



## SENIOR COMMUNITY COMMISSION SEEKING “OLDER ‘SIERRA MADRE’ AMERICAN OF THE YEAR”

Sierra Madre, CA. - The City of Sierra Madre Community Services Department and the Senior Community Commission is seeking your assistance to find the 2014 Older ‘Sierra Madre’ American of the Year.

Nominated individuals must live in Sierra Madre, demonstrate outstanding community service and be age 60 or older. Nomination forms can be obtained from the Hart Park House Senior Center, Community Recreation Center, City Hall, Sierra Madre Public Library or by contacting the Senior Services Desk at (626) 355-7394.

Nominations are due by Tuesday, February 18, 2014 and can be dropped off at the Hart Park House Senior Center or mailed to City of Sierra Madre, c/o Older American Nomination, 232 W. Sierra Madre Blvd, Sierra Madre, CA 91024. The Senior Community Commission will discuss nominees and announce the honoree at their regular scheduled meeting on Thursday, March 6, 2014 in the Sierra Madre City Council Chambers. The honoree will also be recognized at a reception held in their honor on Friday, May 9, 2014.

Previous Honorees include: Joan Crow, Jerry & Nan Carlton, Pat Alcorn, Fran Garbaccio, Ken Anhalt, Eph Konigsberg, Russ Anderson, George Throop, Loyal Camacho, John Grijalva, Joylouse Harte-Smith, James Heasley, Midge Morash, James Tyler, Isbella Paegal, Bonnie Garner, Rose Fafach, Ed Wellman, Celeste McCleary, Dorothy Tillquist, Doris Webster, Elsie Dannmayer, George Mauer & Karl Teigler.

## SIERRA MADRE’S HISTORIC WILSON-BIXBY HOUSE FOR SALE



The Wilson-Bixby House is a monument to Sierra Madre’s rich history and reflects the Gilded Age of Victorian-Era architecture. Originally constructed in 1881, the house as one of the City’s oldest treasures and is reportedly the oldest inhabited residence. Situated wonderfully on a gentle hill, the home’s wrap-around porch with beautiful fretwork sets the tone for the property, revealing its farmhouse roots. Features throughout that define and enhance its character include high ceilings adorned with plaster medallions, original woodwork including beautifully turned stair spindles, fine metalwork found in window and door hardware, tall original windows that allow light to stream in and hardwood floors.

The original property of 20 acres (two 10 acre plots) was purchased from town developer Nathaniel Carter by Mr. Wilson an attorney in Los Angeles for an orange grove. The property extended from Central Ave. (changed to Sierra Madre Blvd. in the 1930’s) to Highland and from Lima west to a point west of the Bailey Canyon stream that would amount to 20 acres.

The house, barn and tank house were built on the eastern 10 acres of the property in 1881 by Wilson and orange trees were planted. A photo dated 1882 shows the house with many small orange trees, with white stakes in front of the house. This photo also shows open country clear up to the mountains. The house and tank house are all that is left of the original buildings on the ranch. The original house had an open porch on three sides was two stories with two bedrooms upstairs, kitchen, parlor and two bedrooms downstairs. The property was supplied by Sierra Madre co-operative water Co. from

springs in the foothills. Each ranch property was allowed a certain day and time to draw water from the system supply line by a valve at the northern edge of the property on Highland Avenue. At this time the water tank in the top of the tank house was filled for household and garden use and the orange orchard was irrigated. Records show that the water billing address for the property was on Highland Ave.

The undeveloped western 10 acres were sold sometime in the 1890’s. In the 1890’s the property was sold to the second owner, A. Bixby who continued the orange grove enterprise and maintained the house as a mountain retreat for his family. This is the same Bixby that developed areas of Long Beach and Santa Monica. There are several photos of the Bixby family in and around the house.

The eastern 10 acres that contained the house, barn and tank house plus several out buildings and orange grove was sold to W.A. Evans in 1903. Mr. Evans operated the orange grove and egg ranch, the hen house was to the west of the house.

The house was lit by natural gas that was piped to all of the rooms of the house & heated by coal heaters in each room connected to two chimneys. In the early 1900’s when electricity came to Sierra Madre, Mr. Evans remodeled the house installing electricity, expanded the upstairs from two to four bedrooms and a trunk room. Also a screened sleeping room, and indoor bathroom were added to the first floor. Mr. Evans was also a builder that installed electricity in many houses in Sierra Madre. His daughter told us that this was the first house in Sierra Madre with electricity. The remodel makes the house larger for the Evans family.

At this point the house contained four bedrooms plus a trunk room upstairs. The downstairs consisted of a front parlor with a fireplace, a dining room, two bed rooms, and a screened sleeping bed room for Mrs. Evans who had to sleep in an open bed room, a bath room and a kitchen.

The county records show that the house has seven bedrooms, the four upstairs and three downstairs. In the 1920’s a floor heater was added to the downstairs and the upstairs trunk room was converted into a bathroom. Grove Lane was the original driveway to the house and barn as the property address was on Central Ave (now Sierra Madre Boulevard.). During the lean years of the depression Mr. Evans sold off many lots along Highland Avenue, Lima and Sierra Madre Blvd.


In the 1930’s, Montecito Ave was completed, continuing all the way from Lima to Sunnyside. In 1957 Mr. Evans sold the remaining one and a half acres to Lewis George Jr. George split the property into four lots.

Dick and Elva Johnson purchased the lot containing the house and tank house in 1964, and have owned the property every since. Many repairs and restorations were completed over the years. A major restoration was started in 1991 when the Sierra Madre earthquake damaged the house.

The house was gutted inside, and underwent three years of restoration which included new foundation, structural reinforcement, new updated electrical service and plumbing, including copper piping most rooms were wired for phone and cable, new heating and air conditioning systems for the upstairs and downstairs.

(continued on page 14)

Sierra Madre Municipal Election  
April 8, 2014



VOTE

ELECTION COVERAGE

On April 8, 2014, voters in Sierra Madre will go to the polls and select three people from a field of four to sit on the City Council. They will also vote on a local ballot measure to extend the city’s current User Utility Tax Ordinance.

The Mountain Views News will provide our readers with comprehensive coverage of this election. Each week, as we have done in the past, we will profile the candidates and give each of the candidates the opportunity to introduce themselves to our readers by answering the following questions:

1. Why are you running for City Council?
2. What are you going to do for Sierra Madre?
3. How do you plan on accomplishing your goals?

(All candidates are being asked to answer the same questions and their answers will be published unedited.)

The paper will also review the pros and cons of the proposed User Utility Tax Ordinance.

The schedule will be as follows:

February 15th	An Impartial Analysis of Measure UUT
February 22nd	The Pros and Cons of Measure UUT
February 28th	Candidate Denise Delmar
March 1st	Candidate Rachelle Arizmendi
March 8th	Candidate Noah Green
March 15th	Candidate Eugene Goss
March 22nd	Candidate Forum Review

It is our sincere hope that each candidate will submit their answers so that we can share them with our readers. A separate letter has been sent to each candidate asking them to participate.

In addition to the candidate spotlights, we will attempt to cover the various forums sponsored by local organizations. Where possible, the unedited video of these forums will be broadcast on the papers website.

Our reporting on this election will be as fair and objective as possible. However, please keep in mind that our columnists are always free to share their opinions. Their opinions are their opinions and may or may not reflect the position of the paper. This is true in all things, not just this election.

We will also provide for you the calendar of important dates regarding the election. It is our goal to do whatever we can to help you make an informed decision on April 8, 2014.

*Susan Henderson, Publisher and Editor*

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## THANK YOU CVS!

When CVS Pharmacy announced earlier this week that they were going to stop selling cigarettes and other tobacco products at its more than 7,600 CVS/pharmacy stores across the U.S. by October 1, 2014, their actions caught the attention of the entire nation, and especially the children in Mrs. York’s third grade class at Sierra Madre Elementary School.

“I appreciate your billion-dollar health risk to try to get people to stop smoking”, says Marcus, who then goes on to encourage the chain to sell new products to offset their losses.

“Thank you so much for not selling cigarettes and tobacco. My dad’s adoptive parents both died from smoking”, says “a very thankful student in Mrs. York’s class, Annika”.

These young people are to be commended for letting CVS, a corporate giant, know that their actions will have a positive impact on their lives. Thank you, the children of Mrs. York’s class for stepping up to the plate!

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Read The Paper Online At: [www.mtnviewsnews.com](http://www.mtnviewsnews.com)



## Weather Wise

## 5-Day Forecast

## Sierra Madre, Ca.

<b>Mon:</b>	Showers	Hi	70s	Lows	50s
<b>Tues:</b>	Ptly Cloudy	Hi	70s	Lows	50s
<b>Wed:</b>	Ptly Cloudy	Hi	70s	Lows	50s
<b>Thur:</b>	Ptly Cloudy	Hi	70s	Lows	50s
<b>Fri:</b>	Sunny	Hi	70s	Lows	50s

Forecasts courtesy of the National Weather Service

CITY OF SIERRA MADRE  
CALENDAR OF EVENTS

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

NEXT CITY COUNCIL MEETING:  
Tuesday, February 11, 2014  
6:30 pm



## THIS WEEK

MONDAY - 10 - 11 am

Barry, Rich &amp; Lisa Show

Trivia and Humor at it's finest. Just try to keep up with their wit! JOIN THE FUN!!!

See our Calendar for airing times or listen to the podcast at our Village Intersections page.

THURSDAYS - Noon

Catherine Adde's OUR TRAVEL AFFAIR

TINA TIME WITH COUSIN MATTHEW

SATURDAY MORNINGS

D. J. Boddington

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

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



## THE SIERRA MADRE KIWANIS CLUB

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

## Do you know a senior that will soon be faced with making a move into a smaller home or assisted living?

When They Depend on You...You Can Depend on Me!

**The Sandwich Generation.** Many Boomers who thought they were finished parenting are now caring for their own elderly parents. It's what Jane Wolf Waterman calls the POP Generation – parenting our parents.

I specialize in helping seniors and their family members with my unique **Silver Service Program** that is a 'one stop shopping' type approach to help you find a suitable community, determining the probable selling price and preparing the family home for selling, staging, packing, estate sales and many other services that are involved in getting your parents moved with less stress and top dollar.



I have 27 years experience specializing in working with:

- Executors and Successor Trustees
- Estate Planners
- Elder Law Attorneys
- Financial Planners
- Tax Attorneys
- Certified Professional Accountants
- Medical Professionals
- Senior Living Directors & Managers
- Families and Caretakers

The consultation is free and there is no obligation or pressure!

Free with consultation – a copy of Jane Wolf Waterman's *Oh, My God! We're Parenting Our Parents, How to Transform the Remarkable Challenge into a Journey of Love.*



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

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

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

Your event must:

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

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

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JOIN THE SIERRA MADRE GARDEN CLUB - MONDAY, FEBRUARY 10, 2014  
Tree Damage and the 2011 San Gabriel Valley Windstorm: Predestined or Preventable?

Come to the February Garden Club meeting and hear guest speaker Frank McDonough discuss recent studies and findings regarding the damaged and destroyed trees resulting from the windstorm. Learn why the selection, planting and care of trees is so important, and how to avoid mistakes and assumptions.

Frank McDonough has more than thirty years experience as a nurseryman and botanist. He is the Botanical Information Consultant for the Arboretum and answers thousands of tree and plant related questions each year. Everyone is invited. Dinner begins at 6:30 P.M.; followed by the program at 7:15 P.M. Catered dinner is \$10; reservations for dinner must be made by February 7th at 626-836-4945. There is no charge for attending only the program.

Location: Hart Park House Memorial Park, 222 W. Sierra Madre Blvd., Sierra Madre. For information call the reservation number or visit [www.smgarden.org](http://www.smgarden.org)

## A BIG THANK YOU

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the Sierra Madre Chamber Of Commerce

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# SIERRA MADRE

Sierra Madre

Arcadio

Pasadena

Altadena

Monrovia

## WALKING SIERRA MADRE.....THE SOCIAL SIDE

By Deanne Davis

"And when you really do take a bite on it, chewing, uhmmm, some overwhelming satisfaction are dancing in your tongue: those flaky crusts, and then the buttery cake-like and bread-like at the same time crumb... Another bite swallowed, uhmm, that's when you know that you are eating a perfect croissant." Rose's 'Simply A Food Blog'

Ok, you can't let another day go by without walking into the Poppy Cake Baking Co. which is now where Wildflour Bakery used to be. Poppy Cake Baking Co. is the dream come true of a charming young couple, Brittainy and Matt Turnquist. Brittainy is a Sierra Madiran (her parents live on Montecito) and she is a graduate of the Culinary Institute of America, in New York, where she met her husband, Matt. She specialized in pastry and he is a savory chef, i.e., one who works on the 'hot food' side of the kitchen. Matt is originally from a small town outside of Buffalo, New York, Jamestown, which is the birthplace of Lucille Ball! Brittainy and Matt opened Poppy Cake Baking Co. just two months ago and are doing very well, which is good news!



even more pastries, expanding the display area, catering, and increasing the dinners to go menu. Look for espresso drinks and even dinners hot and ready to take home to the family.

The Poppy Cake pastry chef, Ashley, who worked with owner Brittainy at the Farm Shop Bakery in Santa Monica, was kneading bread, the other Brittainy (who was with Wildflour) but is now an integral part of the new baking company was working in the kitchen, which you can see from the front door... I don't know about you, but I love to see people making stuff!

Loaves of beautiful bread are waiting for you to take them home. There is cheesecake! You can order the exact birthday cake you need to have! There is chocolate croissant pudding! Need I say more? Poppy Cake Baking Co. is ready to give you an amazing, mouth-watering...just about anything you can think of! Poppy Cake Baking Co. is next door to Pantorium Cleaners at the corner of Lima and Sierra Madre Blvd.

Valentine's Day is just around the corner and you could order a Valentine's treat for yourself and your sweetie from Poppy Cake Baking Co..... just saying!

"Love is much nicer to be in than an automobile accident, a tight girdle, a higher tax bracket or a holding pattern over Philadelphia." Judith Viorst, Redbook, 1975


Check out my book, Walking Sierra Madre friends! "A Tablespoon of Love, A Tablespoon of Laughter." It's available on CreateSpace at the following link: <https://www.createpace.com/4561071> and also on Amazon.com. And at the bookstore at PazNaz!

Walking into Poppy Cake, the first thing I saw was a refrigerated case filled with all the things I'd like to have for dinner, and we most certainly will be having just as soon as the Super Bowl chili is gone. Their 'dinners to go', described on a signboard as 'In The Case Today' included chicken pie, jambalaya, macaroni and cheese, broccoli soup, beet salad and maple roasted Brussels sprouts salad to name just a few. We will be dining with Poppy Cake very soon!

Right next to the dinners to go was the baked goodies case, amazing muffins, cinnamon rolls, and Brittainy's favorite, croissants. But these were not just croissants, friends and neighbors, these were CROISSANTS! You have got to get in for a cup of coffee and a croissant immediately! The coffee is all from a local coffee roaster, Demitasse, with quarters in downtown L.A., and Poppy Cake rotates the blends so there is always something deliciously new brewing.

Poppy Cake opens at 8 a.m. and is open for sandwiches, salads and soups till 6 p.m. Monday through Friday, and 8 to 4 Saturday and Sunday. Speaking of sandwiches, Poppy Cake has a wonderful rotating variety and they make absolutely everything that is involved: mayonnaise, jam, bread. Oh! And the Poppy Cake chickens are all free range, the beef is American Wagyu, a breed of cattle which is grass fed, free range as calves, graduating to grains as they get a little closer to market. There are no hormones, no antibiotics in anything and all Poppy Cake's ingredients are local, natural products.

Poppy Cake Baking Co. is a wonderful addition to Sierra Madre's ever growing list of delightful places to break bread. Plans for the future include



The Rotary Club of Sierra Madre is pleased that

*Julie & Dan Alle 22 years Gloria and Mike Buccat. 41 years*  
*Maria & John Stubbs 6 years Louise & Steve Glicker*  
*Christine & Jeff Porter 14 years Walter and Nancy Poser 51years*  
*Yoki Hovagimian & Alan Unell 29 years*  
*Marilyn Diaz Russ Walker 21 years*  
*David Ruprecht and Patricia Colombo 24 years*  
*Julian and Calvin Gibson 24 years Carina and Donald Gibson*

will be renewing their vows on February 14, 2014.

The Rotary Club of Sierra Madre thanks the following businesses for sponsoring this special celebration

*Sierra Madre Grocers*  
*Alverno Villa provided by Alverno High School*  
*Bella by Mia R Fernandez, Photographer*

Proceeds from this Sierra Madre Rotary event will benefit our Water Project in Tanzania.

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----- detach and return with check -----

Name of Couple: \_\_\_\_\_ Number of Years Married: \_\_\_\_\_

Phone number: ( ) \_\_\_\_\_

May Rotary publish your name as a participant in this event? YES NO

\$30.00 per couple renewing vows.....\$ \_\_\_\_\_


\$10.00 per guest (\$10 x number of guests)=.....\$ \_\_\_\_\_

I/We cannot attend, I/We would like to donate.....\$ \_\_\_\_\_

Total.....\$ \_\_\_\_\_

**Please make check payable to Compassionate Rescue**

**P.O. Box 683, Sierra Madre, CA 91024**



Compassionate Rescue supports Sierra Madre Rotary's International Water Project in Tanzania.  
 Compassionate Rescue is a non-profit tax-exempt charitable organization under Section 501(c)(3) of the Internal Revenue Code. Donations are tax-exempt as allowed by law.

## Sierra Madre Police Blotter

For The Period January 26 through February 2, 2014

Monday January 27, 2014

At 12:17 pm, resident in the 300 block of E. Grandview was contacted by a Credit Service Company, that their identity had been used to obtain credit, which led to an unauthorized charge of \$950.00 dollars. Current investigation has been forwarded to detective bureau.

Thursday January 30, 2014

At 1:25 pm, Sierra Madre Police responded to the 300 block of W. Sierra Madre regarding a female victim that was sitting in a patio area of a business, where she was threatened with bodily harm, by an unknown suspect. Suspect fled north across Sierra Madre Blvd and out of sight. Suspect is described as a male Hispanic 25-27 years of age 5'7-5'10 in height. Suspect last seen wearing a dark colored baseball cap, dark jacket, dark pants, and brown slippers.

Friday January 31, 2014

At 6:34 am, Sierra Madre Police responded to the 00 block of W Sierra Madre to a traffic collision involving a single vehicle, which collided into a tree and city bench. Driver complained of chest pains prior to the collision and was transported to a local hospital.

Saturday February 1, 2014

Between November 18, 2013, and January 29, 2014, in the 600 block of Brookside Lane, Sierra Madre Police responded to a Grand Theft. Victim discovered several items missing from their residence, which included jewelry, cash, firearms, I pod, camera, and bicycle. Victim advised his residence may have been unlocked during that time. Case forwarded to the Detective Bureau.

Sunday February 2, 2014

At 5:11 am, in the 400 block of Sturtevant, an officer observed a male adult who asked for directions to the city of San Bernardino. Officer noticed subject with several pieces of mail in his hand. Police Officer questioned subject, about the mail, the subject admitted to taking the U.S. Mail that did not belong to him from a resident's mailbox. This case submitted to the U.S. Postal Inspector for further investigation.

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## TIME IS RUNNING OUT.....

.....to submit a design for the Sierra Madre Rose Float for the 2015 parade. The theme of the parade, "Inspiring Stories", has been announced and we need your design ideas. Designs must be received at our P. O. Box by 5:00 p.m., Feb 14th. For details and forms, visit our website, <http://www.smrosefloat.org/>. Questions?? Please call the Float Barn at 355-7005 and leave a message.



## MWTR TRAINING RUNS BEGIN SATURDAY, FEBRUARY 8TH

The 2014 Mount Wilson Trail Race season will start on Saturday, February 8th at 7:00am in Kersting Court with the first of

many free training runs. The trainings will continue every Saturday morning until race day on Saturday, May 24.

The training is broken into two types and allows for three ability brackets to be developed—beginning joggers, intermediate runners and advanced racers. Training runs are approximately 45 minutes to 1.5 hours long.

For the past 11 years Coach Eric LeClair of Team CrossFit Academy has helped prepare over a thousand runners for the rigors of this exciting and challenging trail race. All runners interested in participating in this free training should arrive 15 minutes prior to start and introduce themselves to the coaching staff. The staff will deliver the training for the week, discuss all the safety considerations, as well as help people decide which ability bracket they should choose.

It is wise to bring fluids for hydration, a watch, and appropriate trail running shoes. Moreover, wearing headphones is highly discouraged. Please feel free to contact Coach LeClair at 626-437-8739 with any questions.

## MAKING THE LENTEN JOURNEY: The Stories and Scriptures of Lent

*An Evening with Bob Hurd*



Lent is filled with some of the Gospel's most profound and beautiful stories. We enter into these stories in two ways—by seeing ourselves in the characters Jesus encounters, and by seeing ourselves in Jesus himself as he goes about doing the will of God. Join world-renowned composer, performer, liturgist and theologian **Bob Hurd** as he, assisted by the St. Rita choir, explores these episodes from Jesus' final journey to Jerusalem by way of reflection, artwork, and music. All are welcome! Free-will offering accepted.

Sunday, February 23, 2014  
7:30 p.m.

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





## Backyard Chicken Ordinance Approved

The city council took further steps Monday night that would make it easier to keep backyard chickens, unanimously approving first reading of an ordinance amending the municipal code dealing with fowl and livestock restrictions.

The ordinance would lower the distance perimeter requirements for chickens from 50 feet from property line and 100 feet from any inhabited structure to 35 feet.

"Distance requirements 35 feet from a dwelling house or structure, not within a required setback, Councilmember Terry Tornek said as he asked if that applied to side yards and backyards.

Staff said the new ordinance would apply to front yards as well.

The ordinance change only applies to chickens. Other animals such as geese, ducks, turkeys, pheasants, doves, pigeons, squabs or similar fowls or rabbits, must stay within 50 feet of any street line or within 50 feet of any property line, or within 100 feet of certain dwellings.

The ordinance also provides that the poundmaster, rather than the health officer, may grant exemption according to staff. The keeping of live chickens must also be registered with the Pasadena Humane Society.

At a meeting last May, backyard hen advocates said there are public health benefits associated with backyard coops including, healthy foods, fresh eggs and nitrogen-rich guano for fertilizer use.

A motion to move the issue was made by Councilmember Jacque Robinson. Councilmember Steve Madison and Vice Mayor Margaret McAustin were absent. A second reading by the council will take place in 30 days.

## Pet of the Week



Charlie is a playful three-year-old black and tan Gordon Setter mix. He's very playful and loves to go on walks at the park. He's very smart and even knows his sit command.

Charlie's adoption fee is \$125, which includes his neuter surgery, a microchip, the first set of vaccinations, as well as a free follow-up health check at a participating vet. New adopters will receive complimentary health and wellness exam from VCA Animal Hospitals, as well as a goody bag filled with information on how to care for your pet. Ask an adoptions counselor for more information during your visit.

Call the Pasadena Humane Society & SPCA at 626.792.7151 to ask about A343495, or visit at 361 S. Raymond Ave. in Pasadena. Adoption hours are 11-4 Sunday, 9-5 Tuesday - Friday, 9-4 Saturday. Pets may not be available for adoption and cannot be held for potential adopters from phone calls or email. Directions and photos of all pets can be found at [www.pasadenahumane.org](http://www.pasadenahumane.org).



## No Charges Filed Against PETA Protesters

By Dean Lee

Dozens of PETA protesters held a rally Monday morning in front of the Pasadena courthouse supporting activists arrested New Year's—the morning of the Rose Parade—after attempting to stop the SeaWorld float from going down Orange Grove Blvd. Sixteen protesters were given citations with a notice to appear Monday.

"It seems like the city has declined to file any charges whatsoever," said, Mathew Strugar, PETA's Senior Litigation Counsel. "No one is on the misdemeanor calendar and no one is on the infraction calendar. It looks like the city has decided not to pursue the charges."

Strugar said the city has a

year to file, "But usually what happens is, if they want to pursue them they pursue them at this point. That doesn't mean it's entirely over but it's a good sign."

He said all of the protesters were charged with interfering with a special event, a city municipal code violation. He said the maximum penalty is a year in jail and a fine.

An additional charge of child endangerment is also pending against the mother of 12-year-old Emily McCoy, of New York, one of the arrestees during the event.

Pasadena Information Officer William Boyer told reporters that none of the charges had been dropped and that new arraignment dates would be

given to those involved. Reports suggest the new arraignment appearances would take place in three to five weeks.

PETA protesters, who held signs Monday in front of the courthouse calling for a boycott of SeaWorld, said they plan to use the delay to bring more attention to the cruelty of keeping killer whales caged at SeaWorld.

Nineteen PETA protesters staged a sit-in Jan. 1, just before the heavily guarded SeaWorld float, "Sea of Surprises" was moved onto the parade route in preparation for the event. All were taken into custody without incident. Three people were released without being arrested.

## Huntington President Announces Retirement



The president of The Huntington Library, Art Collections, and Botanical Gardens, Steven S. Koblik—largely credited with transforming the institution into a dynamic and thriving intellectual and cultural center with a focus on impact and outreach—has announced his retirement, effective June 30, 2015.

"Steve's visionary insights and tireless efforts, along with the spectacular team he has assembled, have significantly strengthened The Huntington and have propelled it to unprecedented levels of national and international stature in all of its endeavors," said Stewart Smith, chair of The Huntington's five-member board of trustees. "His leadership has been so masterful, it's hard to envision the institution without him. The board, and The Huntington community more generally, owe him a tremendous debt of gratitude. What an amazingly

successful run."

Koblik has been the driving force behind major progress on the Huntington property, including the renovation of the Huntington Art Gallery (once the Beaux Arts mansion in which Henry and Arabella Huntington resided), the building of the Chinese Garden, the renovation of the Japanese Garden, and the expansion of the American art galleries. Koblik also undertook to upgrade the intellectual centerpiece of The Huntington: the historic Library building. When he arrived, he found a building in dire need of refurbishment; each night before leaving, staff shut off the electricity, fearful of a fire given the old wiring in place. Koblik systematically took up the challenge and in short order raised the funds necessary to update the infrastructure as well as office and exhibition space. The Library's renovated Main Exhibition Hall, the capstone to the project, opened to high critical praise last November.

Koblik, 72, assumed the presidency of The Huntington in September 2001 following nine years as president of Reed College in Oregon. At The Huntington, he inherited an institution in the early stages of a renaissance period following many years of fiscal instability; he was brought in, Smith says, to further strengthen The Huntington financially.

Koblik will work with the Huntington's board of trustees as it organizes the search process to find a suitable successor.

## Altadena Crime Blotter

### Sunday, January 26th

Between 3:00 PM and 7:00 AM (Monday) – A vehicle vandalism occurred in the 700-blk of New York Dr.

8:00 PM – A petty theft from an unlocked vehicle occurred at Walmart, 2408 Lincoln Av. Loss: white iPhone 4.

### Monday, January 27th

Between 7:00 AM and 5:30 PM – An attempt residential burglary occurred in the 1500-blk of Harding Av. Suspect(s) attempted to enter the residence by removing the window screen. 12:40 PM – A petty theft occurred in the 3500-blk of McNally Av. Loss: Jamone memory sewing machine. \*\*\*Known suspect\*\*\*

### Tuesday, January 28th

Between 8:10 PM and 6:30 AM (Wednesday) – A vehicle burglary occurred in the 500-blk of W. Mariposa St. Suspect(s) entered the vehicle by shattering the front passenger window. Loss: vehicle registration, insurance card.

### Wednesday, January 29th

1:00 AM – A vehicle vandalism occurred in the 1800-blk of N. Lake Av.

### Thursday, January 30th

Between 5:00 AM and 5:30 AM – A petty theft from a vehicle occurred in the 3100-blk of N.

Casitas Av. Loss: Kawasaki blower, Kawasaki weed wacker.

Between 7:00 PM and 8:50 AM (Friday) – A vehicle vandalism occurred in the 900-blk of E. Woodbury Rd.

### Friday, January 31st

Between 7:30 AM and 1:10 PM – A residential burglary occurred in the 2100-blk of Grand Oaks Av. Suspect(s) entered the residence by removing the window screen(s). Loss: black iPod touch, black w/pink cover Nook book reader, credit card.

Between 9:15 AM and 10:15 AM – A residential burglary occurred in the 2800-blk of Stonehill Av. Suspect(s) entered the residence via the unsecured door. Loss: 24k gold charm bracelet.

Between 9:50 PM and 9:50 AM (Saturday) – (2) Petty thefts from a vehicle occurred in the 2000-blk of Navarro Av. Loss: gry/silv hub caps.

### Saturday, February 1st

Between 6:00 PM and 9:00 AM (Sunday) – A petty theft from an unlocked vehicle occurred in the 200-blk of E. Calaveras St. Loss: beige Dooney & Bourke wristlet, CDL, currency.

Between 10:00 PM and 8:15 AM (Sunday) – A vehicle vandalism occurred in the 2400-blk of El Molino Av.

## Black History Month Games and Origins of Jazz

The Pasadena Senior Center will present a special program Monday, Feb. 17, from 11:30 a.m. to 2:30 p.m. in honor of Black History Month.

The event will include an homage to historic African Americans, their accomplishments and their impact on the world today; an entertaining Who Am I game that will test participants' sense of black history; and a discussion about the origins of jazz.

The admission price is \$5 in advance, payable at the welcome desk or by calling (626) 795-4331. Tickets may also be purchased at the door for \$7 pending availability.

The program is sponsored by the Ebony Ladies Committee of the Pasadena Senior Center.

Founded in 1959, the Pasadena Senior Center is an independent, nonprofit organization that offers recreational, educational, wellness and social services to people ages 50 and over in a friendly environment. Services are also provided for frail, low-income and homebound seniors.

## Closures and Reminders for Presidents Birthdays

Pasadena residents and businesses are reminded that City Hall and many City services will be closed Wednesday, February 12, in observance of Lincoln's Birthday, and Monday, February 17, 2014 for Washington's Birthday (observed).

The Pasadena Fire and Police departments will continue to be staffed during the holidays for all patrol, jail, fire, paramedic and other emergency services. For any life-threatening emergencies, please remember to call 9-1-1.

The Pasadena City Council will not meet Feb. 17.

On Feb. 17, all parking meters will be free and parking time limits will not be enforced. Parking meter enforcement will resume Feb. 18. Violations for red curb parking and blocking fire hydrants will continue.

## Councilmember Tornek Declares Run for Mayor



By Dean Lee

Tornek

City Councilmember Terry Tornek confirmed last week that he will run for mayor in Pasadena next year possibly running against longtime incumbent Bill Bogaard.

Tornek said he filed a Candidate Intention Statement with the city clerk Jan. 27. He is the first person to announce his intent to run.

"That lets me start to put together a campaigning team, that's all," He said. "I need to let people know, I have had a lot of supporters asking me if I plan to run."

He also said filing allows him to start fundraising.

He said his announcement timing had nothing to do with whether or not Bogaard will run again, for a fifth term. He said at this time Bogaard is not a candidate.

Bogaard, himself, said although he had not made a decision, if he does, he will enter the campaign with the energy and commitment he had during his first election in 1999.

In 2011 Bogaard ran unopposed.

## Pasadena to Host International Film Festival

Although hundreds, if not thousands, of movies have been filmed in the city, Pasadena is set to have its first International Film Festival—taking place Wednesday through Sunday, Feb. 16th.

A soft opening will include a performance by Cal Tech's 'a cappella group, 'Out of Context', at 12:45 pm Wednesday. Screenings start at 1p.m. and continue until midnight at the Laemmle Playhouse 7 Theatre in Pasadena. The party for the event will take place at Japon Bistro.

The opening night "Great Gatsby" black tie gala will take place Thursday, at the Westin Pasadena Hotel featuring the Pasadena Symphony-POPS, complete with a red carpet event, where actors Michael Gross (Family Ties), James Marsters (Buffy the Vampire Slayer), Mimi Kennedy (Midnight in Paris), Alicia Witt (Law and Order: Criminal Intent), and Jay O. Sanders (The Day After Tomorrow) will be honored, among others.

Seminars with entertainment industry professionals such as Melissa Fitzgerald, Katy Fox, Monika Skerbelis, Greg Laemmle, Eric Sherman, John Ottman, and Bert V. Royal, will lead talks on such topics as, "The Transformational Power

Longtime Councilmember Steve Madison told the media he thought it was disrespectful not to wait until Bogaard officially steps down. Madison said if that happens, it's no secret he would also run.

News of Tornek's intent to run came just days after Bogaard's annual State of the City Speech.

Bogaard's address covered topics such as the SR 710 freeway extension, the Rose Bowl, the Gold line, among others.

Tornek said he would run on issues he is known for, development and government spending. Tornek has publicly said he is for the idea of connecting the 710 freeway from Pasadena to Alhambra by way of a tunnel.

Longtime Pasadena businessman and owner of Robin's Wood Fire BBQ & Grill, Robin Salazar, also said he would vie for the mayor seat.

The official filing period for all candidates for the March 10, 2015 primary elections starts in November through December.



Mayor Bill Bogaard

of Women in Film", and "The Future of Film...Where are we Headed?" at the Pasadena Public Library, Central Branch, Saturday, Feb. 15.

Every evening hosts a party at a different local venue, as well as screening the very best independent short, feature, documentary films, and web series from around the world. Thirteen countries are represented including Romania, Slovenia, South Korea, and Brazil.

The Pasadena Museum of History will also host "Old Hollywood: The History of Film in Pasadena" featuring the world-renowned historian Marc Wannamaker, as well as a screening of the 1912 film, "When Kings Were The Law" followed by a wine and cheese reception, Sunday, Feb. 16. The five-day event is capped off with an Award Ceremony at the Laemmle Playhouse 7 Theatre awarding the best of the fest with the Jury Awards, with an after-party at the Vertical Wine Bistro to follow; Sunday, Feb. 16.

Festival sponsors include Pasadena Film Office, Pasadena Water & Power, and the Pasadena Convention & Visitors Bureau, among others. For more information visit [www.pasadenafilmmfestival.org](http://www.pasadenafilmmfestival.org).

## Learn How to Produce Your Own TV Show

In anticipation of Pasadena Media opening new studios at 150 S. Los Robles Ave, they are offering free television-training programs for producers. Plan to attend an orientation to discover the right classes for you. Producers' Training teaches how to produce shows for The Arroyo Channel. Studio Production/Equipment training is also offered to volunteer crewmembers. In addition, on-going training will soon be



**PASADENA MEDIA**

available in citizen journalism and digital film groups. Call the office (626) 794-8585 or go to [PASADENAMEDIA.ORG](http://PASADENAMEDIA.ORG) and explore what Pasadena Media has to offer.

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

### Orientation & Producers Training

Monday, Feb. 10 at 6:00 pm - 8:00 pm

### Studio Stage Manager Training

Tuesday, Feb. 11 at 5:00 pm - 6:00 pm

### Character Generator Training

Wednesday Feb. 12 at 6:00 pm - 8:00 pm

### Video Tape Operator/ Digital Media Mngr Training

Thursday Feb. 13 at 6:00 pm - 8:00 pm

Citizen Journalism  
Digital Film Group

coming soon  
coming soon





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

**AN UPDATE ON THE LIVE OAK VILLAGE PROJECT IN ARCADIA**

On a recent Wednesday evening, I attended the Monrovia-Arcadia-Duarte Town Council Meeting and got quite an earful. It is no wonder David Hall is still the Chair-twenty years since it began. That man is beyond awesome-he addresses people and stays calm. The nonsense that came out of their mouths was unbelievable and the worst part was a Duarte trouble maker who came to our county meeting and tried to stir things up.

Several months ago, I explained the Live Oak Village Project. This project is the work of WHCHC (West Hollywood Community Corporation). WHCHC is nonprofit and was founded in 1986 to buy, build, rehabilitate, manage and advocate affordable housing for lower income people. They partner with local governments, funders, social service providers, community residents, architects, contractors and property managers to build their projects.

WHCHC came to two Town Council Meetings and made presentations. The residents came out and made their concerns known. Some statements were incorrect-pertaining to building height-as there are a few really tall ones on Live Oak Avenue as Mr. Hall pointed out. And there were several complaints about a business being on the bottom floor and not enough parking.

At the recent Town Council Meeting, Mr. David Moss, Project Manager explained all the changes that had been made in the design. (I don't think any of the complainers had any clue as to the amount of time, effort and money it took to redesign the whole building, and parking facility to meet the residents' concerns.)

Mr. Moss began by stating "The previous project has been abandoned. They began a new project...40 units; 28 one-bedroom, 12-three bedrooms...The height of the building is down from 49 feet to 35 feet. It has been reduced from four stories to three stories...more parking-instead of 49 spots, there will be 61 spots."

After listening to residents' concerns and redoing the design of the project, WHCHC still had to deal with complaints. People stood up and were talking nonsense, "Who would move there? No Transportation."

The site is ideal. It is right on a bus route. There is the Live Oak Library close by and even a market. Then there was mention of Monrovia Transit. (626) 358-3538. An Arcadia realtor stood up and said, "Monrovia Transit doesn't come here."

I REALLY took exception with that false information. Monrovia Transit recently celebrated its 30th Anniversary. In the beginning, it was established for residents of the city of Monrovia. (I can remember my girls walking a few blocks to Mayflower to catch it as we live in the county area.) But Carolyn Ziegler changed that! Carolyn, one of the original Town Council Members, worked on this transportation problem with Supervisor Antonovich. Discretionary funds were used so Monrovia Transit would provide transportation to ALL COUNTY AREAS when people needed rides to Arcadia Methodist, City of Hope, Santa Teresita and the Duarte Road / Baldwin Avenue Medical Offices. Council Member Gloria Huss told me that she has even seen the Transit go to both Target and Wal Mart.

The transit situation was confusing at first (late '93 or '94). I received a frantic call from an elderly couple from my Church who lived in the county area. I drove to their home, and Ted said, "Arcadia Transit won't pick me up." So I had to explain it was MONROVIA TRANSIT that does all THREE county areas, but you must call 24 hours in advance to book a ride.

The gentleman from the City of Duarte stood up and said, "All families have several cars." Mr. Hall calmly replied that if a person was low income, they would probably not be able to afford six cars! What a meeting! Stay tuned for updates on the Live Oak Project.



**VALENTINE'S DAY** By Christopher Nyerges

[Nyerges is the author of several books. He can be reached via School of Self-reliance at Box 41834, Eagle Rock, CA 90041, or [www.ChristopherNyerges.com](http://www.ChristopherNyerges.com), where one can view his various blogs.]

Now that January is behind us, the stores of Sierra Madre are now getting filled with red and pink hearts. Why? February 14 is the day set aside to commemorate a real historical person named Valentinus, the day we now call "Saint Valentine's Day." With just a little bit of research, we learn that this Valentinus person was stoned, clubbed, and beheaded in about the year 270 A.D. He was violently killed by an unruly mob. But why? And how have we come to associate Valentinus with chocolates and hearts and lovers?

It turns out that there were at least two people called Valentinus – possibly more – who lived in the 2<sup>nd</sup> and 3<sup>rd</sup> Centuries. One – who the Catholic Church now called Saint Valentine – was beheaded in 270 A.D.

Another Valentinus lived about a century earlier and founded one of the most important sects of Gnosticism. He was born in Egypt and educated in Alexandria. He settled in Rome during the reign of Pope Hyginus and taught there for more than 20 years. He attracted a large following to his beliefs, due in part to his intelligence, his eloquence of speech, and his impeccable arguments.

But the teachings of this Valentinus differed in some ways from the Christian church of that time, and when the office for the Bishop of Rome opened up, he was not selected. Valentinus then chose to break off from the Christian church, left Rome, and continued to develop his doctrines as he saw fit.

There are no original surviving documents from the teachings of Valentinus. So, if you want to discover what he actually believed and taught, you have to study fragmentary quotations found in the writings of his orthodox Christian opponents.

Through research, we learn that Valentinus was influenced by Plato (the main source of the teachings of Socrates), Zoroastrianism, and Christianity. Valentinus also spoke of a spiritual realm which he called Pleroma, which consisted of "emanations" evolving from an original divine being. These have been described as the layers of an onion, with each layer being a wholly complete reality. It's all very interesting, though it's all a bit second-hand because whatever Valentinus wrote was apparently "lost" or destroyed by opponents.

The term Gnosticism came from the word "gnosis," defined as spiritual knowledge. Those who followed this line of study were called the Gnostics, and many were referred to as Christian Gnostics. But by the third century, the more orthodox Christian church (and the political power of the day), decided to oppose and persecute the Gnostics. By the end of the third century, Gnosticism as a distinct movement had largely disappeared.

Now, here's the quiz: Where in all this did you hear anything about chocolates, hearts, greeting cards, bunnies, jewelry, roses, or lace underwear? Plus, there doesn't appear to be any historical connection with any of the individuals named Valentinus with the date of February 14.

It turns out that in the pre-Christian days, there was a celebration in honor of Lupercus, a pastoral god, sometimes identified with Faunus or Pan. Faunus is depicted as having the body of a man but the horns, pointed ears, tail, and hind legs of a goat. That is, Faunus is more or less identical with the satyr, who was said to be lecherous, lustful, and always ready to party.

The pre-Christian observance of this day was called Lupercalia, which fell on February 15. Most of what people do today in the name of "celebrating St. Valentine's Day" has its roots in the ancient feast of Lupercalia. On Lupercalia, cards were given (often with subtle or overt sexual overtones), and men reportedly chased women through the streets (sounds somewhat like Mardi Gras).

It is difficult to ascertain why the commemoration of Valentinus was used to supplant, uplift, and supercede the already-existing commemoration of Lupercus, but that's what happened. Yet, very little of the trappings of modern St. Valentine's Day have anything to do with the historical Valentinus.

And that's really a shame, since Valentinus was as important as, perhaps Socrates or Pythagoras, and yet most of us only associate him with the silly commercialism of Lupercalia's remnants. Certainly it's possible that the Church engineered this substitution so that people would elevate their practices on this day, though there is no evidence that that has happened.

So rather than waste money and time on chocolates and red cards, why not take the time to study something meaningful about the great teacher Valentinus, or about the real meaning of that much-used word "love." One excellent book in this regard is Eric Fromm's "Art of Loving." Once you get into it, you may discover - as I did - that much of what he taught is very relevant today.

NOTE: Every Sunday outdoors under a large banyan tree in Highland Park, there is a spiritual studies presentation on topics of current interest, such as the meanings of the holidays. The presentations are sponsored by WTI (see [www.wtinc.info](http://www.wtinc.info) for details and schedule of upcoming talks.

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**NORMAN C. PAYSON, M.D., NAMED CHAIR OF CITY OF HOPE BOARD OF DIRECTORS**

**Manager and physician brings 30 years of health care experience to leadership role**

DUARTE, Calif. — Noted business leader and physician Norman C. Payson, M.D., has been selected as the new chair of the City of Hope board of directors. He began his three-year term on Jan. 1, taking helm of the institution's board as the research and treatment center launches a new era of growth and scientific investment.

A senior advisor at Apria Healthcare Group since November 2012, Payson is a former chief executive officer of Oxford Health Plans Inc. and Healthsource Inc. He has more than 30 years of experience building and directing health care companies during times of growth and change. At Oxford, a leading provider of health benefit plans, Payson transformed the company financially and culturally into one of the most successful providers in the nation. During his tenure at Healthsource, which he co-founded, the health plan company grew to more than 3 million members in 15 states.

"I am honored to serve as chair of the board of City of Hope, an institution that has touched so many lives and that stands poised to improve the lives of countless more," Payson said. "As the health care environment evolves and as the cancer rate increases, City of Hope's role as a research institution and as a provider of specialized oncology care will become even more vital."

Payson also served as chairman and chief executive officer of Apria Healthcare, which has more than 500 locations and 13,000 employees; as chairman of Viant Holdings and its predecessor Concentra, the nation's largest occupational health care provider; and as chief executive officer of Hawthorne Community Medical Group, a 120-physician multispecialty group practice.

"As a highly respected physician and a nationally known expert in the management of health care, Dr. Payson understands the challenges and opportunities now facing medical and research institutions," said City of Hope President and Chief Executive Officer Robert Stone. "He has been an invaluable supporter of our work here, and I'm pleased to have his expertise and experience as we build upon our foundation of scientific excellence and commitment to high-quality, compassionate care."

Payson joined the board in 2004 and has served as chair of its Finance Committee and Strategic



Planning Ad Hoc Committee. He is also the chair of the City of Hope Medical Foundation board of directors and, together with his wife, Melinda Payson, helped establish City of Hope's Graduate Studies Center as well as a graduate fellowship at the school. He succeeds outgoing chair Sheri Biller.

A graduate of the Massachusetts Institute of Technology, Payson received his medical degree from Dartmouth Medical School. He is a sponsor, lecturer and mentor at The Geisel School of Medicine at Dartmouth and at the Tuck School at Dartmouth. He is also a board member of the Business Leadership Council for a Generation Born HIV Free, a campaign to end maternal-to-child HIV transmission.

About City of Hope  
City of Hope is a leading research and treatment center for cancer, diabetes and other life-threatening diseases. Designated as a comprehensive cancer center, the highest recognition bestowed by the National Cancer Institute, City of Hope is also a founding member of the National Comprehensive Cancer Network, with research and treatment protocols that advance care throughout the nation. City of Hope is based in Duarte, Calif., with community practice sites in South Pasadena, Glendale, Santa Clarita, the Antelope Valley and Palm Springs. Its hospital is ranked as one of "America's Best Hospitals" in cancer by U.S. News & World Report. Founded in 1913, City of Hope is a pioneer in the fields of bone marrow transplantation and genetics. For more information, visit [www.cityofhope.org](http://www.cityofhope.org) or follow City of Hope on facebook, twitter, youtube or flickr.

**The Friends of the Sierra Madre Library**  
**invite you to**  
**The 44th Wine and Cuisine Tasting**  
**Friday, February 21st, 2014 Alverno Villa**

**Early Bird**  
**Premier Event**  
**6:00 to 7:00PM**  
\*\*\*  
**Limited to**  
**100 guests**  
\*  
**Sommelier**  
**Speaker**  
\*  
**Premium**  
**Wines**  
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**Special**  
**Foods**  
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**Live Music**  
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**Early Access to**  
**Main Event**

**Victoria Ramirez 2013**

**Main Event**  
**7:00 to 9:00PM**  
\*\*\*  
**Limited to**  
**400 guests**  
\*  
**Domestic and**  
**International Wines**  
\*  
**Fine Local**  
**Restaurants**  
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**Magic Castle**  
**Magicians**  
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# ARCADIA

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Arcadia

Pasadena

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Monrovia

## ASSISTANCE LEAGUE® OF ARCADIA CELEBRATES 60 YEARS OF SERVICE TO THE COMMUNITY



In celebration, Assistance League of Arcadia ([www.alarcadia.org](http://www.alarcadia.org)) is pleased to announce an Open House, March 19, 2014, at its chapter house, 100 South Santa Anita Avenue, Arcadia, CA between 4:00 – 7:00 pm. ‘Tours of Operation School Bell’ will be offered and light refreshments will be served. Everyone is welcome!

The Assistance League of Arcadia, one of 122 chapters of National Assistance League, is an all-volunteer member-driven nonprofit 501(c) (3) organization. This year the organization is celebrating its 60th year of providing lasting change in the community through hands-on involvement and innovative programs. The anniversary year was kicked off with a “Make A Difference Day” Book Drive with over 2,500 children’s books collected for distribution through Operation School Bell and Baby Basics programs.

Assistance League’s signature program is Operation School Bell, which provides new clothing for children who are pre-identified through arrangements made with local schools and counselors. The goal is not only to help the children feel better about themselves, but also about going to and staying in school. This program serves the Alhambra, Arcadia, Duarte, Monrovia, Rosemead, San Gabriel, and Temple City School Districts, as well as, the Almansor Center. The children’s Operation School Bell shopping experience includes a warm jacket, hooded sweatshirt, underwear, shirts, pants,

shoes, socks, backpack, school supplies, hygiene kit, and books. Not surprisingly, school personnel and social workers have reported an immediate difference in the emotional state of the children assisted by Operation School Bell.

Last year, the Assistance League’s 347 volunteers provided 26,800 service hours to more than 25,000 children and adults through its programs. In addition to Operation School Bell, their Links to Learning program provides monetary awards to teachers to enhance their curriculum and enrich students’ classroom experiences. Hospital Magazines distributes magazines for all Arcadia Methodist waiting rooms and patients. Senior Programs provides seniors and visually impaired the opportunity to gather and socialize at the Assistance League of Arcadia Chapter House. Kids on the Block™ educates elementary students with puppet shows about the dangers of smoking, dealing with bullying, accepting disabilities, and healthy eating and exercise; and Baby Basics provides infant clothing, books, and supplies to new mothers through Foothill Unity Center.

Programs are funded through grants, donations, and the operation of The Bargain Box Thrift Shop located at 64 East Live Oak Avenue, Arcadia, CA. Thrift Shop hours are Tuesday - Saturday 10:00am - 3:00pm. Donations of gently used household goods and clothing are always welcome.

## Arcadia Police Blotter

*For the period of Sunday, January 26<sup>th</sup>, through Saturday, February 1<sup>st</sup>, the Police Department responded to 1,105 calls for service of which 123 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.*

Sunday, January 26:  
1. At about 1:00 p.m., an officer responded to the Macy’s parking lot at the Santa Anita Mall, 400 South Baldwin Avenue, regarding a vandalism report. The victim parked his Enterprise rental vehicle in the south lot for a short period. When he returned, he discovered a large scratch on the passenger side, approximately eight feet long. No witnesses were located.  
2. At approximately 5:18 p.m., an officer was dispatched to the area of Baldwin Avenue and Las Tunas Drive regarding a robbery that just occurred. An unknown male suspect approached the victim as she was waiting at a Metro bus stop and quickly grabbed her purse from her possession. The suspect fled in an unknown type red sedan. The suspect is described as a Hispanic male, approximately 5’7” tall, 130 lbs., wearing a faded navy blue hooded sweatshirt.

Monday, January 27:  
3. Around 7:33 a.m., an officer was dispatched to a residence under construction in the 1300 block of Highland Oaks drive regarding a commercial burglary report. Unknown suspect(s) entered the location by an unknown means and stole appliances and furniture. An investigation revealed the house keys were reported missing from the realtor lock box the day prior. No witnesses were located.  
4. At approximately 11:30 p.m., an officer responded to the Arcadia Police Department front counter regarding a theft report. The victim explained her wallet was stolen while she was working at Red China Restaurant, 855 South Baldwin Avenue. Unknown suspect(s) removed the wallet from behind the cash register and fled undetected. No one reported seeing or hearing anything suspicious.

Tuesday, January 28:  
5. Just after midnight, an officer was patrolling the skate park located at 100 South Second Avenue when he observed two subjects sleeping inside sleeping bags. The area around their makeshift campsite was littered with trash and numerous personal items. The 23-year-old White male and 25-year-old Hispanic female were cited for violating the Arcadia Municipal Code – Illegal Overnight Camping.  
6. At approximately 12:50 p.m., officers were dispatched to a residential burglary in progress in the 200 block of California Street. Upon arrival, a male suspect was observed fleeing from the area; however, he was detained in a neighbor’s

backyard. An investigation revealed the 50-year-old Vietnamese male forced entry using burglary tools and ransacked the bedrooms. Money and several pieces of jewelry were found on his person. He was arrested and transported to the Arcadia City Jail for booking.

Wednesday, January 29:  
7. Around 5:50 p.m., an officer was dispatched to the area of Foothill Boulevard and Rodeo Road regarding a traffic collision. The driver, a 65-year-old Asian female, turned into what she thought was a curve and collided with the center median. She was transported to Arcadia Methodist Hospital for lacerations and bruising to her head. An investigation revealed she was under the influence of an alcoholic beverage. Since she was hospitalized at the time of the report, the officer requested a DUI charge be filed at a later time.  
8. At approximately 7:30 p.m., officers responded to a pedestrian-auto traffic collision in the intersection of Second Avenue and El Dorado Street. A 12-year-old boy was riding his push scooter without a helmet northbound on Second Avenue in the southbound bicycle lane. He veered into southbound lanes of traffic and was struck by a vehicle, launching through the air and to the ground. Arcadia Fire responded to the scene, provided treatment, and transported him to LA County USC Medical Center. The boy suffered a major head injury, but is expected to survive.  
An investigation revealed the driver was not under the influence. The case was referred to the Department of Child and Family Services due to the parents allowing the boy to ride his scooter without a helmet.

Thursday, January 30:  
9. Just after 12:20 p.m., an officer responded to the 2000 block of South Baldwin Avenue regarding a report of a dog bite. The victim was running along her daily route when two unleashed pit bulls started to chase after her. One of the dogs bit her left arm and began pulling on it, causing her to fall to the ground and break her arm. Shortly after, the dogs’ owner appeared and called the dogs off. A US Postal worker saw the incident and provided aid to the victim until Arcadia Fire arrived on scene. The victim was transported to Arcadia Methodist Hospital and the owner was cited for leaving her dogs unsecured and unattended.  
Animal Services responded to the scene and transported the dogs to Pasadena Human Society (PHS) for a ten-day quarantine. Ten newborn bit pull puppies were also located inside the residence and transported to PHS so they could be nursed by their mother. The victim is desirous of prosecution.

# MONROVIA - DUARTE

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

## THE GREEN HEART COMES TO DUARTE HIGH SCHOOL

Artist and Author Petra Eiko has launched a unique public art project for local schools. The Green Heart asks “What’s in your heart – the world is listening”. This project was initially started in six high schools in LAUSD with remarkable results in student learning, community building and understanding of human differences. With the help and sponsorship of Duarte Kiwanis, the-green-heart project has started in Duarte High School! The Green Heart has been installed in the main office, just across from Norm Anderson’s office. The initial kick-off with the DHS Poetry club resulted in 21 postings on that first day. The installation is scheduled to be up until April and all DHS Students and community members are invited to participate.



From left Petra Eiko, Norman Anderson and Tina Carey.

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](mailto:drdiane@drhernandezoptometry.com).

## Monrovia Police Blotter

*Highlighted Activity for the Weekdays of February 3-5, 2014*

During the last seven-day period, the Police Department handled 330 service events, resulting in 57 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.

Petty Theft From a Vehicle  
February 3 at 6:05 p.m., a theft from a vehicle was reported in the 200 block of Violet. The victim left the vehicle unlocked and unknown suspect(s) entered and took a radio and a set of keys that were left in the vehicle. The investigation is continuing.

Vehicle Burglary  
February 3 at 11:50 p.m., a security guard in a parking lot in the 200 block of East Huntington saw three subjects wearing hooded sweatshirts walking away from his vehicle. He went to his vehicle and discovered someone had broken into it and had taken a GPS. He called police and an area check was made for the suspects, but they were not located. The investigation is continuing.

Vehicle Burglary  
February 4 at 6:30 p.m., a vehicle burglary was reported in the 500 block of West Huntington. The victim parked his vehicle in a restaurant parking lot, locked the doors, and went into the restaurant to eat. When he returned to his vehicle, he discovered one of the rear windows was shattered and his backpack containing school supplies had been taken. The investigation is continuing.

Driving Under the Influence – Suspect Arrested  
February 4 at 8:45 p.m., an officer observed a vehicle heading south on Alta Vista that failed to yield for traffic on Foothill. The officer followed the vehicle and saw it swerving into the opposing lane of traffic. He immediately stopped the vehicle, approached the driver and could smell a strong odor of alcohol. The officer conducted field sobriety tests and determined the driver was intoxicated. The driver was arrested and taken into custody.

Hit & Run Traffic Collision / Driving Under the Influence – Suspect Arrested  
February 5 at 7:23 p.m., a solo female driver was traveling west on Foothill and made an unsafe left turn onto Violet, striking an oncoming vehicle that was traveling in the opposite direction. That vehicle spun out of control and struck another vehicle. The female driver fled the scene in her vehicle, heading south on violet; however, she was now missing a tire and her vehicle was grinding its metal wheel into the pavement. She made it all the way to Violet and Colorado, where she was stopped by police. Field sobriety tests were conducted and it was determined that the female was too intoxicated to drive a vehicle safely. She was arrested for Hit and Run and Driving Under the Influence. No one was injured in the collision.



California’s 2014 DUI Enforcement Campaign ‘Report Drunk Drivers. Call 911’  
The following is a list of tips and signs that will help to identify Drunk Drivers on the road. If you see a driver that appears to be driving under the influence, call 911 and report their location to police.  
*Weaving/swerving in and out of the lane*

*Weaving within the lane quite noticeably  
Traveling at speeds much slower than the flow of traffic  
Braking erratically or stopping in the lane  
Sudden stops for signal lights and slow start once they change  
Remaining at the signal lights once they turn green – asleep at the wheel  
Making wide turns and/or cutting the corner striking the curb  
Headlights off at night or on high beams  
Driving with the turn signals on  
Straddling the center line of the road or lane lines  
The Driver looks intoxicated – staring straight ahead, face close to the windshield, and/or appears to be quite sleepy  
Finally Aggressive driving – speed, tailgating and multiple lane changes or unsafe passing – may be the tell-tale signs of intoxication*

For more information, visit [www.ots.ca.gov](http://www.ots.ca.gov) and [www.californiaavoid.org](http://www.californiaavoid.org)

**NEW LISTING - OPEN SUN 1-4**



**812 Alta Street, Monrovia     \$675,000**

**COLDWELL BANKER**  
RESIDENTIAL BROKERAGE

**CAROLYN PAPP**  
Coldwell Banker Arcadia  
626-353-7443

**THIS HOME IS FOR YOU!**

This 5BR, 3 bath home has a brand new smile. It has just been refreshed and rejuvenated and is packed with pizzazz! There is a huge stone fireplace in the living room, a clean new family kitchen, a formal dining room and wet bar plus an oversized 2 car attached garage.

One bedroom with full bath is downstairs. Upstairs are 4 more bedrooms including a master with a spacious bath and large walk-in closet.

The house is surrounded by beautiful plants and trees. Come take a look, you may not want to go home!



## LA SALLE SENIORS SIGN NATIONAL LETTERS OF INTENT

Pasadena, CA - Three La Salle seniors signed National Letters of Intent on National Signing Day. Letters were signed at a special noon ceremony in the La Salle gym with students, faculty, parents and friends of the signees in attendance.

Samantha Dier signed with St. Edwards University in Austin, Texas, as a soccer goalkeeper. She was a member of the U13 Olympic Development Program state team and remained in the ODP program for three years. She played U16 for Real So Cal and became their starting keeper for two years where they won the Surf Cup and were in the final four at National Cup. Sam played sparingly in her junior year for La Salle due to injury, but she is now recovering any starting for the Lancers this season.

George Medina signed with Midland University in Fremont, Nebraska, as a baseball catcher. George came to La Salle as a junior in 2012. He made an immediate impact on the baseball program as our starting catcher with his strong arm and big bat. George has gained valuable playing experience by participating on travel teams such as The Oakley Stingrays, Corey Lidle, and most especially, the Oakland A's Scout Team.

George's stats last season show he had a team leading 13 runs scored, 23 hits, 21 runs batted in, 7 doubles, and a .517 on base percentage. His was selected First Team All-League in the Del Rey League.

Bryce Harvey signed with Western State Colorado University, in Gunnison, Colorado, to play football. In the past two seasons, Bryce has combined for 138 carries for 1000 yards and 12 touchdowns averaging 7.2 yards a carry. Bryce had a combined 26 receptions for 314 yards and 4 TDS. Defensively Bryce had a combined 56 tackles and 4 interceptions. Bryce was All-League and All-CIF First Team in his senior year.

Photo and story by John Blackstock



National Letters of Intent signers from La Salle, from left, George Medina, Bryce Harvey, Athletic Director Anthony Harris, Marisol Dakan who received an academic scholarship to Brown University where she will play water polo and Samantha Dier.

## LION APPEARS AT CAMINO GROVE ELEMENTARY SCHOOL CLASSROOMS IN ARCADIA

Written By Camila Gomez With Contributions by Shriya Velichala and Madison Yang Ms. Simmons' Class



Mr. Lopez tries on lion head in the spirit of the day.

A Chinese New Year lion, from Ms. Simmons class, appeared in Ms. Brown's, Mr. Lopez's, Mr. Rhee's, Ms. Fortier's classes, and the office, on Chinese New Year, January 31.

Three of Ms. Simmons' students, Shriya V, Camila G, and Madison Y (Camila and Madison in the lion) went to four classrooms and the office dancing, bowing, and giving each teacher a little Chinese New Year gift. "I brought this lion while shopping in Chinatown", Ms. Simmons said, before sending the lion off to the other classrooms.



From left to right, Madison Yang (lion tail), Camila Gomez (lion head) and Shriya Velichala present Chinese New Year gift to Mr. Lopez's 4th grade class.

While prancing around the classrooms, students' eyes glared at the Chinese lion, with its beautiful, vibrant, pink, orange, red, and green colors. While the students were in Mr. Lopez's class, Mr. Lopez asked to try on the lion head. As he shook his head wildly, the classroom roared with laughter. After, Mr. Lopez exclaimed gleefully, "Gung Hay Fat Choy!" (This means Happy Chinese New Year in Cantonese.) "I have to admit, it was pretty stuffy in the lion's head", commented Camila. "I liked being part of going around as it was a big opportunity", claimed Shriya, Madison added, "I think it was a fun, wonderful, experience." Everyone wants this lion to visit their classes again next year. Do you?

We have been working on Valentine...

# Newspaper Fun!

www.readingclubfun.com

Animills LLC © 2014 V11-05

...cards for everyone in our class!

We've taken out all of our colored pencils, markers and crayons to design our Valentine's Day cards. We are using art supplies we have around the house to make cards and adding little items like buttons, lace or stickers to make them interesting. You can too!

glitter

poems

glue

envelopes

lace

scissors

paper

Free Stuff

## Valentine's Day!

Read the clues to fill in the puzzle using the words inside the dot-to-dot:

What Did Cupid Do?

friendship

lovebirds

flowers

party

lace

Valentine

Cupid

candy

red

heart

poetry

love

cards

roses, daisies

symbol of love; pumps blood

paper messages

a gathering of friends

ruby-colored

February

lovebirds

pink

Valentine

Cupid

candy

red

heart

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symbol of love; pumps blood

paper messages

a gathering of friends

ruby-colored

February

lovebirds

pink

Valentine

Cupid

candy

red

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## HAPPY VALENTINE'S DAY

First of all, let's agree to agree, Valentine's Day should be a full week. A single day is not long enough to fully express one's love. What do you say about having an evening at home with a bottle of champagne and a candlelight table for dinner? You may wonder why a restaurant critic would dare such treason. In all truth, it's an impossible night for restaurants. Service is less than optimal and even the guarantee of a reservation can lead to a long wait and the siphon of romance.

TABLE FOR TWO by Peter Dills  
thechefknows@yahoo.com

Every February, across the country, candy, flowers, and gifts are exchanged between loved ones. All in the name of St. Valentine, but who is this mysterious saint and why do we celebrate the passion of this holiday? The history of Valentine's Day — and its patron saint — is shrouded in mystery. But we do know that February has long been a month of romance. Valentine's Day, as we know it today, contains vestiges of both Christian and ancient Roman tradition. So, who was Saint Valentine and how did he become associated with this ancient rite? Today, the Catholic Church recognizes at least three different saints named Valentine or Valentines, all of whom were martyred.

One legend contends that Valentine was a priest who served during the third century in Rome. When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men — his crop of potential soldiers. Valentine, realizing the injustice of the decree, defied Claudius and continued to perform marriages for young lovers in secret. When Valentine's actions were discovered, Claudius ordered that he be put to death. His love for love lives on each February.



I realize that the stay at home experience will not fly with everyone's better half, so let's go dining

One of my favorite restaurants in Pasadena is The Central Park Café on S. Fair Oaks. The menu offers a variety of meats, poultry and seafood. I am a major fan of their crab bisque soup. (626) 449-4499

Avanti Café, The restaurant like the owner is small and very charming. Nice pizzas and pastas and you won't go broke eating at Avanti. (626) 577-4688

How about Café Beaujolais in Eagle Rock, I dined there recently and was very pleased with the dishes, plus their prices are reasonable. The crème brulee will make the most stubborn woman swoon. (323) 255-5111

Santa Anita Race Track is offering a special that includes a three-course meal on the Turf Terrace or the Directors Patio. Included is valet parking, admission, program and my favorite part, a glass of champagne all for \$100 per couple, I priced this out to be double. Call quickly for reservations (626) 574-6400 285 W. Huntington Dr. Arcadia

Join me every Sunday Afternoon at 5 PM for Dining with Dills on KABC TalkRadio 790 AM

## FRIENDS OF THE SIERRA MADRE LIBRARY WINE AND CUISINE TASTING

With Valentine's Day fast approaching, there'd be no better gift than tickets to the 44th annual Friends of the Sierra Madre Library Wine and Cuisine Tasting. Being held on Friday evening, February 21, 2014, at Alverno Villa, 675 West Highland Avenue, Sierra Madre, CA., the event will be an elegant affair featuring more than two dozen vintners providing superb wines and local restaurants offering delectable hors d'oeuvres and desserts.

Tickets to the premier event are \$80 and allow you early admission at 6:00PM. You will be treated to a wine tasting with a local sommelier, specially selected hors d'oeuvres, and a unique raffle. Tickets to the premier event are limited to 100 guests and are going fast so act quickly to enjoy these exceptional activities. Tickets to the main event are \$60 and provide admission at 7:00PM. You will enjoy quality wines from a number of award winning wineries and tastings from many fine local restaurants. We are limiting the number of tickets sold to 400 to add to your enjoyment. Tickets to both the premier event and main event are on sale at the Sierra Madre Library, the Bottle Shop, Savor the Flavor, and Arnold's Frontier Hardware.

Throughout the evening you will enjoy live music as you stroll about the lovely grounds of Alverno sampling the wonderful wines and appetizers. Magic Castle magicians will add to your entertainment and pleasure. Steve Silverman has performed nationwide in a variety of venues and his sophisticated sleight of hand has been enjoyed by hundreds of people. He creates much of the magic he performs and his ideas and effects have been featured in magic books and periodicals. He will be joined by another long standing magician member of the Magic Castle in Hollywood and a Sierra Madre resident, Steve Rockwell. Mr. Rockwell has a strong interest in sleight of hand magic and community support and this year will mark his third appearance at the wine tasting.



A silent auction will again be offering lovely artwork, services, tickets to special events, restaurant vouchers, and many other tempting items. An item of note is the original artwork created for the wine tasting by Victoria M. Randall. Ms. Randall was born in Athens Greece and has lived with her family in Sierra Madre for forty-two years. She has produced art in many different mediums including oil, water color, wax encaustic on wood panels, charcoal, clay, stained glass, and bronze. She has sold many pieces of work to local and foreign buyers and is recognized as a natural and classical Greek artist by her peers.

For a delightful evening of enjoying fine wines, tasty food, and lively entertainment amidst the company of friends, joins us at Alverno Villa on February 21, 2014. The Friends of the Sierra Madre Library is a non-profit organization and all proceeds benefit the Sierra Madre Library. For more information visit our website at [www.sierramadrelibraryfriends.org](http://www.sierramadrelibraryfriends.org), or call the library at 626 355-7186.

*The Four Seasons Tea Room*  
**Valentine's Day**  
*Candle Light Tea & Romantic Story Telling*  
Twenty-Eight Fifty  
Tea of the Day: Victorian Rose



Choice of Chicken Tomato Basil Soup or  
Rose Petal Vinaigrette Signature Salad



Five Tea Sandwiches:

*Pumpkin Bread w/ Cream Cheese, Tarragon Chicken Salad,  
Cucumber with Dill Butter, Egg Salad with Olive Spread,*

*Roasted Bell Pepper & Sundried Tomato.*

*Our famous Scone with Cream and Jam,*

*Chocolate Truffle, Lemon bar & Chocolate Covered Strawberry.*



*Afternoon Tea*

Twenty-Two Dollars

*Hot Tea, Five Tea Sandwiches, Scone with Cream and Jam,  
Chocolate Truffle bite, Lemon bar & Short bread cookie.*

*One menu item minimum per person. No substitutions.*

*A 20% Gratuity will be added to groups of six or more*

*Reservations available from 11:00 a.m. to 4:00 p.m.*

*(626) 355-0045*

**Make your Valentine's Day Experience  
memorable with a visit to our Photo Booth.**



(A quick and sexy Valentine's Day dish)

## INGREDIENTS

hot cooked and drained fettuccine  
1 lb boneless skinless chicken breast, cubed  
1 cup minced onion  
3/4 lb fresh mushrooms, sliced  
2 tablespoons oil  
3 tablespoons butter  
3 tablespoons flour  
2 cups chicken broth  
1 tablespoon chicken bouillon  
1 cup whipping cream  
2 tablespoons minced fresh basil  
1/4 teaspoon pepper

## DIRECTIONS

Saute chicken, onions, and mushrooms in oil for 4 minutes.  
In lg saucepan, melt butter; stir in flour until smooth.  
Add chicken broth, bouillon and cream.  
Stir in basil and pepper.  
Bring to a boil; cook and stir for 2 minutes.  
Combine with the chicken mixture.  
Serve over fettuccini.

## SAVOR BRINGS THE GOODIES!

*Foodie Tips and Tidbits for SavorThe Flavor -Sierra Madre\**

## WHAT'S ROUND LIKE A MEATBALL AND GREEN LIKE A FROG?

*Karen and Denis Keegan and Madeline Romo, founders and owners of Savor the Flavor, have a wonderful sense of style, as evidenced by the atmosphere of their Sierra Madre-based shop. They also have an uncanny knack for finding the unique, interesting and most flavorful specialty foods and gifts to be had anywhere in Southern California. For more than 16 years, they have travelled around the country to food and gift shows, taste-testing a broad array of local and regional products. Most recently, Karen and Denis spent 3 days in San Francisco scouring the aisles at the Annual West Coast Fancy Food Show held at the Moscone Convention Center.*

## A FANCY FOOD SHOW?!

Twice a year, the specialty food industry gathers its members/purveyors/food entrepreneurs in a huge space like the Moscone Center in San Francisco or the monster Javitz Center in New York. 1500 exhibitors from Italy and France to Iowa and the California's Central Valley compete for buyers' attention.

Miles of aisles give a buyer endless opportunities to sample exquisite chocolates from Switzerland and Central America; taste creamy and nutty Brie cheese from the Loire Valley; sip teas, wine or fruit vinegars from around the world.



*New companies introducing their product to us. Every 10 minutes is a new company for 3 hours. Like speed dating!*

## It's a Foodies' Disneyland.

Roughly 80,000 different specialty foods are yours to taste--we have learned that attendees like us can only sample a very small fraction of what is available. (The first show we attended was an education; 45 minutes into it, our taste buds surrendered.)

For the past several shows, we have participated in "Business Builders," 3 hours of back-to-back, 30 minute interviews with food purveyors wanting us to carry their products. For comparison, it's like speed dating for foodies.

Many food purveyors submit their products to the competition for the SOFI awards, the specialty food industry's version of the Oscars. Winners in more than a dozen categories (cracker, condiment, cookie etc.) are selected by panels of judges. Winning products are virtually assured success and it is from this group that we pick many of what land on Savor's shelves.



Okay. So what did we find at this show? Lots of wonderful things. Here are a few that really stood out as exceptional:

Sonoma Harvest White Balsamic Vinegars blended with fruit purée--blood orange, mango, lime, pomegranate and passion fruit. These go way beyond salad dressing. Incredibly bright flavors can top chilled fresh fruit, berries, melon or even ice cream. They can be reduced for a fresh and tangy finishing sauce for roasts. We tasted them mixed with cold seltzer water and immediately thought "What an amazing mixer for a refreshing vodka or tequila cocktail!"

We also tasted two mustards we really were wowed by from Elki Foods. First is a Bacon Blue Cheese Whipped Mustard--simply wonderful on a cracker, but imagine topping a baked potato or mixed into your traditional mashed potatoes. The other was their Maple Bacon Whipped Mustard, awesome on a grilled ham and Swiss sandwich or on breakfast sausages.

We'll share more of our discoveries in Part II. Until then, come by the shop and ask to taste these and the other goodies we found at the Fancy Food Show. We are open 7 days a week; 11 Kersting Ct. 626 355 5153

So, what's round like a meat ball and green like a frog?

Quite simply, Frog Balls, spicy dill pickled baby Brussels sprouts from the good folks at Black Sheep Gourmet of Anaheim. For sprout lovers, these will make a great snack and are perfect for your martini when olives and onions won't do. Come try them.

SAVOR THE FLAVOR

Specialty Foods & Gifts

11 Kersting Court, Sierra Madre

626-355-5153

Facebook.com/SavorTheFlavor.ca

Twitter @SavorFlavor



HAPPY VALENTINE'S DAY FROM

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Open Sunday - Thursday 11am - 9 pm Friday & Saturdays 11 am to 10 pm

Casa Del Rey Mexican Restaurant  
31 N. Baldwin Avenue - Sierra Madre, Ca. 91024  
626-355-606



## Happy Tails STING OF THE BOTHERED BEE

by Chris Leclerc



As a young child, I was terrified of every bug or insect I came into contact with, particularly those that I knew could bite or sting me. I will never forget the first time I was stung by a bee. Or, to put it in more specific terms, the first time I was stung by an entire swarm of angry bees. I was five years old, and had not yet learned about how nature works. I did not understand any of those creeping, crawling, flying creatures who inhabited the space beyond the four walls within which I lived.

The angry bee attack was my own fault. I had been teasing them as they came and went to and from the hive they had built outside the window of my parents' bedroom. My sister and I had both spent the morning obnoxiously tapping on the glass and had apparently aggravated them to a point of frenzy. A bit later that day, when I stepped out the front door, I was surprised (although I should not have been) to find myself suddenly covered with angry bees. The moment I closed the door behind me, they came and covered me from the waist up, and somehow burrowed their way into the backside of my t-shirt.

They then proceeded to plant their tiny, needle-like stingers deeply into the delicate skin of my neck and shoulders. I immediately panicked and began screaming, hoping someone would come and rescue me. Within moments my mother came out, yanked my t-shirt off and dragged me back into the house where she prepared a home remedy made of baking soda and milk, and spread it heavily over the bee stings on my back. I don't know which was more swollen by the end of that fiasco, my face (from crying so hard), or my back from the numerous bee stings I had sustained. In a short time my temperature rose to 102, and I became quite queasy.

Eventually the raised, rosy-red marks where the bees had stung, shrank down and my fever subsided. I was amazed that my mother knew enough to use a homemade baking soda remedy to draw out the poison that those bothered bees had injected into my skin. The fact is, my loving mother had all kinds of alternative health care tricks up her sleeve, but then again I guess she had to, being the mom of seven children, at least one of which knew how to get herself in a heap of trouble!

To this day, I am unsure why my sister and I felt the need to pester those poor busy bees. I guess we were acting out of fear, knowing that they couldn't terrorize us while we were inside, the way we knew they could when we played outdoors. We must have found some sense of satisfaction in annoying them from within the safety of our home.

What my sister and I didn't realize at the time, was that bees have no desire to terrorize other beings, they are simply going about the business that God created them for, which is to work hard transporting pollen, to breed freely and to make honey. Later in life, I learned about the God-given purpose of bees and the important part they play in nature, and I was finally able to quit being afraid of them.

Bees only attack as a response to aggravation; it is not in their nature to do so at random. So many aspects of life depend on the bee's persistent activity, which is why it is so important that we humans stay out of their way and allow them to go about their business. A bee can actually feel the vibration of fear being emitted from the human, much in the same way that a dog can smell fear or danger. With this in mind, the best thing to do, if you happen to come in contact with a swarm of bees, is to remain calm, keep quiet, and walk away slowly. If you handle the situation in this manner, bees are more likely to ignore you and continue their work than to become aggravated and attack.

If you are fearful and make loud noises or sudden movements, bees are likely to respond with aggression and give chase. For them, it's all about completing the task at hand, protecting their hives, and surviving.

Since I have figured this out for myself, I have been able to relax and enjoy watching bees fly about and do their work with no anxiety or fear. It is a fabulous feeling to sit calmly, listen to them buzz and observe them as they do what they were created to do. And so it is that this lesson from nature came with an additional bonus, above and beyond the fact that bees no longer sting me.

Somehow, understanding what makes bees "tick", and learning to trust them not to attack, has helped me understand the bigger picture in other parts of my life as well. Getting to know what bees are all about has taught me to relax and let nature, in general, do its thing. This approach most definitely beats living in fear and causing a disruptive ripple in the process of nature.

There are so many lessons to be learned from creatures that are different from ourselves. They have the potential to teach us how to be better human beings. Perhaps the proverbial "birds and the bees" story that we attempt to tell our children during their adolescence carries more substance than we might have expected. It's not just about the facts of life (sex and reproduction), it also provides a way of explaining what life is really all about...you know, the "bigger picture".

I strongly suggest that we all learn to relax and enjoy our surroundings, fear-free. Even if this thought for the day doesn't mean as much to you as it does to me, I guarantee that if you are willing to apply it, you are way less likely to get stung by a bothered bee!

## LOOKING FOR A BEST FRIEND...

... Well, *Felix would love to be your Valentine!*

He is a very sweet, calm, quiet, and gentle 2 year old, golden blonde Chihuahua mix with unique eyes - one blue and one brown. This seven-pound ball of love and joy is looking for the right person or family to share his life with.

When Felix first arrived at the shelter back in September, 2013, he was on the timid side, and sometimes a little hand and feet shy. But since that time, he has relaxed more, gained a lot more confidence, and has made many friendships with people and other dogs. He may be shy when he first meets you, but once he gets to know you, he will happily run to you, look up at you in a flirtatious way, curl his head down in a bowing position and lean on you so you will pet him. He has a magical way of stealing your heart and he is irresistible!



Felix is very easy on walks and thoroughly enjoys them, loving to explore new territory and enjoy your company. When you tell him what a good boy he is, he will wag his little tail, look up at you, smile and walk proudly next to you. Felix loves the company of other doggies, is very loyal and caring of his friends and will avoid all confrontations. He loves running around a yard, chasing and fetching toys and playing tug-a-war with another little dog. His Valentine wish is to share his life with someone who will fill his life with these experiences.

He currently resides at the San Gabriel Valley Humane Society located at 851 E. Grand Avenue in San Gabriel with his roommate. We are located off San Gabriel Blvd., north of Mission and south of Las Tunas.

To arrange a 'Meet and Greet' with Felix (aka....5123), please stop by any time from 10:00am to 4:30pm Tuesday thru Sunday.

His adoption fee is \$120 which includes his neuter surgery, a microchip, first vaccinations and a free wellness check-up at a participating veterinarian. Feel free to call us at (626) 286-1159 for more information on Felix.

See our website at [www.sgyhumane.org](http://www.sgyhumane.org) for information and photos of all our available pets.

## PET OF THE WEEK

PETHEY: ANIMAL ID #A4670281

Meet Sweetie Petey! Petey (A4670281) is a polite two-year-old tan male Chug (Chihuahua/Pug mix) who was found in El Monte on January 22nd and brought to the Baldwin Park Shelter. Weighing fifteen pounds, he walks attentively on the leash and is well socialized. Good with other dogs his own size, we think this sweetheart will like children. He has an adorable under-bite and when he is happy he jumps up and down with joy! Petey is a fabulous indoor pet and companion for anyone in any living situation and would be ideal for someone living in an apartment or condo as he is on the smaller side. To watch a video of Petey please visit the following link: [www.youtube.com/watch?v=eaxbEtboV1w](http://www.youtube.com/watch?v=eaxbEtboV1w)

To meet Petey in person, please see him at the Baldwin Park Shelter, located at 4275 N. Elton, Baldwin Park, CA 91706 (Phone: 626-430-2378 or 626-962-3577). He is currently available now. For any inquiries about Petey, please reference his animal ID number: A4670281. The shelter is open seven days a week, 12 pm-7 pm Monday-Thursday and 10am-5pm Friday-Sunday. This is a high-intake shelter with a great need for adoptions. For more information about Petey or the adoption process, contact United Hope for Animals Volunteer Adoption Coordinator Samantha at [Samantha@hope4animals.org](mailto:Samantha@hope4animals.org). To learn more about United Hope for Animals' partnership with the Baldwin Park Shelter through its Shelter Support Program, as well as the many dogs of all breeds, ages, and sizes available for adoption in local shelters, visit <http://www.unitedhope4animals.org/about-us/shelter-support-program/>.



## DENTAL DISEASE IN PETS – PART II

By Dr. Gueniat, Monrovia Animal Medical Center

Prevention of dental disease is crucial to the health of your pet. This starts with your pet's annual wellness visit to your veterinarian. Every year, and twice a year if your dog or cat is 7 years or older, your pet should be examined by a veterinarian and have a complete blood count, blood chemistry, heartworm test, intestinal parasite detection test, a urinalysis and a thorough oral exam; this is often where dental disease is first diagnosed. Part of the dental exam should include a new test called OraStrip that can be used right during your visit to determine the severity of periodontal disease. This test is more accurate than a visual exam alone, but should be used in conjunction with the oral exam. Owners can see the result of the test right then and there.

If your veterinarian finds broken teeth, red, swollen or bleeding gums, loose teeth, a foul odor, gingival masses, oral masses, and calculus on the teeth, a dental diagnostic and therapeutic procedure should be performed. This requires anesthesia. Owners should be careful not to be conned into the myth that anesthetic dental procedures are dangerous and to fall for teeth cleaning at grooming places and pet store personnel. These procedures are done illegally by unlicensed and untrained people, who can do more harm than good to your pet. Just ask yourself, would you let your hairdresser do your dental work? Anesthesia allows the veterinarian to do a thorough exam, explore around the teeth for periodontal pockets, and perform dental x-rays to find disease not visible above the gum line. Pets can benefit from every dental procedure available to humans, including implants, orthodontia, root canals, crowns, and cavity restorations. A careful chosen anesthetic protocol and vigilant monitoring of the patient during anesthesia and recovery make this a very safe procedure.

Your veterinarian will counsel you on preventive dental home care. Just like for humans, tooth brushing at home is the mainstay of home care for dogs and cats. Ask to receive information about toothpaste, tooth brushes, oral rinses, and dietary products that can help you maintain oral health in your pet. Home care can't replace dental care by your veterinarian when needed, but it can lengthen the intervals between procedures. Good oral health will greatly extend the life span as well as the quality of life of your pet.



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Do you have too many books at home? Wondering what to do with them? Come to The Book Rack and trade them in for a book you have not read.

We have 1000's used and New books for your reading pleasure.

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**The Sierra Madre Chamber of Commerce wants you to:**

Save your local economy...  
*three stores at a time.*

SAVING THE BRICK AND MORTARS OUR NATION IS BUILT ON

**3** Think about which three independently owned businesses you'd miss most if they were gone. Stop in and say hello. Pick up a little something that will make someone smile. Your contribution is what keeps those businesses around.

**50** If just half the employed U.S. population spent \$50 each month in independently owned businesses, their purchases would generate more than \$42.6 billion in revenue.\* Imagine the positive impact if 3/4 of the employed population did that.

**68** For every \$100 spent in independently owned stores, \$68 returns to the community through taxes, payroll, and other expenditures. If you spend that in a national chain, only \$43 stays here. Spend it online and *nothing comes home.*

**1** The number of people it takes to start the trend...you.

*Pick 3. Spend 50. Save your local economy.*

*Visit [the350project.net](http://the350project.net)*

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

Contact us at: [editor@mtviewsnews.com](mailto:editor@mtviewsnews.com) or [www.facebook.com/mountainviewsnews](http://www.facebook.com/mountainviewsnews) AND Twitter: @mtviewsnews





# SEAN’S SHAMELESS REVIEWS: Review By Sean Kayden THAT AWKWARD MOMENT

Am I surprised I didn't really care for a 'romcom' starring Zac Efron? Not really. Efron, Miles Teller and Michael B. Jordan are best buddies who make a pact to stay single, but secretly fall in love with the girls they're talking to in "That Awkward Moment." It's one cliché after another in this mildly humorous tale of young men not wanting to fall in love, but really they do all along. This is supposed to be the opposite of a chick flick because it's coming from the male perspective. However, the film offers little to no insight on the male mind. This formulaic relationship themed film doesn't hold a candle to the earlier films it desperately tries to emulate. The film has a few laughs, mostly from up and coming actor Miles Teller, but that alone doesn't save this witless male driven romantic comedy.

Written and Directed By: Tom Gormican  
Rated: R for sexual content and language throughout  
Release Date: January 31st, 2014

Basically, the movie is about these three best friends who want to hang out more once Michael B. Jordan's character's wife files for divorce. Efron and Teller are already trying to play the field or add to the "roster" as Efron comfortably states in the movie. There's nothing special or unique going on here. All the characters are one-dimensional and there is literally no character development on any of them. Efron falls for a girl but doesn't want to admit to it. Teller has his best girl friend helping him with random girls at the bar, but what do you know? They actually like each other. Jordan is going through a divorce, but his ex-wife starts to hook up with him again. It really doesn't make much sense if she wants a divorce. All three guys keep it secret from one another because they said they wouldn't get involved with any girls on a serious level. Of course all is revealed, the guys have a mini tantrum and seemingly everything is forgotten a few scenes later.

The only thing outside their pursuit of getting laid is what they do for a living. Efron and Teller work at company that design book covers and Jordan is a doctor. Even that seems forced and not at all relevant. Efron produced this script as a starring vehicle for himself. I guess he had the power to have someone want to invest in this, but it offers nothing special for him as an actor. Light on laughs, insight, heart and real romance, the film barely touches mediocrity. "That Awkward Moment" feels like it's in a dead zone during its second half. There's little significance to be found and much of the film just becomes tedious. A lot of the scenes were filmed in the same locations over and over. No variety, no surprises, all filler, no killer. It's everything you've seen before in other movies, but done extremely better in them. In the end, there's little to recommend. If this film is geared for women to finally see the male's point of view, no discoveries will be made. As for guys seeing this, there's nothing this film will tell you that you didn't know already. Therefore, it's a stalemate for both sides.

Grade: 2 out of 5



Adrianne Marie Hall is an avid reader, a writer of poetry and fiction, a published author, a photographer, and a multi-media graphic designer. She is also the President and CEO of Anthurium Publishing LLC, an independent publishing house "Where Writers Become Published Authors". She believes that everyone has a story to tell, which is the driving force behind her passion for helping writers who wish to realize their publishing goals.

She is very candid about her personal experiences going through the publishing process with her first published novel 'Thresholds'. She says that "Thresholds was born from an eighteen year old manuscript that I wrote when my three children were very young. For over a decade and a half I thought of going the independent publishing route with the manuscript but I kept putting that endeavor off because the time just never seemed to be right. Then after years of re-writing and re-editing the manuscript, I finally sent it to a publisher. Within a few months a box arrived with the first printed copies of my published novel. With nearly two decades of work that had been invested from start to finish, my adult daughter dubbed the novel her youngest sibling. It was exciting and incredibly surreal to see the results of pages and pages of my writing finally packaged and finished so beautifully into a bound book."

Although finally realizing her own dream of being a published author was an exciting experience, she goes on to explain that the publishing process was not without its ups and downs. "The road that I traveled with the publisher from manuscript to novel was not free of potholes. Because there are so many moving parts to the publishing process, not being made aware of them at the start of the journey could prove to be discouraging and or overwhelming while on the path to getting published. When I decided that my plans were to continue writing with the expectation of publishing my work, I knew it was time to move full speed ahead and invest as much time and energy as necessary into learning the ins and outs of the world of independent publishing. I was determined to streamline the process and make it more enjoyable not just for my future self, but for other writers who dream of being published authors as well." Anthurium Publishing LLC is the result of her decision to go to the next level in the world of independent publishing.

In addition to running her publishing company, another outlet for Adrianne was hosting workshops called "The Keys To Getting Published" where she could speak directly to and mentor writers who have aspirations of becoming published authors. At those workshops attendees would receive a workbook full of vital information on the intricacies of publishing because she wanted them to have something tangible to refer back to long after the workshop was over.

This year she has taken the format of her workshop and all of that vital information and repackaged it into a fifty page book titled "The Keys To Getting Published", an easy-to-read and understand handbook which is now available at Amazon.com, the CreateSpace E-store, and through the Anthurium Publishing website. Her hope for The Keys To Getting Published is that it provides aspiring authors with the information needed to help them proceed smoothly toward their ultimate goal of becoming published regardless of where they are on their writing and publishing journey

To find out more about Anthurium Publishing LLC visit <http://www.anthuriumpublishing.com> where you can also find links to Amazon and Createspace to purchase your own copy of The Keys to Getting Published.

To learn more about Adrianne and other accomplished members, visit [www.Authors Tour USA.com](http://www.Authors Tour USA.com).

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## Jeff's Book Picks

GEORGE WASHINGTON'S SECRET SIX: THE SPY RING THAT SAVED THE AMERICAN REVOLUTION,

by Brian Kilmeade and Don Yaeger

When General George Washington beat a quick retreat from New York City in August 1776, many thought the American Revolution might soon be over. Instead, Washington rallied, thanks in large part to a little known, secret group called the Culper Spy Ring. Washington realized that he couldn't beat the British with military might, so he recruited a sophisticated and highly secretive intelligence network to infiltrate New York. So carefully guarded were their identities that one spy's name was not uncovered until the twentieth century, and one still remains unknown today. Historians have discovered enough information about their activities to put together evidence that these six individuals turned the tide of the war. An interesting book about a little known, but very important, part of our history.



THE RACE UNDERGROUND: BOSTON, NEW YORK, AND THE INCREDIBLE RIVALRY THAT BUILT AMERICA'S FIRST SUBWAY, by Doug Most

In the late 19th century, as cities like Boston and New York grew more congested, the streets became clogged with horse-drawn carts. When the great blizzard of 1888 crippled the entire northeast, a solution had to be found. Two brothers, Henry Melville Whitney of Boston and William Collins Whitney of New York, pursued the dream of his city digging America's first subway, and the great race was on. The competition between Boston and New York played out in an era like our own, with economic upheaval, life changing innovations, class warfare, bitter political tensions, and the question of America's place in the world. The Race Underground is full of the famous, like Boss Tweed, Thomas Edison and Grover Cleveland and the not-so-famous, from brilliant engineers to the countless "sandhogs". The author chronicles the science of the subway, looks at the fears people overcame about traveling underground and tells a story as exciting as any ever taken from the pages of U.S. history. It is a great American drama of two rival American cities, and an invention that changed the lives of millions.

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# Susan Egan

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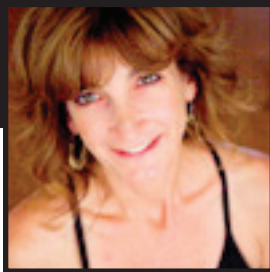
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## THE JOY OF YOGA

## RESISTING



It never ceases to amaze me how resistance can effect our lives and accepting change can bring about peace. The simplest examples can help us learn big lessons. How many times in our lives have we resisted change only to finally, reluctantly, change and then wish we had done it years before? This is not to say that there are not things worth holding on to, but the ability to flow can make it all so much more peaceful. Resistance

or “holding” does not flow with the law of nature. In fact energy or prana is always moving. We are always changing on a cellular level, we are always breathing, moving and thinking. So when we get stuck or hold on to ideas and things and thing that are no longer serving us it creates a block in the flow.

So how do we learn to be more accepting of change? How do we discern what we want to keep around? Well, first accepting that nothing is truly ours. Then we can learn to study our own behaviors. Observing our tendencies and our habits is the key. We start this process with the lessons our own movement can teach us. How long have we been stuck with those tight hamstrings? The older we get the more stuck we become. It is imperative that we keep moving and stay flexible. Every day on the yoga mat we breathe into the change and move the body to stay open and flexible.

This then translates to our minds. What thoughts are we hanging on to? Are these thoughts serving us? What about our feelings? Are they really productive for us or are they habitual? Once we notice, we can see the possibilities of change or seeing things in a new way. Once that happens the laws of nature can help us to become unstuck. And then it all comes back to the breath. We breathe in the fresh new thoughts and abilities and exhale the old. A sense of peace sets in that we are in the flow. So, if you have been stuck, in a rut, or resistant to change, take some time to breathe. Move the body in new ways everyday. Be gentle and learn to go with the flow. And of course, get into a yoga class. I will see you there!

Namasté, René

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## WHAT IS A TRADITIONAL NATUROPATH?



Dr. Tina is a traditional naturopath and nutritionist at Vibrant Living Wellness Center

I am often asked what a naturopath is or what is naturopathy? Naturopathy means close to nature and or benefiting from nature. As a naturopath, I believe nature has given us everything we need to get well and stay well. The basic teaching of traditional naturopathy should sound familiar, “above all, do no harm”. Naturopaths in general specialize in wellness. That is to say, teaching clients how applying natural lifestyle approaches can help the body's own natural healing and health building potential. As a traditional naturopath I do not “diagnose” or “treat diseases”, but rather recognize that the majority of sub-health conditions stem from lifestyle effects, and that the underlying cause of what we call “disease” (or, “dis-ease”) is improper diet, unhealthy habits, and environmental factors which cause biological imbalances leading to a weakening of the bodies' natural defenses and subsequent breakdown in health.

Naturopathy focuses on prevention; it advocates a wellness-oriented diet and lifestyle. Whole food or herbal supplements that support the body may be used until the body is back to operating correctly on its own. Naturopathy is often effective in dealing with chronic illnesses, such as arthritis or eczema, because these conditions improve when diet, lifestyle, and nutrient deficiencies are addressed. Many clients are able to reverse diseases such as hypertension and type II diabetes through diet and lifestyle changes. Additionally, naturopathy is a great choice for non-emergency acute illnesses, such as colds and flus, because it employs nutritional and lifestyle changes that support the body's immune system.

Traditionally, naturopathy was just a system of helping people return to health or learn to maintain health by teaching them to eat healthy foods, exercise regularly and use herbs and water therapy for restoring health. Today's traditional naturopaths do just that. The traditional naturopath does not diagnose or treat illness but rather is a person's guide to information about safe, healthy ways to change a lifestyle to bring about better health. A naturopath empowers you to take charge of your life and health and to gain back the confidence to make decisions about your health and your life.

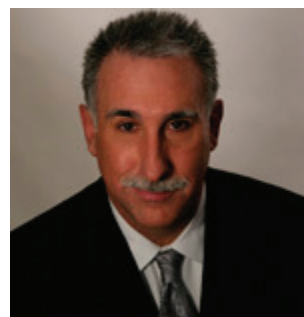
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**Health ADVANTAGE**

## A WEIGHTY PROBLEM

by Dennis R. Buckley, D.C.

For the past 10 years we have seen the data that shows that in the US, over 60% of the population is overweight and over 30% is obese.

There have been copious amounts of warnings and programs to help people lose weight. Overall it is not working. The latest figures show that

the numbers are increasing. More people are overweight and more people are obese. We are moving in the wrong direction.

Obesity can lead to a whole plethora of problems including, diabetes, heart disease, digestive problems, some cancers and excess stress on muscles, joints, ligaments, and tendons leading to pain and suffering.

We are winning a game we do not want to win, the biggest country in the world!

This will result in increasing cost to all of us in regards to how much will be spent on health care or more specifically crisis care. The total cost of obesity and it problems will be in excess of the total of heart disease, diabetes, and cancer combined!

This has got to stop! Each day I see people with back problems, extremity problems, endurance problems, healing problems and a whole host of problems that all have being overweight as a primary influential factor.

70% to 90% of problems people seek medical help for are lifestyle related and only 10% to 30% are hereditary. That means that 70% to 90% of the problems we face are preventable!

We all need to live healthier. We can exercise and stretch regularly. We can make better choices in regards to the foods we eat. We can consult with experts to help us in these areas. We can manage our stress, mostly self inflicted, and better and balance our lives with a little discipline.

We are all guaranteed two pains in life, the pain of discipline or the pain of regret. One weighs ounces the other tons. The choice is yours.

Start today and know where you stand. Consult with your doctor and see what your score is. Your height, weight, blood pressure, blood work and know your numbers. Then start making LIFESTYLE changes to discipline yourself to live a healthier life. Doing this will change your numbers for the positive.

If you need medication to assist you, you still need to exercise and eat right, get plenty of rest and keep your spine and nervous system function at its optimum. The time on the medications will be shorter and you will take control of your life as you discipline your lifestyle. This is the key, change your lifestyle change your destiny.

Our choices determine our destiny, good or bad. You cannot afford to make bad choices when it involves your health. Make the right choice today and every day and life the 100 Year Lifestyle you were meant to live.

## WHAT EVERY COLD AND FLU SUFFERER NEEDS TO KNOW

(StatePoint) During cold and flu season, an ounce of prevention goes a long way. But despite best efforts, getting sick is sometimes unavoidable.

This year, Americans will suffer from approximately one billion colds, and as many as one in five will get the flu.

Many people turn to over-the-counter medicines (OTC) for relief from their cold and flu symptoms. When illness strikes, treating your symptoms safely and responsibly is just as important as relief.

During this cold and flu season, McNeil Consumer Healthcare, the maker of Tylenol, is educating consumers about the safe and appropriate use of medicines through its educational initiative “Get Relief Responsibly.”

Many cold and flu medicines contain acetaminophen, a common pain reliever used to provide relief from their cold and flu symptoms such as fever, sore throat, and body pains.

Acetaminophen is the active ingredient in Tylenol but it can also be found in more than 600 OTC and prescription medications such as NyQuil, Theraflu, Percocet and Vicodin.

If you take multiple medicines at a time to treat various symptoms, it is important to be aware of the ingredients and to follow labels to prevent accidentally taking more than the recommended dose.

“Acetaminophen is safe when used as directed, but taking too much can harm your liver,” says Edwin Kuffner, M.D., Vice President of Medical Affairs at McNeil Consumer Healthcare. “Some people may accidentally take more than the total daily dose of acetaminophen because they do not realize they are taking multiple products containing acetaminophen, or because they may not read and follow the label.”

This cold and flu season, get relief responsibly with these tips from McNeil Consumer Healthcare:

- Always read and follow your medicine labels carefully. If you're taking more than one medicine, read and compare the labels.

- Never take more than one medicine that contains the same active ingredient at the same time.

- Never take more than the recommended dose, unless directed by your doctor. And don't take any medicine for longer than directed. If you're not getting effective relief, contact your doctor.

- Inform your doctor and pharmacist of your medical history and what medications you take. This will help your healthcare team ensure you're taking medicines that are appropriate for you.

- If you suspect an overdose, even if you don't have any symptoms, get medical help or contact a Poison Control Center right away at 1-800-222-1222.

- Learn more. Visit the website [www.Get-ReliefResponsibly.com](http://www.Get-ReliefResponsibly.com) for tools and resources about how to take medicines safely -- including an interactive medicine checker to find out which of you medicines contain acetaminophen, tips on how to read medicine labels and steps to keep medicines safely out of the reach of children.

During cold and flu season, do yourself a favor. When seeking relief, first learn about the medications you're taking and be sure to take them responsibly.



HOW TO TELL IF YOU HAVE PREDIABETES

Dear Savvy Senior:  
My 62-year-old sister was recently diagnosed with type 2 diabetes and was surprised when the doctor told her that she's probably had it or prediabetes for many years. My question is what determines pre-diabetes and how can you know if you have it?  
Surprised Senior



Dear Surprised:  
Underlying today's growing epidemic of type 2 diabetes is a much larger epidemic called prediabetes, which is when the blood sugar levels are higher than normal but not high enough to be called diabetes.

The National Institutes of Health estimates that as many as 79 million Americans today have prediabetes. Left untreated, it almost always turns into type 2 diabetes within 10 years. And, if you have prediabetes, the long-term damage it can cause – especially to your heart and circulatory system – may already be starting.

But the good news is that prediabetes doesn't mean that you're destined for full-blown diabetes. Prediabetes can actually be reversed, and diabetes prevented, by making some simple lifestyle changes like losing weight, exercising, eating a healthy diet and cutting back on carbohydrates. Or, if you need more help, oral medications may also be an option.

Get Checked?  
Because prediabetes typically causes no outward symptoms, most people that have it don't realize it. The only way to know for sure is to get a blood test.

Everyone age 45 years or older should consider getting tested for prediabetes, especially if you are overweight with a body mass index (BMI) above 25. See [cdc.gov/bmi](http://cdc.gov/bmi) to calculate your BMI.

If you are younger than 45 but are overweight, or have high blood pressure, a family history of diabetes, or belong to an ethnic group (Latino, Asian, African or Native American) at high risk for diabetes, you too should get checked.

To help you determine your risk of diabetes, the American Diabetes Association has a quick, online quiz you can take for free at [diabetes.org/are-you-at-risk](http://diabetes.org/are-you-at-risk).

Diabetes Tests  
There are several tests your doctor can give you to determine whether you have prediabetes like the "fasting blood glucose test" or the "oral glucose tolerance test," that each require an eight-hour fast before you take it. And the "hemoglobin A1C test," that can be taken any time regardless of when you ate.

If you're reluctant to visit your doctor to get tested, an alternative is to test yourself. To do that, you'll need to purchase an A1C home test kit that measures your average blood glucose over the past two to three months.

The ReliOn A1c Test sold at Walmart (or [walmart.com](http://walmart.com)) for \$9 is a popular option. With this test kit, you provide a small blood sample (about a drop), and send it to the lab in a postage-paid return mailer for analysis. The results are usually sent back within a week.

A1C tests measure the percentage of glucose in the bloodstream. A reading of 5.7 to 6.4 percent is considered prediabetes, while 6.5 percent or greater is diabetes.

If you find that you are prediabetic or diabetic, you need to see your doctor to develop a plan to get it under control.

For more information on prediabetes and diabetes visit the American Diabetes Association at [diabetes.org](http://diabetes.org), and the National Diabetes Education Program ([ndep.nih.gov](http://ndep.nih.gov)), which also offers dozens of free publications you can order online or by calling 888-693-6337.

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



KATIE Tse.....This and That

THE COLONOSCOPY PILL --YOU READ IT HERE FIRST!

A year ago I wrote about an epiphany I had after listening to yet another horror story of someone's colonoscopy gone amuck. I brought you... the colonoscopy pill! Instead of snaking a probe down the body, contrary to its natural design, why not swallow a probe to scope out the digestive tract as part of normal digestion? I envisioned a pill with a camera that could be ingested, "collected," and analyzed resulting in the full picture of one's colon in glorious Technicolor! I thought for sure that I was the first person to come up with this idea.

I was both glad and surprised when I read that "Given Imaging" has already designed these small wonders, and they've been used in the U.S. since 2001. More recently, The Daily Mail published an article stating "Colonoscopies to be replaced by a camera that comes in a PILL as FDA green lights revolutionary treatment!" My happiness over this non-invasive option outweighed my disappointment upon realizing that I wasn't the first to think of it.



However, there are still a host of painful medical procedures that need revision. The mammogram comes to mind. The screenings are routinely ordered when women turn 40. However, mammograms aren't all that they're cracked up to be. The imaging isn't very clear, and every time you get squeezed you're being exposed to radiation (which increases your risk of developing cancer, ironically). And if you've survived breast cancer, you can expect to be prescribed a few extra mammograms every year just for good measure.

It was during a conversation my Mom and I were having regarding iPads and smart phones that she came up with the idea of the mammogram app. (She and I know as much about technology as we do about brain surgery --diddly squat!) I mentioned that one of my husband's friend's phone could check his pulse, temperature, and blood pressure (okay, maybe not all that, but definitely his pulse!). "Why don't they have phones that do ultrasounds?" she suggested.

Although I've never undergone a mammogram, this alternative sounded great to me! Just gel up your mobile device and slowly massage it over the area of concern. Heck, maybe the phone could even heat up to make the process less uncomfortable. If the app detected anything amiss, a buzzer could sound off like a smoke alarm warning you of a possible foreign body.

Not to stop short at the detection level, my Mom further imagined that a radar beam could project from the phone and zap any tumor using nano-technology. At this point we really didn't know what we were talking about, but it still sounded better than being subjected to a scope, vise grip, or scalpel.

While I doubt that our medical brainchild will soon be coming to an app store near you, you must agree it has potential! I applaud the creators of the colonoscopy pill and encourage all you techie geniuses to hurry up and invent the mobile mammogram and the nano lumpectomy. If a phone can read your heart rate at the press of a finger, there's no reason it can't find a lump in your soft tissue.

Remember, you read it here first!

SENIOR HAPPENINGS

By Pat Birdsall

FYI: The Truth About Cataracts and Cataract Surgery-Final Installment

**Myth:** Cataracts always require surgery. **Fact:** The decision to have a cataract taken out is based on whether it's limiting your vision and your quality of life. For people in certain occupations, such as architect or a truck driver, even a little loss of vision interferes with what they do on a daily basis, while other people may be happy to wait because they're seeing all they need to.

**Myth:** It takes weeks to recover from cataract surgery. **Fact:** Cataract surgery is much easier than it used to be. A lot of people have 20/20 vision the very next day, though some people take up to a week to see well out of the affected eye. It depends on how much power is used to break up the lens. Since most doctors don't use sutures anymore, there aren't any physical limitations. You will be cautioned not to rub or press your eyes immediately after surgery, however.

**Myth:** Cataracts are inevitable. **Fact:** Not necessarily. By age 80, more than half of all Americans either have a cataract or have had cataract surgery, according to the National Eye Institute. There is clearly a genetic component. There are patients ages 80 or 90 who will never need cataract surgery.

**Myth:** There's nothing you can do to slow the development of cataracts. **Fact:** Cataracts are a natural part of aging; however, you can protect your eyes by always donning sunglasses when you're out in the sun — summer or winter. Chronic ultraviolet radiation exposure can help cataracts grow faster.

\*This short series of articles were intended to give the facts about cataracts and cataract surgery if you or a loved is facing the procedure. AARP

**HELPFUL HINT:** Borax- This mineral is one of the best-kept secrets off the Mojave Desert. As a glass cleaner, for example: Dissolve 2 Tbs. Borax in 3 cups warm water. Use as you would any glass cleaner.

**FOR YOUR FUNNY BONE** - Long lines were supposed to be a thing of the past once our neighborhood supermarket installed a self-serve checkout counter. Customers easily figured it out except for one woman in the front of my line. In its irritating computer generated voice, the machine kept reminding her to take one item after another out of the scanning zone before she could check the next. There was a constant "Move...your...milk" and "Move... your... produce" and so on. Everyone in the growing line was getting restless, but even we had to laugh when she left a bag of dinner rolls on the scanner and the machine commanded, "Move...your...buns."



HAPPY BIRTHDAY! ... February Birthdays

Hilda Pittman, Anne-Marie Stockdale, Ann Luke, Susan Henderson, Jan Reed, Peter Lippincott, Georgia Lippincott, Allie Attay, Ursula El-Tawansy, Gladys Moser, Sylvia Lorhan, Jan O'Day, Ana Ptanski, Winifred Swanson , Marian DeMars, Vickie Vernon, Mary Beth Knox, Sharon Lefler, and, a very special 90th Birthday to a very special guy... **GORDON CALDWELL!** Happy Birthday my friend. \* 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:** "Without love, the rich and the poor live in the same house."  
~Author



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 Balance Class:** Monday, January 27th 11:00 to 11:45 with Shannon Vandevelde. A variety of balance exercises are practiced; all ability levels are encouraged and welcomed.

**Free Blood Pressure Testing:** Held Second Tuesday of the month from 11:00 am-12:00 pm: No appointment necessary.

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

**Free Chair Yoga: 11:00 to 11:45** Every Wednesday morning. Join Paul Hagen for this free class that focuses on senior yoga techniques. No reservation is necessary!

**Free Legal Consultation:** Pasadena attorney Lem Makupson 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

**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.

**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.

**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.

**Lunch and Learn-** "The Story of Old Pasadena" Wednesday, February 26th- 12:00- 1:00 pm Hart Park House Senior Center Presentation by The Pasadena Heritage will give an overview of the original downtown, which is now listed on the National Register of Historic Places. Pasadena was incorporated in 1886.During the next 14 years the population of Pasadena exploded to more than 30,000 inhabitants. Learn why many of old Pasadena buildings have split personalities, hear the story of the Castle Green and the snake oil salesman who built it. And experience the real Old Pasadena with its fascinating array of historic buildings. Mark your calendars and don't miss this great presentation. If you would like to have lunch during the talk, please make a lunch reservation with the Senior Lunch Café at 626.355.0256 or bring your own.



UPCOMING EXCURSIONS:

**Feline Conservation Center** (Rosamond, Ca.) Date: Thursday, February 27, 2014 Time: 9:00 am- 4:00 pm Meeting Location: Hart Park House Senior Center Cost: \$15.00 (does not include lunch)

Home to over 70 of the world's most endangered felines; the Feline Conservation Center is a breeding zoo and research facility. Cat lovers of all ages are fascinated by the cats (and the peacocks) and unlike a zoo, the Conservation Center has no moats so visitors can get as close as 5 feet away from these beautiful (but dangerous) cats. Following the one-hour tour is a visit to the gift shop and lunch at a nearby restaurant. It is recommended to bring \$10-15 for lunch. Last day to register is Wednesday, February 19th. Level of Walking: Light to Moderate

**Whale Watching** (Long Beach, Ca.) Date: Saturday, March 22, 2014 Time: 10:00 am-3:30 pm Meeting Location: Community Recreation Center Cost: \$31.00 (does not include lunch) Don't miss the Community Services Department's annual whale watching excursion. The 2014 excursion will visit the same whale watching Charter Company as 2013, which features a narrated cruise by Aquarium of the Pacific staff and with indoor and outdoor seating. Participants can bring their own lunch to enjoy on the boat, or purchase snack items on board. Children 2 and under are free. Last day to register is Tuesday, March 11th. Level of Walking: Minimal

\*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](http://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 Cinema:** FREE movies are shown this month, on the 3rd and 5th Wednesdays. ~Shown in Sierra Madre's City Hall Council Chambers

**February 5th: Quartet (2012)** At a home for retired musicians, the annual concert to celebrate Verdi's birthday is disrupted by the arrival of Jean, an eternal diva and the former wife of one of the residents. Rated P-13, Start time: 1:00 pm (run time 98 minutes) Featuring: Maggie Smith and Tom Courtenay.

**February 19th: The Great Gatsby (1974)** It follows the life and times of millionaire Jay Gatsby and his neighbor Nick, who recounts his encounter with Gatsby at the height of the Roaring Twenties. Rated PG Start time: 1:00 pm (run time 144 minutes) Featuring: Robert Redford and Mia Farrow.



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



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



## BUSINESS TODAY

*The latest on Business News, Trends and Techniques*

By La Quetta M. Shamblee, MBA



### MIND YOUR BUSINESS

Establishing and maintaining a successful business begins and ends with an entrepreneur's state of mind. "The Little Engine That Could" is one of the most famous children's stories, extolling the benefits of what is possible when someone simply dares to believe they can accomplish something that may seem out of reach.

Everyone who has any inkling of entrepreneurial aspiration must seize the moment at some point and take action in order to create the product or business they envision. The mind is defined as the part of a person that can think, reason, feel and remember. It is commonly thought of as the activity of the brain, which is an appropriate springboard to emphasize that activity or action aligned with aspiration is what distinguishes doers from mere dreamers.

Mind your business is used here as an expression to emphasize the importance of how entrepreneurs can use their own thought process to forge ahead toward achieving goals. The following mnemonic can be used as a guide to move forward and keep going in the direction of your business interests.

#### *Make Up Your Mind*

The first step is to get clarity about your vision, your dream to start a business. Do you want to earn extra income or build your idea into your primary livelihood? Do you want a small, easy-to-manage business or are you thinking of building a thriving enterprise? Either one will need to generate revenue and be profitable. It is important to determine the income goal as a certain amount per month, year or other timeframe. Finally, it is imperative to commit to a date by which you expect certain goals to be attained.

#### *Invest Your Time & Resources*

Everyone on the planet is granted with 24 hours in a day, and those who have relished in the success of building a profitable understand that time is a commodity more valuable than money. Both should be used wisely, but unlike money, time wasted can never be recaptured. Take time to layout the gameplan, the roadmap as you understand it, to reach your goal.

#### *Never Give Up*

Follow the example of The Little Engine That Could and press forward, even when going uphill makes it a little more difficult.

#### *Distinguish Yourself With Discipline*

Executing your plan will build the bridge between your goal and your vision. Consistency fosters discipline, which results in a mastery of knowledge and skills that fuels the type of confidence that can help an entrepreneur to keep going when times get challenging.

Move beyond thinking about starting a business, or if you're already in business, move beyond simply thinking about what you can do to expand and move to the next phase you envision. Make up our mind to have the level of success you desire as a business owner and go for it.

"The mind is everything. What you think you become." - Buddha



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



### FIVE BEST PRACTICES FOR EMAIL MARKETING

It can be difficult to decide which marketing strategies and channels give you the most return. Email marketing can give you great results if you implement best practices. Here are five tips:

1. Create great subject lines. Keep them short and to the point. Don't try to trick them to open the email, tell them what's in the email. A subject line of five to eight words is plenty. Make your words count. The first two words of your subject line will determine if they will read the next few words of the subject, which can help persuade them to open the email to get to the good stuff. Good words to use are "How to," "5 Tips," "Update on," "You're invited." Every day, take a look at the emails you receive and write down the subject lines that were successful in getting you to open the emails. Make a list.
2. Schedule your emails when your audience is most likely to be active. To determine when that may be, you may want to try an "A" "B" test to help find your sweet spot. With Constant Contact you can segment your list. This means you can send the same email to a portion of your list one day and then to the remaining portion on another day. Review your results and you will begin to see which days and times have better open rates and click through rates.
3. Use email marketing with social media to measure results. Results in social media can be hard to measure. Email marketing and Constant Contact's Social Campaign tool can help. For example, create a marketing campaign in Facebook to build "Likes" while at the same time enticing them to sign up for your email marketing list. If they give your Page a "Like" and provide their email address they will be entered in the contest, or get access to an exclusive coupon or document. A simple way to track the action is to write down how many followers you have on social media before your campaign and compare to how many you have gained once the promo ends.
4. Build on what you've done and learn what works and what doesn't. Constant Contact's reporting is exciting. You can see who opened your email, what links they clicked on, if they shared the email and if any emails bounced. Over time this information will help you determine when to send, what to send and who to send it too. You'll learn what information is important to your audience and what tends to get the most action.
5. Make sure there is something in it for your audience. Talk their language and ask yourself is this valuable for my audience? That single question will help you create content that matters. Also, it is important to use your custom welcome email message strategically. Your welcome could offer an immediate offer or reward something they will only get if they join your list. Once you give them a good reason to sign up, you need to deliver.

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



### RICH Johnson VICE PRESIDENT RICHARD JOHNSON

What's your name? How many Vice Presidents of these here United States have there been with your last name? Ask me. Go ahead, ask me. How many Johnson's have been Vice President?

Well, I'll tell you. There have been three of them. And two of them became Presidents because of assassinations. Lyndon Baines Johnson who succeeded John Kennedy and Andrew Johnson who succeeded Abraham Lincoln. The only Vice President named Johnson to not have become President was...you guessed it, Richard Johnson. Richard Mentor Johnson to be exact.

Richard Mentor Johnson, a Kentuckian, wasn't even elected by the American people to the job. He was the only vice president elected by the United States Senate under the 12<sup>th</sup> Amendment. A little side note on my namesake. He had an interracial relationship with a slave named Julia Chinn. This was not uncommon amongst upper class leaders. Vice President Johnson was different in that he openly treated Ms. Chinn as his common-law wife. And he gave their two daughters his surname. This did not bode well for his political career. But it makes me like him more.

In 1836 Mr. Johnson was the Democratic nominee for VP with Martin Van Buren. Van Buren won and Johnson didn't, by the popular vote anyway. The fine electoral college delegation from Virginia refused to endorse Mr. Johnson, even though his state voted for him. So, hence the Senate stepped in.

Vice President Johnson proved such a liability to the Democrats during that election that they refused to renominate him in the election of 1840. Van Buren campaigned without a running mate. And lost to William Henry Harrison. Richard Johnson finally got back into the Kentucky State Legislature in 1850 but died two weeks after taking office. By the way, President John Tyler had no Vice President. Neither did Millard Fillmore (both Tyler and Fillmore were Vice Presidents so maybe they knew the positions were unnecessary).

Other Vice Presidents you probably never heard of: George Clinton (served with both Jefferson and Madison). George Dallas, William King, John Breckinridge. Hannibal Hamlin was Honest Abe's first VP. Schuyler Colfax and Henry Wilson worked under Ulysses S. Grant. William Wheeler, Thomas Hendricks, Levi Morton, Adlai Stevenson. Garret A. Hobart was the last Vice President of the 19<sup>th</sup> Century.

Here is an interesting bit of trivia. The 22<sup>nd</sup> Amendment limited the President to not being elected to more than two terms. There is no similar limitation on Vice Presidents. The question is: "Could a two-term president run as a Vice Presidential candidate?" If so, what would happen if the sitting President was killed or incapacitated? Could the termed out President, now Vice President, become the President again?

Wanna know where the Vice President lives? The Naval Observatory, aka the Admiral's House. They play "Hail to the Chief" when the President makes an appearance. What about the Vice President? A tune called "Hail Columbia".

Which two vice presidents were accused of accepting bribes while in office? Schuyler Colfax (U.S. Grant) and Spiro Agnew. Have any Vice Presidents resigned from office? Yes, John C. Calhoun (John Quincy Adams and Andrew Jackson). He was later elected to the Senate from South Carolina. And good, old, Spiro Agnew resigned in 1973.

So, now you know more about Vice Presidents than you may have ever wanted to know.



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## Tips of the Trade: Real Estate Revealed by Luther Tsinoglou

### A CHORE NEXT DOOR

While not a very common problem, if you've got it, it can have a terrible impact on your listing: The Messy Neighbor. If you live next door to a "neglected" property, you might lose up to 20% of your home's market value, particularly with buyers looking for any excuse to reduce their offer.

It's technically not your problem, but ask not for whom the bell tolls. It's well worth your time and effort to resolve this situation amicably. Always be respectful, and don't let your emotions get the best of you.

Unless you believe your neighbor is "unhinged," you should begin with a visit to their home and a positive attitude - no name-calling or finger-pointing. Don't grab everyone on the block and gang up on your neighbor - you'll get better results if you go alone or with one other person.

If you find your messy neighbor is unwilling to take care of their maintenance, it may still be in your best interest to do the work yourself or with the help of other neighbors. No, it's not fair, but if you want a fair sales price, this may be your only option.

As a last resort, you could file a complaint with your property owners association or city government. You could be referred to a mediator who will help settle your disagreement cordially.

#### WILSON-BIXBY (continued from page 1)

The old fireplace in the front parlor damaged by the earthquake was removed and a new fireplace was added to the living room. The kitchen and downstairs baths were remodeled and the open north garden porch was enclosed. New gold plated period light fixtures were added to the living room and dining room. The two north bedrooms upstairs were converted into a master bedroom suit and master bath, with a door out to a Mountain View north facing deck. The third floor attic storage room was converted into a reading room and study. The front porch was restored and new decking installed. The tank house was restored and new roofs were installed on all buildings. The house, tank house and garage were painted.

Many photos of the house and property are in the Sierra Madre Historical Archives located in the Sierra Madre Library.

This is now a rare opportunity to own a one of a kind treasure in Sierra Madre.

For showings please contact listing agents at Podley Properties: Andrea Barrett 626.390.3017 and Lisa Baum 626.627.6773

This home is offered at \$1,195,000



## LEVEQUE CONSTRUCTION OF ARCADIA RECEIVES BEST OF HOUZZ 2014 AWARD

*Annual Survey and Analysis of 16 Million Monthly Users Reveals Top-Rated Building, Remodeling and Design Professionals*

LeVeque Construction of Arcadia, CA has been awarded "Best Of Houzz" by Houzz, the leading platform for home remodeling and design. The brothers Jim and Anthony LeVeque were humbled by the news. The 26-year home remodeling and construction firm founded by Jim and Anthony LeVeque, both graduates of La Salle High School in Pasadena and members of St. Rita Parish of Sierra Madre, CA was chosen by the more than 16 million monthly users that comprise the Houzz community.

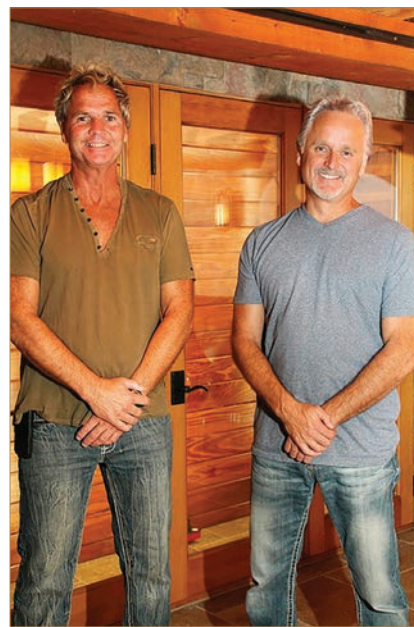
The Best Of Houzz award is given in two categories: Customer Satisfaction and Design. Customer Satisfaction honors are determined by a variety of factors, including the number and quality of client reviews a professional received in 2013. Design award winners' work was the most popular among the more than 16 million monthly users on Houzz, known as "Houzzers," who saved more than 230 million professional images of home interiors and exteriors to their personal ideabooks via the Houzz site, [iPad/iPhone app](#) and [Android app](#). Winners will receive a "Best Of Houzz 2014" badge on their profiles, showing the Houzz community their commitment to excellence. These badges help homeowners identify popular and top-rated home professionals in every metro area on Houzz.

"We have always found the LeVeques professional in their craft and willing to go the extra mile in design and building skills," remarked Joanne Harabedian, Principal of St. Rita School and parish.

"Jim and Tony take pride in their craftsmanship and it shows. They are always helpful and know what it takes to design creative spaces and stay on budget. - We are totally delighted with every building project they have done," notes a long term client from La Canada. "Our wine cellar exceeded our expectations. We are so pleased!"

"Houzz provides homeowners with the most comprehensive view of home building, remodeling and design professionals, empowering them to find and hire the right professional to execute their vision," said Liza Hausman, vice president of community for Houzz. "We're delighted to recognize LeVeque Construction among our "Best Of" professionals for customer satisfaction as judged by our community of homeowners and design enthusiasts who are actively remodeling and decorating their homes."

With Houzz, homeowners can identify not only the top-rated professionals like LeVeque Construction, but also those whose work matches their own



aspirations for their home. Homeowners can also evaluate professionals by contacting them directly on the Houzz platform, asking questions about their work and reviewing their responses to questions from others in the Houzz community.

Follow LeVeque Construction on Houzz [www.houzz.com/pro/leveque-construction/leveque-construction](http://www.houzz.com/pro/leveque-construction/leveque-construction)

About LeVeque Construction [www.LeVequeConstruction.com](http://www.LeVequeConstruction.com) Since 1989, we have served homeowners and their families with beautiful living spaces and custom homes. We are happy to remodel a bathroom, design a kitchen, or even protect your home from unexpected power spikes.

About Houzz - Houzz is the leading platform for home remodeling and design, providing people with everything they need to improve their homes from start to finish - online or from a mobile device. From decorating a room to building a custom home, Houzz connects millions of homeowners, home design enthusiasts and home improvement professionals across the country and around the world. With the largest residential design database in the world and a vibrant community powered by social tools, Houzz is the easiest way for people to get the design inspiration, project advice, product information and professional reviews they need to help turn ideas into reality. For more information, visit [www.houzz.com](http://www.houzz.com)

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## THE WORLD AROUND US

# Looking Up

with Bob Eklund



## NASA'S NEXT GENERATION SPACE TELESCOPE IS COMING TOGETHER

An infrared camera, which will form the heart of NASA's James Webb Space Telescope (JWST), has joined three other instruments at NASA's Goddard Space Flight Center to be mounted in the nascent telescope structure.

The Near Infrared Camera (NIRCam) will function as the central imaging component of JWST, which will replace the Hubble Space Telescope toward the end of this decade. Designated one of the space agency's three highest mission priorities, the Webb telescope is a joint project of NASA, the European Space Agency and the Canadian Space Agency.

As the space telescope's prime camera, NIRCam will make JWST the most powerful space telescope ever built, enabling it to peer deeper into space and further back in time than any other instrument before. With its 6.5-meter (21-foot) mirror, JWST will allow observation of the most distant objects in the universe.

NIRCam was designed, built, and tested by a UA/Lockheed Martin team at the company's Advanced Technology Center in Palo Alto, Calif., under the leadership of Principal Investigator Marcia Rieke. She is a Regents' Professor at the UA Department of Astronomy/Steward Observatory. Lockheed Martin is responsible for the optical, mechanical, structural, thermal and electronic precision mechanisms and the control software of NIRCam, while its advanced infrared detector arrays come from Teledyne Imaging Systems.

"The instrument operates out to wavelengths about ten times that of visible light, letting it search for the first galaxies. It is the cosmic redshift that has moved the outputs of these 'first light' sources into the infrared where NIRCam operates. We will survey selected regions on the sky to find candidates; the other instruments on JWST can then probe these objects in detail to test if they really are that young," Marcia Rieke explained. "The instrument can also peer through the clouds of gas and dust that hide the first stages when stars and planets are born and will provide insights to how planetary systems around distant stars form and evolve."

NIRCam's delivery to Goddard Space Flight Center marks the first time all of James Webb's instruments have come together. "We are excited that NIRCam is about to be integrated with the Webb Telescope hardware," said Jeff Vanden Beukel, Lockheed Martin NIRCam program director. "Next, it and the other instruments will be tested to prove their ability to function as a unit."

NASA's James Webb Space Telescope will be the most powerful space telescope ever built, capable of observing the most distant objects in the universe, providing images of the first galaxies formed, and observing unexplored planets around distant stars. A joint project of NASA, the European Space Agency (ESA) and the Canadian Space Agency (CSA), Webb is the successor to the agency's Hubble Space Telescope.



All 18 of Webb's primary mirror segments are now housed in the Goddard clean room. Its 1.3 million cubic feet of dust-free space make the clean room one of the world's largest. All four of Webb's science instruments are within feet of the mirrors.

The Webb telescope will be fully assembled by 2016 and then moved to NASA's Johnson Space Center for additional testing prior to its launch, planned for 2018. Upon launch, it will be operated as an observatory open by competitive proposal to astronomers worldwide.

Above still photo from NASA webcam.

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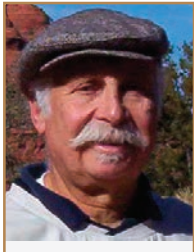
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## Mountain Views News Mission Statement

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.



## STUART Tolchin.....On LIFE SAFETY, ADAPTATION AND COMMUNICATION

Well this Sunday started out as a day in which I was feeling pretty safe and secure.

As we all know it was the great American Holiday celebrated by almost everyone. It was Super-Bowl Sunday, the day we all gather together to view the championship game between the winner of the National Football League Champion, the Seattle Seahawks versus the American Football League Champion, the Denver Broncos. Perhaps it should be called Super-Bowl Half-time Sunday because, as I understand it, more people watched the half-time activities than actually watch the game. This may be a true sign of our times.

On this particular Sunday my extended family, more or less, gathered together at my daughter's home. The family consisted that day of my wife, my son, my daughter, my friend John, my daughter's boyfriend and me. The boyfriend had done a wonderful job of cooking up some chili and of creating a roaring fire in the fireplace. The game began with a thrilling rendition of the Star Spangled Banner sung by Opera Singer, Renee Fleming. Everyone seemed to enjoy the song, which allowed me to relax a bit because sometimes I wonder if there is any kind of entertainment that can properly interest all of the people in this diverse group. My wife and I have been together for about twenty years and this was almost the first time that I can recall her sitting together with a group for the purpose of watching a football game. My daughter, sick of being forced to watch sports by me as a child, has forbidden my son and I to ever watch sports on her television. Needless to say, my daughter's and wife's attitudes towards football is very different from the attitude of my friend John, my son and I. I really liked the feeling of watching the game together because, for a change, I felt competent to answer any questions my wife and daughter might have about something. This is contrary to my usual feeling these days of being the one who must ask the questions about the proper usage of the new technological devices that keep arriving and continue to baffle me. It's not only technology that baffles me. It's entertainment that is viewed in mysterious places other than the good old TV that one just turned on and watched. My wife and daughter and my daughter's boyfriend are forever talking about series that they view on their lap tops in mysterious ways. My

daughter's boyfriend is a screenwriter who specializes in science fiction and graphic novels and goes all over the country to speak at conventions and is a part of a whole world that I completely do not understand.

For those few of you who are as unaware as I am, graphic novels are kinds of comic books that deal with all kinds of subjects and are something like video games in book form, I think. I have never played video games either. After all, I am now in my seventieth year - which may not be sufficient excuse for my continued ignorance.

Anyhow, the game started and on the very first play the Bronco center and quarterback failed to communicate and the ball was snapped over the quarterback's shoulder when the quarterback was not paying attention. This resulted in a "Safety". My wife reasonably asked what a safety is and I confidently explained, happy to be an expert. Together my wife and daughter then asked, "Why is it called a "safety"? "It doesn't look very safe". Alas, my feeling of expertise vanished. I had no idea of why a safety is called a safety and I still don't know. My wife wondered why the players couldn't communicate even though it was noisy. Didn't they know it was going to be noisy? I couldn't answer. Already on the first play I was revealed to be something less than an expert.

Perhaps you don't understand my feeling. Up until very recently I always had the feeling that I was the caretaker making the world "safe" for my family. Abruptly this all seems to have changed as my family now seems to be more concerned with taking care of me. I don't like it. I want to remain young, vital, healthy, and "safe". I want to have confidence in myself and my country. I want to believe that whatever catastrophe next appears on the horizon, be it drought, water shortage, or global conflict, my country and I will be informed and aware enough to meet the challenges even if they are unexpected.

Let's hope a lesson can be learned from the defeated Broncos and from me. No matter how much we think we know, we don't know enough to be completely prepared for the unexpected. We must continue to learn and to adapt. No matter what we think we have already achieved, it will not help the world to cope with the emergencies of tomorrow unless we learn to view ourselves realistically, and to effectively communicate.



## OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

## AT LEAST IT'S NOT SNOWING!

If somebody gave out an award for grouchiness and downright cantankerousness, I am sure I would take

top honors. Of course, according to the Gracious Mistress of the Parsonage, there is no honor in being grouchy or cantankerous nor is there room for it in our humble abode.

For the past week I have been grouchy and cantankerous and any other adjective you might want to throw into that pot of naughtiness. By the time the week ended that pot was boiling hot and about to explode.

It is always beneficial to look back over an incident and figure out where you made your mistake. I often don't do it, but in this case, the mistake I made was so obvious it could not be overlooked.

Most faults can be remedied if you know what to do about it. Then, there are those mistakes that no matter what you do, it still ends up being a mistake. My mistake was I exhibited my downright grouchiness and cantankerous spirit in front of my wife.

I know the marriage manual says there should be no secrets between husband and wife. Down through the years I have tried to maintain that part of the marital relationship, and I have done a good job thus far. What the manual does not say is, there are special times when a husband should not speak his mind in front of his wife. My wife constantly reminds me that God gave men, two ears and one mouth for a particular purpose, open our ears and shut our mouth.

I do not think I got that far in the instructions, but I will take my wife's word on that one, you can be sure.

In my defense, however, this past week I was colder than I have ever been in all my life, at least that I can remember. Now, it is one thing to be cold, but quite a different thing to tell somebody, especially your wife, that you are cold.

I made that mistake once and told my wife I was cold. She felt my forehead, got out my bathrobe, fussed over me all evening and made me hot tea with honey to drink. I wanted to tell her that I was cold; I did not have a cold.

It was so cold the little gray cells were shivering so much they were not functioning 100%. According to some people's opinion, it is a rare occasion when they do function 100%.

As I remember it, I was looking out our back patio window, watching it drizzle and shivering in the cold. If I need any defense on my side, I did not realize that in the same room was the Gracious Mistress

of the Parsonage.

Enveloped in this aroma of sheer ignorance, I said out loud something to the effect, "I hate this cold weather!" Following that pointed observation, as I now reflect, I also growled most viciously.

It was then I heard a noise explode behind me.

"Well, at least it is not snowing! You should be grateful for that."

I swung around as quickly as possible, and there standing in all her glory with both hands firmly planted on her hips was my wife staring in my direction. The tone of her voice and her demeanor revealed I was in for one of her infamous lectures.

All week long, we had been noticing some of our family up north experiencing some very severe snow conditions. Some even missed school for several days because of the snow drifting. One family member way up north was without electricity for nearly a week. In some of these areas, the temperature has been in the minus degree for at least a week.

"Don't you know how lucky you are to live in a place where it doesn't snow and the temperature doesn't get below zero? Instead of complaining, you should be grateful for what you really have. Think of members of our family up north suffering in that freezing weather! Would you like to change places with them right now?"

I have often said this and I am sure I will continue saying it until the day I die, when my wife is right she is right. No argument from me here.

Then she made a statement I am still mulling over. "Be thankful for what you don't have."

I must say she had a great point there. Sometimes it is quite hard to be thankful for what you do not have when you are so caught up in the problems right in front of you.

Thinking about that, my grouchiness and cantankerousness began evaporating. I suppose they have their place, and I am ashamed to admit they are in my place more often than I should allow them.

In many ways, it is easy to be thankful for what you have in your hand at the time. The apostle Paul pointed this out in one of his letters. "And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful" (Colossians 3:15).

For most of us, being thankful does not come natural. It is something we have to work at on a daily basis. It has to go a step further.

Be thankful for what you do not have and you will be all that more thankful for what you do have.

# LEFT TURN /RIGHT TURN

## HOWARD Hays As I See It



*"You know the president doesn't work for Fox, right? He can deviate from your script."*  
- Jon Stewart on "The Daily Show"

There seemed to be reliance by one side on the old tried-and-true playbook on Super Bowl Sunday, but the broadcast on Fox showed those plays had run out of gas.

Prior to the Seahawks facing off against the Broncos, Bill O'Reilly came with the old Fox News playbook to face off against President Obama.

O'Reilly kicked off with the ACA. Was the president aware there was going to be such a problem with the October 1 roll-out?

The president responded, "I don't think anybody anticipated the degree of problems you had with healthcare.gov; the good news is that right away we decided how we were going to fix it, it got fixed, within a month-and-a-half it was up and running, now it's working the way it's supposed to and we've signed up 3 million people."

That play went nowhere, so then the question of why the president hadn't fired HHS Sec. Kathleen Sebelius.

The president stuck to his own game plan. "We've got 3 million people signed up ... we've got over 6 million people signed up for Medicaid, we've got 3 million young people under the age of 26 who've signed up on their parents' plans, so what we're constantly figuring out is how do we continue to improve it, how do we make sure that folks who don't have health insurance can get health insurance and those who are underinsured can get better health insurance."

As for Sebelius, "I promise you that we hold everybody up and down the line accountable, but when we're mid-stream, Bill, we want to make sure that our main focus is, how do we make this thing work so that people are able to sign up? And that's what we've done."

O'Reilly attempted to catch the defense off-guard with an abrupt switch to Libya. The question was, on the day our Ambassador and three other Americans were killed in Benghazi, was the president told "it was a terrorist attack"? Did they "use the word 'terror'?"

The president explained, "Understand, by definition, Bill, when somebody's attacking our compound, that's an act of terror - which is how I characterized it the day after it happened. . . . People understood at the time something very dangerous was happening, that we were focused on doing everything we can to protect them. . . . I've gone through this and we've had multiple hearings on it. . . . we've got to make sure that we've implemented not only all the reforms that were recommended by the independent agency, but we also have to make sure that we understand, our folks are out there in a hazardous, dangerous situation, and . . .

O'Reilly interrupted, "I think everybody understands that, Mr. President."

And then President Obama went on

offense: "Well, actually, not everybody does, because what ends up happening is we end up creating a political agenda on something Democrats and Republicans should be unified in trying to figure out how we're going to protect people. . . ."

O'Reilly tried to force a fumble: "Your detractors believe you did not tell the world it was a terror attack because your campaign didn't want that out. That's what they believe."

But the president maintained control: "And they believe it because folks like you are telling them that - and what I'm saying is, that's inaccurate. We revealed to the American people exactly what we understood at the time. The notion that we would hide the ball for political purposes when a week later we all said in fact there was a terrorist attack taking place; the day after I said it was an act of terror, that wouldn't be a very good cover-up. . . ."

O'Reilly went deeper into the Fox playbook: "I've got to the IRS thing ... Douglas Shulman, former IRS chief, he was cleared into the White House 157 times. . . ."

The president explained, "Mr. Shulman, as head of the IRS, is constantly coming in because at the time we were trying to set up Healthcare.gov ... and the IRS is involved in making sure that that works as part of the overall healthcare team. . . . Number two, we've also got the IRS involved when it comes to some of the financial reforms to make sure we don't have taxpayer-funded bailouts in the future."

O'Reilly tried the same play that went nowhere before: "... what some people are saying is that the IRS was used at a local level in Cincinnati, maybe other places. . . ."

"Absolutely wrong," said the president.

O'Reilly persisted: "How do you know that, because we still don't know what happened?"

"Bill, we do. That's not what happened. Folks have, again, had multiple hearings on this. I mean, these kinds of things keep on surfacing, in part because you and your TV station will promote them. . . ."

There were other batted-down attempts by O'Reilly:

"72% of the babies in the African-American community are born out of wedlock now. Why isn't there a campaign by you and the first lady to address that problem very explicitly?"

"Actually, Bill, we address it explicitly all the time ... whether it's getting publicity or not is a whole different question."

"Alright - Keystone pipeline ... 42,000 jobs. . . ."

"Well, first of all, it's not 42,000. That's not correct. It's a couple thousand to build the pipeline. . . ."

Jon Stewart marveled that whenever President Obama addresses the economy, the environment, world conflict, etc., Fox News accuses him of distracting attention from the "real" issues of the botched "Obamacare" roll-out, Benghazi or the IRS "scandal".

If Republicans are to have any relevance in the months leading to November, they'd better come up with a different playbook.

## FEAR AND LOATHING IN GREG Welborn THE HEARTLAND

I didn't comment on the State of The Union Speech last week because there really wasn't much to it. I am joined in that opinion by the vast majority of Americans who collectively awarded it the lowest viewership of any such speech over the last 10+ years. It's easy to attribute that to simple boredom, but there seems to be more here. Americans aren't looking away because they're bored; they're looking away because they're scared.

The fear in the heartland is almost palpable. Politicians inside the beltway or the state capitals don't get it. They seem shocked to hear that Americans of all political persuasions have lost trust and fear that the country is heading in the wrong direction. This isn't just a conservative thing either. When the Edward Snowden, the current poster child for fearful lefties, strikes out at the abuses he fears from the N.S.A. but can't see the abject contradiction in seeking safety in a Russia ruled by a former member of the K.G.B., then you know fear of government has a home on both the left and the right. That just makes those in the middle even more nervous.

I'm writing to my liberal and conservative friends, asking them to take a look at what America is becoming and to band together in the commonalities of their legitimate fears. The great beauty of America has always been that our form of government prevents either side from truly imposing their will upon the other. Whoever was in the majority has always faced restrictions on what they could do. Government power was held at bay by a system of checks and balances. Things are changing, though. Despite the media's claims that partisanship prevents things from getting done, let's look at what actually has been done in recent years.

The E.P.A. justifiably claims they have the power to imprison a man for cleaning up his yard because it was situated in what is considered a wetland. These aren't the woods we're talking about; this is a man's backyard.

The federal government can now force private citizens to enter into a private contract with a business of the government's choosing.

At the state level, government can legally take your property in order to give it to a business which promises to use the property for something better. Of course, deciding what's "better" is something reserved to government bureaucrats.

The federal government can interfere in credit negotiations to force one set of creditors to take losses so another, more

politically favored, set of creditors can benefit.

In the above referenced credit negotiations, the government threatened one attorney with personal ruin for defending his client's rights too aggressively.

The government claims the right to force mainstream religious groups (Catholic nuns) to abandon one of their most basic beliefs or face ruinous fines.

The I.R.S. and F.B.I. are corrupted to the point of becoming arms of political censorship and coercion.

A school board forced students to attend Cinco De Mayo celebrations while preventing them from holding an Honor America celebration.

And lastly, from that State of The Union Address nobody watched, the President of The United States told us he'll simply use executive action to do what he wants if Congress tries to interfere.

Whether on the left or right, each of us must understand the dangers of concentrating power in the hands of politicians. Our founders knew it firsthand. Perhaps we've grown too complacent over the centuries. The power that is given to presidents, governors and legislatures can be used to impose liberal edicts, but I would warn my friends on the left that those same powers can later be used to impose conservative edicts. When one group's rights are trampled, the other groups' rights soon will be.

Americans across the board say they don't like or trust politicians, but they continue to give those same politicians more power. Lots of Americans feel - no, fear - we're at the tipping point. Too many freedoms are being lost, and respect for government is diminishing. Here, a dangerous cycle can build. As respect for government diminishes, lawlessness will increase. In turn more laws and restrictions will be written, further undermining respect, thus accelerating the cycle.

Both Liberals and Conservatives should be able to agree on the mutual benefit of limited government. Beyond the specific merits of any given political issue, lies a deeper, greater truth. No government should have so much power that the will of a temporary majority can be imposed on a minority. Affective government requires compromise. The only time politicians are unanimous is when they're taking power from the people.



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## WHAT'S ON 98

February 10 – February 16, 2014

Something to Sing About is playing Saturday night at 7 p.m.

When a popular New York band leader heads to Hollywood to find more fame, he discovers that Hollywood can be a very tough place to succeed in. This is a great movie to spend an hour and a half on. James Cagney is at his best, displaying his talent as a comedic actor. He plays Terry Rooney, a successful New York band leader that gets invited to Hollywood to make a movie. He doesn't fit in with the 'Hollywood' types, but they make the movie with him anyway. During production they all make fun of him behind his back, and they ridicule his lack of acting talent. During the final scene, two characters are supposed to approach him, and one of them is supposed to fake a punch to the chin. They practice the fake punch, but the actors decide that they will really punch him when the cameras roll. When they hit him, and knock him on his ass, he gets up and really fights both men in a long scene and manages to beat them both up. After filming is over, he calls his fiance in New York and has her meet him in San Francisco, and they get married and jump on a tramp steamer to spend time in South America and forget Hollywood and everything connected to it.

But while they are having fun in South America, his movie is a smash hit, and he is an overnight star. When he returns and discovers that he is famous, he signs a contract for seven years and a bundle of money, except that he must be unmarried, since he has become the heart-throb of every young girl. So his wife pretends to be his secretary, and his publicity guy spreads rumors that he is in love with the blonde actress that stars opposite him in his movies. The Hollywood types cause his marriage to fall apart, and his wife goes back to New York to sing with the band. Will movie star Terry Rooney stay in Hollywood as a star, or go back to New York to be with his wife? Guess I don't need to tell you, but even though you can predict the ending, you will enjoy the trip.

by Jimbo Berkey

This is how the schedule works:

7-9	Youth programs and movies
9-11	Painting to cooking and much much more
11- Noon	Comedy movies and The Lucy Show
1-3	Romance movies
3-5	Film Noir movies and Dragnet
5-6	Comedy movies
7-9	Bonanza, Mr. & Mrs. North and Sherlock Holmes
9-10	Mystery movies

This programming is only available for Sierra Madre Time Warner customers. Those who do not subscribe to Time Warner will not be able to view the programing available on Channel 98.

We are looking for help in provide this service to the Sierra Madre community. I know there is some kind of video entertainment you enjoy. Help develop a time segment for the shows you want to watch.

### My Picks of the Week

Monday	As You Like It
Tuesday	The Stars Look Down
Wednesday	I'll Sell My Life
Thursday	His Private Secretary
Friday	Beggars in Ermine
Saturday	Something to Sing About
Sunday	The Boy in the Plastic Bubble

Make sure you have your popcorn ready, gone to the potty, cushions fluffed and your are comfortable. There are no interruptions during the movie. The films are not edited for time or content.

The City of Sierra Madre is not funding any aspect of the printing, videos, movies, tv shows etc. Not one taxpayer dime has been spend on this programing.

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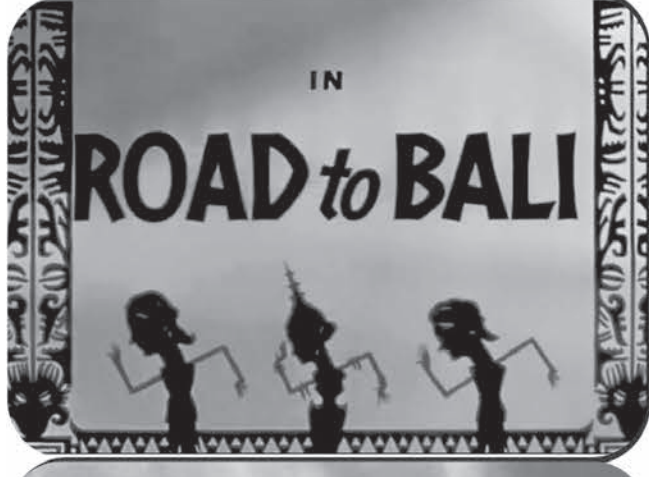
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## THIS WEEK ON 98

Monday 2.10.14	Movies
7 to 8 am	Children's Programing
9 to 10 am	Painting, Cooking and much much more
11 to 12 pm	Remedy For Riches
1 to 2 pm	As You Like It
3 to 4 pm	Love on the Dole
5 to 6 pm	As You Like It
7 to 8 pm	Bonanza, Mr. & Mrs. North, Sherlock Holmes
9 to 10 pm	The Vampire Bat
Tuesday 2.11.14	Movies
7 to 8 am	Children's Programing
9 to 10 am	Painting, Cooking and much much more
11 to 12 pm	The Road to Ruin
1 to 2 pm	The Stars Look Down
3 to 4 pm	Rain
5 to 6 pm	The Stars Look Down
7 to 8 pm	Bonanza, Mr. & Mrs. North, Sherlock Holmes
9 to 10 pm	Phantom Ship
Wednesday 2.12.14	Movies
7 to 8 am	Children's Programing
9 to 10 am	Painting, Cooking and much much more
11 to 12 pm	Pride of the Bowery
1 to 2 pm	Zis Boom Bah and Live Wire
3 to 4 pm	I'll Sell My Life
5 to 6 pm	Zis Boom Bah and Live Wire
7 to 8 pm	Bonanza, Mr. & Mrs. North, Sherlock Holmes
9 to 10 pm	The Ghoul
Thursday 2.13.14	Movies
7 to 8 am	Children's Programing
9 to 10 am	Painting, Cooking and much much more
11 to 12 pm	Chasing Trouble
1 to 2 pm	His Private Secretary and Half a Sinner
3 to 4 pm	Roar of the Press
5 to 6 pm	His Private Secretary and Half a Sinner
7 to 8 pm	Bonanza, Mr. & Mrs. North, Sherlock Holmes
9 to 10 pm	The Ghost Train
Friday 2.14.14	Movies
7 to 8 am	Sand Sculpting
9 to 10 am	Painting, Cooking and much much more
11 to 12 pm	Second Honeymoon
1 to 2 pm	Trapped by Television
3 to 4 pm	Beggars in Ermine
5 to 6 pm	Trapped by Television
7 to 8 pm	Bonanza, Mr. & Mrs. North, Sherlock Holmes
9 to 10 pm	Blood Pit of Horror
Saturday 2.15.14	Movies
7 to 8 am	Children's Programing
9 to 10 am	Saddle Mountain Roundup and The Fighting Parson
11 to 12 pm	The Texan and West of the Divide
1 to 2 pm	Buffalo Stamped and In Old Cheyenne
3 to 4 pm	Two Fisted Law
5 to 6 pm	Buffalo Stamped and In Old Cheyenne
7 to 8 pm	Something to Sing About
9 to 10 pm	Paradise In Harlem
Sunday 2.16.14	Movies
7 to 8 am	Children's Programing
9 to 11 am	Michelle Rae Music
11 to 12 pm	Bonanza back to back
1 to 2 pm	I killed that Man and Badge Without Honor
3 to 4 pm	The Boy in the Plastic Bubble - John Travolta
5 to 6 pm	I killed that Man and Badge Without Honor
7 to 8 pm	King Kelly of the USA
9 to 10 pm	Melody for Three and Night Beat



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Dates Pub: January 18, 25, February 01, 08, 2014

FICTITIOUS BUSINESS NAME STATEMENT  
File No. 2014-013850  
The following person(s) is (are) doing business as: VALENZUELA'S FURNITURE, 1453 N. HOLLENBECK AVE., COVINA, CA 91722. Full name of registrant(s) is (are) HELIZABETHMICHEL VALENZUELA, 1453 N. HOLLENBECK AVE., COVINA, CA 91722. This Business is conducted by: AN INDIVIDUAL. Signed: HELIZABETH MICHEL VALENZUELA. This statement was filed with the County Clerk of Los Angeles County on 01/16/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News  
Dates Pub: January 18, 25, February 01, 08, 2014

FICTITIOUS BUSINESS NAME STATEMENT  
File No. 2014-011197  
The following person(s) is (are) doing business as: SHOFTIM PUBLISHING HOUSE, 18601 CAIRO AVE., CARSON, CA 90746. Full name of registrant(s) is (are) EDNA M. DOLLARHIDE, 18601 CAIRO AVE., CARSON, CA 90746. This Business is conducted by: AN INDIVIDUAL. Signed: EDNA M. DOLLARHIDE. This statement was filed with the County Clerk of Los Angeles County on 01/14/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News  
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FILE NO. 2014-007346  
STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME  
The following person(s) QI JUN WANG, 14624 VICTORY BLVD., VAN NUYS, CA 91411, has/have abandoned the use of the fictitious business name: ARJUN MASSAGE, 14624 VICTORY BLVD.,

VAN NUYS, CA 91411. The fictitious business name referred to above was filed on 02/15/2013, in the county of Los Angeles. The original file number of 2013032134. The business was conducted by: AN INDIVIDUAL. This statement was filed with the County Clerk of Los Angeles on 01/10/2014. The business information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false, is guilty of a crime.) SIGNED: QI JUN WANG/OWNER.  
Publish: Mountain Views News  
Dates Pub: January 18, 25, February 01, 08, 2014

FILE NO. 2014-007514  
STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME  
The following person(s) JOSEFINA ROSAS, 245 W. MARTIN LUTHER KING JR. BLVD., L.A., CA 90037, JUAN GARCIA, 245 W. MARTIN LUTHER KING JR. BLVD., L.A., CA 90037, has/have abandoned the use of the fictitious business name: EL GOLAZO RESTAURANT, 245 W. MARTIN LUTHER KING JR. BLVD., L.A., CA 90037. The fictitious business name referred to above was filed on 08/15/2012, in the county of Los Angeles. The original file number of 2012164400. The business was conducted by: A GENERAL PARTNERSHIP. This statement was filed with the County Clerk of Los Angeles on 01/10/2014. The business information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false, is guilty of a crime.) SIGNED: JUAN GARCIA/OWNER.  
Publish: Mountain Views News  
Dates Pub: January 18, 25, February 01, 08, 2014

FILE NO. 2014-007532  
STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME  
The following person(s) JUAN GARCIA, 1233 E. 28<sup>th</sup> ST., L.A., CA 90011, has/have abandoned the use of the fictitious business name: GOLAZO RESTAURANT, 245 W. MARTIN LUTHER KING JR. BLVD., L.A., CA 90037. The fictitious business name referred to above was filed on 09/29/2011, in the county of Los Angeles. The original file number of 201108431. The business was conducted by: AN INDIVIDUAL. This statement was filed with the County Clerk of Los Angeles on 01/10/2014. The business information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false, is guilty of a crime.) SIGNED: JUAN GARCIA/OWNER.  
Publish: Mountain Views News  
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FILE NO. 2014-009302  
STATEMENT OF ABANDONMENT OF USE OF

FICTITIOUS BUSINESS NAME  
The following person(s) ADALBERTO MOTA, 10606 SA VINCENTE AVE., SOUTH GATE, CA 90280, has/have abandoned the use of the fictitious business name: NEW MILLENIUM PIZZA#2, 15010 MULBERRY DR., STE 106, WHITTIER, CA 90604. The fictitious business name referred to above was filed on 06/14/2013, in the county of Los Angeles. The original file number of 2013124732. The business was conducted by: AN INDIVIDUAL. This statement was filed with the County Clerk of Los Angeles on 01/13/2014. The business information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false, is guilty of a crime.) SIGNED: ADALBERTO MOTA/OWNER.  
Publish: Mountain Views News  
Dates Pub: January 18, 25, February 01, 08, 2014

FILE NO. 2014-010385  
STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME  
The following person(s) HELEN TANG, 11629 LOWER AZUSA RD., UNIT E, EL MONTE, CA 91732, has/have abandoned the use of the fictitious business name: PAULA'S NAILS, 11629 LOWER AZUSA UNIT E, EL MONTE, CA 91732. The fictitious business name referred to above was filed on 05/03/2012, in the county of Los Angeles. The original file number of 2012082674. The business was conducted by: AN INDIVIDUAL. This statement was filed with the County Clerk of Los Angeles on 01/14/2014. The business information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false, is guilty of a crime.) SIGNED: HELEN TANG/OWNER.  
Publish: Mountain Views News  
Dates Pub: January 18, 25, February 01, 08, 2014

FILE NO. 2014-008665  
STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME  
The following person(s) QUEZADO OCHAVIO, 15618 LOUKELTON ST., LA PUENTE, CA 91744, has/have abandoned the use of the fictitious business name: SOLO CONCRETE PUMPING, 15618 LOUKELTON ST., LA PUENTE, CA 91744. The fictitious business name referred to above was filed on 10/19/2009, in the county of Los Angeles. The original file number of 2014008664. The business was conducted by: AN INDIVIDUAL. This statement was filed with the County Clerk of Los Angeles on 01/13/2014. The business information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false, is guilty of a crime.) SIGNED: QUEZADO OCHAVIO/OWNER.

Publish: Mountain Views News  
Dates Pub: January 18, 25, February 01, 08, 2014

FILE NO. 2014-013838  
STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME  
The following person(s) FRANCISCO JAVIER VALENZUELA, 1171 N. STIMSON AVE., LA PUENTE, CA 91744, has/have abandoned the use of the fictitious business name: VALENZUELA'S FURNITURE, 1453 N. HOLLENBECK, COVINA, CA 91722. The fictitious business name referred to above was filed on 09/30/2013, in the county of Los Angeles. The original file number of 2013204583. The business was conducted by: AN INDIVIDUAL. This statement was filed with the County Clerk of Los Angeles on 01/16/2014. The business information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false, is guilty of a crime.) SIGNED: FRANCISCO JAVIER VALENZUELA/OWNER.  
Publish: Mountain Views News  
Dates Pub: January 18, 25, February 01, 08, 2014

FICTITIOUS BUSINESS NAME STATEMENT  
File No. 2013-258451  
The following person(s) is (are) doing business as: 1. HASTINGS RANCH HAND 3660 NEWHAVEN ROAD, PASADENA, CA. 91107 and 2. HASTINGS HANDYMAN 366 NEWHAVEN ROAD, PASADENA, CA. 91107. Full name of registrant(s) is (are) PAUL A. STABLE, IL, 3660 NEWHAVEN ROAD, PASADENA, CA. 91107 AND PAUL A. STABLE 1825 MIDWICK DRIVE, ALTADENA, CA. 91001. This Business is conducted by: CO-PARTNERS. Signed: PAUL A. STABLE. This statement was filed with the County Clerk of Los Angeles County on 12/18/2013. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News  
Dates Pub: January 18, 25 and February 1, 8, 2014.

NOTICE OF PETITION TO ADMINISTER ESTATE OF CONNEITTA FRANCES

Case No. BP148650

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of CONNEITTA FRANCES

A PETITION FOR PROBATE has been filed by Culley Vance Eaby in the Superior Court of California, County of LOS ANGELES.

THE PETITION FOR PROBATE requests that Culley Vance Eaby be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on Feb. 25, 2014 at 8:30 AM in Dept. No. 11 located at 111 N. Hill St., Los Angeles, CA 90012.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code.

Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

Attorney for petitioner:  
DARRELL G BROOKE ESQ, SBN 118071  
TAYLOR SUMMERS RHODES RASMUSSEN BROOKE & TOROSSIAN  
301 E COLORADO BLVD STE 407  
PASADENA CA 91101-1911

Published Mountain Views News  
January 25, 2014 and February 1, 8, and 15, 2014

City of Sierra Madre

PUBLIC HEARING NOTICE

From: The City of Sierra Madre  
Subject: MUNICIPAL CODE TEXT AMENDMENT 13-05 (MCTA 13-05)  
Applicant: City of Sierra Madre  
Project Location: Properties in the City of Sierra Madre, County of Los Angeles, State of California

The City of Sierra Madre gives notice, pursuant to State of California law, that the Planning Commission will conduct a public hearing to consider recommending adoption of a text amendment to revise the definition of "bedroom" in the R-1 Zone (One Family Residential), R-2 Zone (Two-Family Residential), R-3 Zone (Multiple-Family Residential), Hillside Management Zone (HMZ) and Residential Canyon (R-C).

DATE AND TIME OF HEARING	PLACE OF HEARING
City of Sierra Madre Planning Commission meeting Thursday, February 20, 2014 (Hearing begins at 7:00 p.m.)	City of Sierra Madre City Council Chambers 232 W. Sierra Madre Blvd. Sierra Madre, CA

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

ENVIRONMENTAL DETERMINATION: The project qualifies for an Exemption, pursuant to Section 15061(b)(3) of the California Environmental Quality Act (CEQA) as it can be seen with certainty that there is no possibility that the activity in question may have a significant effect on the environment.

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

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- Elder Law Attorneys
- Financial Planners
- Tax Attorneys
- Certified Professional Accountants
- Medical Professionals
- Senior Living Directors & Managers
- Families and Caretakers

The consultation is free and there is no obligation or pressure!

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MIKKI PORRETTA  
Dilbeck Realtors,  
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626.353.9879



ORDER TO SHOW CAUSE FOR CHANGE OF NAME

MIRIAM LOPEZ  
CASE NO. VS025416

TO ALL INTERESTED PERSONS: Petitioner MIRIAM LOPEZ HAS FILED A PETITION WITH THE LOS ANGELES SUPERIOR COURT - SOUTHEAST JUDICIAL DISTRICT FOR A DECREE CHANGING NAMES AS FOLLOWS:

Present Name: Miriam Lopez  
Proposed Name: Elsie Michelle Lopez

A HEARING on the petition will be held on 03/12/2014 at 1:30 PM in Dept. C Rm. 312 located at 12720 Norwalk Blvd., Norwalk, Ca. 90650.

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

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

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

Petitioner Appearing Pro Per  
Adrian J. Lopez  
10911 Rosecrans Avenue  
Norwalk, Ca. 90650  
JDC - MVNews  
January 25, 2014 and  
February 1, 8, and 15, 2014

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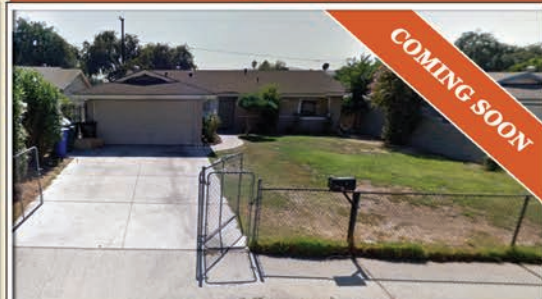
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**647 Ashcomb Dr.,  
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**JUDY WEBB-MARTIN**  
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