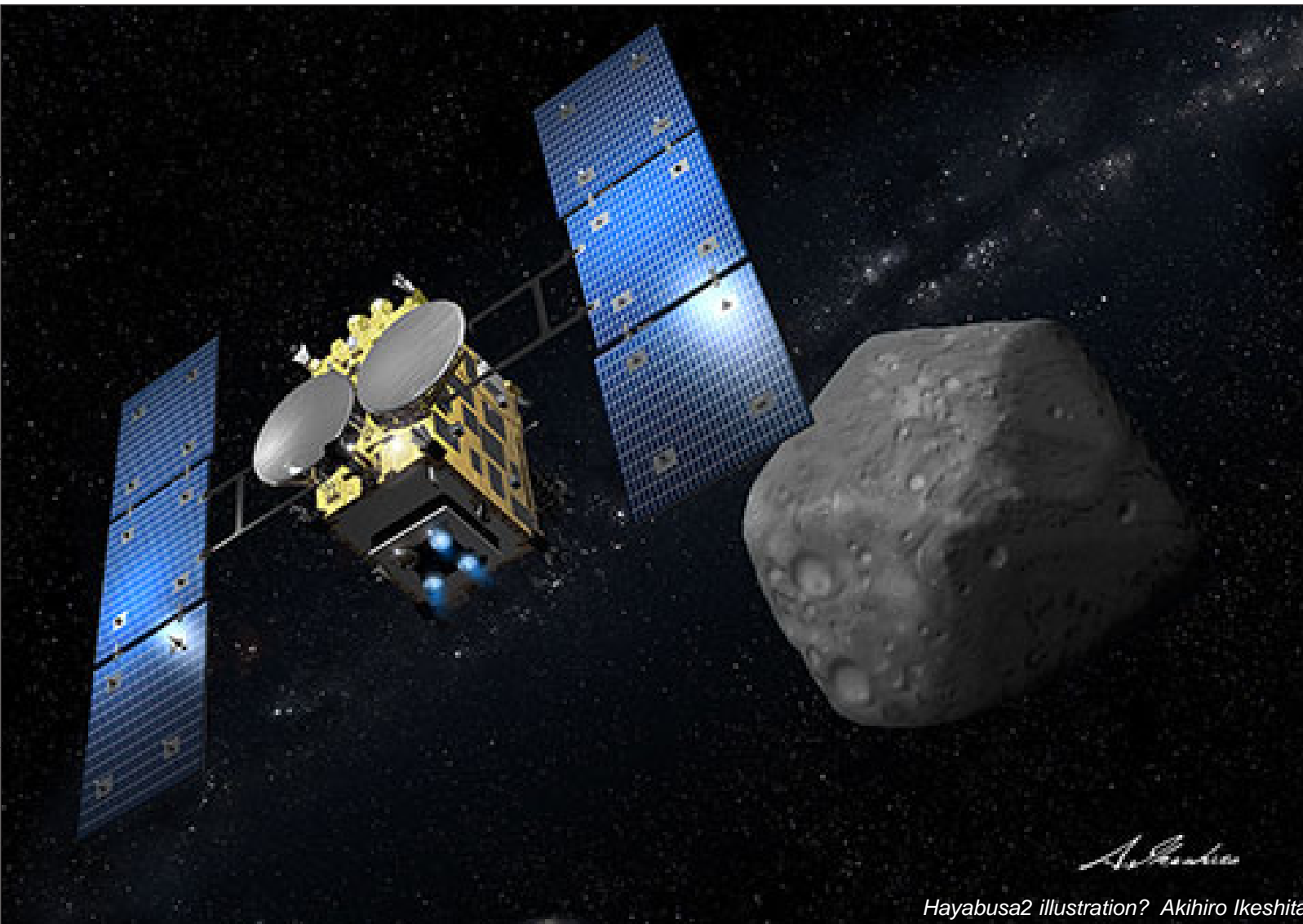
The re-entry capsule will be detached from the Hayabusa2 main body to return to Earth while protecting sample sands from the asteroid from high heat at the time of re-entry to Earth's atmosphere. The capsule plays the last important role for the Hayabusa2 mission by carrying sand back from the asteroid.

The asteroid probe "Hayabusa," launched by JAXA in 2003, was a project designed to demonstrate various exploration technologies, looking toward the beginning of the age of round-trip exploration in the solar system. The chosen destination was "Itokawa," an asteroid of only 500m diameter. Combining an Earth swingby and use of ion propulsion engines in a unique way for cruising, the probe reached this unexplored body and showed us a marvelous world beyond our imagination. Hayabusa provided the first close-up look at a Near Earth Object (NEO).

An improved version of the original Hayabusa probe, Hayabusa2 will visit a small asteroid whose orbit is similar to that of Itokawa, but whose composition is quite different. The target body of Hayabusa2 will be a C-type asteroid, considered to contain more organic or hydrated materials than S-type asteroids like Itokawa. What types of organic materials exist in the solar system, and is there any relation to life on Earth? The mission will challenge these questions.

The following details are provided for those interested in sending a message to the asteroid:

- Campaign name: "Let's meet with Le Petit Prince! Million Campaign 2"
- Campaign period: From April 10 through July 16, 2013.
- Items you can send: Names, messages, collection of messages, and illustrations, which will be recorded and loaded onto Hayabusa2.
- How you can apply: Please refer to the following JAXA website:



Hayabusa2 illustration? Akihiro Ikeshita

<http://www.jspec.jaxa.jp/e/hottopics/20130329.html>

Through this message campaign and Hayabusa2's six-year space mission, JAXA hopes to increase worldwide public understanding of Japan's space probe activities.

Incidentally, the phrase "Let's meet with Le Petit Prince!" in the campaign's name is derived from French author Antoine de Saint-Exupéry's classic story, *Le Petit Prince* (*The Little Prince*), in which the Prince is depicted as living on an asteroid.

For the Hayabusa2 project outline and mission overview, please refer to the following site: http://www.jaxa.jp/projects/sat/hayabusa2/index_e.html

For background on JAXA, see their website: http://www.jaxa.jp/index_e.html

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

ARCADIA

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SOBRIETY & DRIVER’S LICENSE CHECKPOINT

The Arcadia Police Department Traffic Bureau will staff a sobriety and driver’s license checkpoint during the evening hours of Saturday, April 6th 2013.

The goal of our collective enforcement efforts this weekend is to promote public safety and increase awareness of the dangers associated with drinking and driving. This will be accomplished by providing a highly visible enforcement and publicity campaign, in order to deter intoxicated drivers from getting behind the wheel and driving. Through these efforts, we also seek to reduce the number of injuries and deaths associated with collisions involving intoxicated drivers.

We would like to remind the public of the dangers associated with drinking and driving. It simply is not worth it to drive while impaired. Be responsible and use a sober designated driver. Remember, “Friends don’t let friend’s drive while impaired.”

Additionally, during the entire month of April officers nationwide will be on the lookout for distracted drivers. Studies show that texting while driving can delay a driver’s reaction time just as severely as having a blood alcohol content of a legally drunk driver.

Studies also show that there is no difference in the risks between hands-free and hand-held cell phone conversations, both of which can result in “inattention blindness” which occurs when the brain isn’t seeing what is clearly visible because the drivers’ focus is on the phone conversation and not on the road. When over one third of your brain’s functioning that should be on your driving moves over to cell phone talking, you can become a cell phone “zombie.”

Jan’s Towing provides a no cost “Don’t Drive Drunk” detour program, 365 days a year, and will provide a free lift home for drivers and their vehicles up to 7 miles in their service area. Call (626) 334-1383 for more information. Don’t forget to visit the Arcadia Police Department News & Information Blog or follow us on Facebook, Twitter or Nixle for other pertinent news and information. Remember, the solution begins with you!

Robert T. Guthrie, Chief of Police

Arcadia Police Blotter

For the period of Sunday, March 24th, through Saturday, March 30th, the Police Department responded to 922 calls for service of which 137 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, March 24:

- At about 1:32 a.m., an officer responded to the 000 block of East Magna Vista Avenue regarding a dispute involving the display of a deadly weapon. An investigation revealed a man threatened his wife with a knife during an argument as he made repeated stabbing motions. An emergency protective order was issued. The 51-year-old Asian male was arrested and transported to the Arcadia City Jail for booking.
- Around 6:11 p.m., officers were dispatched to Arcadia Methodist Hospital, 300 West Huntington Drive, in regards to a victim receiving treatment for a battery that occurred on March 22nd. The victim explained she had been attacked by an unknown male suspect while waiting at the bus stop on the northwest corner of Huntington Drive and Sunset Avenue. It was approximately 9:30 a.m. when the suspect threw her down to the ground and bit her finger. She had no idea why she was attacked. The suspect is described as a Hispanic or White male, late 30’s to early 40’s, approximately six-feet tall, 170 lbs., unshaven, wearing a blue shirt and black jeans. He can be recognized if seen again.

Monday, March 25:

- Shortly after 1:00 p.m., an officer responded to the 300 block of West Colorado Boulevard in reference to a residential burglary report. Unknown suspect(s) used a rock to gain entry through a rear sliding glass door, ransacked the location, and fled undetected. The amount of loss was unknown at the time of the report. No one reported seeing or hearing anything suspicious.
- At approximately 10:12 p.m., an officer responded to the area of Foothill Boulevard and Michillinda Avenue regarding a female subject passed out on the sidewalk. The officer discovered the subject was intoxicated and unable to care for herself. The 51-year-old Hispanic female was arrested and transported to the Arcadia City Jail for booking.

Tuesday, March 26:

- At roughly 9:48 a.m., an officer conducted a traffic stop on a vehicle for running a stop sign on Baldwin Avenue, at Arboretum Way. A records check revealed the driver had a suspended license. The 61-year-old Hispanic male was cited, released in the field, and his vehicle was impounded.
- Around 12:56 p.m., an officer was dispatched to the Arcadia Police Department front counter in regards to a fraud investigation. The victim explained unknown suspect(s) opened a Macy’s credit card account in her name and charged over \$5,000. She had no idea how her personal information was compromised.

Wednesday, March 27:

- At about 2:45 a.m., an officer observed a vehicle with broken tail lights and conducted a traffic stop on the southeast corner of Duarte Road and Baldwin Avenue. The officer noticed an odor of alcohol emitting from inside the vehicle. An investigation revealed the driver’s blood alcohol content was greater than 0.08%. The 32-year-old White male was arrested and transported to the Arcadia City Jail for booking.
- Shortly after 4:35 p.m., an officer was dispatched to JCPenney at the Santa Anita Mall, 400 South Baldwin Avenue, in reference to a theft report. Two suspects concealed merchandise underneath the clothes they were wearing and exited the store without making payment. Both 17-year-old Asian females were arrested and transported to the Arcadia City Jail for booking.

Thursday, March 28:

- Just before 8:00 a.m., an officer made consensual contact with a subject loitering in front of Starbucks, 300 East Huntington Drive. An investigation revealed the subject was under the influence of a controlled substance. The 27-year-old White female was arrested and transported to the Arcadia City Jail for booking.
- At approximately 1:00 p.m., a driver failed to yield to pedestrians as he attempted to make a left turn onto southbound Baldwin Avenue, from westbound Fairview Avenue. He struck a couple who was pushing their 15-month-old daughter in a stroller, knocking all three to the ground. The victims were transported to USC Medical Center where they were treated for their injuries. Doctors expected a full recovery.

Friday, March 29:

- At almost 8:00 p.m., an officer conducted a traffic stop on a vehicle for expired registration in the area of Camino Real Avenue and Tenth Avenue. The officer discovered the driver was also displaying false registration tags. The 51-year-old Hispanic male was cited, released in the field, and his vehicle was impounded.
- Roughly after 8:25 p.m., an officer was dispatched to CVS, 1401 South Baldwin Avenue, in regards to a theft report. Four Black females entered the store and concealed approximately \$600 worth of cosmetics inside their purses. The suspects fled the store; however, the incident was recorded on video surveillance. The suspects reportedly stole from other CVS stores a day prior in Pasadena, Sierra Madre, Temple City, and Alhambra. Further investigation is being conducted by the Detective Bureau.

Saturday, March 30:

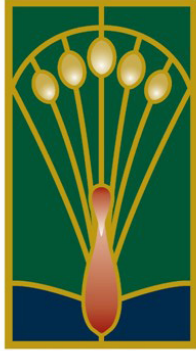
- Shortly after 10:45 a.m., an 8-year-old boy was reported missing by his mother. The boy stepped outside his residence in the 200 block of Laurel Avenue and walked away without telling anyone. Approximately one and a half hours later, the boy was located at a relative’s house located a few blocks away. The boy was counseled by an officer after explaining he left because he was angry with his mother.
- Around 2:37 p.m., an officer responded to the 000 block of West Camino Real Avenue regarding a residential burglary report. Unknown suspect(s) forced entry through a window and fled undetected with two containers filled with silver dollars, worth over \$2,000. No one saw or heard any

STREET CLOSURE IN THE CITY OF ARCADIA

The 19th Annual Santa Anita Derby Day 5K Run & Walk will be held on Saturday, April 6th, 2013. As a result of this event, vehicles driving on Baldwin Avenue between Huntington Drive and Foothill Boulevard will be delayed or diverted from 7:30 a.m. to 9:30 a.m. It is recommended that alternate routes be used during this time period to avoid being detoured or delayed.

Questions or concerns may be directed to Sergeant Jason Davis or the on-duty Watch Commander at the Arcadia Police Department, (626) 574-5156. We apologize for any inconvenience this may cause, and thank you for your understanding and cooperation.

GROUNDBREAKING CEREMONY



CITY OF
ARCADIA

Join Arcadia’s Mayor, City Council, Gold Line Grade Separation Bond Citizen Oversight Committee, and Metro Gold Line officials as we celebrate the upcoming groundbreaking of the Santa Anita Bridge!

Friday, April 12, 2013

10:30 AM

Future Santa Anita Bridge Site
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Arcadia, CA 91007



For more information, please contact Linda Hui: 626.574.5435

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Monrovia's New Supermarket::

HONG KONG SUPERMARKET

By Joan Schmidt



The Hong Kong Supermarket at Sixth and Duarte Roads is officially open. In fact they had a Grand Opening a while back.

One Sunday, after Mass, I decided to check the Market out and had a good time. They had all kinds of samples-such as dumplings, noodles, peanuts, coffee and more! I stopped a few customers, including Lei Zhang and her mom, Dong Hang Liu, to get their input. Everyone I spoke to seemed quite pleased with the market.

The Market has ALL kinds of food. Obviously there are several varieties of Asian food from China, Japan, Korea, the Philippines and Thailand. There was quite a variety of fresh produce. I saw, "Asian pears" which always brings a smile to my face. We called them, "Korean pears" because we always bought them at the Bong Duct Dong Market in Taegu, Korea! There was a melon-type fruit called "Jack fruit" and it was from Thailand. But it was very interesting. In the "sweet aisle", they had "Black Slab" sugar besides our traditional cane sugar and brown sugar. I passed a display of French and Danish cookies- the tins everyone buys at Christmas. In the frozen food department, not only was there Dreyers Ice Cream, but also Green Tea and Red Bean flavored ice Cream. In Korea, beans were used as "fillers" I bought popsicles for my kids thinking it was chocolate on the inside, but it was red bean. They also had pastries with a bean-type filling. If you are looking for an interesting grocery experience, be sure to try the Hong Kong Supermarket at Sixth Avenue and Duarte Road in Monrovia.

Monrovia Police Blotter

Highlighted Activity for the Weekdays of April 1-3, 2013

During the last seven-day period, the Police Department handled 482 service events, resulting in 88 investigations. To see a complete listing of crimes reported, go to <http://www.crimemapping.com/map/ca/monrovia> for crime mapping. For Police Department news and information, visit our website and follow us on Twitter for police notifications.

Commercial Burglary

On April 1 at 1:00 p.m., dispatch received a call regarding a theft that occurred in the 500 block of West Huntington. A male suspect entered the business and selected merchandise and walked into the dressing room. The suspect then cut security sensors off the merchandise and concealed them on his person. The suspect was seen exiting the business and getting into the driver's side of a vehicle. Further investigation led to a residence in Covina, where the vehicle was located and the stolen property was recovered. Suspect is still outstanding. Investigation continuing.

Vandalism -Suspect Arrested

On April 1 at 10:22 p.m., officers responded to the rear parking lot in the 100 block of South Myrtle regarding a male subject vandalizing a dumpster. Officers arrived and detained a subject that fit the description. The officer contacted the witness and conducted a field show up. The witness positively identified the subject and the subject was arrested for misdemeanor vandalism.

Mental Evaluation

On April 2 at 6:33 p.m., officers were dispatched to the 1800 block of South Peck Road regarding a male subject trying to hurt himself. The male subject was detained and taken to a hospital, where he was placed on a 72 hour hold for mental evaluation.

Trespass / Receiving Stolen Property - Suspect Arrested

On April 2 at 10:00 p.m., officers responded to the 300 block of West Huntington regarding subjects loitering near the front door of the business, possibly panhandling. They contacted a known subject that has a "No Trespass" authorization against him. A pat down search revealed he had a stolen GPS from a vehicle. The suspect was arrested for receiving stolen property and trespassing.

Detective Bureau Case Follow-up

Murder - Suspect Sentenced

On August 29, 2004, a murder occurred in the South alley of the 200 block of West Olive at approximately 12:56 p.m. Two male gang members got into a verbal altercation with one gang member shooting the other and killing him.

This case went unsolved for many years and was assigned as a cold case to Detective Levin of the Monrovia Police Department. Detective Levin has been working with the Los Angeles Sheriff's Department Homicide Bureau on this case. Through hard work and investigation by Detective Levin and Sheriff's Department investigators a suspect was identified in this case.

Investigators identified witnesses to this crime and worked to build enough information and evidence to file the case with the District Attorney's Office. The District Attorney's Office filed charges against the Monrovia Nuevo Varrio gang member who committed this crime.

After years of investigative work and good work by the District Attorney prosecuting this case, on April 2, 2013, the suspect was found guilty of first-degree murder along with the firearms enhancement. The suspect is facing a minimum of 50 years to life in state prison.

This case is an example of a terrific collaborative effort between Monrovia Police investigators, Sheriff's investigators, and the District Attorney's Office. Their work has resulted in the conviction of another violent gang member who victimized our community.

FRIENDS OF THE MONROVIA PUBLIC LIBRARY SPRING SALE

Friends of the Monrovia Public Library announce the Friends Spring Sale, on Friday, May 17 and Saturday May 18. The sale is open to the public in both Library Park and the Library Community Room at these times: Friday from noon to 5 p.m. and Saturday from noon to 5 p.m., with our famous \$2.00 a Bag Sale Saturday 3-5 p.m. 100% of the proceeds benefit the Monrovia Public Library. Our volunteers operate the only book store in Monrovia.

On May 17-18 more than 5,000 books will be available for purchase – 90% of them are donations from the public. Prices for regular books and media range from 25¢ to \$2. While book sellers are welcome, scanners are not permitted.

The Friends of the Monrovia Public Library promote the Library by stimulating a greater use and appreciation of the literary, educational, and cultural advantages the library offers throughout the community.

Monrovia Public Library 321 South Myrtle Avenue, Monrovia, CA 91016. For more information, call (626) 932-5555, Ext. 3124 or visit www.friendsofmonroviapubliclibrary.org

Think Together and Imagination Now – Resources for our Schools



At a recent meeting, The Duarte Kiwanis Club hosted two women from remarkable organizations – Anne Turner, Executive Director of Think Together for Los Angeles County and Cheryl Russell Founder and Executive Director of Imagination Now. Both organizations provide needed resources to the children of Southern California. THINK Together's mission is to provide high-quality, academically oriented out-of-school programs for students regardless of race, creed, or socioeconomic status. Since its inception in 1994, THINK (Teaching, Helping, Inspiring and Nurturing Kids) Together has been committed to improving academic outcomes for children and youth living in under-resourced communities. THINK Together is already participating and partnering with the Duarte Unified School District with programs in a number of elementary schools. Anne Turner was able to share some of the remarkable successes that are happening in the THINK Together programs.

Imagination Now was established to fuel the future success of children with educational programs that encourage them to dream big, think outside the box and believe they can create positive experiences in their lives at school, at home and beyond. Programs target primary grade children in schools and other institutions at no cost to ignite imagination, inspire creative expression and increase empowered behavior. Imagination Now offers presentations in classrooms and other settings using books as a teaching tool. Cheryl Russell was able to share the successes Imagination Now has already seen in various elementary school classrooms as well. All in all, it was very inspirational and an opportunity for the Duarte Kiwanis Club to network resources within the Duarte Community. Pictured from right, Anne Turner, Executive Director THINK Together LA County, Cheryl Russell, Executive Director Imagination Now and Tina Carey President, Duarte Kiwanis.

The Duarte Kiwanis Club has lunch meetings the first, third and fifth Tuesdays of the month at Westminster Gardens. For further information on speaking or joining the club, contact Dr. Diane Hernandez at drdiane@drhernandezoptometry.com.



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PUSD WEEKLY NEWSFLASH

Kindergarten enrollment has begun at PUSD elementary schools. Contact your neighborhood school for details or to schedule a tour. Many schools will be participating in PUSD's Kinder Day on Wednesday, April 10 with tours, kindergarten readiness information and more. To be eligible for kindergarten in PUSD, a child must turn five years old by Sept. 1, 2013. PUSD will also be offering transitional kindergarten for children turning five between Sept. 2,, 2013 and Dec. 1, 2013. To register for kindergarten, a parent/guardian must provide a copy of the child's birth certificate, immunization records, proof of rent or home ownership within PUSD's boundaries and a recent utility bill in the parent/guardian's name. Call 626-396-3600, ext. 88340 with enrollment questions. Parents can also register their child for kindergarten for the 2013-2014 school year at PUSD's Kindergarten Registration and Readiness Fair Saturday, April 20 from 9 a.m. – Noon at the Rose City Great Room located at the corner of Oak Knoll Avenue and Del Mar Boulevard in Pasadena. Free immunizations for incoming kindergartners who are Medi-Cal eligible or uninsured will be available. Families can also learn about how to prepare their child for kindergarten, what pre-kindergarten summer programs are being offered by the Pasadena Educational Foundation and other groups, and more about PUSD's state recognized transitional kindergarten program.

PUSD students will take standardized tests such as STAR this month. PUSD's testing period opens April 11.

The City of Pasadena offers a variety of summer day camps June 17 through August 19. Early registration is now underway. For more information, please contact the Citywide Recreation Office at (626) 744-7500 or visit www.ci.pasadena.ca.us

The Huntington Library, Art Collections and Botanical Gardens invites families with children in PUSD's first grade classes to visit

free of charge on two upcoming Saturdays: April 20 and May 18. Admission flyers were sent home with students. The flyer must be presented at the admission desk. For more information contact Jennifer Olson at the Pasadena Educational Foundation (PEF) at (626) 396-3600 x88372 or olson@pasedfoundation.org. The City of Pasadena offers a variety of summer day camps June 17 through August 19. Early registration is now underway. For more information, please contact the Citywide Recreation Office at (626) 744-7500 or visit www.ci.pasadena.ca.us

The City of Pasadena Human Relations Commission is holding its 20th Annual Human Relations Essay Contest titled, "What Can I Do to Improve Human Relations in Pasadena?" The Essay Contest is open to all 9th – 12th grade high school students in Pasadena. The contest deadline has been extended to Monday, April 8. Awards are as follows: 1st Place - \$500, 2nd Place - \$300, 3rd Place - \$200 and Teacher with the most entries - \$50, Teacher with the winning entry - \$50. Entries should be delivered to the Jackie Robinson Center at 1020 N. Fair Oaks, Pasadena. This program is sponsored by the City of Pasadena Human Relations Commission, with funding provided by private donations, College Launch and Love Birds Café and Bakery. For more information call Sonya Amos at (626) 744-4234 or e-mail at samos@cityofpasadena.net.

The Henry W. Longfellow Elementary School PTA is looking for Longfellow alumni from all eras to participate in a Longfellow School history project as part of a centennial celebration on May 18, 2013, from 2:00 pm to 6:00 pm. The celebration will feature student music, art and literature, a local vendor arts and crafts fair, community exhibitors, time capsule, crafts, activities, and food vendors. Longfellow School opened its doors for the first time in the fall of 1912 in a Henry Mather Greene-designed building. One hundred years later, Longfellow School remains a strong neighborhood school in the Pasadena Unified School District. Longfellow Elementary School, 1065 East Washington Boulevard, Pasadena. More information can be found at www.ptalongfellow.org/centennial/ or by emailing centennial@ptalongfellow.org.

LOVE ME, LOVE ME NOT

(continued from page 1)

Whereas the lower campus project is complete, the upper campus still sits in an ecosystem of weeds and brush. To add insult to injury, what was originally designed to be a shining beacon on the hill, will look more like faded remnants of broken promises. A sharp reminder that what is right is not necessarily politically expedient. And when the two are set to collide, politically expedient wins a majority of the time.

To offset declining state funds and the rise in construction costs, PUSD has put the campus design through a series of cuts. Most of the items being removed are cosmetic in design and function. No field upgrades, a significant change in the cooling system and changes in the rainwater runoff barriers. According to the project manager Frasier Thompson, the district is committed to building the upper campus in so far as the price tag does not exceed \$27 million. The first round of construction bids came in at \$29 million and were promptly rejected by PUSD, much to the bewilderment of the community. The objective of this current project overhaul is to remove uncertainty in the RFP, which leads to padding/overestimates by the contractors.

In short, the middle school continues to sit dormant, in a state of aesthetic and functional deficiency. The gorgeous façade of the new wing at the lower campus is in stark contrast to the construction fence-lined walkway students are forced to negotiate at the upper campus. As for now, all assurances from the project leaders point towards a bid process to begin over the next several weeks, with groundbreaking to occur sometime this summer. It's a recurring "April Fool's joke at which that no one is laughing.

Barnhart School Summer Session 2013

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LA SALLE'S 14TH ANNUAL CRYSTAL BALL SET FOR APRIL 12, 2013

La Salle High School will hold its 14th Annual Crystal Ball entitled "CirQue De La Salle on April 12 at the Langham Hotel in Pasadena. The 2013 honorees and recipients of the Lasallian Volunteer of the Year Award are Mr. and Mrs. Steve Seidner P'09,'12.

Gigantic silent and live auctions will run throughout the evening, and a Hawaiian vacation will be raffled. A live band will provide musical entertainment.

The Crystal Ball is La Salle's most important fundraising event and provides tremendous support for its academic, art, athletic, and financial aid programs. These funds most significantly, support the San Miguel Scholarship Program as La Salle enrolls 5% of each entering freshman class into a need-based program for very low-income families.

For reservations or more information please call La Salle High School at 626.696.4312.

SCHOOL DIRECTORY

Alverno High School

200 N. Michillinda Sierra Madre, Ca. 91024
(626) 355-3463 Head of School: Ann M. Gillick
E-mail address: agillick@alverno-hs.org

Arcadia High School

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

Arroyo Pacific Academy

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

Barnhart School

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

Bethany Christian School

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

Clairbourn School

8400 Huntington Drive
San Gabriel, CA 91775
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FAX: 626-286-1528
E-mail: jhawes@clairbourn.org

Foothill Oaks Academy

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

The Gooden School

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

High Point Academy

1720 Kinneloa Canyon Road Pasadena, Ca. 91107
Headmaster John Higgins
626-798-8989
website: www.highpointacademy.org

LaSalle High School

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

Monrovia High School

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

Odyssey Charter School

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

Pasadena High School

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

St. Rita Catholic School

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

Sierra Madre Elementary School

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

Sierra Madre Middle School

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

Walden School

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www.waldenschool.net

Weizmann Day School

1434 N. Altadena Dr. Pasadena, Ca. 91107
(626) 797-0204
Lisa Feldman: Head of School

Wilson Middle School

300 S. Madre St. Pasadena, Ca. 91107
(626) 449-7390 Principal: Ruth Esseln
E-mail address: resseln@pusd.us

PASADENA UNIFIED SCHOOL DISTRICT

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

ARCADIA UNIFIED SCHOOL DISTRICT

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

MONROVIA UNIFIED SCHOOL DISTRICT

325 E. Huntington Dr., Monrovia, Ca. 91016
(626) 471-2000 Website: www.monroviachools.net

DUARTE UNIFIED SCHOOL DISTRICT

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

SKILLZ SUMMER SCHOOL VALIDATES THE POWER OF RELATIONSHIPS!

"Love + support + high expectations + credits = a winning formula for teen success" is the recipe the SKILLZ Summer School planning partners believed in when developing a free, innovative summer school program in Pasadena three years ago to assist teens most at-risk of dropping out of school. By completing a mix of life skills workshops and academic classes, the students can earn up to ten school credits toward graduation. In addition to improving school success, SKILLZ helps increase the students' confidence, motivation and social skills. Spearheaded by Flintridge Center, in collaboration with Day One, Lake Avenue Community Foundation and the Pasadena Unified School District (PUSD), the five-week program has served more than 300 students to date.

Last year's SKILLZ program served over sixty 9th and 10th graders. From participating students, 41% reported having a GPA of less than 1.5 in the last semester. At the end of SKILLZ, 40% reported trying much harder than during the regular school year because they felt "cared for." 67% of students reported that quality of teaching in SKILLZ academic classes (Math and English) were very effective due to smaller classrooms and specialized attention. A student from Room 201 stated, "SKILLZ staff doesn't like us – they love us and believe in us!" As a result, one third of students reported realizing their potential and ability to do well in school if they tried.

"SKILLZ is a great example of how love, high expectations, and genuine relationships with students can make a difference. Each and every student goes through an interview process that allows us to better understand why they didn't pass the first time and how we can support their success. Students shared openly and honestly. The answers ranged from not having insurance to cover eye glasses, to not having time to do homework due to being responsible for younger siblings at home. It's amazing how just taking 5 minutes to understand what the kids were going through empowered us to better support their needs and agree on working as a team towards their success," shared Day One Executive Director, Christy Zamani.

Currently, SKILLZ 2013 is in the works! To find out more information about ways to get involved, starting date and offered classes, please visit Day One's website at www.dayonepasadena.org.



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

Contact us at: editor@mntviewsnews.com or www.facebook.com/mountainviewsnews AND Twitter: [@mntviewsnews](https://twitter.com/mtnviewsnews)

**G.I. Joe: Retaliation Review**

After seeing G.I. Joe: The Rise of Cobra, I was greatly looking forward to the sequel that I knew was coming and, I am pleased to say, that Retaliation is exactly what I was looking for.

The Joe's are sent off on a covert mission to rescue a nuke from Pakistan, but end up taking the blame for the assassination of the middle eastern country's leader. Their base is attacked, leaving only Roadblock (Dwayne Johnson), Flint (D.J. Cotrona), and Jaye (Adrianne Palicki) to lead a strike on the world's greatest terrorist group, Cobra.

While the dialogue is stilted at points and the acting is mediocre, the plot, story development, and action scenes remain this movie franchise's high points. Overall, this is an enjoyable and entertaining movie, but can be missed if one is not a big fan of the series.

ing is mediocre, the plot, story development, and action scenes remain this movie franchise's high points. Overall, this is an enjoyable and entertaining movie, but can be missed if one is not a big fan of the series.

FLAKE? OR I JUST FORGOT TO CALL

Ever flaked out on an appointment, made a reservation and didn't show. I for one never write anything down and up until now it has done me just fine, you know the feeling -- sitting at a coffee shop waiting to catch up with a friend that you haven't seen for awhile, tick tock they are twenty minutes late so you text them, and they respond "oh, I forgot, how about a rain check?". Now you remember why it is that you don't make plans with that person.

The Hospitality Industry makes their plan how many people to hire and to have working a certain shift by history - you know, how busy we are usually on a certain date or with how many reservations. The issue of no-shows has plagued many different industries that rely on reservation or appointment-type processes. Everything from the restaurant to healthcare to commercial airline industry has had to come up with solutions to this problem in order to remain both profitable and customer-service oriented. Many of these industries have used statistical models to predict no-shows such that seats or appointments that would otherwise go unused are filled with customers that were overbooked for those vacancies. A restaurant in Beverly Hills has taken this a bit further as what to do or at least how to punish a No Show!! They took their grievance to social media

TABLE FOR TWO by Peter Dills
thechefknows@yahoo.com

right or wrong, you be the judge.

"I hope you enjoyed your GF's B-day and the flowers that you didn't bring when you no-showed for your 8:15 res.," read one tweet.

Noah Ellis, co-owner of Red Medicine, sent that and another tweet naming several other people. He took the unusual step after turning away walk-up customers because he thought his 50-something-seat restaurant was booked solid during the popular 6:30-9 p.m. window, and forcing loyal customers to book earlier or later times. "We lost 20 percent of our total reservations on Saturday and a huge chunk of our prime-time bookings," he said in a statement emailed to The Associated Press. "Most diners don't realize the impact no-shows make on a restaurant."

Ellis' move prompted a torrent of mixed reactions, with some saying the customers' thoughtless behavior warranted public embarrassment and others saying the owner stepped over the line and his business will suffer. Within hours of Ellis' tweets on the Red Medicine Twitter account, several one-star reviews appeared on Yelp.

Tell me what you think. thechefknows@yahoo.com
Join me this Sunday afternoon at 5:30 PM KABC Radio



SIERRA MADRE FARMERS MARKET

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

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

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A MOTHER AND DAUGHTER'S CULINARY JOURNEY THROUGH LIFE, LOVE, AND LASAGNA

Sierra Madre, CA — January 15, 2013 — When San Marino hairstylist Marinella Pollo entertained the idea of writing a cookbook of family recipes from her mother's kitchen, clients jumped on board and YOU NEVER GROW OLD AT THE DINNER TABLE took flight. This cookbook will not only teach you how to cook, but have you laughing and crying over stories of Italian tradition and a mother's devotion to her family. Selling out in only three weeks, a second printing of YOU NEVER GROW OLD AT THE DINNER TABLE is now available at Vroman's Bookstore, Claro's Italian Markets, and other retailers listed on the website www.spadabooks.com.

"The most important message behind my book is how the power of a mother's love and the strength of family have been the constants in my life that have driven me to pursue new adventures with enthusiasm and no fear of failing. If I'm happy, my family is happy," said Pollo. "Another amazing aspect of this book project was the education on writing, self-publishing, and social media I received. It was minutes away from home at my local community college," Pollo said with enthusiasm, now adding author to her life as a hairstylist, student, teacher, and business owner.

"The way you have written your book has inspired me to be in the kitchen with confidence and enthusiasm. My husband is amazed by the transformation of my attitude about cooking! I feel like I have found a mentor in the kitchen and a friend of my heart." — Carrie George, author The Waiting Room

Marinella Pollo is currently scheduled for a local author book signing event at Vroman's Bookstore (695 East Colorado Boulevard, Pasadena) on Sunday, April 7, 2013, at 4:00 p.m. She also will be attending her hometown annual Wisteria Festival to promote her book on Sunday, March 17, 2013, at 10:00 a.m., at Savor the Flavor, Specialty Foods and Gifts (11 Kersting Court, Sierra Madre).

About the Author: Marinella Pollo is the author of YOU NEVER GROW OLD AT THE DINNER TABLE. Her mission in writing her cookbook and blog www.piazzapress.blogspot.com founded in Sierra Madre, CA, 2012 is to connect with people by sharing family recipes, the rich Italian culture she lives by and follows, and how she applies positive energy to her life to attain personal achievement. In Piazza Press Pollo also shares her 26-year passion in the world of hair color and styling by offering leading-edge hair tips to her readers; and her background experience on the foundations of managing a business and retaining satisfied customers. For more information, please call (626) 404-6177 or visit www.spadabooks.com. You can pick up a copy of the book at Savor the Flavor in Sierra Madre, Vroman's Bookstores, Pasadena, Claro's Italian Markets (there are 6 locations), Huntington Hospital Gift Shop, Webster's fine Stationers – Altadena and, San Marino Book Shop.

MEET THE AUTHOR THIS SUNDAY, APRIL 7, 2013 AT VROMAN'S PASADENA AT 4:00 pm.

Photo above: Marinello, with mother Mara Pizzinat and Savor the Flavor Proprietor, Karen Keegan at the 2013 Wistaria Festival.



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Alexandra Poer Sheridan chef/owner of café & boutique Alexandra's Table
Wednesday, April 10 3 – 5pm
Alexandra Poer Sheridan is the chef/owner of the café and boutique 'alexandra's table, food and objects for the table', established in 2011, located in the historic Mission District of San Gabriel. She is also the proprietor and chef of the catering company, Alexandra Poer Sheridan Catering. Preparing seasonal, flavorful and colorful foods is what has earned her a highly regarded reputation in the greater Los Angeles region. A fixture on the Arboretum guest chef roster, she will be back preparing seasonal selections from two of her favorite cookbooks: Plenty and Jerusalem by the Chef/ Author Yotam Ottolenghi. Please call for a reservation, and do visit: alexandra's table at 413 S. Mission Drive San Gabriel, CA 91776 626.319.8649

Happy Tails

by Chris Leclerc



WHY DID THE CAT CROSS THE ROAD?

Applying Hi-Technology To Track Your Kitty Cat

It never ceases to amaze me, how innovative and creative some people can be when it comes to finding the best ways to care for their pets. One caring and very curious cat owner in the United Kingdom really went all the way to make sure his four-legged friend was within his watchful eye, when he came up with a tracking device that can be attached to a kitty's collar to remotely monitor its activities. For good reason, he was determined to know exactly where his cat was spending its time when it wandered away from home.

Father of two, resident of Marlborough, Wiltshire in the UK, Dave Evans is a uniquely creative cat-loving inventor who was prompted to come up with a mobile electronic cat mapping device, when his own curiosity caused him to wonder where his cat was wandering when it virtually vanished for days at a time, returning home on each occasion with an ever-growing girth. He noticed that his furry feline friend was getting fatter following each long-term trip to who-knew-where for more than a few nights at a time, so he finally decided to apply his knowledge of basic GPS technology to creating an invention that would help him find out why his venturesome cat was getting so darn fat. The cat tracking device Evans designed is small and light enough to be attached to a kitty's collar, and the minute electronics inside allow for remote tracking that can be viewed through Google maps. Apparently there is now even a new app design under way that can be downloaded to your smart phone to help you keep track of your cat while you, yourself are away from home! Imagine that!

Now, most of us are familiar with the term "cat-nap", right? But who knew the term "cat-map" could soon become a household word for a well-known means of tracking a kitty's activities during its nights out on the town? Our funny feline friends just love to wander about and explore the great outdoors, and most of us want to give them at least a little leeway to roam, but sometimes cats get a bit too curious about what might be going on down the road, and they just can't resist the urge to venture further than they should for their own good.

That's why the concept of Dave Evans' cat mapping device is sure to become popular among pet lovers, globally. How does it work? Well, the device is affixed to the cat's collar and records the various locations to which the little rascal wanders while away, night or day. When the cat returns home, the device is removed from its collar and plugged into the computer via a USB port connector. That's when the owner (aka, virtual voyeur) can view all the cat's previous comings and goings as they are depicted on Google Earth satellite images on-line. Kind of crazy, eh? But who isn't curious enough to want to know where their cat goes when it's not at home?

What Dave Evans found out about his whimsical, wonderful wandering feline friend was that it had been visiting their neighbors on a regular basis, and presumably being fed by all his other human friends who lived nearby. Basically, that cat was sneaking off to fatten itself up, slowly but surely. How funny is that cat? Evans gave his state-of-the-art cat-tracker the easy-to-remember moniker of "G-Paws", and says the device will be soon available for purchase by all other curious caring cat owners across the globe (CNN, London). Be sure to keep your eye out for release of this remarkable new pet pampering product. As residents of an area where we share our space with coyotes and other wildlife predators, it wouldn't surprise me if this product quickly becomes a new favorite on the list of pet accessories for our furry four-legged friends!

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*Average annual household savings based on national 2010 survey of new policyholders who reported savings by switching to State Farm.
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Starring:

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HOW TO CHOOSE A MEDIGAP SUPPLEMENTAL POLICY

Dear Savvy Senior:

I'll be 65 in a few months – Medicare enrollment age – and am thinking about getting a Medicare supplemental policy to help cover things outside of Medicare. Can you give me some advice on choosing a plan? Shopping Sam

Dear Sam:

If you're planning to choose original Medicare for your health coverage, getting a supplemental policy too (also known as Medigap insurance) is a good idea if you can afford it, because it will help pay for things that aren't covered by Medicare like copayments, coinsurance and deductibles. Here are some tips and tools to help you choose an appropriate plan for you.

Medigap Plans

Medigap policies, which are sold by private health insurers, come in 10 standardized benefit packages labeled as the letters A, B, C, D, F, G, K, L, M and N.

Plan F is the most popular, followed by plan C because they provide the most comprehensive coverage. Plans M and N, the two newest options, are cost sharing plans that have cheaper premiums which make them appealing to healthier retirees who don't use as much health care.

If, however, you live in Massachusetts, Minnesota or Wisconsin you have different standardized Medigap plans that you can buy. For more information on the different types of plans, call Medicare at 800-633-4227 and ask them to mail you a free copy of the "Choosing a Medigap Policy" guide (publication 02110), or see medicare.gov/pubs/pdf/02110.pdf.

How to Choose

To choose a policy, consider your health status and family medical history. The differences among plans can be small and rather confusing so you'll need to do some homework to pick a plan that works best for you.

To help you choose, use the Medigap online search tool at medicare.gov, and click on "Supplements & Other Insurance" at the top of the page, then on "How to Compare Medigap Policies." This tool will breakdown what each plan covers along with premium cost ranges, and lists the companies that offer them in your area.

Since all Medigap policies with the same letter must cover the exact same benefits, you should shop for the cheapest policy.

You'll get the best price if you sign up within six months after enrolling in Medicare Part B. During this open-enrollment period, an insurer cannot refuse to sell you a policy or charge you more because of your health.

You also need to be aware of the three pricing methods which will affect your costs. Medigap policies are usually sold as either "attained-age" policies which are premiums that start low but increase as you get older. "Issue-age" policies that increase prices due to inflation, not age. These policies may start out a little more expensive than attained-age policies but generally have few rate increases over time. And "community-rate" policies, where everyone in an area is charged the same premium regardless of age. Issue-age and community-rated policies will usually save you money in the long-run.

No Drug Coverage

You also need to know that Medigap policies do not cover prescription drugs, so if you don't have drug coverage, you need to consider buying a separate Medicare Part D drug plan too. You can compare plans and cost at medicare.gov/find-a-plan. Also note that Medigap plans do not cover vision or dental care, hearing aids or long-term care, either.

Alternative Option

Instead of getting original Medicare, plus a Medigap policy and a separate Part D drug plan, you could sign up for a Medicare Advantage plan that provides all-in-one coverage. These plans, which are sold by insurance companies, are generally available through HMOs and PPOs. To find and compare Advantage plans visit medicare.gov/find-a-plan.

If you need help, contact your State Health Insurance Assistance Program (SHIP), which provides free Medicare counseling. See shiptalk.org, or call 800-677-1116 to locate a counselor in your area.

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.



SENIOR HAPPENINGS

By Pat Birdsall

FYI - Volunteering:

Seniors who volunteer not only help society, but themselves as well. Seniors have a great deal of knowledge and experience, and sharing that with younger people is traditional role for seniors in society. By volunteering, seniors become more engaged in their world and reap health benefits to boot. Until recently, those health benefits have been hard to define or list. Researchers with AARP's Experience Corps, an organization that trains people over 55 to tutor children, learned that seniors who volunteered were found to have better mental and physical functioning, along with better self-esteem and connectivity with other people. Add to those; a lower risk of depression, less decline in health due to aging, improvement in memory, and a feeling that overall, life is improving. To find out more about the Experience Corps go to: www.experience.com Experience Corps is an excellent program, but is by no means the only way to get those benefits. The key ingredients are engaging with other people, meeting new people, doing meaningful work and challenging yourself!

HELPFUL HINT:

Can you reuse pickle juice? Absolutely! Slice some onions thinly, throw them in the jar and you'll love them on salads, sandwiches or hamburgers.

FOR YOUR FUNNY BONE

Dear IRS:

Enclosed is my 2005 tax return showing that I owe \$3,407.00 in taxes. Please note the attached article from USA Today, wherein you see that the Pentagon is paying \$171.50 for hammers...and NASA has paid \$600.00 for a toilet seat. I am enclosing four toilet seats (value \$2400.00) and six hammers (value \$1,029.00), bringing my total remitted to \$3,429.00. Please apply the overpayment of \$22.00 to the "Presidential Election Fund," as noted on my return. You can do this inexpensively by sending them one 1.5" Phillips Head screw (article from USA Today detailing how HUD pays \$22.00 for each 1.5" Philips Head screws is enclosed for your convenience.) It has been a pleasure to pay my tax bill this year, and I look forward to paying again next year. Sincerely, a Satisfied Tax Payer.



HAPPY BIRTHDAY! ... April Birthdays

Mary Harley, Bette White, Dorothy White, Doris Behrens, Freda Bernard, Beth Copti, Terri Cummings, Marilyn Diaz, Virginia Elliott, Elma Flores, Julia Gottesman, Betty Jo Gregg, Barbara Lampman, Betty Mackie, Elizabeth Rassmusen, Maria Reyes, Anne Schryver, Chrissie Bachwansky, Colleen McKernan, Sandy Swanson, Hank Landsberg and to my friend, **Ken Anhalt, a very special 90th birthday wish to you!**

* 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:

The art of taxation consists of plucking the goose as to get the most feathers with the least hissing. ~ Jean Baptist Colbert

ACTIVITIES:

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

YMCA San Gabriel Valley Intervale Senior Café:

Monday-Friday at 12:00 Noon

(Participants are urged to arrive no later than 11:45 A.M.)

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

Free Blood Pressure Testing: On the 2nd Tuesday of the month 1:00 am-12:00 pm: A nurse from Methodist Hospital, Arcadia volunteers to do the readings. No appointment necessary.

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

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

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

Free Income Tax Assistance: Wednesdays through April 10th from 1:00 pm-2:00 pm. Don Brunner is available to all seniors for income tax consultation. Appointments are a must- Call (626) 355-7394 to make yours.

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

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

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

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

Lunch & Learn: Wednesday, April 24, 2013- 12:15 – 1:15

Topic: Collecting, Cluttering, Hoarding. The items that gather, as we age, often mean more than just the objects alone could to anyone else. These objects represent memories, travels, friends, love and more. Join the Los Angeles County Department of Mental Health (LACDMH) as they provide an informative presentation on hoarding. LACDMH staff will distinguish between collecting, cluttering and hoarding, and emphasize the need for treatment for those who have a significant problem.



UPCOMING EXCURSIONS:

Palm Springs Follies Palm Springs, California

Date: Thursday, April 25, 2013

Time: 8:30 am-6:00 pm

Meeting Location: Hart Park House Senior Center

Cost: \$63.00 (does not include lunch)

Upon arrival in Palm Springs participants can shop and lunch at nearby stores and restaurants all within walking distance of the theater. The Palm Springs Follies is a Broadway-caliber celebration of the music, dance and comedy of the 40s, 50s, and 60s with a cast old enough to have lived it! The performance begins at 1:30 pm and is approximately 2 1/2 hours in length. Excursion price includes transportation, driver's tip and a ticket to the Follies. Participants are asked to bring additional money for shopping and lunch. Some walking is involved.

Save the Dates!

Friday, May 17, 2013. California Science Center Los Angeles, Ca.

Friday, June 28, 2013- Museum of Contemporary Art (MOCA)

Friday, July 12, 2013- Pageant of the Masters (evening excursion)

*Registering for Excursions can be done in person at the Hart Park House Senior Center and the Community Recreation Center or online at www.cityofsierramadre.com Cash, checks, and credit cards are accepted. Make checks payable "City of Sierra Madre". Payment must be made at the time of reservation.

Senior Movie Program: FREE movies are shown on the 2nd and 4th Wednesdays of the month. The films, one contemporary and one vintage, are chosen by the seniors themselves.

April's selections are:

April 3- Splash (1985) Directed by Ron Howard

A man is reunited with a mermaid who saves him from drowning as a boy and falls in love not knowing who or what she is. Starring Tom Hanks & Daryl Hannah- Rated PG Start time: 1:00pm, run time: 111 minutes.

April 17- Mildred Pierce (1945)

After her cheating husband leaves her, Mildred Pierce proves she can become independent and successful, but can't win the approval of her spoiled daughter. Starring-Joan Crawford. Not rated. Run time is 111minutes.

Start time: 1:00 PM in Sierra Madre's City Council Chambers, 232 W. Sierra Madre Blvd., SM

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, call 626.574.5130.



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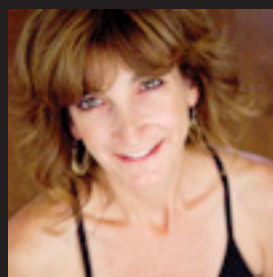
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What's on YOUR Mind?



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HOW CAN YOGA HELP

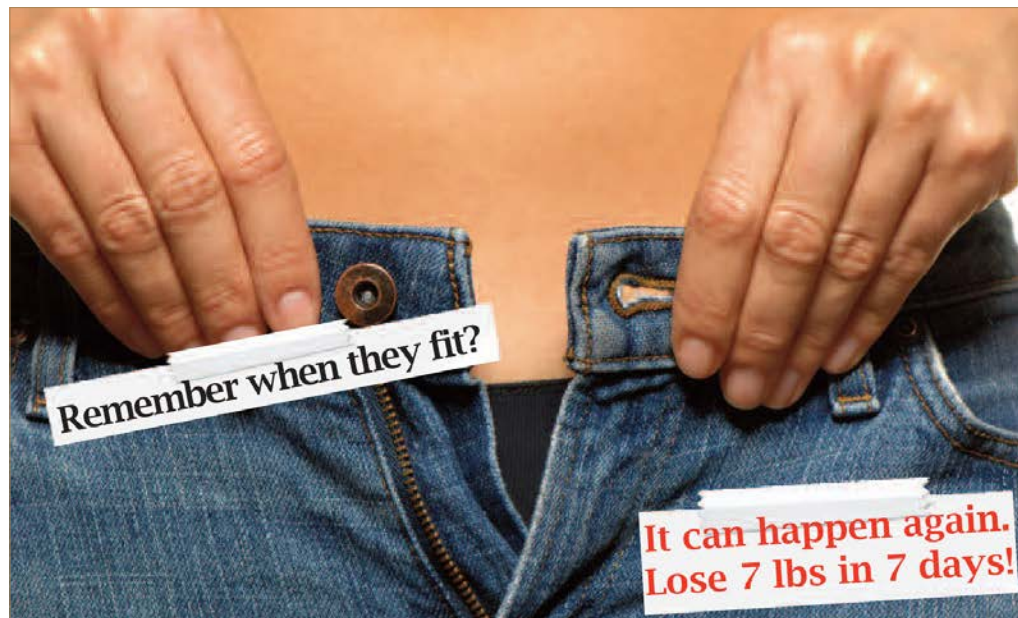
PEACEFULNESS
WITHIN

Have you ever have a thought that runs around in your head causing restlessness? Or an antsy feeling that you cannot shake? Maybe just a lack of focus that leaves you moving from one task to the next with out really getting anything done? The clear remedy is meditation. But how can you possibly meditate at a time like that? You can't even sit still. Well, at least this is my problem. When I have something on my mind it is impossible to get settled and clear. In yoga the way we look at this is that our prana, or energy, is dispersed. We need to collect and direct the energy then focus.

Thank heavens there is a quick solution to this. First, notice how you feel then start in Tadasana (mountain pose), standing. Distribute the weight evenly through your feet side to side, front to back. Engage your front thighs and drop your tail bone toward the floor. Pull your belly in, draw your shoulders on to your back and feel the crown of your head move up to the sky. The whole body is active. The eyes stare at a spot. Smooth the breath. With the body still as a mountain, continue to smooth and refine your breath. See if you can now make the exhale longer than the inhale. Maybe count the inhale for 3 and exhale for 6. Do this for several rounds of breath. Now inhale your arms up to the sky and swan dive out over your legs, bending your knees until you touch the floor. Keep this same breath pattern, careful not to pull on your low back. Stay for 5 breaths, still with the exhale twice as long. Inhale all the way back rolling one bone at a time, knees bent. Stand in mountain pose again. Keep all of your attention on this breath. Do this whole thing 5 times. You could do it seated as well, folding at the hips. Just make sure there is no strain in your back. Keep the back straight and the shoulder blades together, knees bent. Then notice how you feel. You should have more peace with in. The energy should be a little better.

Imagine how it could be after a whole class. Pay attention and notice the differences. They are profound. These are the first steps to finding peace within. You have to master the energy. It's all up to you.

See you in class. Namasté, René



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 fat. When this hormone isn't working properly you gain weight uncontrollably. Fortunately, because of a *recent scientific breakthrough* your fat burning hormone can be reactivated in just three days, prompting rapid weight-loss.

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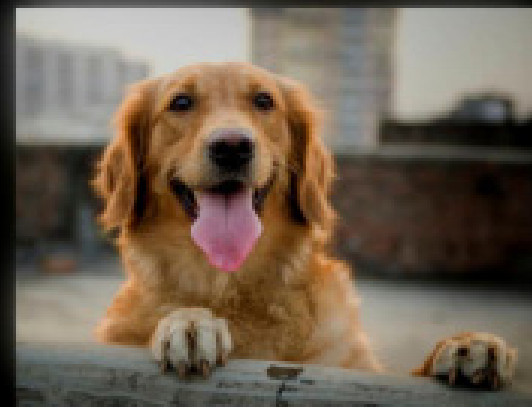
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Mountain Views News Mission Statement

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



"Everyone is entitled to his own opinion, but not his own facts."
- Sen. Daniel Moynihan (D-NY)

When bumping into Stuart Tolchin at literary gatherings (get-togethers at Susan's place), I appreciate his compliments on my "research". Not to engage in false modesty, but googling on the internet is a far cry from school nights at the library, with notepad and pencils.

It's so easy online, there's no excuse for not checking to verify "facts" behind opinion blogs. I employed that "raw data" approach in my column last week addressing the "defense of marriage"; finding that strong marriages are most prevalent in areas that embrace marriage equality, while the highest divorce rates are found in areas that don't.

The problem is that I often come across research I'm unable to apply to a particular column, but that I want to share anyway before it gets old - especially when it conflicts with popular talking points. Here are some examples:

With the Affordable Care Act due to kick in next year, there's worry about how it might affect costs - but a new report from the International Federation of Health Plans shows us what we're spending now. The average price of a routine doctor's visit in the U.S. is \$95. In both France and Canada, it's \$30.

A hospital stay averages \$4,287 a day in the U.S., while it's \$853 in France and \$731 in the Netherlands. The average coronary bypass surgery cost is \$73,420 in the U.S. It's \$17,729 in Switzerland and \$14,117 in the U.K. The average cost for normal delivery of a baby (FedEx and UPS figures not available) is \$9,775 in the U.S.; \$3,541 in France, \$2,641 in the U.K. and \$2,669 in the Netherlands. Australia and the U.K. spend a little less than 10% of their GDP on healthcare. In Canada, Switzerland and France it's a little more than 11%. In the U.S. it's nearly 18%.

The research firm 24/7 Wall St. compared per capita healthcare spending among the highest spenders: France spends \$3,798 per capita, Canada \$4,478, the Netherlands, \$4,914 and for the U.S. it's \$7,960. As to what that gets us, the U.S. has the worst life expectancy in the group - and is the only one without universal coverage.

Also in the news is the NRA's push to have armed guards in schools. A 2012 study by the National Center for Injury Prevention and Control shows that 98% of violent death among youth occurs outside of school; schools remain among the safest places for kids to be, and their safety record is improving. The National Center for Education Statistics reports that schools with armed personnel have higher rates of violent crime than similar schools that don't - and reminds us that armed guards at both Columbine and Virginia Tech did little to prevent those tragedies.

There's debate over what effect universal background checks would have on gun violence. In 2007, Missouri repealed their background check law (on the books since 1921). According to a recent Johns Hopkins Center study, from 2008 through 2012, gun homicides decreased by 10% nationwide and by 5% in other Midwest states. In Missouri, they increased by 25%, marked by a flood of newly-purchased guns.

As Congress returns, there'll be more scary talk of the impending debt crisis as baby-boomers retire. Economist Dean Baker crunched the numbers in an article for the Center for Economic and Policy Research. The situation is nothing new. The ratio of workers to retirees fell from 5 to 1 in the early 1960s to 3 to 1 thirty years later, but living standards for both workers and retirees increased nonetheless. The reason is that along with changing demographics came increased worker productivity. Now, with the ratio projected to drop from 3 to 1 to two workers for every retiree over the next 23 years, all it would take to make up for it is a worker productivity increase of 1% a year - a rate far lower than at any time in the post-war era.

Here's more research to befuddle the right: the International Monetary Fund reports that at the end of 2012 the austerity-driven European economies shrunk by 0.2%, while following the stimulus under President Obama, ours grew by 2.9%. A study by the Institute on Taxation and Economic Policy shows that states levying personal income taxes "including the states with the highest top tax rates, have seen more economic growth per capita and less decline in their median income level over the last ten years than the nine states that do not tax income."

There are talking points about what teens should and shouldn't be taught, and there are facts. The Guttmacher Institute released a study of sex education by state, which compares with their 2008 study on teen pregnancy rates. Nine of the ten states with the highest teen pregnancy rates mandate a focus on abstinence in sex education class. Only two of the ten states with the lowest teen pregnancy rates do.

Tragically, another trend was brought to light in a recent study by the Centers for Disease Control - that new instances of HIV infection are concentrated in the deep south, in particular those states where there's no requirement for education about HIV, and in some cases no requirement for sex education of any kind, in schools.

On a local level, a report from the NYC health commissioner showed teen pregnancy in the city dropping by 27% over the past decade, and he explains, "It shows that when you make condoms and contraception available to teens, they don't increase their likelihood of being sexually active. But they get the message that sex is risky."

One more finding: Articles in "liberal" sites ("Think Progress," "Media Matters") are filled with links encouraging you to check out original source material, studies, reports, etc. Articles in "conservative" sites ("Newsmax," "Daily Caller") don't have those links - hoping you'll just take their word for whatever. That's from my own research - you can draw your own conclusions.

THE PLOWHORSE STRUGGLES ONWARD GREG Welborn

You won't hear this announcement from the White House, but last week's unemployment claims shot up by 385,000 new claims - well beyond expectations. The statistic is just another in a growing sea of statistics evidencing the anemic rate of this recovery. Historically, there more severe the recession, the more pronounced and rapid the recovery. This one is not fitting the historical norm, and one of the reasons is Obamacare. Obamacare is being rolled out in phases, but the affects of the rollout influence behavior in advance. Companies that know they're going to have to pay more start to make adjustments to raise the cash needed to meet the extra payments, or, as is often the case, they make adjustments in order to avoid the extra costs.

Hiring behavior is one such activity that can be adjusted, and we are seeing some significant and long-term negative affects of this ill-conceived law. Job-sharing used to be a relatively obscure occurrence, but it is growing in popularity because it allows employers to avoid some of the more burdensome costs that Obamacare would impose.

The Obamacare law states that employers that have fewer than 50 employees do not have to provide health insurance and will face any penalties. Traditionally, our restaurant industry has been a place where people could get a start in the work force, and it's been a place where minimum wage was paid and few benefits were offered. This suited many a first-timer since it allowed them to get that all-important first job. But if the restaurant owner exceeds the 50 employee threshold, he either has to provide health insurance to all his employees or he has to pay a fine on every uncovered employee beyond the first 30 employees. It's a little weird, I know, so here's the math.

The penalty is \$2,000 per uncovered person. So if you have 49 employees, there's no fine. But if you hire that 50th worker, then you immediately are liable for a \$2,000 penalty on 20 employees (50 employees minus the first 30 that are exempt). The total penalty would be \$40,000 (\$2,000 X 20). That's a pretty hefty penalty for hiring that extra person. Guess what? Many restaurants and other entry-level businesses aren't hiring those extra people. In fact, in order to make sure they have sufficient bench strength to cover absences and vacations, but also stay under the law's threshold, they're looking downstream into their labor ranks and moving lots of full time employees to half time. Because of the law, it's better to have 100 half-time employees than to have 50 dedicated full time employees.

This means that workers are often taking on two jobs - a part time job at one restaurant and another part time job at a second restaurant. The total affect has been to decrease jobs in the low labor rate industries. Hence, we're seeing unemployment tick up at a time when the economy is supposed to be improving.

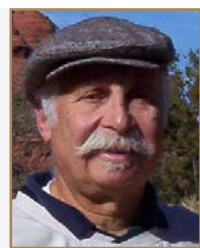
Add to this the other uncertainties of the law - the myriad pages of regulation that haven't been "interpreted" yet by the bureaucrats, and you create a fairly large number of employers who are afraid to make business investments and long-term hiring decisions.

The law, like most well-intended regulations, has more negative consequences than positive ones for the very people the regulation is meant to help. As difficult as it is in this environment for a freshly minted college grad to get a job, it is geometrically more difficult for someone with just a high school degree. Those that are least able to afford a stint of unemployment are the very people who are being terminated first, and they will be the last to be re-hired.

Obamacare implementation has just begun. Stay tuned for more unsettling and negative news. As bad as it's going to be, the one thing we won't be able to say is that it was a surprise. Conservatives of all stripes - from Tea Party members to the old Eastern-establishment types - warned of the dangers of this particularly stupid effort of the U.S. government to take over 1/6th of the economy. Sadly, greater unemployment may be the least of our worries. Just wait until bureaucrats start telling doctors how to practice medicine. Who knows, someday we may be able to go to one government office to get a medical check up AND a driver's license. Won't that be fun.

About the author: Gregory J. Welborn is a freelance writer and has spoken to several civic and religious organizations on cultural and moral issues. He lives in the Los Angeles area with his wife and 3 children and is active in the community. He can be reached gregwelborn2@gmail.com

STUART Tolchin.....On LIFE



I WONDER ABOUT THE FUTURE

Tonight I keep hearing a lyric in my head. When they say repent I wonder what they meant

I'm pretty sure I heard the Leonard Cohen song that has this lyric in it over the weekend, as my family made a round-trip drive to visit my cousin in Phoenix. In fact, I'm sure I heard that song on one of the many albums we listened to during about 12 hours of driving. Still, I wonder why that song, really - that particular lyric - keeps playing in my head. I wonder, does the lyric have any particular meaning for me. Now that I think about it, I think I even attempted to explain the meaning of "repent" to my son. I told him it meant something about experiencing the errors one had made and in life and promising oneself to try and do better. My wife said that "repent" involved making a commitment to change and to become more aware.

On the news tonight I heard that the President intends to devote a significant amount of money to do research upon the workings of the mind. The specific purpose discussed was to learn more about Alzheimer's disease and the deterioration of the mind that frequently accompanies ageing. Many older persons, and I certainly include myself, already experience a diminution of brain function. I have created the name nominal aphasia for my particular disturbance. I am increasingly unable to remember names and sometimes I can't remember specific nouns. I gather that this is a fairly common experience for older people. Some people call it a "senior moment" and I have seen attorneys and judges stop in the middle of speaking and display a bewildered look as they fight to find the right word or to reconnect with their lost ideas.

It is a devastating realization to become aware that our minds are not the trusted instrument we thought they were. Instead it becomes clear that, as individuals, we are instruments of our own minds - rather than the reverse. The question becomes - who or what is really in control? This, to me at least, is one of the great dilemmas of life. How does one control the contents of one's own mind? I believe that our individual attitudes are what determine how much we enjoy our own lives. It is not what goes on outside that defines our day; it is what goes on inside our heads that creates our experience of life.

I know this is probably no great revelation to anyone, but happiness has little to do with wealth or achievement. I think health is important, but I have met many people who are in the midst of fighting serious disease and still manage to maintain a positive attitude and to enjoy their life in the most difficult of circumstances. Similarly I have met people who seem to have great reason to enjoy their life but instead consistently seem unhappy with their lot. I once had a girl friend who was always complaining about something or other and when we tried to talk about it she would trace her problems way back to growing up in a family that had the smallest yacht in the yacht club. I'm not making this up.

I've taken all kinds of self-help classes and meditation classes and maybe it does help to try and stay in the present and notice your breathing and the way your feet feel as you walk along. I have noticed that getting enough sleep has a great impact on how I feel but still I generally don't follow my own recommendations. I think that education should spend time helping people to enjoy their lives rather than doing whatever it is that generally goes on in School. I don't think that enjoying life requires one to feel more able than other people or to receive medals and awards. Life is not a race to the finish. It is not a competition; instead it is just about enjoying the journey and facing the fact that no one gets out alive.

It is my great hope that money spent on brain research will lead to understandings which will assist all of us in controlling our own attitudes and enjoying the lives we live no matter what those lives look like to outsiders. Maybe we all gain sufficient awareness to examine our own attitudes and understand the consequences of these attitudes and to make beneficial changes. In other words

When We Say Repent
We Will Understand What is Meant
AND
How to Do It.



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