

CELEBRATING A WONDERFUL LIFE



On Sunday, more than 175 family and friends serenaded Sierra Madreaan Gordon Caldwell in celebration of his 90th Birthday. The event was held at Alverno High School. Gordon who has a long history of service in Sierra Madre is shown above with his wife, Mary Lou Caldwell, children, grandchildren and great-grandchildren. You can view a video of the event and additional photos at www.sierramadrenews.net. Photo by Jacki Raymond

THE PROS AND CONS MEASURE U -

On April 8th, voters in Sierra Madre will decide the fate of Measure U - the UTILITY USER'S TAX EXTENSION. This article is presenting the language of the ballot measure and the language, Pro and Con, unedited, of the ballot statements.

The Measure:

To maintain City Services, such as Public Safety, Paramedic and Library services, shall an Ordinance be adopted to:

1. Extend the City's current 10% Utility User Tax at a maximum of 10% for all utilities except water and sewer;
2. Establish new sunset dates starting July 1, 2022;
3. Extend the current 9% water and sewer tax until July 1, 2014 when it will reduce to 7%, and then 6% on July 1, 2015?
4. YES or NO

THE ARGUMENT AGAINST MEASURE UUT

Vote NO on Measure UUT -

The tax increase is not necessary to maintain current revenue or service levels in the City thanks to existing revenue increases already built in. Authors of this User Utility Tax (UUT) increase measure will tell that you more tax money is needed. This is clearly false given that the city finished the 2013-2013 fiscal year with over \$870,000.00 in unassigned General Fund reserves.

Property tax revenue (income) continues to increase. In the 6 months ending December 15, 2013, over 80 properties sold in Sierra Madre. Conservatively, the resulting estimated increase in property tax income will be an additional \$50,000.00 per YEAR. Property tax income will also continue to increase as more homes sell for higher prices. Income from the current UUT Law continues to increase as utility bills continue to go up. With large water rate increases scheduled for February and July 2014, the city will collect MORE monthly income at the (continued on page 5)

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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 22nd	The Pros and Cons of Measure UUT
March 1st	Candidate Denise Delmar
March 8th	Candidate Rachelle Arizmendi
March 15th	Candidate Noah Green
March 22nd	Candidate Eugene Goss
March 29th	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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TRASH AND BURN CAMPAIGN HEATS UP IN SIERRA MADRE

By Susan Henderson

Sierra Madre is a town known for its diversity of opinions and often high level of emotions during political campaigns. Sierra Madre attracted what most have called unwanted attention to this town and have had some rather colorful descriptions assigned to us by outside media outlets.

With the final weeks of the Municipal election fast approaching, it appears the "Wistaria Hysteria" has dropped to a new low. Earlier this week, resident John Crawford, who is responsible for the controversial Tattler blog in Sierra Madre, posted personal pictures of city council candidate Noah Green and proceeded to use them to declare Green unelectable.

The photos are from the Greens 2011 vacation, which according to Green and his wife Melanie, were taken shortly after their marriage. "When we took those, we just got married." "We were in a happy, playful phase." "We were both on vacation and having fun. "This is very frustrating", are quotes from Mrs. Green published in Wednesday's *Pasadena Star News*.

If the pictures were to be rated by "today's standards they would not be rated X, R or possibly not even PG", said one industry professional who looked at Crawford's blog.

What has elicited the most critical response is the manner in which they were obtained and posted. Crawford states that the photos were sent to him by a blog reader. They were initially posted on Melanie Green's private Facebook page and, because she identified (or tagged) her husband, they appeared on Green's Facebook page, which is public. Allegedly, they were then sent to Crawford. In any event, neither Noah nor Melanie Green authorized the publishing of the photos on the blog.

In this day and age, social media sites are considered as personal as the old-fashioned family album with the expectation that only invited family and friends will share the photos. Nevertheless, "none of the photos depict anything illegal, perverse or immoral", said another viewer who spoke with the Mountain Views News.

In the *Star News* article, the author reports that the blog post had generated "more than 100 comments." However, based on Crawford's

admitted use of the internet activity known as 'Trolling', the actual number of comments about the pictures is questionable.

In January 2013, Crawford, using pen name, Sir Eric Maundry, sent the following message to Councilman Chris Koerber regarding the Community Redevelopment Agency Successor Committee: Said Crawford, "Here is this week's troll strategy", revealing how he manipulates the comments on his blog.

When a site is 'trolled', comments are posted either anonymously or with names that otherwise conceal the identity of the person posting. The comments are designed to generate heated discussions (in the case of the referenced troll, hateful discussions) and lead others posting on the site to believe that they are chatting with another reader. In fact, most trolling is done by, or with the approval of the moderator.

In Crawford's email regarding his 'troll of the week', the comment is: "when are we going to go over to that dump he lives in on Baldwin with torches, tar and feathers..." (See copy of complete message on page 5). It is believed that the troll is referring to the home of Former Sierra Madre Mayor Bart Doyle, the only member of the CRA successor committee that lives on North Baldwin, and a frequent object of personal attacks by Crawford on the blog. The Mountain Views News discovered this information in May, 2013 while researching a story on Bob Matheson, the resident convicted of possession of child pornography in Canada.

Described as an internet practice which, according to Paul Gill of About.com, "... is the anti-social act of causing interpersonal conflict and shock-value controversy online. Named for the wicked troll creatures of children's tales, trolling is purposely sowing hatred, bigotry, racism, misogyny, or just simple bickering between others. Trolls themselves are emotionally-immature users who thrive in any environment where they are allowed to make public comments, like blog sites, news sites, discussion forums, and game chat."

Wikipedia notes that media attention in recent years has equated trolling with online harassment. For example, (continued on page 5)

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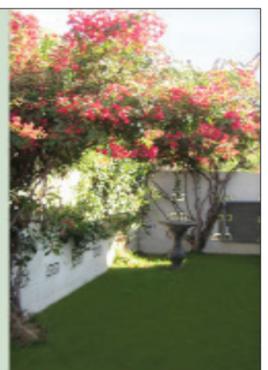
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Weather Wise



5-Day Forecast

Sierra Madre, Ca.

Mon:	Ptly Cldy	Hi 70s	Lows 50s
Tues:	Ptly Cldy	Hi 70s	Lows 50s
Wed:	Ptly Cldy	Hi 60s	Lows 50s
Thur:	Ptly Cldy	Hi 60s	Lows 50s
Fri:	Ptly Cldy	Hi 60s	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 25, 2014
6:30 pm

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

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

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

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

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



THIS WEEK

MONDAY - 10 - 11 am

Barry, Rich & Lisa Show

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

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

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YOU'RE INVITED

Open House Sunday, Feb 23, 11am to 4pm

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10 years in the making...

At Monrovia Medical Center, we are celebrating our 10 year anniversary.

Reflecting on the past highlights:

- 2003** Continuing the mission of Monrovia Animal Hospital serving Monrovia for over 50 years.
- 2008** Gorgeous facelift to upgrade the hospital to new medical standards. Adding a beautiful indoor boarding facility and bathing area. 16 large indoor runs.
- 2010** Platinum Sponsor Community Sustainability Fair in Monrovia. We believe in the future of Monrovia. We recycle 90% of our waste.
- 2013** Introducing the Vaccine for Life Program for dogs and cats. Microchip and vaccines for the life of your pet. To help your pet find home if lost and to prevent infectious diseases in our pets and wildlife.
- 2014** Going Green! Solar installation by **SOLARUNIVERSE** in Monrovia. You're invited to see it.

Come and take a tour.

- Interested in going solar? Meet **SOLARUNIVERSE** who will be celebrating with us.
- Continuing the mission with you for many years to come! Together for the Long and Healthy Life of your Pet!
- Tell your friends to bring their pets!

We look forward to seeing you.



Be sure to join us Sunday, February 23 from 11am to 4pm.



Nicole Gueniat, DVM

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CHARACTER

By Noah Green, Candidate
Sierra Madre City Council

I for one find it difficult to evaluate the character of public figures who offer us nothing more than an artificial persona created by consultants. It leads to politicians landing on aircraft carriers in jump suits, and other forms of dishonest and obvious pandering. I think most of us are intelligent enough to see through that sort of thing.

I want to see a person who has some steel in their spine when confronted with challenges and does not quake at the sight of their own blood. I want to see someone who works their tail off to make the world a better place and smart enough to truly understand complex policy issues. I want to see someone who can put aside petty differences with opponents in the name of getting things done. I want to see someone who can always be

counted on to tell the truth. I want to see someone who wants to win based on the merit of their ideas rather than by attacking their opponents. This is what I believe in.

So if you would like to examine my character, here is who I am: I work long hours all of the time. Like most lawyers, my job requires me to spend most of my time sitting at my desk sifting through stacks of documents, drafting motions, and responding to calls and e-mails. When not at my desk, I am taking depositions or attending court hearings.

Through this work, I have helped my clients to form corporations and dissolve corporations, buy houses and sell houses, declare bankruptcy and emerge from bankruptcy, hire employees and fire employees, defend lawsuits and file lawsuits, write their wills and carry out their wishes after they are gone.

When I leave the office, my work is not done. Several times a month I volunteer my time at the Chamber of Commerce, the Foothill Workforce Investment Board, and the Creative Arts Group. I also try to make time for exercise. At home, I am a reader of history, news, and novels. I am a devoted husband, loyal son and brother, and take care of my house and two dogs. During our free time, my wife and I love to travel and spend time outdoors.

This is who I believe I am. I respectfully leave it up to the voters of Sierra Madre to use their good judgment and common sense to decide if I am right.

Paid for by The Committee to Elect Noah Green
Campaign ID #1363523

Sierra Madre Police Blotter

FOR THE PERIOD FEBRUARY 10-16, 2014

Monday February 10, 2014

At 4:12 pm Sierra Madre Police was dispatched to a grand theft of a motorized gate, that occurred in the 700 block of Sierra Madre Blvd. Reporting party arrived home and discovered the motorized gate that is located in the north portion of apartment complex was missing. Management Company that installed the gate responded and determined that the motor for the gate was stolen.

Wednesday February 12, 2014

At 12:48 pm Sierra Madre Police was dispatched to a residential burglary in the 100 block of S. Lima St. Reporting party told officers that between the hours of 8:40 am and 12:30 pm an unknown suspect(s) entered the residence by forcing the front door. Several items were taken from residence that included computers, jewelry, cash and hand gun. Case in currently being investigated.

Friday February 14, 2014

At 12:00 pm Sierra Madre Police was dispatched to a petty theft, in the 100 block of W. Montecito. Reporting party stated sometime between Thursday February 6, 2014 and Friday February 14, 2014, victim's truck that was parked in his driveway had his registration tab stolen.

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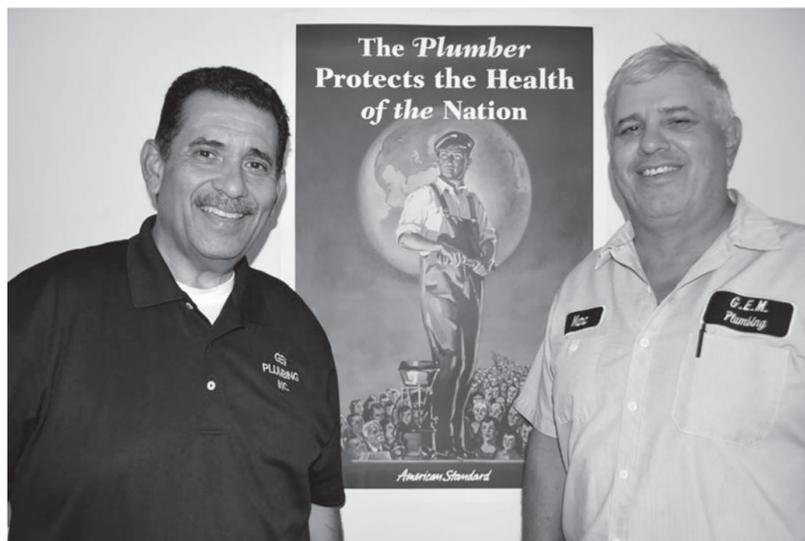
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WALKING SIERRA MADRE.....THE SOCIAL SIDE

By Deanne Davis

GEM PLUMBING - A SIERRA MADRE JEWEL



Dave Pedroza (l) and Marc Van Cleave

Photo by Deanne Davis

"The Practice of Medicine is a thinker's art. The practice of surgery a plumber's!"
Martin H. Fischer -

"I wanted to be a plumber..." Robert Goulet

Here's something I bet you didn't know: Sierra Madre's own G.E.M. Plumbing has one of the oldest contracting licenses in the entire State of California! Their license number is 111308 and contractor's license numbers are now in the 900,000's! Of course, theirs was issued in 1949 and you just don't run into many plumbing contractors who have been in business for 65 years! Had a great time chatting with the guys who are the heart and soul of G.E.M. Plumbing: Dave Pedroza, the main plumbing expert; and Marc Van Cleave, the A/C-Heating expert. Dave and Marc are celebrating their 20th G.E.M. anniversary, can you believe it!

The original Sierra Madre G.E.M. guy, Gordon Caldwell, is turning 90 later this month. You still see Gordon 'round about town, he's active in Kiwanis, as are Marc and Dave. In fact, start planning to attend the Kiwanis Pancake Breakfast on Saturday, February 22nd to kick off the Little League season. Guys, we love the pancake breakfast, best pancakes anywhere!

Here's something else I certainly didn't know: G.E.M. was originally started around 1944-45 by Gordon Earl Moyer, who worked out of the Thousand Oaks area, concentrating on new constructions. Hal Jordan partnered with Gordon Earl Moyer in 1956 and in 1958, Hal and Gordon Caldwell became partners and brought G.E.M. to Sierra Madre. G.E.M. was located for ten years on South Baldwin by the Post Office, moving in 1968 to North Baldwin, where Beantown is now, moving into their present location on Montecito in 1988. That Montecito neighborhood right around G.E.M. is getting to be more and more interesting as it transitions from small bungalows to mixed property use. Really like those half residence-half business condos. Of course, we've got The Shabby Dog, pet groomers; Red Door Antiques; and Ixora, the floral headquarters of Lisa and Craig Cardella. So much going on on Montecito, east of Baldwin! Great place to walk!

Anyway! Dave had been working as Gordon and Hal's #1 plumbing guy and Marc was the #1 Heating and A/C guy for about eight years before Gordon decided he'd wrestled just about enough leaky pipes to last him a lifetime and he wanted to sell the business and retire. The deal was seconds from completion with Merry Plumbers when, thankfully, it fell through and Gordon offered G.E.M. to Dave and Marc, who really wanted G.E.M. to continue to be a Sierra Madre business. "It was very scary at first," the guys said, as they had to come up with a down payment, which involved selling a truck, calling in favors

and hitting up family! The first five years were tough and they worked pretty much 24/7 to keep all the plates spinning, keep up their payments, and reckon with replacing a Sierra Madre legend! Customers were leery at first, even though Marc and Dave had been there for years, because they seemed like new guys. But great work, trustworthiness, friendliness and treating each and every customer and their various plumbing/heating problems with care eventually paid off and the business came back stronger than ever.

Marc still spends most of his time in the field and you all need to know he's got a special coming up in April for A/C maintenance. The last thing you want to have happen is to flip that switch on the first 95 degree day and have nothing happen! March is also water heater safety month. Just give 'em a call and find out what specials they've got going on.

Marc gets much joy and satisfaction from visiting with customers as he works through whatever's gone wrong with their A/C-heating, leaving happy people behind, who don't hesitate to call G.E.M. as they know they'll get fast and reliable response. As he says, "in a small town like ours, it pays to take time, to take care."

Dave is pretty much the inside guy now, directing their 14 employees and keeping the mountains of paperwork moving. If you've got a business, you can relate to that! That's something else the guys had to learn pretty much right away as Margaret Marsh, who had been Gordon's assistant for 25 years did absolutely all the paper stuff and she retired as Dave and Marc were still trying to figure out what they were doing! But learn they did and succeed they did and now G.E.M. is one of Sierra Madre's most successful businesses. Speaking of employees, past and present, Dave and Marc speak so highly and so appreciatively of all who have been part of G.E.M. They are quick to admit they would never have made it without all these talented folks who have been part of their team.

Dave and his wife are Covina residents. Their four kids are grown and they are proud grandparents of four. Marc and his wife are Glendorans with two kids. Both are VP's in Kiwanis and very involved in that organization.

G.E.M. is at 140 E. Montecito and if you want to call for info on specials their number is 626-355-3496. They'd be delighted to see you and give you a hand if you need one!

"The society which scorns excellence in plumbing as a humble activity and tolerates shoddiness in philosophy because it is an exalted activity will have neither good plumbing nor good philosophy: neither it's pipes nor its theories will hold water."
John W. Gardner



SPECIAL SIERRA MADRE POSTMARKS AVAILABLE AT WISTARIA FESTIVAL

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

This special postmark will be available at the Sierra Madre Wistaria Festival, Sunday March 16, 2014 at the Wistaria Festival Postal Station located at Kersting Court in Sierra Madre at Sierra Madre Boulevard and Baldwin Avenue.

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

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

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

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

For more information contact: The Sierra Madre Chamber of Commerce (626) 355-5111
The U. S Post Office, Sierra Madre, California 91024
(Note: The Sierra Madre Wistaria Festival spells Wistaria with an "a" not with an "e").



Gang Member Arrested in Altadena Stabbing

Altadena Deputies arrested a suspected gang member last week after he allegedly stabbed a man five times with a screw driver outside a restaurant near Altadena Drive and Lincoln Avenue. The incident occurred on February 13 at approximately 5:15 p.m.

The suspect, Juan Cortez, approached the victim and his family as they were getting out of their car and became involved in an argument according to police.

Sheriff Deputies said Cortez removed his shirt, exposing a tattoo of "Pasadena" written across his chest. He then announced that he was from a local gang as he tried to punch the victim. The victim was able to duck and knock Cortez to the ground. When Cortez stood up, he attacked the victim with a large screw driver. The victim sustained several puncture wounds and lacerations to his lower back and a small cut on his right arm. The victim did not report the assault and drove himself to Huntington Memorial Hospital.

When detectives spoke to the victim at Huntington Memorial Hospital, they learned a female employee from the nearby restaurant had tried to stop the assault. She had been calling the suspect "Juan". This coupled with the tattoo helped detectives later identify Cortez as the assailant. On February 14, at 6:20 p.m. deputies were able to locate and arrest Cortez after they observed him walking in the city of Pasadena.

This investigation is still on-going. Cortez remains in custody with a bail of \$300,000.00.

Any witnesses to the incident are asked to call Detective Taylor at (626) 798-1131.

Pet of the Week



Colleen is a year-and-a-half-old English Spot rabbit. She's very friendly and gently. She shows her happiness by doing binkies (a jumping twirl)! Colleen also enjoys being held and cuddling.

Colleen's adoption fee is \$30, which includes her spay surgery, a microchip, the first set of vaccinations, as well as a free follow-up health check at a participating vet. New adopters will receive complimentary health and wellness exam from VCA Animal Hospitals, as well as a goody bag filled with information on how to care for your pet. Ask an adoptions counselor for more information during your visit.

Call the Pasadena Humane Society & SPCA at 626.792.7151 to ask about A350340, 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.



Fire Caused by Cigarettes Displaces 19

The parents of two small children dropped them out a two story window Monday night —to neighbors waiting below— before jumping themselves to escape a blaze that caught the steps of an apartment building on fire trapping the family.

Nineteen other residents were displaced in the fire, at 277 Penn Street, first reported at 2:04 a.m.

Dalia Esteban and Elmer Rodriguez told reporters they had no choice but to toss their 3 year-old and 4-year-old children out the window.

Pasadena Fire Spokeswoman

Lisa Derderian said the four were transported to a local hospital, with minor arm injuries and leg injuries, as a result of the fall.

The cause of the fire was later determined to be carelessly discarded cigarettes on an old couch placed on an outside balcony.

Derderian said the four-unit building was a total loss and damage was estimated to be \$400,000. Another \$150,000 was losses to the contents.

Derderian said another unrelated house fire in the city

had just broken out less than two hours before the Penn street blaze.

She said a fire broke out in the 1200 block of Rancheros Road near the Rose Bowl around 12:41 a.m. also Monday night. That fire was upgraded to a second-alarm due to the areas narrow streets.

The fire isolated to the wall in the area of a chimney caused \$150,000 in damage. Four adults escaped without injury Derderian said.

Rose Bowl Half Marathon this Sunday

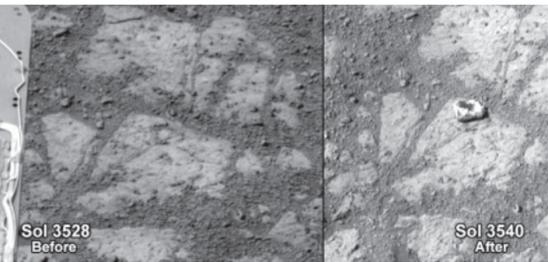


This Sunday, an estimated 1,500 participants are expected for the Rose Bowl Half Marathon, 10k, 5k and Kids 1K Run. The event, put on by Pacific Sports LLC and the Rose Bowl Operating Company, starts at 7:30 a.m. The race begins at 8 p.m.

The event will start and finish at the Rose Bowl Stadium. Half marathon competitors will have an opportunity to run past and through some of Pasadena's greatest landmarks including the Rose Bowl, the Colorado Bridge, the Arroyo Seco, Devil's Gate Dam, JPL, the new Flintwash Bridge and more. The course is scenic, periodically hilly and comprised of a combination of road and trail. Approximately 70 percent of the course is on the trails near Brookside Golf Course and Hahamongna Watershed Park.

Medals will be given to

Rover Heads Uphill After Solving 'Doughnut' Riddle



Researchers have determined the now-infamous Martian rock resembling a jelly doughnut, dubbed Pinnacle Island, is a piece of a larger rock broken and moved by the wheel of NASA's Mars Exploration Rover Opportunity in early January.

Only about 1.5 inches wide (4 centimeters), the white-rimmed, red-centered rock caused a stir last month when it appeared in an image the rover took Jan. 8 at a location where it was not present four days earlier.

More recent images show the original piece of rock struck by the rover's wheel, slightly uphill from where Pinnacle Island came to rest.

"Once we moved Opportunity a short distance, after inspecting Pinnacle Island, we could see directly uphill an overturned rock that has the same unusual appearance," said Opportunity

everyone who crosses the finish line in any category (half marathon, 10k, 5k, 1k). Awards will go to the top three finishers in each division. The top three male and female half marathoners will receive shoes from Fleet Feet Sports in Burbank.

Race day schedule:
7:30 all competitors should be at Rose Bowl
8:00 1/2 Marathon start
8:15 10k & 5k start
8:20 Kid's 1k run starts

10:00 10k & 5k awards ceremony

11:00 1/2 Marathon awards ceremony (3.5 hr. time limit)
Post-event activities, in the Horizon Club, include the Rose Bowl concessions, a beer garden, and vendor booths.

If interested in volunteering at the Rose Bowl Half Marathon, contact Volunteer Coordinator at danielle@pacificsportsllc.com.

Altadena Man Arrested for Assault, Kidnapping

Police say a known Altadena gang member was arrested Wednesday in the 800 block of Euclid Avenue in Pasadena by Detectives from Altadena Sheriff's Station, Pasadena Police Department, and the FBI.

Dennis Mayfield, 32, was wanted for criminal threats and assault of his ex-girlfriend and for holding her against her will. The suspect was considered armed and dangerous due to the fact that he threatened to shoot his ex-girlfriend and was known to carry a handgun. The suspect is also suspected of shooting numerous rounds into the air in the 2000 block of Marengo Avenue on Sunday morning.

Members of the San Gabriel Valley Safe Streets Gang Task Force, which includes Altadena Detectives, Pasadena Police Department Detectives, and FBI agents, started searching for the suspect shortly after the incident was reported and arrested him at the 800 block of Euclid Avenue in Pasadena at approximately 6:00 p.m. They also recovered two firearms inside the suspect's vehicle.

Mayfield was arrested for Kidnapping, Assault with a Deadly Weapon (Firearm), and other Weapons Charges. He was booked at Crescenta Valley Station and is being held on \$1,000,000 bail.

Maria Shriver to Speak at All Saints

Former California first lady Maria Shriver is set to speak at All Saints Church Rector's Forum March 2, at 10:15 a.m. The event is free and open to the public.

Shriver, although separated, is best known as the wife of actor and former California Governor Arnold Schwarzenegger. She is a member of the Kennedy family. Shriver's mother, Eunice Kennedy Shriver was a sister of John F. Kennedy, Robert F. Kennedy, and Edward Kennedy.

As executive producer of The Alzheimer's Project, Shriver earned two Emmy Awards and an Academy of Television Arts & Sciences award for developing a "television show with a conscience." She has also won Peabody awards in television journalism.

Shriver is also the author of six best-selling books. She is currently a special anchor and correspondent for NBC News.

All Saints Church is located 132 N. Euclid Avenue. Call (626) 796-1172 for more information.

Community Mourns after Two Murders in Two Days

Less than 48 hours after the city saw the first reported homicide of the year, a second person was gunned down in a drive by shooting that left two other people wounded. Police said the incidences were unrelated.

On Sunday a Pasadena City College student was gunned down by her live-in boyfriend who was later arrested Monday. The Los Angeles County District Attorney's Office formally charged JonJon Crummie Wednesday with two felony criminal counts, homicide and personal and intentional discharge of a firearm causing great bodily injury and death, resulting from the fatal shooting of Crummie's girlfriend, Irais Acosta, 19 Sunday morning. The homicide occurred around 8:48 a.m. in the 1500 block of N. Raymond Avenue.

PCC President Mark Rocha said, "The College extends its deepest sympathy to the Acosta family, friends, and the entire PCC community in this time of loss. Pasadena

City College is a family and this impacts us all. Students, faculty and staff are encouraged to utilize the campus resources available to aid in this time of grief. Counseling services are available through Psychological Services."

Crummie's bail was set at \$2 million. He remains in custody awaiting an arraignment rescheduled twice this week. Acosta death was the first reported homicide of the year according to police.

As of Friday police were still looking for a late-model white SUV involved in a triple shooting Monday night. According to police they responded to a shots fired call in the 1400 block of El Sereno Avenue at about 10 p.m.

Steven Ascencio, 18, of Pasadena died, after what witnesses described as five or six gunshots being fired. A 17-year-old teen and a 19-year-old man were also injured. No other information was given and investigators said the two victims were not cooperating.



TV coverage of drive by shooting

La Casita Del Arroyo Renovation Begins



A kickoff event this morning at 9 a.m. will officially commence the renovation of the historic La Casita del Arroyo. Join Vice-Mayor Jacque Robinson, Councilmember Steve Madison and La Casita Foundation representatives are expected to speak at the event.

La Casita del Arroyo will undergo an historic rehabilitation beginning this month. In 2012, the La Casita Foundation asked the City of Pasadena to participate in a public/private partnership to renovate this historic City-owned building at 177 South Arroyo Boulevard. Designed in 1932 by noted architect Myron Hunt, La Casita serves as a community meeting house for public and private functions.

The \$517,700 construction project will be managed by the Pasadena Department

of Public Works. The project includes upgrades to the restrooms, kitchen, great room and entry area; Americans with Disabilities Act (ADA) improvements; plumbing and electrical systems upgrades and restoration of the historic bicycle velodrome wood paneling. Exterior work includes parking lot improvements, roof replacement and new heating and air conditioning (HVAC) systems.

Funding comes from the La Casita Foundation, Pasadena Capital Improvement Project Fund and Residential Impact Fees. Project construction will be completed by B-One Construction Company, a local general contractor. Onyx Architects, a local Pasadena architectural firm designed the project, which maintains the building's historic integrity.

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 and explore what Pasadena Media has to offer.

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

Orientation & Producers Training

Monday, Feb. 24 at 6:00 pm - 8:00 pm

Orientation Training

Monday March 3 at 6:00 pm - 8:00 pm

PCAC Board Of Directors - Regular Meeting

Tuesday March 4 at 6:00 pm - 8:00 pm

New Studio Grand Opening

Tuesday March 4 at 7:00 pm - 9:00 pm

Citizen Journalism Digital Film Group

coming soon
coming soon

"What's Going On?"

News and Views from Joan Schmidt

GIRL SCOUT VIENNA SMITH-MURILLO And a Very Special Project



This past Presidents' Day, my family and I were privileged to participate in a moving Flag Retirement and Dignified Disposal Ceremony at VFW Post 2070.

Why did this happen? A very special young lady, Vienna Smith-Murillo chose this as her Gold Award Project. Vienna, a freshman at Mayfield Senior High in Pasadena has been a Scout for seven years. Less than 6% of the girls actually achieve this most prestigious award. To achieve the Gold Award, girls must write a plan, their project must be community-oriented, and they must spend 88 hours of their own time in addition to help from fellow troop members if so desired. Vienna is a member of the Mission Camilia Troop #3531.

The Ceremony was held outside in the courtyard. Clint Stamps, Post Commander welcomed us, colors were posted by Ron Handy and Al Noll, and Secretary Janine Coyne led the Pledge of Allegiance followed by Post Chaplain Ron Wardwell's Invocation.

Clint Stamps explained the Gold Award and then Vienna came to the podium. She spoke of the flag as the "honored symbol of unity, hope and achievement." She explained that when a flag can no longer be used, it must be destroyed in a "dignified manner", and since June 14, 1777, the flag has been a "sentinel of freedom and inspiration".

Post Secretary Janine Coyne returned to the podium; we learned the meaning of each of the thirteen folds that represented the thirteen original colonies. The first fold told of our Flag... the Symbol of Life...the fifth a tribute to our country...the seventh a tribute to our Armed Forces...the ninth to womanhood...the tenth to the father...the eleventh in the eyes of a Hebrew citizen represents the lower portion of the seal of King David and Solomon...glorifies in their eyes, the God of Abraham, Isaac and Jacob, and the twelfth in the eyes of Christians, represents an emblem of eternity...glorifies in their eyes, God the father, the Son and the Holy Spirit. (On line this is explained in detail. It is noted it is not "Official" from the U.S. Government, but has been used in many ceremonies and brought comfort to Veterans and their families.)

Vienna then returned to the Podium and the



speech she read blew us all away. She read portions of the Preamble, spoke of various presidents and honored veterans from ALL wars/conflicts. Her "History Lesson" about the importance of the American Flag reminded each of us what a great country we live in, and sacrifices many men and women made for us to enjoy these freedoms.

Ron Handy from the Post Color Guard lit the Incinerator. Vienna and her troop began the disposal followed by all in attendance. Besides the Scouts and members of their families, Willie Williams and area veterans from VFW 2070, Monrovia American Legion Post #44 Veterans Earle Sweeney and Chuck Keen, Mayor Pro Tem Becky and husband Chris Shevlin, and residents attended. The Ceremony concluded with a Benediction by Post Chaplain Ron Wardwell. Everyone left with a deeper pride in our country and in this young girl who reminded us of how fortunate we are to live in the USA!

LEARNING TO DOWSE AT LA COMMUNITY COLLEGE

By Christopher Nyerges



[Nyerges is the author of over 10 books, including "How to Survive Anywhere" and "Self-Sufficient Home." He has led wild food exploratory field trips since 1974, where - sometimes - he even discusses dowsing. He can be reached at www.SchoolofSelf-Reliance.com, or School of Self-Reliance, Box 41834, Eagle Rock, CA 90041

theories were shared also.

"The light of dowsing shines brightest when helping humanity," Legory would often tell us, meaning that we should not use this neutral skill to do any sort of harm.

One of the highlights of the class was when Ralph Harris showed up. Ralph Harris was maybe in his 60s, a Southerner with a red nose, and a very out-going and self-confident man. Harris didn't lecture so much as he yelled at the class. He said that it was not good enough to be 60% right as a dowser, or 75% right, or 82% right. He said it was not good enough to be 95% right. Harris said that he was the son of a dowser, who was the son of a dowser, etc., and that it was a God-given art that still had to be practiced. Harris said you had to be 100% right to call yourself a dowser.

Harris explained to us one of his first public demonstrations at dowsing. Harris was a private in the Army under Patton in North Africa during WWII. They were stationed somewhere and needed water. According to Harris, Patton sent his 8 or so geologists into the desert to find water, and they reported that there was no water there. Harris then meekly went to Patton and explained that he knew how to dowse, and that he believed he could find water if he had a little willow twig. Patton had an entire willow tree frown in the next day, and Harris cut a small Y shaped piece of the wood and walking into the desert. I no longer recall the exact figures that Harris told the class, but he located around a dozen sites where Harris believed water could be found by drilling. The first 4 or 5 spots drilled provided all the water that was needed by the troops.

Harris had all sorts of letters and documentations and maps and old newspaper articles as verification of everything he'd done, and everyone was amply impressed. Harris said that when he practiced dowsing for people who wanted to dig a well on their properties, he'd never charge a penny unless water was found where he said, and at the depth he said. "Show me one geologist or well-digger who will do that!" bellowed Harris to the class.

Then, during one of the classes, Harris produced many maps of the Southern California area, and many letters which I never read. He told the class that he earned his money by dowsing for oil, and not only that, dowsing remotely! And he didn't charge a fee, but he asked a percentage. No one asked what the percentage turned out to be, but

Harris implied that he earned a lot by those percentages.

I would have liked to get to know Harris better and to interview him, though he died within about 5 years after this.

It turned out that one could indeed dowse with these many devices: forked stick, L-rods, pendulums. One Saturday, Ralph Harris showed us how to remote dowse using a long spring with a magnet attached to the end. Most of the items he showed were purchased at hardware stores, and the long spring with the magnet was used by mechanics who accidentally drop a screw deep into some cavity of the car's engine. Harris also had various home-made dowsing devices. One young man in the class picked up the long spring with the magnet and it went wild in his hand. I thought I was seeing things as the spring began to spin around, yet the man's hand was not moving, and he began to laugh at whatever was happening. Harris got red in the face and began to yell at the man: "You're not focusing. You're not controlling your thinking!" The man continued to laugh and was flabbergasted and Harris continued to yell at him. It was quite a show, and the long spring never did that in my hand.

During the L.A. Community College class, we went across the street from the college to a vacant lot to practice dowsing. Our goal was to try and detect the metal pipes underground. The instructor knew where the pipes were, but the students didn't. It gave us a chance to see what sort of dowsing abilities we had, and I did about average, but nothing exceptional. I always got the best results with copper L-rods.

In the years that followed, I would practice dowsing occasionally, trying to see if I could find things or even determine the answer to things by using a clockwise motion of the pendulum for "yes" and a counterclockwise motion for a "no" answer.

Unfortunately, many of my queries were of such a nature as to be unconfirmable without drilling or other extensive excavation. However, I did once dowse to find lost keys in a large field overgrown with tall grass, and I found them.

Dowsing seems to be one of those "lost arts" which skeptics love to debunk. I'm convinced that there's more to it than meets the eye. It's not so much about learning an external skill as it is about developing something within each of us that's been dormant for a very long time.

TRASH (continued from page 1)

Sent from my mobile office

On Jan 3, 2013, at 7:17 PM, Eric Maundry wrote:

> Here is this week's troll strategy.

> On Thu, Jan 3, 2013 at 6:04 PM, Anonymous wrote:

>> Anonymous has left a new comment on your post "How is that CRA Successor

>> Agency Oversight Board W...":

>>> When are we going to go over to that dump he lives in on Baldwin with

>>> torches, tar and feather that a-hole and run him out of town?

>>> He needs to be run out, so does that pervert friend of his, Matheson.

>>> Publish

>>> Delete

>>> Mark as spam

>>>

>>> Moderate comments for this blog.

>>>

>>>

>>> Posted by Anonymous to The Sierra Madre Tattler at January 3, 2013 6:04 PM

The above is a scan of the email from Eric Maundry, a name used by John Crawford, in which the troll advocates violence against what is believed to be Former Mayor Bart Doyle. This document was obtained through the Freedom of Information Act.

mass media has used troll to describe "a person who defaces Internet tribute sites with the aim of causing grief to families."

Over the years, there have been several residents that have suspected that Crawford engaged in the practice.

Enter the 2014 Campaign and dirty tactics:

Crawford's use of the photos to pronounce Green unelectable is not the only effort the blog as made to apparently influence the outcome of the April 8th election.

Last year, a doctored photo of Former Mayor Josh Moran at a city event with Matheson appeared on Crawford's blog along with a rant against Moran and suddenly, during the time that decisions were being made to run for council, that photo complete with vile remarks about Moran's character surfaced anonymously in mailboxes around town. The original photo was taken prior to Moran or the public's knowledge of the criminal activities of Matheson. Shortly after the mailings, Moran announced he would not seek re-election. Moran cited reasons other than the blog attacks and hate mail for choosing not to seek another term.

And on Thursday, the Mountain Views News and the author of this article were also under

attack for anticipated positions on the

User Utility Tax Measure. Both are frequently subject to misleading, out of context, and often downright inaccurate information in an effort to discredit the paper and the publisher. That just appears to be what Crawford's blog is all about.

The kind of hatred and social media foul play that has been spread around Sierra Madre and beyond via the internet, has made several very qualified residents choose not to seek public office. They have expressed a willingness to serve, but no desire to become victim to the keyboard of The Tattler.

In a letter sent to all candidates by the Mountain Views News earlier this month, all were congratulated "for having the courage to step into the race for City Council." That encouragement may not be enough for those who fall on the wrong side of issues with Crawford.

When discussing the issue of hostility in local politics these days with people around town, Sierra Madrean's, regardless of their views on the issues or their choice of elected representation, do have one thing in common. They all want to preserve this Village town. The ways in which to do so are many and varied, but politics of the 'trash and burn' variety is not one of them.

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

UUT PROS AND CONS (continued from page 1)

proposed water UUT rate of 7% than it collected at the 9% rate BEFORE the large water rate increase went into effect.

Don't be fooled! Starting in July 2015, Measure UUT will INCREASE your base UUT to a 10% rate from the 8% rate voters approved in 2008 on all utilities (except water and sewer). That's a 25% increase!

Do you expect a 25% increase in your income in 2015. Of course not. Given the large revenue increases already in effect, you can be sure the City will see increased income far beyond anything you or I will see. Vote NO on Measure UUT.

By Michael Amerio, Cynthia Amerio and 1 additional opponent who's faxed signature was unclear.

THE ARGUMENT IN FAVOR OF MEASURE UUT

We respectfully ask that our citizens approve Measure UUT which will cap and extend the USERS UTILITY TAX (UUT) at its current 10% rate to preserve city services and keep Sierra Madre a full-service city with its own Police, Fire, Paramedics, and Library.

If Measure UUT is not approved, the UUT will sunset to 6% by July 2016, resulting in an annual loss of approximately \$1,000,000 to our \$8,000,000 General Fund - nearly 13%. It is

highly unlikely that property tax, sales tax, or other revenue sources will increase sufficiently to offset this loss. Unlike property tax or sales tax, each dollar paid through the UUT stays in Sierra Madre and funds local, rather than county or state services. Sierra Madre will be face with reductions that will degrade services, compromise maintenance of facilities, and could result in outsourcing of one or more departments such as Police, Paramedic or Library.

The UUT comprises approximately 31% of the General Fund, from which Public Safety, Library Services, Public Works and Community Services are funded. We recognize that our citizens demand the most value for their tax dollars and have successfully implemented cost-cutting initiatives since 2010 that have saved nearly \$1.3 million, keeping the UUT below the voter-approved rate of 12%. Measure UUT is not an enhancement, it will keep the tax at its current 10% rate, while providing the means to maintain services at the present level.

The choice is to continue the UUT at its current rate, or face difficult budget cuts where one or more of our major departments are outsourced, or where public safety, public works and community services are significantly curtailed. Any of these outcomes would change the nature and character of this safe, self-sustaining village.

Keep Sierra Madre the special community that it is. Please vote YES on Measure UUT.

Submitted by:

Nancy Walsh, Mayor
John Harabedian, Mayor Pro Tem
John Capoccia, Councilmember
Josh Moran, Councilmember

SIERRA MADRE FARMERS MARKET

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

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



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

Contact us at: editor@mntviewsnews.com or www.facebook.com/mountainviewsnews AND
Twitter: @mntviewsnews



MR. MANNERS

Must admit with all the past weeks Presidential food notes and trivial trivia, I almost missed National Margarita & Chili Days, and what type of foodie would I be, but fear not friends, I did partake in a Margarita and a hot bowl of beanless chili. I have to take my Andy Rooney Card out again and give you my fellow diners the rules of Etiquette 101. I love my daughter, and some of my friends kids. But here goes.

TABLE FOR TWO by Peter Dills
thechefknows@yahoo.com

I am asked frequently asked about etiquette and table manners, so I compiled this simple list based on the most common questions.

Your napkin goes in your lap, folded in half, as soon as you sit down. Many people wait until the food arrives, but the proper form is to be prepared.

If you leave the table, place the napkin to the left of your plate, loosely draped. A napkin is never for blowing your nose or wiping your mouth. Use it to dab at the corners of your mouth or your fingertips. If you need to cleanse further, leave the table and use the appropriate products in the restroom.

In formal dining, a charger will be under the place setting. It remains there during the starter course and is removed at the main course.

Your eating utensils go in the order of use, starting from the outside (furthest from the plate) and working their way in. Forks go on the left; knives and spoons on the right, as you face the plate. Dessert utensils are placed at the top of the plate, sideways.

The bread and butter plate goes to the left, above the forks.

The water glass goes above the knives (behind the wine goblet, if there is one).

Food should be passed counter-clockwise.

It is considered impolite to start eating before everyone is seated and served, including your host.

Only the meal settings and food belong on the table. Do not place your elbows, eyeglasses, notebook, pen or other objects on the table.

Cut no more than two bites of any item at a time. When it comes to bread, tear off one bite at a time and butter it, rather than buttering a whole roll.

Do not season your food until you have tasted it.

It is permissible to use a piece of bread to wipe up excess gravy, as long as you use your fork and not your fingers.

If you need to leave the table, place your utensils on the edge of your plate so that the tips point to the plate's center, in a V-shape. To signal when you are finished, lay your utensils side by side diagonally on the plate.

Watch Dining w/Dills on Charter Cable Channel 101 Saturday and Sundays at 7 PM



Peter Dills
The "King of Cuisine"



INGREDIENTS

Marinade

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

DIRECTIONS

In a ziplock gallon size bag add first 8 ingredients.
Seal and mush with hand till blended.
Add Salmon and marinate for 1 hour.
Heat grill to medium high.

SAVOR THE FLAVOR SHOPS AGAIN!!

Foodie Tips and Tidbits for SavorThe Flavor -Sierra Madre*

ATLANTA INTERNATIONAL ANNUAL GIFT SHOW

Five ten-hour days of shopping and buying...think you can do that?

The largest permanent marketplace in the county, the Atlanta Merchandise Mart includes 3900 separate showrooms. With the arrival of the Gift Show, it becomes the premier wholesale shopping destination, offering the latest trends and colors and the leading lines of home goods and gifts.

So, it took us five solid days to get a feel for the layout and a sense of the styles of the thousands of items available for review. Our feet were sore and our brains fried, but we did it!

What's hot:

Indoor and outdoor pillows seemed to be everywhere; entire displays were visually alive with cobalt blues, shades of orange and anything in a combination of grays and yellows.

Vintage designs continue to dominate in candles and home decor. We are bringing in American-made soy candles adorned with vintage labels from the early to mid 1900s.

For serving pieces, Tuscan, sunflowers, coastal and herb garden styles are extremely popular, perfect for our SoCal lifestyle. Also, dragonflies, lilies, song birds and owls continue the "outdoor" theme.

Lavender Lover Unite! This calming herb/flower is big this year-from candles to sachets to brownies, teas, cookies, and lest we forget, really special Martinis!

Personalization is back in a big way. Savor is bringing in a lot of kitchen items and pillows with "Sierra Madre" imprinted prominently.



As long as we're here, some thoughts on food trends-

Eat your bourbon! Need we say more? Foods that reflect the heritage of Kentucky's bourbon country are hot! Based on the classic American spirit, wait until you try Kentuckyaki Sauce, Barrel-Aged Bourbon Worcestershire Sauce and Blue Grass Soy, each a masterful blend of the individual and distinctive flavors. And for the adventurous bakers, we have a sublime vanilla bourbon extract!

Gluten-free Vegan- Big last year, HUGE this year. Lots of sweet potato orzo and tomato basil fettuccine coming to Savor the Flavor!

Come visit Savor the Flavor to see all our new interior decor, accessories and serving pieces. And, did we mention that we have fantastic yummys for you to sample every day?

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THE PLIGHT OF PROHIBITIVE PET CARE COSTS

by Chris Leclerc

During a recent conversation with a close friend, our casual dialogue eventually found its way to a discussion about our beloved pets, as it typically does. My friend and his wife have two darling dogs whom they love very much and treat like family members. They spend loads of time with their dogs, and enjoy their company more than most pet owners do.

During the course of our conversation, my friend mentioned that he had taken one of their dogs, the older of the two, to the veterinarian a week before, and even with the senior citizen discount his vet applies, he still ended up paying just short of an arm and a leg for a few lab tests and a quick exam. He was quite surprised at how pet care costs have sky-rocketed these days and when he told me how much the bill was, it took me very much by surprise as well. Listening to his story, I thought of how many pet-owning senior citizens probably find themselves in a similar situation, met with the difficulty of covering the costs associated with caring for their pets.

Most seniors are retired with a very limited income, and if that is not challenging enough, our present-day economy is making it even more difficult for them to make ends meet. Nowadays many of the seniors who were fortunate enough to have put money away for later years while working, have had to use their nest-egg savings just to keep their homes and pay off their own medical bills.

Retirement is when most people finally have time to spend with a pet, and perhaps when they need that kind of companionship more than ever before, so it seems ironic and quite a shame to think that the cost of a vet bill could prohibit them from caring for their pet properly, or heaven forbid in the saddest case scenario, force them to euthanize to avoid the high cost of keeping their pet alive.

Later that day, I was still thinking about the subject we had discussed and I could not seem to get that conversation out of my mind. Being a dog walker and pet sitter, I guess it struck a tender spot in my heart. I decided to look into what, if any kind of assistance might be available for senior citizens who cannot afford the high costs associated with caring for their animal companion. What I found was that there are several programs in place that offer pet vet bill and/or pet care assistance to senior citizens who qualify. Here are a few of the programs and services I found:

Actors and Others for Animals is a California non-profit corporation dedicated to the humane treatment of animals. Their main mission is to curb the pet overpopulation problem by subsidizing spay

& neuter surgeries along with other vital services to help pet guardians, living on a low and/or fixed income, care for their beloved companions. One of their programs is Spay/California, a state-wide referral network/database to connect people throughout the State of California with participating programs and veterinarians offering low cost spay/neuter services. For more information, go to: <http://www.actorsandothers.com/>.

PAWS/LA was founded in 1989 in response to the companion animal-related crises faced by residents of Los Angeles County who were financially and physically debilitated by HIV/AIDS. Since that time, the agency has expanded its scope to assist low-income seniors and any low-income individual living with a chronic or life-threatening illness. Their PACE Program (Preserving Animal Companionship for the Elderly) assists seniors by providing assistance with pet care. It has been documented through numerous scientific studies that the positive correlation between seniors and animals improves emotional outlook and health stability and PAWS/LA wants to help. Visit them at: <http://www.pawsla.org/>.

The Pet Fund is a non-profit association that offers financial assistance to owners of domestic animals who need veterinary care. Their purpose is to work towards a future where decisions about companion animal medical care, need not be made on the basis of cost. Perhaps most importantly, they provide information about preventative care, pet insurance programs and financial services to help the pet owner develop resources on their own and avoid future emergencies through proper care and planning. Such information is often hard to find and The Pet Fund provides a user-friendly, easily accessible starting place for this purpose. For more information, contact The Pet Fund through their web site at: <http://thepetfund.com/>.

It pleases me to know that there are so many people who care enough about domestic pets and their owners, to invest their time, money and energy in developing programs that can help maintain a healthy relationship between the two. It serves as a reminder to look for the proverbial "rainbow after the storm". Let's face it, if this article had ended where the conversation between me and my friend ended, it would have been quite bleak. Fortunately, however this tale has a happy ending. It serves as a reminder that where you find a friend in need, you will most likely find a friend in "deed"!

Canyon Canine
Dog Walking & Sitting Services
Sierra Madre, California

Chris Leclerc
www.canyoncanine.com
chris@canyoncanine.com
626-355-8333 626-533-9536

LOOKING FOR A BEST FRIEND...

Sadie is too!

She is approximately 4 years old and weighs 24.6 pounds, so definitely on the medium side of a small dog. We are calling her a "terrier mix," but we don't really know her breed. It appears that she recently had a litter of puppies before coming to the shelter. When we first met her, she seemed a little sad, and we wondered if she was missing her babies.

Sadie is such a sweet girl; it is hard to not fall in love with her if you spend time getting to know her.

She is not good at hiding the fact that she is not happy being kept in a kennel at the shelter. She is usually at the gate with a sad look on her face and will cry a little when you walk by, saying "please take me out!" When the gate is opened, she can't get out fast enough and her face lights up with a huge doggie smile telling us, "Yes! That is what I want - let's go for a walk!"



She is a great walker on leash, so happy to be out in the world and not cooped up in a kennel. And she LOVES people and will happily climb in your lap for petting, smiling the whole time. She seems great with other dogs, and would make a wonderful, faithful pet for any family.

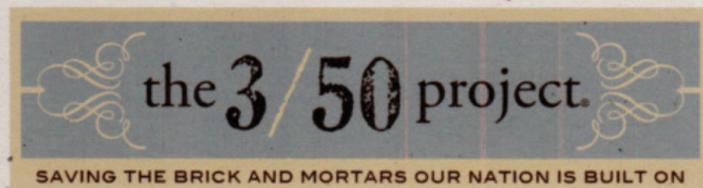
She is looking for a good home where she can be part of family activities. She would love a nice yard to explore, and a nice soft bed at night, close to her people. If you take her home, she would have lots of love to share with you.

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

To arrange a 'Meet and Greet' with Sadie (aka..... 7937), please stop by any time from 10:00am to 4:30pm Tuesday thru Sunday. Her adoption fee is \$120 which includes her spay 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 Sadie.

See our website at www.sgyhumane.org for information and photos of all our available pets.

The Sierra Madre Chamber of Commerce wants you to:
Save your local economy...
three stores at a time.



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



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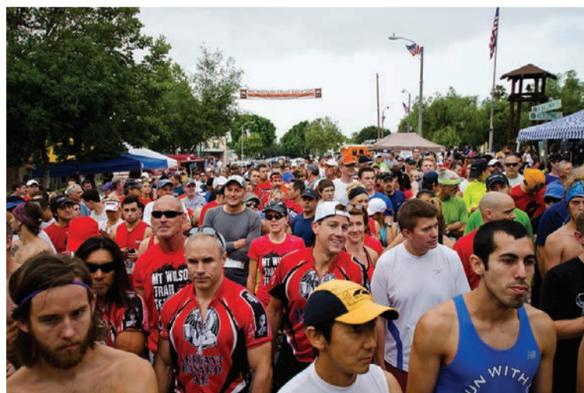
Phone 626-446-2525

website: bookrackarcadia.com

MOUNT WILSON TRAIL RACE REGISTRATION

Registration Begins
March 1st for Sierra
Madre residents

Registration for the Mount Wilson Trail Race is fast approaching and the sign up process has changed slightly this year. For 2014 the first 100 spaces for the race will be made available to Sierra Madre residents only, leaving 200 spaces available for open registration. For more information about the change please visit www.mountwilsontrailrace.com/registration.



The Mount Wilson Trail Race is Saturday, May 24, 2014 at 7:30am and begins in Kersting Court. The cost is \$66.00 for adults and \$35.00 for youth. All participants receive a tech shirt and goodie bag with entry. For more information about the event please visit www.mountwilsontrailrace.com.

Sierra Madre resident only registration will be held on Saturday, March 1, 2014 from 9:00am-3:00pm at the Community Recreation Center in Sierra Vista Park, 611 E. Sierra Madre Blvd. Registration will occur on a first come, first served basis and only 100 spaces are available. Proof of residency is required in the form of a current CA Driver's License indicating Sierra Madre address, no PO Box numbers accepted. A physical copy of the CA Driver's license must be present, no copies accepted. Participants may only sign up for themselves; signing up for a family member or friend is not allowed.

General registration will begin Monday, March 3, 2014 at 11:00am. Registration can be done online at <https://apm.activecommunities.com/sierramadre>, or in person at the Community Recreation Center, 611 East Sierra Madre Blvd.

For both registrations an account with the City of Sierra Madre must be set up prior to registration. If you do not already have one, please visit <https://apm.activecommunities.com/sierramadre> to create one. If you already have an account please double check that the information is current. Acceptable forms of payment are cash, if in person, check—made payable to the City of Sierra Madre, and credit card (Visa, Mastercard, American Express, and Discover).

It is strongly encouraged to sign up as soon as registration is available on Monday, March 3rd as the race is expected to sell out within two hours. Any questions regarding registration can be directed to the Community Services Department at 626-355-5278.

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Nicole Gueniat, DVM

Monday - Friday 7:30-1:00 / 2:00-5:30 • Saturday 8:00 - 12:00

Mountain Views-News Saturday, February 22, 2014



SEAN'S SHAMELESS REVIEWS:

By Sean Kayden

SNOWMINE

Taking the alternative route of self-releasing their sophomore album, "Dialects," Snowmine's follow-up to their underrated debut record "Laminated Pet Animal" is a different kind of an animal entirely. This new perspective has the band entering into a brooding territory. In fact, with these eleven brand new tracks, the band feels more comfortable and determined than ever before. While the first album was completely unique in its own right, it was a bit all over the place. It was really good, but felt very much like a debut record. A little bit misguided. "Dialects" displays Snowmine in a different light. The many talents of the band are put forth on this record. There is sort of an experimental element to the album, which was recorded in a church. A lot of ambience is presented and weird quirks/sounds to give it a unique experience unlike other indie acts in the same arena. While "Dialects" is far from the perfect indie rock album, it's still a solid, if a bit uneven entry that shouldn't be ignored or missed.

Artist: Snowmine
Album: Dialects
Label: Mystery Buildings (Self-released)
Release Date: February 34th, 2014

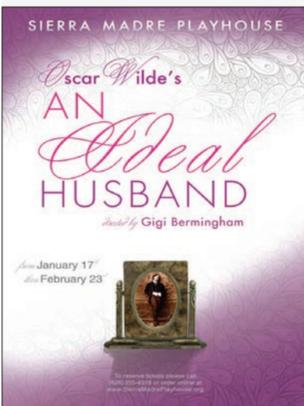
One of the best tracks of the year is to be found here. "Plans" is an absolute delight. It has such a distinctive sound that makes it totally original from the band. When it breaks into the chorus, it just explodes into sheer beauty. For the most part, this is a slow tempo album. It combines interesting sounds along with Grayson Sanders' sometimes crooning vocals. While the record doesn't quite have that alluring element of being listened to over and over again, it's the kind of record you come back to after a period of time away from it. Not every track is golden and some songs can be simply passed on. However, the tracks that do work, "Plans," "Columbus," "You Want Everything," "Courts," and "Dollar Divided" make the experience a memorable one for at least the time those tracks are playing. The other half the album is acceptable, but they take some chances that don't always pay off accordingly. "Safety in an Open Mind" is purely instrumental. It can be considered an intermission track as we approach the second half of the album. It has these washed out effects. It's a peaceful tune, but doesn't push the album any forward.

"Dialects," for the most part, has a laid-back sound. The instruments are eclectic and despite some less than stellar tunes, Snowmine aren't trying to mimic anyone. They're completely original. Perhaps, the tunes that don't resonate first or second time need some more listens before you can actually appreciate them. The problem with music today is how one might not want to give songs a chance when there's just too much music to hold onto from the moment you hear it. At any rate, Snowmine is an underrated band that is trying to press forward and make a name for themselves. While the path they may be on seems a bit crowded, they definitely have the aptitude to find a way around in order to finally find that open road. Once there, there's no telling what Snowmine can do, but I know I'll be carefully watching to see where it ultimately leads them.

Key Tracks: "Columbus," "You Want Everything," "Plans," "Courts"
 Grade: 7.2 out of 10

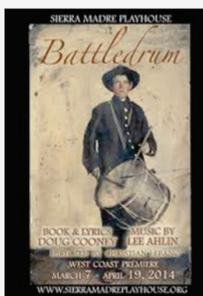
NEWS FROM THE SIERRA MADRE PLAYHOUSE

News Flash: On February 16 @ 7:00 pm *Les Sauvages Americains* returns to the Playhouse for a duet of late 18th Century violin and viola music!



The Sierra Madre Playhouse is currently presenting the play, *An Ideal Husband*, by Irish playwright, Oscar Wilde. The play runs through February 23rd on Friday and Saturday nights at 8pm as well as 2:30 on Sunday afternoon. This play was Wilde's second favorite play, next to *The Importance of Being Earnest*. It displays Wilde's biting wit which made him enormously popular as a prominent social critic of the upper classes in late Victorian England. It's easy to see parallels with the political and sexual intrigues being played out today in our nation's capitol. We have had excellent reviews for this one!

March 7, 2014 will see the opening of our next play, *Battle Drum*. This musical follows the frontline experience of three young drummer boys who become unlikely comrades as they find themselves part of our nation's most tragic conflict. *Battle Drum* will not only be presented in the evenings to our regular patrons, but will play to public and private school audiences now studying the Civil War as part of their regular curriculum. School kids will experience theater in our intimate 99 seat playhouse, talk with members of the cast and staff after the play and listen to Civil War historians provide supplemental information.



MUSIC AT THE PLAYHOUSE



Our Sunday Music Series continues this month with a program of violin and viola duets from the late 18th Century. Members of the performance group *Les Sauvages Americains* (The Savage Americans), JP Tobin, Viola/Artistic Director and Lindsey Strand-Polyak, Violino, will appear this February 16, 2014 at 7:00pm. The music comes to us from Revolutionary France with works by Lorenzini, Pleyel, Boulougne, and

Mozart. Please contact the Playhouse for tickets.

Next up will be the return of performers from the Colburn School with an offering of a "Tribute to Astor Piazzolla." Look for them on Sunday, Nov. 3 at 7pm.

FUNraising EVENT

Join us at California Pizza Kitchen in Pasadena for a flavorful FUNraising event on February 19, 2014 in support of the Sierra Madre Playhouse. All day long 20% of your check will be donated to our organization. Purchases include dine-in, take-out, catering and all beverages! Print out the event flyer available on our website at <http://sierramadreplayhouse.org/playhouse/california-pizza-kitchen-fundraiser/> and present it to your server to make sure we get the funds. Click where it says For Details Click Here.

The Pasadena Pizza Kitchen is located at 99 N. Los Robles on the corner of Los Robles and Union. They will be open from 11am to 10pm.

FOR TICKETS AND INFORMATION

The Sierra Madre Playhouse, 87 West Sierra Madre Blvd., Sierra Madre, Reservations can be made online <http://sierramadreplayhouse.org> or by calling (626) 355-4318.

To Do:
CALL PAT
626-264-2085
 or
626-325-3511

I'll Run Your Errands For You!

Jeff's Book Picks

By Jeff Brown

ONE SUMMER: AMERICA, 1927 by Bill Bryson

The title of the book sums up his task: to document the "most extraordinary summer" of 1927, beginning with Charles Lindbergh's fantastic flight across the Atlantic. Even though we know many of these stories; Lindbergh's flight, the Mississippi River flood, Babe Ruth's 60-homerun season, Al Capone's bullet-ridden reign over Chicago, in Bryson's hands, they feel fresh, and just plain fun. The book is jammed with nuggets and fascinating origin stories (the opening of the Holland Tunnel, the first Mickey Mouse prototype, the source of the term "hot dog"), the effect is like sitting beside a brilliant story teller, who knows a little bit about everything. From a tabloid murder trial to a flagpole sitting record to the secret origins of the Great Depression, *One Summer* offers a wonderful look at a transitional period in history, re-introducing us to such characters as Capone, Al Jolson, Jack Dempsey, Charles Ponzi, and Herbert Hoover. Ultimately, this is a book about the moment when important things, for good or bad, began happening in the US. With an easy to read narrative and keen eye for unusual details, best selling author Bryson has written a clever historical tale of America's coming of age.



EXTREME MEDICINE: HOW EXPLORATION TRANSFORMED MEDICINE IN THE TWENTIETH CENTURY by Kevin Fong M.D.

Drawing on his own experience as an anesthesiologist, intensive care expert, and NASA adviser, Dr. Kevin Fong examines how cutting edge medicine pushes the envelope of human survival by studying the human body's response when tested by physical extremes. The challenges of Arctic exploration created opportunities for breakthroughs in open heart surgery; battlefield doctors pioneered techniques for skin grafts, trauma care and heart surgery; outer space and underwater exploration have revolutionized our understanding of breathing, gravity, and much more. Through astonishing accounts of extraordinary events and pioneering medicine, Fong illustrates the sheer audacity of medical practice in extreme situations. Kevin Fong includes stories of some remarkable people and some photos.



Creative Arts Group

108 N. Baldwin Ave 626.355.8350 www.creativeartsgroup.org

FACULTY SHOW

FRIDAY, FEBRUARY 28TH 7-9 P.M.

*Come meet our talented faculty
 and see their lovely work*

Find us on Facebook: Search "Creative Arts Group Sierra Madre"

2014 HUCK FINN FISHING DERBY AND CAMPOUT

Campout Registration begins Monday, February 24th

The annual Huck Finn Fishing Derby and Campout will be here before you know it: Friday, March 28, 2014 - Sunday, March 30, 2014. The weekend long event is held at the Sierra Madre Holding Basins next to Dapper Field and behind the Public Works Yard. The event is sponsored by the Community Services Department, Sierra Madre Volunteer Firefighters Association, Sierra Madre Civic Club, Sierra Madre Kiwanis Club, and Sierra Madre Rotary Club, Veterans of Foreign Wars Post 3208.



Camp Out

The Campout is held Friday, March 28 to Saturday, March 29 and includes a campfire, s'mores, and star gazing. Participants must sign up in advance for campsites which are available on a first come, first serve basis. Campsites can accommodate six persons; the registration fee is \$56.00 and includes fishing derby entry for up to 4 youths and re-entry to Saturday Family Fishing. Camping registration begins February 24 and must be done in person at the Community Services Office, located at 611 E. Sierra Madre Blvd., Sierra Madre, CA 91024, open Monday through Thursday 11:00am - 5:30pm.

Fishing Derby - Saturday, March 29

The fishing derby is open to youth ages 3-15 years. The event runs from 7:00am - 11:30am and costs \$10 per youth. Registration is accepted the morning of the event only, and the entrance is located next to Dapper Field in Sierra Vista Park. All skill levels are welcome and experienced Fishing Guides will be on hand to assist all participants. The Sierra Madre Kiwanis Club will provide food available for purchase.

Family Fishing - March 29 and March 30

Family Fishing is from 12:30-4:00pm on Saturday, March 29 and from 7:00am-4:00pm on Sunday, March 30. Admission is \$20 for a family of four or \$10 per individual; no fishing license is required. Entrance is located next to Dapper Field in Sierra Vista Park.

For more information please contact the Community Services Department at 626-355-5278.

THE JOY OF YOGA

GANESH - THE ELEPHANT GOD



No, we don't worship statues. Just to be clear – yoga is not a religion. But it can be spiritual. It can be a lovely addition to your faith. It can make your faith stronger. Or, it can just be yoga. Yoga is a science, a way to seek enlightenment, liberation. The statues that you see in a yoga studio are the representations of the many faces of God. In the study of yoga, we draw on the many, many stories that, like parables, are there to teach us lessons. They give us examples. They give us hope. The stories are about good versus evil and the triumph of persistence, discipline, compassion and love. It does not matter if you are religious, spiritual or not.

Ganesh is the elephant headed deity. He is chubby, with a big belly. He represents love, compassion, the enjoyment of life and the removal of obstacles that stand in the way of our progress. He is usually depicted as a happy guy who likes sweets. Our happy elephant god is worshipped in the Hindu faith (which has many similarities to Christianity, believe it or not). He is consulted before every contract signed or marriage entered. He is the son of Shiva. The story goes that Shiva was off in battle, fighting the demons and had not seen his son in many moons. Paravati, Ganesh's mother, was in the bath and Ganesh was guarding the bathhouse when Shiva returned. Ganesh did not recognize his father and Shiva did not recognize his son. When Ganesh would not admit Shiva to the bath, Shiva used his mighty sword to cut off Ganesh's head. When Shiva saw Paravati distraught, he realized his mistake and vowed to replace Ganesh's head with that of the next living thing. That happened to be an elephant. So our cute, playful Ganesh has the head of the elephant. The big ears represent his ability to hear our requests. His big belly represents his love of sweets, or that which is sweet in life. His trunk represents his ability to bestow the sweetness of life on us. In other words, to help us understand our desires and to help give treats to others. The symbolism goes on and on.

Next Friday, Feb. 28th at Yoga Madre we are having a workshop exploring deity's and mantras. You can find more info at yogamadre.com if you would like to join us. See you in class.
Namasté, René



Vibrant Living Wellness Center
Healthcare the Way Nature Intended

HEART HEALTH NOT HEART DISEASE



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

Do you have heart disease? Do you believe you are destined to have high blood pressure or some other form of heart disease because of your family history? There is no question that there is enough evidence out there that shows that our family passes on DNA (information in our genes) that predisposes us to being more susceptible to diseases than maybe our neighbor. More important though than DNA is lifestyle. In particular your lifestyle and what you eat. I tell all of my clients that "your DNA loads the gun but your lifestyle pulls the trigger". To date, heart disease remains the leading cause of death in the United States for both men and women. If you could simply change the way you eat and either prevent getting heart disease or reverse the heart disease you already have would you do so?

The evidence is pretty compelling, a plant based diet lowers your risk of ever developing heart disease and may reverse or certainly lessen the severity of existing heart disease. Even former president Bill Clinton who was notoriously known for having a less than healthy diet has seen the light. During his time in the White House he was known to try and jog off his fast food binges. It worked and he was able to pass all of his health checks while he was president. During that time his heart disease was progressing. In 2004 Clinton underwent bypass surgery and in 2010 that surgery failed. Later that year, Clinton began a plant-based diet. The result, he began to feel great, he lost weight and his heart disease began to reverse itself.

In an analysis published in 2009 in the American Journal of Cardiology, a plant based diet has been shown to: Lower levels of triglycerides, lower blood pressure, decrease body weight, decrease risk of death from any cause including heart disease, improves insulin sensitivity and more. So, if you have high cholesterol, or you know someone who does, checking out a plant based diet may be well worth your time. Adjusting your diet may be one way to lower your cholesterol and prevent heart disease.



TUESDAY MARCH 4TH 6:30PM AT VIBRANT LIVING WELLNESS CENTER

PREVENT HEART DISEASE

Free educational class
Learn how to prevent and stop the progression of heart disease as well as, reverse its effects through a simple plant based diet.

Sign up is required as seating is limited. Please call (626) 470-7711 to register.

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

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Community Emergency Response Team Training
Sierra Madre Fire Department

CERT
SIERRA MADRE COMMUNITY EMERGENCY RESPONSE TEAM

CLASSES BEGIN
March 8th, 2014

Learn from the experts how you can take care of your family and neighbors during an earthquake or other emergency. Instructors will teach residents how to prepare and respond in the event of a major disaster.

Following a major disaster, police, fire and medical professionals may not be able to meet the demand for emergency medical attention. Residents and neighbors may need to rely upon one-another to help with immediate life saving needs.

The County of Los Angeles Fire Department Community Emergency Response Team (CERT) training protocols have been adopted nationally by FEMA to provide civilians with basic fire safety and life saving skills they will need in disaster situations.

The Course Curriculum Covers the Following

• Disaster Preparedness	• CERT Organization
• Fire Safety	• Disaster Psychology
• Emergency Medical Operations-One victim	• Terrorism
• Emergency Medical Operations-Triage	• Fire Extinguisher Training
• Light Search and Rescue Operations	• Course Review and Disaster Exercise

Class Location
Sierra Madre Youth Activity Center (upstairs)
611 E. Sierra Madre Blvd. Sierra Madre, CA 91024

Class Schedule
Sat, Mar 8, 8:00a to 5:30p
Tus, Mar 11, 6:00p to 9:30p
Wed, Mar 12, 6:00p to 9:30p
Thr, Mar 13, 6:00p to 9:30p
Sat, Mar 15, 8:00a to 5:30p

There is **NO CHARGE** for CERT classes.
Please note: Plan to bring a lunch or to eat out for Saturday sessions. You must attend all five (5) sessions to receive a certificate of completion.

TO REGISTER FOR CERT CLASS
info@SierraMadreCERT.org - www.SierraMadreCERT.org
You must be registered to attend - Class space is limited

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

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626-355-3401
SierraJLaw@cs.com

TIPS AND SUPPORT SERVICES
FOR FAMILY CAREGIVERS

Dear Savvy Senior:

What resources do you recommend that offer help to caregivers? I've been taking care of my 82-year-old mother, and it's wearing me to a frazzle.

Exhausted Daughter

Dear Exhausted:

Taking care of an elder loved one over a period of time can be incredibly taxing, both physically and mentally. Fortunately, there are a number of tips and services you can turn to that can help lighten the load. Here are several to consider.

Assemble a care team: A good first step is to put together a network of people (family, friends and even neighbors) that you can call on to help out when you can't be there or need a break.

Tap local services: Most communities offer a range of free or subsidized services that help seniors and caregivers by providing things like home delivered meals, transportation, senior companion services and more. Also, look into respite services (see respitelocator.org) that can provide short-term care to your mom so you can take some time off. Your Area Agency on Aging (call 800-677-1116 for contact information) can refer you to services available in your community.

Use financial aids: If you're handling your mom's financial chores, make things easier by arranging direct deposit for her income sources, and set up automatic payments for her utilities and other routine bills.

If you need help, hire a professional daily money manager (aadmm.com, 877-326-5991) who can come in once or twice a month to pay bills, make deposits, decipher health insurance statements and balance her checkbook. They charge \$25 to \$100 per hour. Or, if your mom is low-income, a similar service is offered by AARP (aarpmp.org) in select communities for free.

Benefitscheckup.org is another excellent resource you should use to look for financial assistance programs for lower-income seniors.

Get insurance help: If you have questions about Medicare, Medicaid or long-term care, your State Health Insurance Assistance Program (SHIP) is a great resource that provides free counseling on all these issues. Call 800-633-4227 or visit shiptalk.org to locate a nearby counselor.

You can also get help online at medicare.gov/campaigns/caregiver/caregiver.html, and through the Medicare Rights Center, which staffs a hotline at 800-333-4114 to help answer questions.

Use technology: If your mom lives alone, consider renting her a medical alert device, which is a small pendant-style "SOS" button that she wears, that would allow her to call for help if she falls. These are available through companies like lifelinesys.com and lifecycle.com for about \$1 per day. Or, check out home monitoring systems at mylively.com, beclose.com or grandcare.com.

There are also a number of great websites you can draw on for caregiving information and support like aarp.org/caregiving, caregiver.org and caring.com, along with alz.org/care, alzheimers.gov and thiscaringhome.org for caregivers of dementia patients. And, if you're sharing care responsibilities with others, sites like lotsahelpinghands.com, caresolver.com and caringbridge.org can help you coordinate together.

Hire help: Depending on your mom's needs and budget, you may want to hire a part-time "home-care aide" that can help with things like preparing meals, doing laundry, bathing or dressing, or if she needs health care services, a "home health aid." Costs can run anywhere from \$12 up to \$40 per hour depending on where you live and the qualification of the aide. To find someone, ask for referrals through friends, doctor's offices or hospital discharge planners, or visit medicare.gov/homehealthcompare.

If you need additional guidance, consider hiring a geriatric care manager (caremanager.org) who can help you manage and facilitate your mom's care. Care managers generally charge between \$100 and \$200 per hour.

Take care of yourself: Make your own health a priority. Being a caregiver is a big job that can cause emotional and physical stress and lead to illness and depression. The only way you can provide the care your mother needs is to make sure you stay healthy.

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



SENIOR HAPPENINGS

FYI: Tips for Talking with Your Pharmacist

Your pharmacist can help you learn how to use your prescription and nonprescription (over-the-counter) medicines safely and to increase the benefits and decrease the risks. You can also use these tips when talking with your other healthcare professionals.

Tell your pharmacist...

Everything you use. Keep a record and give it to your pharmacist. Make sure you put all the prescription and nonprescription medicines, vitamins, herbals, and other supplements you use. Your pharmacist will use this to keep his/her records up-to-date and help you use medicine safely.

If you've had any allergic reactions or problems with medicines, medicines with dietary supplements, medicines with food, or medicines with other treatments.

Anything that could affect your use of medicine, such as, if you have trouble swallowing, reading labels, remembering to use medicine, or paying for medicine.

Ask your pharmacist...

What are the brand and generic (non-brand) names? What is the active ingredient? Can I use a generic? What is this for, and how is it going to help me? How and when should I use it? How much do I use? How long should I use it? Can I stop using the medicine or use less if I feel better? What should I do if I ...miss a dose? ...use too much? Will this take the place of anything else I am using? When will the medicine start working? How should I expect to feel? Are there any special directions for using this? Should I avoid any other medicines, dietary supplements, drinks, foods, activities, or other things? Is there anything I should watch for, like allergic reactions or side effects? What do I do if I get any? Will I need any tests to check the medicine's effects (blood tests, x-rays, other)? When will I need those? How and where should I keep this medicine? Is there a medication guide or other patient information for this medicine? Where and how can I get more written information?

After you have the medicine, and before you leave the pharmacy

Look to be sure you have the right medicine. If you've bought the medicine before, make sure this medicine has the same shape, color, size, markings, and packaging. Anything different? Ask your pharmacist. If it seems different when you use it, tell your pharmacist, doctor, or other healthcare professional. Be sure you know the right dose for the medicine and you know how to use it. Any questions? Ask your pharmacist.

For more information on this topic go to: U.S. Department of Health and Human Services Food and Drug Administration www.fda.gov • 1-888-INFO-FDA

HELPFUL HINT: Keep your mind active. Try something new - Puzzles, riddles, and Chess are all good brain teasers but the key is to try something new to fire up the neurons. If you're a crossword puzzle or Sudoku fanatic, try bridge.

FOR YOUR FUNNY BONE - A little known fact.... The first testicular guard, the "Cup", was used in Hockey in 1874 and the first helmet was used in 1974. That means it only took 100 years for men to realize that their brain is also important.

HAPPY BIRTHDAY! ... February Birthdays



Ray Baran, 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, however you must be 60 years old or more.

Quote of the Week: "Be kind whenever possible. It is always possible." - Dalai Lama



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 Vandeveld. 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 Brandlee. 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 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 every month, on the 3rd and 5th Wednesdays. ~Shown in Sierra Madre's City Hall Council Chambers

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Call Patricia at 626-818-2698 Today!

KATIE Tse.....This and That

FIBER NUTS - 2014!

What's more fun than three days of fiber-filled creativity and excitement in the San Bernardino Natural Forest? Why, three days of fiber-filled fun in Rancho Cucamonga, of course! (This is fiber, as in yarn and thread, not the kind you eat.)

You may recall an article I wrote around Mother's Day last year about my mom's excursion to "Studio 66," a three-day workshop hosted by her weaving group. If you do remember this, you're probably one of my mom's friends with whom she's shared this story. For all other readers, I'll refresh your memory.

Last year I was lucky enough to accompany my mom as she and her friends spun, dyed, wove, knit, and crocheted all imaginable fibers at the picturesque Forest Home retreat center. Being unskilled in everything but the most basic dyeing (submerging fabric in colored liquid) I got a lot of use out of my kindle!

I would've loved to go with her up there again this year, but since that retreat is somewhat costly and requires months of planning, it's only offered biannually. On the off-years, "Studio 66" is more locally based, with attendees making the daily commute from their home. There's no cabin in the forest or meals crafted by aspiring culinary students. Since there isn't the same wide variety of workshops available, the event usually revolves around a specific theme. This year the focus was spinning. (And no, this doesn't refer to a bunch of ladies pedaling stationary bikes.)

For three days my mom and her classmates worked with cotton (white, brown, and green), linen, hemp (to spin, not to smoke), and ramie. I knew the first two were used in clothing, and the third in industrial-strength items, like sacks, ropes, wallets, and shoes. Ramie, however, was new to me. (Not that it takes much for something to be "new to me!")

The first day went fine for my mom, but the second was a serious study of cotton's transformation from boll to thread. Now, cotton is very different from wool, my mom's spinning material of choice. Wool (from sheep, that I do know!) is composed of long fibers that easily wrap around each other to form a nice, long strand of uniform thickness.

Cotton (regardless of its color) is made up of short fibers that tend to break apart or clump together. At least that's what my mom's experience was with them. So, my poor mom spent much of the second day feeding a hank of cotton onto her spinning wheel, only to have it snap in two or bunch up. She came home with a few bobbins of cotton thread resembling diseased intestines, with some sections pinched off and others bulging.

She spent the whole day attempting the same action over and over, knowing that it wasn't working, but unable to do anything to improve her results. The instructor came by from time to time, smiled sympathetically, and encouraged my mom to keep on trying. It was frustrating, to say the least. As a retired third-grade public school teacher, my mom discovered a new understanding of the kids who struggled with learning disabilities. If being the only one who couldn't master a seemingly simple technique was discouraging enough for one day, spending an entire elementary experience like that must be torture. Coming home, she suggested that every educator spend at least one day being the only one who doesn't "get it" in order to appreciate what these kids feel on a daily basis.

Happily, the workshop didn't end on a sour note. On the third day, the instructor showed my mom how to wrap the hank of hemp around her finger to "spin off the fold." This method was much easier for my mom, and she also realized that the rest of her classmates were seasoned cotton-spinners, not a novice like her.

So, my mom enjoyed another "Studio 66" retreat. Granted, the strip malls of Rancho Cucamonga pale in comparison to the pines and lakes of the San Bernardino Forest, but it's all fiber, so it's all good!



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FAMILY MATTERS By Marc Garlett



5 FAST & FURIOUS ESTATE PLANNING LESSONS FROM PAUL WALKER'S ESTATE

Paul Walker, who starred in the Fast & Furious movie franchise, died tragically at the age of 40 in a high speed car accident in Los Angeles last November. His estate was opened at the end of January in the Superior Court of California, County of Santa Barbara probate court, revealing that he left assets of approximately \$25 million. He is survived by his 15-year-old daughter, Meadow.

So what can we learn by looking at the probate of Paul Walker's Estate?

Put assets in a trust. Paul Walker intended to avoid the Court process called probate by creating a revocable living trust. A trust makes everything totally private and keeps it all out of court. Unfortunately, while Paul Walker had a Trust, it wasn't properly funded – in other words, his assets were never transferred into the trust ... and this is an all too common estate planning failure, even when working with a lawyer because most lawyers simply do not handle trust funding, the single most important part of estate planning.

Properly fund your trust. The contents of Walker's estate, who will inherit it and when, are now public knowledge because Walker's lawyer didn't take the necessary steps to make sure his Trust was properly funded. Sadly, this isn't even a case of malpractice (though it should be) because it's common practice in the world of estate planning lawyers. When you plan your estate, the most important thing you can do is ensure your assets are transferred properly.

Name guardians for minor children. Walker's daughter, Meadow, is still a minor and he did name his own mother as guardian. But if he had not, there could have been a family fight, and a judge would have stepped in to make the final decision about who would raise Meadow. By nominating guardians you can avoid family fights over your children (and the assets that follow them) or ever having a judge – a total stranger – decide who will raise your children.

Don't wait to do estate planning. Walker was 28 when he created his will in 2001. While we don't know what prompted him to create an estate plan so early – perhaps it was the birth of his daughter – he did the right thing in planning early. Everyone over the age of eighteen should have a will, and if you have children you'll want a more comprehensive estate plan so they are always protected and provided for, no matter what.

Keep estate plans updated. Not only did Walker's attorney not ensure his assets were titled properly, but he never updated Walker's plan from the original version created 12 years before he died. Walker's net worth changed significantly during that time. If his estate is \$25,000,000, as we've read, his family must pay over \$5,000,000 in estate taxes. I think that's unconscionable because with proper planning that could have all been structured to pass on to his family instead of the Government. To make sure all of your assets go to your family, you should update your estate plan at least every three years.

To learn more about putting the right legal and financial protections in place for your family, contact our office at 626.355.4000 to schedule a time for us to sit down and talk. We normally charge \$750 for a Family Estate Planning Session, but because this planning is so important, I've made space for the next two people who mention this article to have a complete planning session at no charge. Call today and mention this article.

RICH Johnson “Late Breaking News Alert: I consider City Council candidate Noah Green to be my friend. He is a stand up guy. Intelligent, articulate and cordial. Whether or not you vote for him in the upcoming city elections should be determined solely on his views on the issues facing the city.”



Now, are you familiar with the publication known as The Onion? Wikipedia describes it as an American digital media company and [news satire](#) organization. It can be great fun to read (now online at [theonion.com](#)). It's fun, though sometimes a bit “adult” if you follow my drift. It ran this article on January 3 and though I don't know the original intent of The Onion in running it, I believe it promotes an oft-ignored look at the benevolent activities of people of faith. The following is their article:

LOCAL CHURCH FULL OF BRAINWASHED IDIOTS FEEDS TOWN'S POOR EVERY WEEK

MACON, GA—Sources confirmed today that the brainwashed morons at First Baptist Assembly of Christ, all of whom blindly accept whatever simplistic fairy tales are fed to them, volunteer each Wednesday night to provide meals to impoverished members of the community.

“Unfortunately, there are a lot of people in town who have fallen on hard times and are unable to afford to put food on the table, so we try to help out as best we can,” said 48-year-old Kerri Bellamy, one of the mindless sheep who adheres to a backward ideology and is incapable of thinking for herself, while spooning out homemade shepherd's pie to a line of poor and homeless individuals.

“It feels great to share our blessings with the less fortunate. Plus, it's fun to work alongside all the members of our [corrupt institution of propaganda and lies] who come out each week.”

As of press time, the brainless, unthinking lemmings had donated winter clothing they no longer wore to several needy families and still hadn't opened their eyes to reality.”

All too often people of faith, particularly Christians, are painted with a broad brush as right wing hate-mongering intolerant wackos. Following is a list of Forbes Magazines 50 largest U.S. charities. 23, signified by the (R) following their name, have direct ties to religious organizations.

- | | |
|--------------------------------------|---|
| 1. United Way (R) | 30. Susan G. Komen for the Cure |
| 2. Salvation Army (R) | 31. Step Up for Students |
| 3. Task Force for Global Health | 32. Planned Parenthood Federation of America |
| 4. Feeding America | 33. American Jewish Joint Distribution Committee (R) |
| 5. Catholic Charities USA (R) | 34. Brother's Brother Foundation |
| 6. Goodwill Industries (R) | 35. Population Services International |
| 7. Food for the Poor (R) | 36. Good 360 |
| 8. American Cancer Society | 37. Leukemia & Lymphoma Society |
| 9. YMCA (R) | 38. Cross International (R) |
| 10. World Vision (R) | 39. Catholic Relief Services (R) |
| 11. St. Jude Children's Hospital (R) | 40. Catholic Medical Mission Board (R) |
| 12. Boys & Girls Clubs of America | 41. Operation Blessing Int'l Relief & Development (R) |
| 13. American National Red Cross | 42. Dana-Farber Cancer Institute |
| 14. Habitat for Humanity (R) | 43. Marine Toys for Tots Foundation |
| 15. Feed the Children (R) | 44. MAP International (R) |
| 16. Compassion International (R) | 45. Memorial Sloan-Kettering Cancer Center |
| 17. Nature Conservancy | 46. United Service Organizations |
| 18. AmeriCares Foundation | 47. Make-A-Wish Foundation of America |
| 19. American Heart Association | 48. Father Flanagan's Boy's Home (R) |
| 20. Campus Crusade for Christ (R) | 49. Teach for America |
| 21. United States Fund for UNICEF | 50. ChildFund International (R) |
| 22. Direct Relief | |
| 23. Mayo Clinic | |
| 24. Lutheran Services in America (R) | |
| 25. CARE USA (R) | |
| 26. Samaritan's Purse (R) | |
| 27. Boy Scouts of America | |
| 28. Save the Children Federation | |
| 29. Kingsway Charities (R) | |

BUSINESS TODAY

The latest on Business News, Trends and Techniques

By La Quetta M. Shamblee, MBA



DISCIPLINE MAKES THE DIFFERENCE

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

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

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

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

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

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



TOP 10 REASONS TO EMBRACE SOCIAL MEDIA

If you are still wondering if social media is for your business. Maybe it's time for a review:

1. Social media is THE place where your story can be heard. It's a place people go to for news, friendship, expressing and connecting.
2. Your customers and prospects are using social media. In fact, one out of every seven minutes spent on-line is spent on Facebook. Do you have a presence there?
3. It can grow your audience in an affordable manner - i.e. build a list of people who are interested in your business and what you have to say.
4. Branded, quality email marketing reaches a specific audience - yours! Are you sending out a monthly or weekly update or promotion to your audience?
5. It's in real time. You can join breaking news stories and be part of the discussion.
6. It helps solicit engagement with those that matter to your business.
7. It opens doors. It makes it easy to connect with people across the country and across the globe like never before.
8. It can go viral and give you great exposure and brand awareness.
9. It can awaken connections from the past and provide opportunities that appear from thin air.
10. A picture can be worth a 1,000 views or more!

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](#).

Sign up for their upcoming classes and presentations at: [www.hutdogs.com/workshops/schedule](#)

WHEN DO YOU WANT TO RETIRE?

By Gregory J. Welborn

It's not a trick question, but the difference between answering “when I want to” vs “when I can afford to” is dependent on understanding what retirement will look like and what assets you'll need to achieve that goal.

Historically, a combination of social security and some other source of fixed income (the traditional pension or annuities) would be sufficient. Sadly, social security is almost bankrupt, and inflation has reduced the guarantee that was the pension or annuity. The old rules and guidelines just don't apply, but too many Americans act as if they still are valid.

According to one study, less than 35% of middle class Americans have a written retirement plan - even on the back of a napkin. They just don't know what it's going to take to retire at any age. People are saving blindly without a sense of how they're doing or really where their path will lead. In another study, almost one third of people eligible to retire at the “normal” age of 65 indicated they would continue to work until age 80 because they felt they lacked the means to retire earlier.

When it comes to retirement, putting your head in the sand is not an effective strategy. Here, then, are some simple steps to take.

Write Out A Plan: It really could be on the back of a napkin; there is no magic to how many pages you need. Putting down on paper where you are now, where you want to go and what you think will get you there are the most important components.

Don't Forget Taxes: The logical place to start is to consider what you're spending now to live the life you want. You have to remember that in retirement, taxes will be part of these expenses. During your working years, taxes are taken out of the paycheck before you get it. Too many people forget that. What you'll need in retirement is your living expenses plus taxes.

Maintain A Balanced Portfolio: Social security,



pensions and annuities are all fine tools to use, but they can't be the exclusive strategy. Nor is having an investment portfolio that is too heavily skewed toward bonds or stocks. You need to balance the tools you use and balance your portfolio, whether that portfolio is in a 401K, an IRA, a Roth, or a regular taxable account. Diversification works.

Ask For Help But Get What You Pay For: It really is OK to ask for help. None of us should attach ego or pride to those areas where we're not proficient. I'm not good at plumbing or car repairs. I've learned to reach out, but I'm mindful of what I'm buying. If you need financial advice, make sure it's objective, ask for references, and ask for a full disclosure of ALL fees that would be charged.

These are just a few simple concepts, but they really can help. The earlier you start, the more successful you'll be, but I've never run into someone who can't retire at some point. You'll get there, you just need to know the way.

About the author: Gregory J. Welborn is the Managing Partner of First Financial Consulting, a fee-only advisory firm. He has worked with The Today Show, Kiplinger's Magazine, and USA Today to provide objective financial advice to their readers and listeners. He has 3 grown children and is honored to be married to his wife of 25 years. He can be reached at [gwelborn@fconsult.net](#)

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Tips of the Trade: Real Estate Revealed

by Luther Tsinoglou

DON'T RISK IT

When listing your home, you may need to move before a sale takes place. If you vacate the home, it's very important that you notify your insurance company, because many homeowner policies have a "vacancy clause" that goes into effect once the home is unoccupied, usually for more than 30 to 60 days.

Insurers see different risks in vacant homes, like vandalism, systems failures, or other liabilities. In most cases, you'll simply purchase an endorsement to your existing policy, but different insurers have different options, and if an endorsement is not available, you can get a separate "vacant-home" policy. It may be an additional cost, but it's called "insurance" for a reason, and could save you a lot of money down the road. If you don't notify your insurance agent about vacating your home, they could reject any claims you file for property damage or liability, or accuse you of insurance fraud.

It may be tempting to just hope that your home will sell within 30 to 60 days after you have to move out, but it's critical to speak with your insurance agent before you move to discuss your options. They may even pro-rate and refund part of your premium if you sell before the end of the policy's term. It's a small price to pay to protect your home and your peace of mind.

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- * You, Your Family & Friends



The C.A.R.E Coalition has an interest in keeping our lungs and community smoke-free!

The 2013 Surgeon General's Report states that there is no risk-free level of exposure to secondhand smoke and that even brief exposure to secondhand smoke has immediate adverse health effects.

The Sierra Madre City Council will be having a discussion about the issue of secondhand smoke in apartments, condos, and multi-family living spaces.

When: Tuesday, February 25, 2014 at 6:30pm

Where: Sierra Madre City Hall (Council Chambers)
232 W. Sierra Madre Blvd., Sierra Madre, CA 91024

For more information, contact Alisha or Nicole at (626) 229-9750 or caresierramadre@gmail.com.

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THE WORLD AROUND US

Looking Up

with Bob Eklund



MARS ROVER HEADS UPHILL AFTER SOLVING 'DOUGHNUT RIDDLE'

Researchers have determined the now-infamous Martian rock resembling a jelly doughnut, dubbed Pinnacle Island, is a piece of a larger rock broken and moved by the wheel of NASA's Mars Exploration Rover Opportunity in early January.

Only about 1.5 inches wide, the white-rimmed, red-centered rock caused a stir last month when it appeared in an image the rover took Jan. 8 at a location where it was not present four days earlier.

More recent images show the original piece of rock struck by the rover's wheel, slightly uphill from where Pinnacle Island came to rest.

"Once we moved Opportunity a short distance, after inspecting Pinnacle Island, we could see directly uphill an overturned rock that has the same unusual appearance," said Opportunity Deputy Principal Investigator Ray Arvidson of Washington University in St. Louis. "We drove over it. We can see the track. That's where Pinnacle Island came from."

Examination of Pinnacle Island revealed high levels of elements such as manganese and sulfur, suggesting these water-soluble ingredients were concentrated in the rock by the action of water. "This may have happened just beneath the surface relatively recently," Arvidson said, "or it may have happened deeper below ground longer ago and then, by serendipity, erosion stripped away material above it and made it accessible to our wheels."

Now that the rover is finished inspecting this rock, the team plans to drive Opportunity south and uphill to investigate exposed rock layers on the slope.

Opportunity is approaching a boulder-studded ridge informally named the McClure-Beverlin Escarpment, in honor of engineers Jack Beverlin and Bill McClure. Beverlin and McClure were the first recipients of the NASA Medal of Exceptional Bravery for their actions on Feb. 14, 1969, to save NASA's second successful Mars mission, Mariner 6, when the launch vehicle began to crumple on the launch pad from loss of pressure.

"Our team working on Opportunity's continuing mission of exploration and discovery realizes how indebted we are to the work of people who made the early missions to Mars possible, and in particular to the heroics of Bill McClure and Jack Beverlin," said rover team member James Rice of the Planetary Science Institute, Tucson, Ariz. "We felt this was really a fitting tribute to these brave men, especially with the 45th anniversary of their actions coming today."

Opportunity's work on the north-facing slope below the escarpment will give the vehicle an energy advantage by tilting its solar panels toward the winter sun. Feb. 14 is the winter solstice in Mars' southern hemisphere, which includes the region where Opportunity has been working since it landed in January 2004.

"We are now past the minimum solar-energy point of this Martian winter," said Opportunity Project Manager John Callas of NASA's Jet Propulsion Laboratory in Pasadena, Calif. "We now can expect to have more energy available each week. What's more, recent winds removed some dust from the rover's solar array. So we have higher performance from the array than the previous two winters."

During Opportunity's decade on Mars, and the 2004-2010 career of its twin, Spirit, NASA's Mars Exploration Rover Project has yielded a range of findings proving wet environmental conditions on ancient Mars—some very acidic, others milder and more



This image from the panoramic camera (Pancam) on NASA's Mars Exploration Rover Opportunity shows the location of a rock called "Pinnacle Island" had been before it appeared in front of the rover in early January 2014. This image was taken during the 3,567th Martian day, or sol, of Opportunity's work on Mars (Feb. 4, 2014). Photo courtesy jpl.nasa.gov

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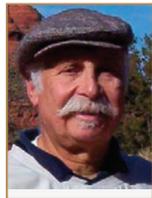
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Mountain Views News Mission Statement

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 DOES TRUTH MOVE?

One of the more difficult things to accept is that truth moves. For centuries, for millennia, it was accepted that the Earth was the center of the Universe and, by definition, remained stationary while everything else moved around it. Alas, a thoroughly religious scientist named Galileo Galilei invented certain instruments that allowed him to observe the motions of the stars and planets more closely. He proclaimed that the sun was the non-moving center while the Earth and the other planets orbited. Unfortunately this observation got him in trouble with his former friend, the Pope. Galileo was punished and forbidden from leaving his house for the rest of his life.

Today, almost 500 years after Galileo's death, questioning certain "truths" may similarly result in great injury to the questioner. There are accepted "truths", or at least truths that are deemed unchallengeable by the holders of power. For anyone to even suggest that such truths are not "true" is to risk derision and censure no matter who they may be. I remember an American Vice-President, Dan Quayle, stating that he believed that at one-time water existed on Mars. This, at the time was too threatening to the Scientific Community and Mr. Quayle, who certainly was not the hidden jewel in the rockpile, was now seen as unacceptable.

It's now forty five years later and the Mars Rover is making direct observations of the surface of our second-nearest planetary neighbor and what do you know; scientific observation now agrees that at least at one time there may have been water on Mars, leading to speculation that life could be sustainable on the Red planet. (No it isn't really red; it just looks that way to us when viewed in a certain way. That may be the truth about "truths.")

I mention this idea of the shifting truth because hourly I hear different thoughts regarding homosexuality. The Russian leader, Mr. Putin, has maintained that homosexuals are not entitled to the same respect as other human beings. The United States has responded to this Russian position by selecting athletes who have self-identified as homosexual to be American representatives at the Winter Olympics now being held in Sochi, Russia. For most Americans today, the Russian position is indefensible. It makes as much sense as trying to prohibit Jews or Africans from participation in the Olympics. Today, it is strange for Americans to remember that Africans or African-Americans were prohibited from participating in our professional sports

within the lifetime of this writer. Really, that was not so very long ago. I hardly need to remind readers that also within my lifetime about one third of all Jews then living were assembled together by the seemingly most civilized and cultured country in the world and murdered. The justification for this genocide was a "truth" in the mind of the German leaders.

For me, if perhaps not for you, it is difficult to believe that world leaders continue supporting wars requiring strangers to kill strangers. Political leaders continue to justify the needs for these wars and the continued construction of new and ridiculously expensive weapons to prepare to fight the inevitable wars of the future. Meanwhile providing education and medical care to a starving and illiterate world's population is neglected and considered to be too expensive.

What is the "truth" as opposed to simple facts? Truths are those agreed upon beliefs that are deemed so fundamental to a society that, if doubts arise, it can be seen as a threat to national security. The powerful assert that these truths cannot be questioned, but history shows us that questioning takes place notwithstanding the threat to the powerful and to the questioner. Surprisingly, accepted truth is much like the Earth, in that it keeps moving. What was accepted by almost everyone yesterday may well be almost universally scoffed at next week or next year or in the next century. Mr. Darwin's scientifically unquestionable theory is still not accepted by a significant portion of Americans who view this theory as a threat to their cherished religious beliefs, which are taken as ultimate truths.

Pragmatically, newly discovered truths are resisted because these new observations threaten the established order and the interests of those in power. Max Planck, the Nobel Prize winning German theoretical physicist who originated quantum physics, is credited with the statement that "science advances one funeral at a time". For example, in 1938 it was scientifically presented that pumping carbon dioxide into the atmosphere would dangerously raise global temperatures. Seventy-six years later, certain members of the most powerful class refuse to accept this information and utilize their influence and their money to continue to delude the public. I think in the end they will fail. If the world has come to accept racial equality and sexual practice variation it can be hoped there will be a global recognition of the need to alter the destructive practices that are destroying the habitability of this planet. The time has not yet come, water or not, for mankind to move to Mars. Truth



OUT TO PASTOR ME TARZAN, YOU INSANE!

A Weekly Religion Column by Rev. James Snyder

Has there ever been a time when there was more chest pounding than today? It is a rare day in May when I get to the point of absolute frustration. These chest pounders do it for me all the time. I will admit that I do get aggravated at a few things and, to be quite honest, a few people.

Aggravation is one thing, but frustration is quite a different thing. In fact, aggravation probably is good for a person. You can go mellow for so long and then you need something this stir up the soul and aggravation does it all the time. So, there is something good to be said about aggravation.

On the other hand, I cannot think of anything good to say about being frustrated. Frustration means have come to the end of something, hopefully it is not my rope, and I do not know what to do next. Well, I might know what to do next, but it is against the law in every state I know.

Recently, the Gracious Mistress of the Parsonage and I went out to celebrate Valentine's Day at a local restaurant. We do this occasionally just to break the routine and, if you do not tell anybody, I like to make fun of other people.

When I was growing up a lot of people made fun of me. Turnabout is fair play, I always say.

We were getting along most famously and enjoying our evening repast when I happened to overhear the conversation from the table behind us. I am not one to eavesdrop, but there are some situations and words when it's impossible not to eavesdrop. If I want to tell my wife something I do not want anybody else to hear, I say it in the car so nobody else can hear. That is a rule everybody should understand.

I remember as a child whenever I got too loud in the house, my mother would always say, "Use your indoor voice. You're getting too loud." I was about to turn around and tell the people behind us to use their indoor voice. Then I heard what they were saying and turned up the listening volume.

"These people who believe in God just make me angry," the man said to his companion. "People who believe in God these days must be crazy."

I really was tempted to interrupt him at this point but I wanted to hear what else he had to say.

"I'm not going to let anybody tell me what to do. I am the master of my own ship. I'm the captain of my life and what I say goes."

I have heard that line many times before. Usually, the people who use this line of argument are those who believe

in evolution and, in this case, this man probably did come from some monkey somewhere.

There was a little lull in the conversation and I went back to my dinner and conversation at our table. Then I heard the guy behind me beat his chest and roar again.

"I am what I am today because of my determination and my strength and my knowledge. I can do anything I set my heart on. Nobody can get in my way."

At this point, it was all I could do to keep from laughing and falling off my chair. My wife was trying to find out what was wrong with me and I covertly pointed to the people behind me. She listened for a moment and then a smile broke out all across her face.

Again, there was a lull in the conversation behind us and my wife and I whispered some sarcastic comments back and forth to each other. No matter how down you feel about yourself and how stupid you feel you are at times, it is always wonderful to run into someone stupider than yourself. That is what life is all about.

The guy behind me then made another comment. "All this snow up north is disgusting. When will it ever stop? I've never known it to snow that much in any winter in my life."

I glanced at my wife and I could see her shaking her head and mouthing the word "no." Don't you hate it when your wife can read your mind, especially sometimes before your mind even works? She knew what I was thinking about and it was all I could do to keep from turning around and telling this man, "If you're as big and as powerful as you think you are why don't YOU do something about the snow up north?"

Then, had I run with that thought, I would have said, "If you can't control something as simple as the weather how in the world are you going to control your own life?"

It was all my wife could do to get me safely out of the restaurant. I wanted to go up to the table and stand before that guy, beat my chest and say, "Me Tarzan, you insane."

Driving home from the restaurant that night a verse of Scripture came to my mind.

"For if a man think himself to be something, when he is nothing, he deceiveth himself" (Galatians 6:3).

It takes a real man to know what he can and cannot do and then give honor to the One who can do what he cannot do. Rev. James L. Snyder is pastor of the Family of God Fellowship, PO Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. E-mail jamesnyder2@att.net. His web site is www.jamesnyderministries.com.

LEFT TURN /RIGHT TURN

HOWARD Hays As I See It



"... even if it was ignorance... it was willful ignorance... the campaign against health reform has, at every stage, grabbed hold of any and every argument it could find against insuring the uninsured, with truth and logic never entering into the matter."

- Paul Krugman in the NY Times

It's been in the news a while, but when I saw Greg Welborn using it as the basis for warning that "America is disappearing", I thought I'd look into the Congressional Budget Office's "Budget and Economic Outlook: 2014 to 2024" for myself.

The report forecasts the budget deficit for FY 2014 coming in at \$514 billion - down from the \$1.4 trillion 2009 deficit President Obama inherited from George W. Bush. That's 3% of GDP - about average for the past forty years.

Deficits are projected to get smaller over the next couple years, but then to start rising - fueled by an aging population, increased healthcare costs, and growing interest on the national debt. Leaving aside Social Security, health programs and interest on the debt, remaining federal spending would be a smaller percentage of GDP than at any time since they started keeping track of these numbers back in 1940.

The report projects 3% growth in GDP from fourth-quarter 2013 to fourth-quarter 2014, the highest rate in a decade. Growth will continue through 2017 with low inflation, but, with a strengthening economy, interest rates will rise and unemployment will continue hovering above 6%.

Those are the basics. What made news, though, is found back on page 117, Appendix C - "Labor Effects of the Affordable Care Act: Updated Estimates". The report concludes that low-income subsidies available through the exchanges and expansion of Medicaid will have an effect on those who'd been working simply to maintain health coverage. In the period 2017 through 2024, the CBO figures there will be 1.5 to 2% fewer work hours put in as a result - all told the equivalent of 2-to-2.5 million full-time jobs. Mainly involving low-wage workers, the effect is a 1% drop in "aggregate labor compensation over the 2017-2024 period".

(Employment will continue to increase; reductions are not to the numbers as they are now, but to what the increase over the next ten years otherwise would have been.) This is where the right-wing media thought they had a real "Aha!" moment. Over on Fox News, there was breathless reporting on the "bombshell" from the CBO revealing the "killing" of 2 million jobs under "Obamacare".

Rep. Eric Cantor (R-VA) tweeted, "Under Obamacare, millions of hardworking Americans will lose their jobs and those who keep them will see their hours and wages reduced."

This brought Paul Krugman's response as quoted above, which began, "... was Mr. Cantor being dishonest? Or was he just ignorant of the policy basics and unwilling

to actually read the report before trumpeting his misrepresentation of what it said?"

CBO Director Doug Elmendorf, in fact, was called before the House Budget Committee to explain the difference between labor supply and labor demand; the difference between not being able to find work and choosing not to - with the prospect of losing health coverage no longer hanging over your head. Elmendorf added that the poorest Americans would now have money freed up to spend in other areas of the economy, and that "on balance, CBO estimates that the ACA will boost overall demand for goods and services over the next few years."

Immediately following the report's release, the political press didn't bother with what it said (6 million enrolled through the exchanges, 25 million Americans with health insurance because of the ACA), but of the "devastating" impact on Democrats in the upcoming mid-terms, as Republicans campaign on "2 million jobs killed by Obamacare".

The public, however, was ahead of the press on this one. For those who thought about it, it wasn't "2 million jobs killed", but acknowledgment by the CBO that 2 million Americans have been locked into dead-end jobs solely to preserve health coverage - a situation incomprehensible in any other advanced economy in the world.

Okay, maybe folks weren't buying the "jobs killed" line anymore - so the talking points shifted into resentment towards subsidizing, as Greg put it, those "freeloaders who want to photograph butterflies mating and float crucifixes in..." (you know the rest). Few, if anybody, are buying this line, either.

In reality, benefits provided through the ACA's subsidies and Medicaid expansion promote values long-espoused by conservatives, as well the rest of us. A young mother is freed to spend more time at home with her children rather than at a job solely to protect health benefits; seniors, after a life of hard work, spend time with grandkids instead of at a bottom-rung job waiting for Medicare eligibility; those with dreams of becoming the next Ford, Edison or Steve Jobs can take what they've borrowed from family and the SBA and actually pursue, in Greg's words, "the America of opportunity, upward mobility and freedom". Americans don't need lectures from Sen. Paul Ryan (R-WI) on how this freedom deprives them of the "dignity of work", or, according to Greg, their "purpose and self-esteem".

Ironically, according to the CBO report, work is most discouraged in those red states which turned down the ACA's expansion of Medicaid benefits. Elsewhere, you can go out and get part-time, low-wage (up to 138% of poverty level) work and keep your benefits. In Republican-led states rejecting the ACA, however, the choice is to either stay unemployed and in poverty, or lose health coverage for yourself and your family.

Greg warns that "This will become the America where wealth is given to those who best learn to game the system and/or who are politically connected." For many Americans, it already is. Accordingly, there won't be such "willful ignorance" as they go to the polls this November.

LIBERALISM'S DEATH GREG Welborn

I came of age politically admiring the liberalism of John Kennedy. Perhaps I was naïve, but it seemed to embody the best of American values. Liberalism today is nothing like that. There have been plenty of warning signs, but this administration seems to have a knack for redefining downward what it means to be "liberal". The most recent example is the FCC's desire to send "researchers" into newsrooms across America to grill editors about the decisions they make on which stories to highlight and pursue. If that doesn't seem like a violation of traditional liberal philosophy, I'm not sure what would. That got me to thinking, so I'm proposing a test for all who consider themselves "liberal". Consider the following carefully. Where do you stand on each issue?

1. The Federal Communication Commission (FCC) will, according to one of its own commissioners, "grill reporters, editors and station owners about how they decide which stories to run."
2. The President of the United States announces he will bypass Congress by simply using his "pen" to sign whatever executive order is necessary to accomplish his purposes. Gone is any attempt to negotiate, cajole, or horse trade. Gone is the pretense of democratic governance.
3. The IRS is allowed (those more cynical might say directed) to target conservative groups seeking non-profit status.
4. The Justice Department spied on reporters by eavesdropping on phone conversations and pulling emails of reporters without the benefit of a search warrant.
5. Poor parents should not be allowed access to private or parochial schools that wealthy liberal politicians themselves use for their kids.
6. The minimum wage should be raised because it will benefit those who keep their jobs, even as it causes the unemployment of 500,000 of those on the lowest end of the wage scale.
7. Speech should be regulated on college campuses so that it doesn't offend certain favored groups.
8. High schools should hand out condoms to students because they'll "do it anyway", but restrict cigarettes

because "they'll listen to us if we teach them".

9. No matter the stage of pregnancy, every woman should have the right to choose, but no fetus should have the right to life, liberty and the pursuit of happiness.

10. But, it is immoral to terminate the life of any murderer no matter how heinous the murder.

11. It is wrong for students to hear "God bless you" at their graduations.

12. The United States and Russia are morally equivalent, thus Russia should be our equal partner in handling issues in the Ukraine, Syria and Iran.

I may be accused of prejudice or cherry picking in compiling the above list, but I would ask those who hurl such accusations to point to specific, concrete evidence of where I have misrepresented the mainstream Liberal position of 2014.

No political party is immune from corruption of its ideals. The key is whether the substantial number of Americans who would self-identify as liberal would object to what's being articulated as "liberal" orthodoxy today.

I wrote this article with the knowledge that I have always been a liberal as that term was normally defined. I would have been a liberal in 1776, during the Civil War, and with the civil rights workers in the South. But I can't identify with what passes for liberalism today. Maybe, I'll just have to call myself a "conservative".

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

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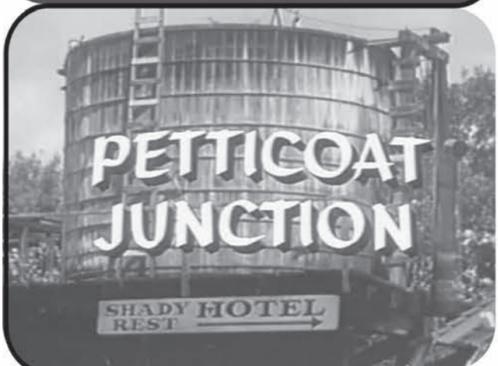
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WHAT'S ON 98

February 24 - March 2, 2014

The House of Rothschild is playing Thursday at 4 p.m. The story of the Rothschild family's rise as financial leaders of Europe. This show has a lot of high stars like; Boris Karloff, Loretta Young, Robert Young (not related) Reginald Owen and Oscar winner George Arliss.

The Rothschild family lived in Prussia and papa Rothschild was a merchant trader that was able to prosper despite the onerous tax collector and the added burdens put upon all Jews in Prussia. But his best contribution to his legacy was the five sons that he and his wife brought into the world. In the days that they lived, the biggest problem that merchants faces was robbery on the highways as they transported the cash and goods that they needed to conduct business. on his death bed, papa Rothschild advised his five sons to each establish a bank in each of the five large capital cities of Europe. He told them that when a merchant needed to move money from one capital to another, instead of sending cash by couriers that would be robbed, they should simply send a note to the other to provide the cash, and thus trade with each other, keeping the accounts straight between them. Through the period of the wars of Napoleon the Rothschilds loaned Europe the cash that it needed to fight and conquer Napoleon.

A sub-plot is the romance of the daughter of the London son to an army officer that has a very difficult time getting the approval of her father for the union. Another interesting historical item is that although the majority of this motion picture is in black and white, the final minutes are in color, at a time when color was a very new and experimental thing. The history of Europe during the Napoleonic era as seen through the eyes of the House of Rothschild is well told in this historic saga.

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 Mystery movies
- 7-9 Bonanza, Mr. & Mrs. North and Sherlock Holmes
- 9-10 Comedy 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 programming 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.

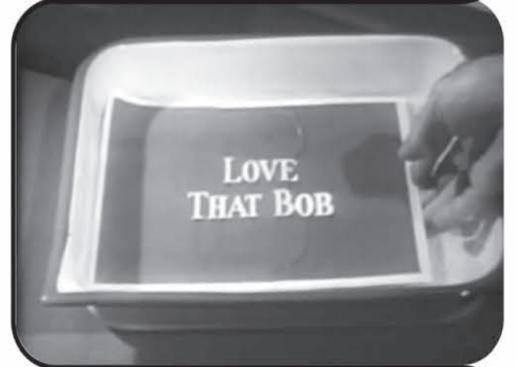
	My Picks of the Week
Monday	Remedy for Riches
Tuesday	The Road to Ruin
Wednesday	Lonely Wives
Thursday	The House of Rothschild
Friday	Boys of the City
Saturday	Fighting Carvans
Sunday	The Melody Master

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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U.S. Ranger Tex is inviting all you young cowboys and cowgirls to watch Western Saturdays every Saturday on Channel 98

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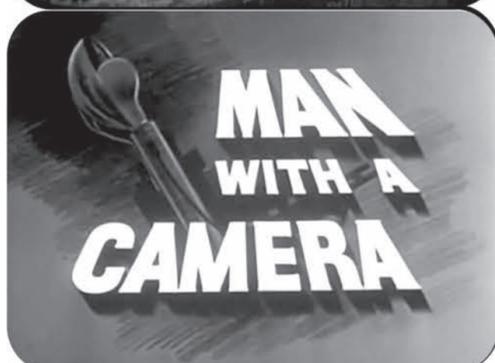
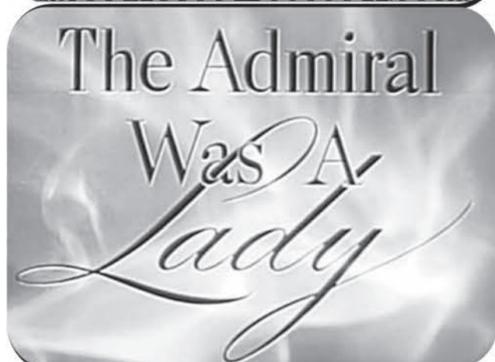
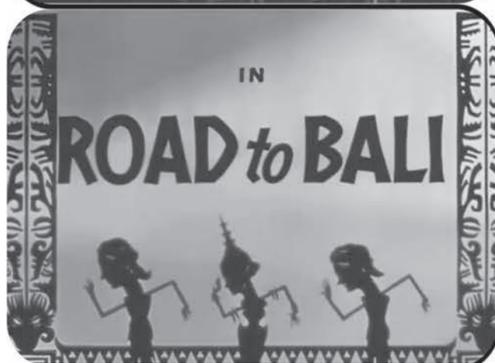
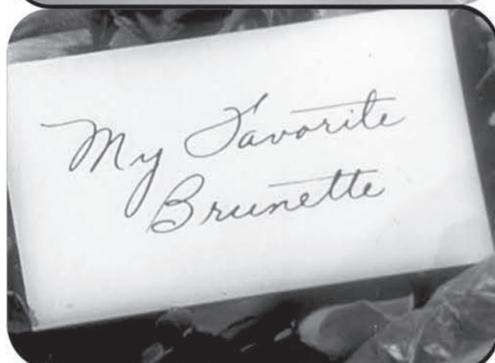
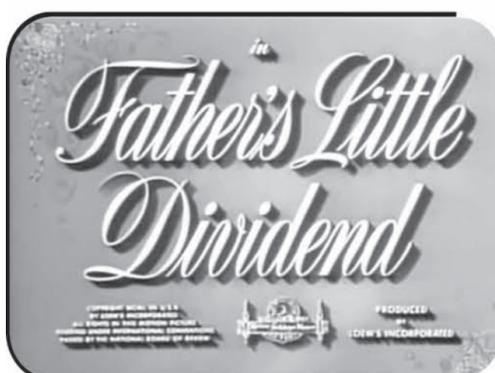
Pasadena

Altadena

Monrovia

THIS WEEK ON 98

Monday 2.24.14	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	The Vampire Bat
7 to 8 pm	Bonanza, Mr. & Mrs. North, Sherlock Holmes
9 to 10 pm	Remedy for Riches
Tuesday 2.25.14	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	Phantom Ship
7 to 8 pm	Bonanza, Mr. & Mrs. North, Sherlock Holmes
9 to 10 pm	The Road to Ruin
Wednesday 2.26.14	Movies
7 to 8 am	Children's Programing
9 to 10 am	Painting, Cooking and much much more
11 to 12 pm	Hillbilly Blitzkrieg
1 to 2 pm	Lonely Wives
3 to 4 pm	Our Town
5 to 6 pm	Revolt of the Zombies
7 to 8 pm	Bonanza, Mr. & Mrs. North, Sherlock Holmes
9 to 10 pm	Hillbilly Blitzkrieg
Thursday 2.27.14	Movies
7 to 8 am	Children's Programing
9 to 10 am	Painting, Cooking and much much more
11 to 12 pm	Meet the Mayor
1 to 2 pm	Millie
3 to 4 pm	The House of Rothschild
5 to 6 pm	The Invisible Ghost
7 to 8 pm	Bonanza, Mr. & Mrs. North, Sherlock Holmes
9 to 10 pm	Meet the Mayor
Friday 2.28.14	Movies
7 to 8 am	Sand Sculpting
9 to 10 am	Painting, Cooking and much much more
11 to 12 pm	Boys of the City
1 to 2 pm	Second Chorus
3 to 4 pm	Friday the Thirteenth
5 to 6 pm	The Corpse Vanishes
7 to 8 pm	Bonanza, Mr. & Mrs. North, Sherlock Holmes
9 to 10 pm	Boys of the City
Saturday 3.01.14	Movies
7 to 8 am	Children's Programing
9 to 10 am	Billy the Kid in Santa Fe
11 to 12 pm	Fighting Carvans
1 to 2 pm	To The Last Man & Range Warfare
3 to 4 pm	The Cowboy Counselor and Cowboy from Sundown
5 to 6 pm	The Stork Club
7 to 8 pm	Sunny
9 to 10 pm	Fighting Carvans
Sunday 3.02-.14	Movies
7 to 8 am	Children's Programing
9 to 11 am	Music - Zydeco Magic
11 to 12 pm	Sentence of Death and 1984
1 to 2 pm	Bonanza Specials
3 to 4 pm	Breaking the Ice
5 to 6 pm	Whistle Stop
7 to 8 pm	The Melody Master
9 to 10 pm	Sentence of Death and 1984



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City of Sierra Madre

ORDINANCE 1351

AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF SIERRA MADRE, CALIFORNIA AMENDING SECTION 13.08.020 OF THE SIERRA MADRE MUNICIPAL CODE REGARDING SEWER RATES AND ADOPTING WATER AND SEWER RATE SCHEDULES

WHEREAS, the City provides water service pursuant to Chapter 13.04 of the Sierra Madre Municipal Code,
 WHEREAS, Section 13.04.060 provides for the approval of a water rate schedule pursuant to Article XIID, Section 6 of the California Constitution;
 WHEREAS, the City provides sewer service pursuant to Chapter 13.08 of the Sierra Madre Municipal Code,
 WHEREAS, by prior action the City Council proposed to increase the rates charged for water and sewer service;
 WHEREAS, notice of the proposed rate increases and of a hearing thereon, was mailed pursuant to Article XIID, Section 6 of the California Constitution;
 WHEREAS, a full and fair public hearing was held on January 28, 2014, at which all interested persons were permitted to present oral and written testimony with respect to the proposed increased rates;

WHEREAS, protest ballots received by the city up to the close of the public input portion of the public hearing have been tabulated in a location accessible to the public by impartial persons designated by the agency who do not have a vested interest in the outcome of the proposed water rate and sewer rate increases;
 WHEREAS, the protest ballots have been unsealed and tabulated in public view to permit all interested persons to meaningfully monitor the accuracy of the tabulation process;
 WHEREAS, following the public input portion of the public hearing and tabulation of the ballots it is found that a majority protest does not exist;

THE CITY COUNCIL OF THE CITY OF SIERRA MADRE DOES HEREBY ORDAIN AND RESOLVE AS FOLLOWS:

Section 1. Section 13.08.020 is hereby amended to read as follows: 13.80.020 Sewer Rates The City shall adopt a schedule of sewer rates pursuant to Article XIID, Section 6 of the California Constitution

Section 2. The rate schedule set forth in Exhibit "A" to this Ordinance is hereby approved as the schedule of water rates for the City.

Section 3. The rate schedule set forth in Exhibit "B" to this Ordinance is hereby approved as the schedule of sewer rates for the City.

Section 4. The City Council may annually consider the rates set forth in Exhibits A and B and may, by Ordinance, reduce or delay the effectiveness of any scheduled rate.

Section 5. The City Council directs that the Utility Users Tax imposed by Section 3.36.090 shall be collected at a rate of 8 % beginning with the effective date of the rate increases, unless modified by subsequent ordinance, resolution, order, or municipal election rescinding this direction effective as of any date subsequent to the adoption of that ordinance, resolution, or order. Such rescission shall not be interpreted as an increase of the rate of the Utility Users Tax for purposes of Articles XIII A or XIIC of the California Constitution. Notwithstanding any other provision of this Ordinance, the Council would not have adopted any portion of this Section if any other portion of this Section were invalid or unenforceable and the provisions of this Section are not intended to be severable from each other.

Section 6. The City Council finds as follows:
 A. The purpose of the City's water rates is to fund costs associated with providing water service to the customers in the City
 B. The revenue from the water rates will not be used for any other purpose and will not exceed the funds required to provide water service.
 C. The amount of the water rates, and of the Water Connection Fee (Bi-Monthly Meter Charge), imposed upon any customer does not exceed the proportional cost of service attributable to the customer.
 D. The purpose of the City's sewer rates is to fund costs associated with providing sewer service to the customers in the City
 E. The revenue from the sewer rates will not be used for any other purpose and will not exceed the funds required to provide sewer service.
 F. The amount of the sewer rates imposed upon any customer does not exceed the proportional cost of service attributable to the customer.

Section 7. If any section, subsection, subdivision, paragraph, sentence, clause, or phrase of this Ordinance is for any reason held to be invalid or unenforceable, such invalidity or unenforceability shall not affect the validity or enforceability of the remaining sections, subsections, subdivisions, paragraphs, sentences, clauses, or phrases hereof, irrespective of the fact that any one or more of the sections, subsections, subdivisions, paragraphs, sentences, clauses, or phrases hereof be declared invalid or unenforceable. To the extent the provisions of the Sierra Madre Municipal Code as amended by this Ordinance are substantially the same as the provisions of the Code as they read immediately prior to the adoption of this Ordinance, then those provisions shall be construed as continuations of the earlier provisions and not as new enactments.

Section 8. This ordinance shall take effect thirty days after its passage and adoption pursuant to California Government Code section 36937. The rates established by this Ordinance for Fiscal Year 2013-2014 shall be effective March 13, 2014. Rates for each subsequent fiscal year shall automatically take effect on July 1 of that fiscal year.

Section 9. The City Clerk shall certify to the passage and adoption of this Ordinance and shall cause the same to be published according to law.

PASSED, APPROVED, and ADOPTED this _____ day of _____ 2014.
 AYES:
 NOES:

Exhibit A

Water Rates, Fiscal Years Ending 2014 through 2018

BI-MONTHLY SERVICE CHARGE					
Meter Size	FYE 2014	FYE 2015	FYE 2016	FYE 2017	FYE 2018
5/8", 3/4"	\$57.83	\$66.01	\$74.61	\$76.61	\$79.68
1"	\$77.66	\$88.65	\$100.19	\$102.88	\$107.00
1-1/2"	\$110.71	\$126.37	\$142.83	\$146.67	\$152.54
2"	\$150.36	\$171.64	\$194.00	\$199.21	\$207.18
3"	\$242.90	\$277.27	\$313.39	\$321.81	\$334.68
4"	\$375.10	\$428.17	\$483.95	\$496.95	\$516.83
PRIVATE FIRE SERVICE BI-MONTHLY CHARGE					
2"	\$4.57	\$5.21	\$5.89	\$6.05	\$6.29
4"	\$28.27	\$32.27	\$36.47	\$37.45	\$38.95

Residential Tiered Rates (\$/CCF)						
ALLOTMENT	FYE 2014	FYE 2015	FYE 2016	FYE 2017	FYE 2018	
TIER 1	11	\$1.91	\$2.21	\$2.52	\$2.58	\$2.69
TIER 2	33	\$2.57	\$2.93	\$3.28	\$3.36	\$3.47
TIER 3	66	\$3.05	\$3.46	\$3.86	\$3.95	\$4.08
TIER 4	>66	\$4.07	\$4.66	\$5.23	\$5.36	\$5.55
Non-Residential Rate (\$/CCF)						
UNIFORM		\$2.83	\$3.16	\$3.64	\$3.74	\$3.89

Exhibit B

Sewer Rates, Fiscal Years Ending 2014 through 2018

Sewer Charges						
Customer Class	Description	FYE 2014	FYE 2015	FYE 2016	FYE 2017	FYE 2018
Residential	Bi-monthly Charge	\$28.09	\$29.22	\$30.39	\$31.30	\$32.24
Non-Residential						
Commercial Institutional	Bi-Monthly Charge	\$17.02	\$17.70	\$18.41	\$18.96	\$19.53
Commercial	Cost per CCF	\$0.63	\$0.65	\$0.68	\$0.70	\$0.72
Institutional	Cost per CCF	\$0.37	\$0.39	\$0.40	\$0.42	\$0.43

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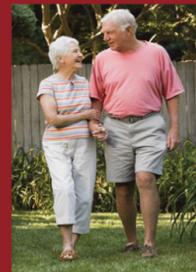


I specialize in helping seniors and their family members with my unique **Silver Service Program** that is a 'one stop shopping' type approach to help you find a suitable community, determining the probable selling price and preparing the family home for selling, staging, packing, estate sales and many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

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

MIKKI PORRETTA
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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.*



NOTICE OF PETITION TO ADMINISTER ESTATE OF: ROBERT B. BRODNAX CASE NO. BP148942

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of ROBERT B. BRODNAX:

A PETITION FOR PROBATE has been filed by BARBARA B. WALTERS in the Superior Court of California, County of LOS ANGELES.

THE PETITION FOR PROBATE requests that BARBARA B. WALTERS be appointed as personal representative to administer the estate of the decedent.

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 in this court as follows: 03/10/14 at 8:30AM in Dept. 11 located at 111 N. HILL ST., LOS ANGELES, CA 90012

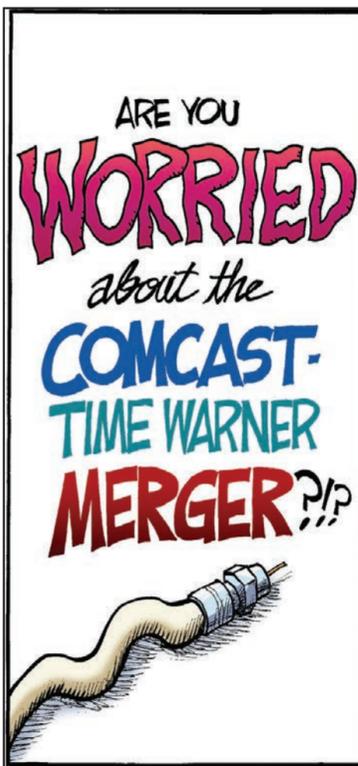
IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

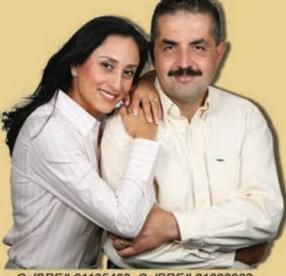
IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as 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
CHRISTOPHER J. ZUCCONI
 2496 E ST #2C
 SAN DIEGO CA 92102
 2/15, 2/22, 3/1/14
 CNS-2586094#





Tsinoglou
Luther & Georgina
626-507-3029
30 North Baldwin Ave,
Sierra Madre, CA 91024
luther@tsinoglou.com www.Tsinoglou.com



CalBRE# 01135433 CalBRE# 01393982

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PENDING

Spacious and well maintained home offering an open living/dining area, family room with fireplace, and home office. Home also includes a newer roof, updated windows, covered patio, and a rear yard which offers plenty of privacy and a number of fruit trees.

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Spacious and well maintained home, offering 3 bedrooms and 2 baths, with an open living room area. This single family residence is located in the quiet neighborhood of Pomona. Gated yard for privacy, along with an attached garage, are just a few of the benefits that this home offers.

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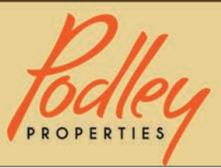
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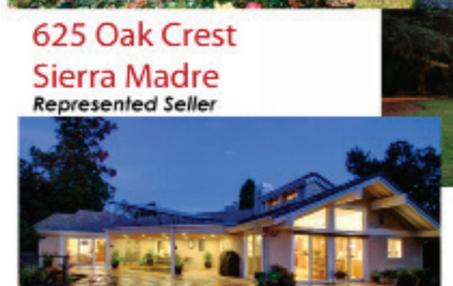


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**225 Monroe Pl.
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Represented Seller



**625 Oak Crest
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Represented Seller



**252 E. Grandview
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