

Mountain Views News

Sierra Madre

Arcadia

Pasadena

Altadena

Duarte

Monrovia

SATURDAY, MARCH 29, 2014

VOLUME 8 NO. 13

MEASURE UUT: YOUR CITY, YOUR CHOICE, PART III



By John Capoccia, Member of Sierra Madre City Council

This is the third and last of a three-part series. Yes on Measure UUT will keep your Utility User Tax at 10%, the same rate you are paying today. If Measure UUT fails, the tax will sunset to 6% in 2016, resulting in a \$1,000,000 per year loss to Sierra Madre's General Fund.

Continuing discussion on where it may be possible to cut expenses, it's been suggested that we're too generous to our employees. Nothing could be further from the truth. While it is true that for active employees, health benefits are generally a higher percentage of total compensation compared to other cities, but what is important for Sierra Madre taxpayers is this: The total compensation we offer our employees is far less than our neighbors (don't take my word for it, I invite you to peruse the "Transparent California" website to do your own comparisons – call me and tell me what you find!). Sierra Madre offers its employees a total compensation package that is merely sufficient to retain and recruit competent employees. Sierra Madre's strategy of keeping wages low in relation to health care benefits is good for taxpayers in another way – it lowers future pension obligations. Pension calculations are based on salary, not on health benefits. This strategy also does not negatively contribute to future Other Post-Employment Benefits (OPEB), because after an employee retires, Sierra Madre only offers the lowest-cost health package, and only for the retiree, not their dependents. We don't offer insurance or other OPEB benefits either – only health insurance, and only until the retiree is eligible for Medicare.

Our OPEB benefits are minimized in another way – There's a high threshold

to qualify for post-retirement medical benefits. For non-public safety employees hired after 1995, individuals must work for Sierra Madre for 30 years (service for other cities does not count), and must not retire until age 62. For public safety employees hired after 2012, the situation is similar.

The bottom line: It is not practical, nor is it reasonable to cut back further on employee compensation. Our policy should continue to be such that we provide a total compensation package that is sufficient to retain and recruit competent employees. Our current strategy of weighting health care more heavily than salary is a good one that benefits Sierra Madre's taxpayers.

Some have suggested that Sierra Madre will soon be awash with cash from rising utility prices and real estate prices. This is untrue. Since Sierra Madre's City Council voted to suspend the automatic UUT increase in 2010, keeping it at 10% instead of the 12% authorized by voters in 2008 with Measure U, utility tax revenue has been relatively flat. Increases in water rates have been offset somewhat by the council-voted reduction to 9% for water and sewer. Furthermore, the current council voted to reduce the UUT to 8% for water and sewer effective March 1, coincident with the latest water rate increase. If measure UUT passes, the water and sewer tax rate will then automatically reduce to 6% by June 30, 2015.

Revenue from telecommunications is down considerably (*cont. on page 3*)

NO LOCAL DAMAGE REPORTED AFTER 5.1 EARTHQUAKE



"Caltech Seismologist Robert Graves discusses Friday's 5.1 earthquake with local media, D. Lee/MVNews"

by Dean Lee

A 5.1 earthquake centered in La Habra struck at approximately 9:09 p.m. Friday evening according to the US Geological Survey. Pasadena Fire, Police, and Water & Power Departments began surveying the City following the earthquake and, at press time, the survey was completed and all city operations returned to normal.

About a dozen local TV news crews waited at Caltech late Friday night as seismologists trickled information to them.

"Up to this time we have had up to

30 aftershocks, Caltech seismologist Robert Graves said "Three of those aftershocks have been greater than 3.0 magnitude."

He said there have been only minor reports of damage such as items falling off shelves, "there are no reports of structural damage."

Graves also said there was a slight chance of a larger magnitude earthquake in the next couple of days.

Lucile Jones, seismologist for the US Geological Survey said Friday's earthquake could be related to the March 17 magnitude-4.4 quake near Encino.

Graves said the earthquake had not yet been assigned to any fault.

City officials also said to be prepared for future aftershocks. For more information on preparing for earthquakes and disasters, visit the following websites or call the City's emergency management coordinator at (626) 744-7276:

http://www.cityofpasadena.net/Fire/Earthquake_Preparedness/
<http://cityofpasadena.net/disaster>

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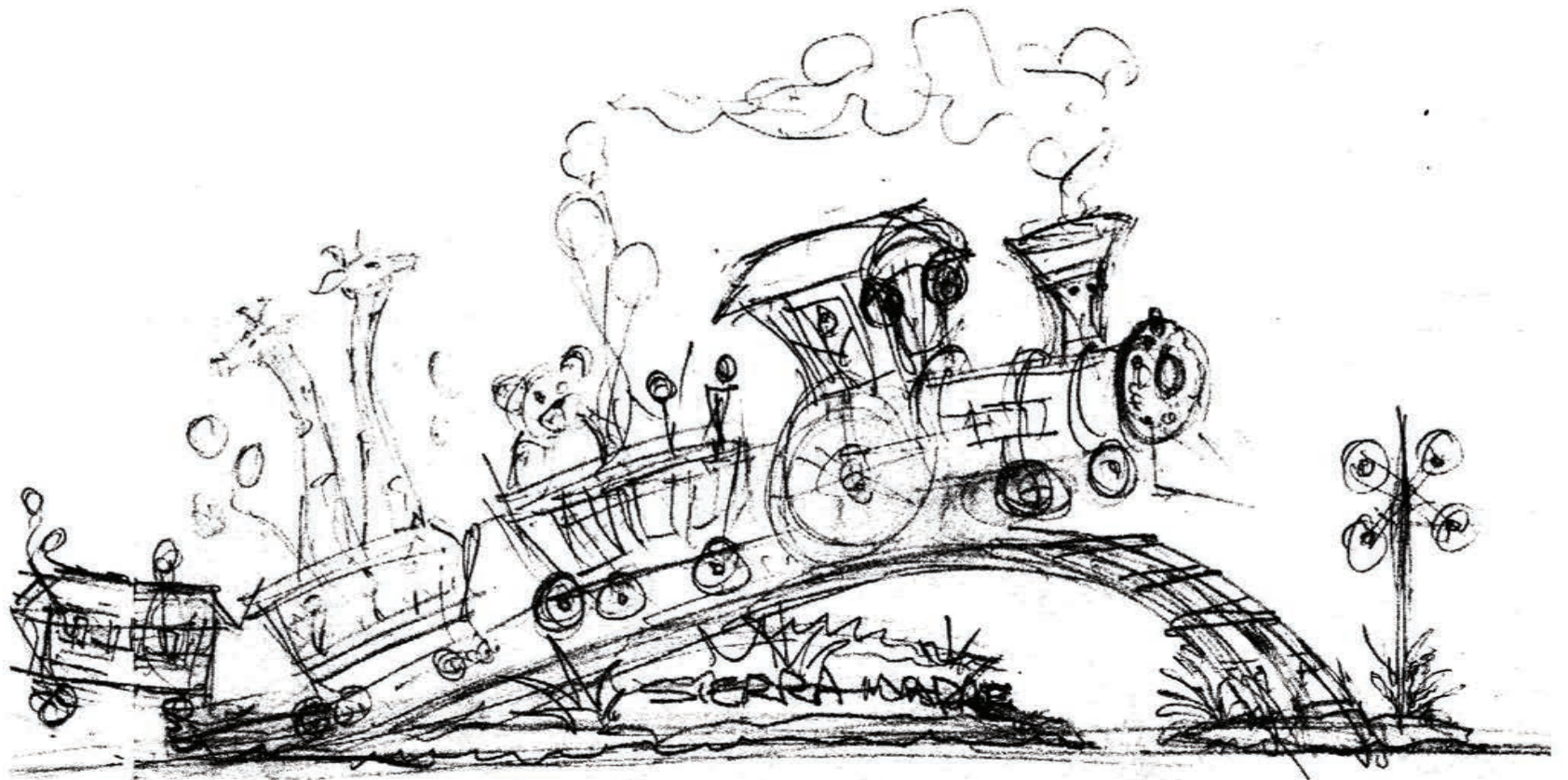
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ROSE FLOAT ASSOCIATION 2015 FLOAT DESIGN APPROVED



The SIERRA MADRE ROSE FLOAT ASSOCIATION (SMRFA) is excited to announce that its selected conceptual design for the 2015 Pasadena Tournament of Roses Parade as submitted at Theme Draft has been formally accepted.

On our 2015 float we will create a combination of concepts submitted by three different design submissions, Nancie Filkins, Justin and Kim Brandstater and Joanne Garcia. The final design and float name is still to be decided.

The theme of the 2015 Rose Parade is "Inspiring Stories".

The Association has already started the process of further refining the design, working out construction methods, and choosing colors and materials. The float barn is located at 587 East Sierra Madre Blvd. Every Sunday we are developing our float from 10:00 AM until ?, come by and help build our creation. Being involved in the development of our float is exciting as well as final decorating. Contact the association at 626-355-7005.

SAVE THE DATE!

It's time for the SMRFA Legendary Spring Bingo on Saturday, April 19th! The event will be held in the Sierra Madre Room at the Recreation Center.



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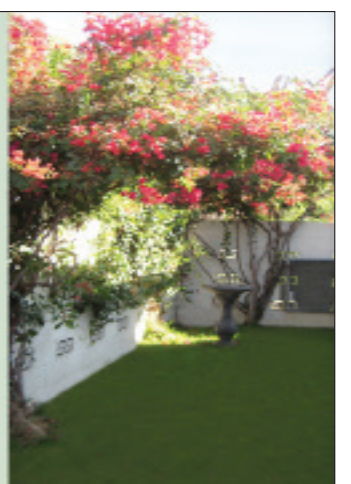
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Weather Wise

5-Day Forecast

Sierra Madre, Ca.

Mon:	Ptly Cldy	Hi 60s	Lows 50s
Tues:	Showers	Hi 60s	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, April 8, 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

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

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MEETINGS ARE EACH TUESDAY AT NOON,

EXCEPT FOR THE 2ND TUESDAY OF EACH MONTH,

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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.



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Sierra Madre Woman's Club

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9 am TO 2 pm

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Rotary of Sierra Madre is proud to present our newest member Juliann Gibson.



Juliann was raised in Arcadia and currently lives in Sierra Madre. After Graduating from Arcadia High, she attended PCC and Watterson College. She holds an AA degree in Business Admin. and is a Certified Executive Assistant. Married in 1990 to Calvin Gibson (English Teacher), they have son, Ian, now attending PCC, a dog, Rosie, cat, Misty. Juliann became a Realtor in 2002 and is currently working at Sotheby's International Realty in Pasadena. Juliann says, "I love my job!"

She also runs the Sierra Madre Walk and Talk "meetup" group.

For more information about Rotary please email: Peggybeau@gmail.com



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What's on YOUR Mind?



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Twitter: @mtnviewsnews



SIERRA MADRE

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

ART FAIR VOLUNTEERS NEEDED



An easy and fun way to get involved in our community is to volunteer for a shift at the annual Friends of the Sierra Madre Library Art Fair. Not only do you help the Friends, but you get to see and chat with your Sierra Madre neighbors who visit the Fair. This year's Art Fair is being held in Memorial Park on Saturday, May 3, 2014 from 9:30am to 6:00pm and Sunday, May 4, 2014 from 9:30am to 5:00pm. Volunteers are needed to act as area hosts and hostesses, to serve at the Friends Booth and the Friends Food Booth, to work at the wine and beer garden, and to work at the Silent Auction.

Volunteer shifts are short (two hours) and since there are so many people coming through, the time passes quickly. Area hosts and hostesses are assigned an area and are responsible for visiting the vendors in the booths in that area to see if they need anything and to sit at their booth if they need to take a break. The Friends Booth is where people can get information about the organization and can buy an Art Fair t-shirt. Brochures explaining what it means to be a member of the Friends will be at the booth and should provide the answer to any questions people have. The Friends Food Booth is where our popular sweet breads are sold. You'll be very busy there! We're going to have a Silent Auction again this year and volunteers are needed to help keep track of the items being auctioned and to explain the bidding process. You'll be given information that should answer any questions bidders should ask. The wine and beer garden is new this year and we'll need people to sell tickets, check IDs, attach wristbands, secure the area, and serve the wine and beer.

Does volunteering at the Art Fair sound like something you'd like to do? Contact Fran Garbaccio at 355-6536 or by email at fgarbaccio@aol.com. We also need pop ups and if you have one that you'd be willing to loan the Friends for the weekend, please contact Janet Emery at 355-6499 or by email at jkemery20@gmail.com.

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UUT PART III (cont. from page 1)

from its high in 2010, due to the trend of customers disconnecting their land-lines in favor of mobile phones, and because of the rise in data services, which are not taxed, in favor of voice communications. Trends in telecommunications may continue downward, and there's uncertainty regarding cable TV, as many disconnect in favor of streaming from Netflix, Hulu and other services, and also because of increasing costs of sports packaging, and the unwillingness of consumers to bear those costs.

Yes, electricity rates are bound to go up, and overall there is likely to be an increase in tax revenue from water and sewer revenue in the outer years of the rate implementation plan, but the bottom line is that overall utility tax revenue has been flat and is likely to remain so. Even if there is an increase in revenue, it will be insufficient to meaningfully offset the effect of a UUT sunset to 6%.

Property Tax: Likewise, there will not be a revenue windfall from increasing home values. There are three factors that influence property tax revenue: Property valuation, turnover rate, and inflation factor. Under Proposition 13, the yearly increase in property tax is limited to the lesser of 2% or the California Consumer Price Index (CCPI). For fiscal year 2013/2014, this is the first time since 2008 that Sierra Madre will get the full 2% increase on property. For 2014/2015, the State Board of Equalization has notified municipalities that the inflation rate to be applied is less than ½ of 1%.

Property values have been increasing, and turnover has increased recently, but on average, the assessment has not increased enough to make a substantial difference. I recently did my own study of the last fifty-two residential single family properties that have sold. The average price was \$925,000, and the average assessed value prior to the sale was \$519,000, with an increase of assessed value of \$406,000. Assuming a healthy turnover of 120 houses in a year (99 were sold in fiscal year 2012/2013), this yields an increase in revenue of \$100,000. Combine that with the paltry 0.05% CCPI on remaining homes, General Fund revenue will increase by less than \$120,000, and this is a good year when prices are booming! At best, this will help to offset rising costs. It will not help close the gap if the UUT tax sunsets with the resultant annual loss of \$1,000,000 in revenue.

Sales Tax: Sales tax revenue represents only 2% of GF revenue, or approximately \$200,000. I've been listening to many wonderful ideas over the years on how we're going to stimulate business in town to increase sales tax revenue. Despite best efforts, the trend is the same - Absolutely flat. We'd need a WalMart or Target here in town to bend the sales tax curve!

Likewise, Franchise fees and Business License fees represent a small portion of the revenue stream and are not likely to increase significantly.

In conclusion, the revenue forecast in the current 2013/2015 budget is accurately represented, and a meaningful deviation is extremely unlikely.

The Case for Healthy Reserves: If you've been following events in the news regarding Sierra Madre, you recognize that there are other significant challenges that we must address. Without specifically mentioning these sensitive, publicly disclosed threats, let's suffice it to say that we're in a better position to defend our collective interest when we have healthy financial reserves. If we can't afford to defend and protect our interests, we'll more easily be pressured to concede. With a loss of \$1,000,000 annual revenue if Measure UUT fails, the potential to eat away our reserves is very real.

Healthy reserves are a good thing. In the past, reserves were used to build the municipal pool, and purchase mountain property to protect our watershed wilderness among other things. All of us should think for a few minutes how better reserves could have helped us to take advantage of hillside opportunities in the recent past, and what we might be able to do in the future.

I should also remind readers that the City Council removed the funding for the National Pollution Discharge Elimination System (NPDES) from the sewer rate study (keeping your sewer rate increase as low as possible). The funding will now come from unallocated reserves and gas tax funding (less money is now available for street repair), and is unfunded beyond the next two fiscal years.

What Can We Afford? We conservatives often talk about "living within our means". Sierra Madre's Median Household Income is \$83,875 compared to LA County's \$53,880. Among our neighbors, only Bradbury, La Canada and San Marino are higher. Our

city's finances should reflect our collective "means". Since we don't have a Walmart or an Auto Mall, there's no one else to pay for our streets, programs and public safety but ourselves.

Former Mayor and Councilmember George Maurer was quoted in Michele Zack's Southern California Story - Seeking the Better Life in Sierra Madre: "We used to just make a realistic - and this being Sierra Madre, that means conservative - budget, and then would adjust property tax rates to cover what we needed. It was much easier and we always had money to repair streets and so forth." Today, even at the current 10% UUT rate, we're challenged when it comes to properly maintaining our streets. How will we do that if the tax rate sunsets to 6% and we lose \$1,000,000 in annual revenue?

As a member of our City Council, I strive to ensure that our precious tax dollars are spent wisely and for the benefit of the community. How we take care of our city reflects our common values, similar to the way our homes and other possessions reflect our values. Sierra Madre's citizens want to keep their city safe. We want streets that are properly maintained. We want level, contiguous sidewalks. We want trees that are trimmed and properly maintained. We want a library that is reasonably well-stocked and staffed, that offers enticing programs, and is open to serve the community at convenient hours. We want quick response time from our Police, Fire and Paramedics. We want a visible police presence to discourage the bad guys. Our citizens are sensitive to the needs of our Seniors, we support our youth by striving to have programs that provide growth, camaraderie and that will provide them with life-long friendships. We support community programs that are essential to maintaining our tight sense of identity that is special to Sierra Madre and sorely lacking in so many surrounding communities.

It is for all these reasons that we choose to make Sierra Madre our home. Let's take care of our home by cherishing our legacy, providing for the future and keeping our finances strong and stable by Voting YES on Measure UUT.

It's Your City, and Your Choice.

Thanks for listening, and as always, feel free to call me on 355-6407 or email me at jcapoccia@cityofsierramadre.com.

Sierra Madre Police Blotter

FOR THE PERIOD MARCH 16, 2014 TO MARCH 23, 2014

During the week of Sunday, March 16, to Sunday March 23rd, the Sierra Madre Police Department responded to approximately 283 calls for service.

Tuesday March 18, 2014

At 12:18 pm, Sierra Madre Police responded to a disturbance call in the 500 block of E. Sierra Madre Blvd. Reporting party advised that there was a male subject at location, trespassing and verbally threatening a staff member. Officers contacted the subject and advised him not to return to location.

Wednesday March 19, 2014

At 8:56 pm, Sierra Madre Police responded to a suspicious back pack that was left hanging on the mailbox in the 00 block of Suffolk Av. Residents were asked to evacuate do to the suspicious nature of the back pack. Los Angeles County Sheriff's Bomb Squad responded to the scene. Los Angeles County Bomb Squad determined, that there was no threat or harm, and that it would not impose any danger to the surrounding residence. The entire incident lasted approximately two hours, at that time residence were clear to return their homes.

Friday March 21, 2014

At 7:30 am, Sierra Madre Police responded to the 400 block of San Gabriel Court, regarding a theft from an unlocked vehicle. Victim advised that the incident occurred sometime between Thursday March 20th evening hours through early morning hours on Friday March 21st.

Friday March 21, 2014

At 8:54 am, Sierra Madre Police responded to the 100 block of W. Montecito, regarding a welfare check on a male subject. After further investigation, Sierra Madre Police determined that one male physically assaulted another individual at the location. Suspect was taken into custody for battery.

Saturday March 22, 2014

At 5:31 pm, Sierra Madre Police responded to the 100 block of Sierra Madre regarding a possible sexual assault. After contacting victim it was determined the incident occurred on Mt. Wilson Trail. Suspect was described as a male Hispanic, approximately 36 years old, short brown hair, black eyes. Investigation still pending.

OLDER AMERICAN RECEPTION DATE CHANGED TO MAY 30, 2014

Sierra Madre, CA. - March 25, 2014 - Sierra Madre will be honoring Dick Johnson as the 2014 Sierra Madre Older American of the Year at a local reception held at the Hart Park House Senior Center on Friday, May 30, 2014 from 4:30-6:00 PM

The City of Sierra Madre Community Services Department and the Senior Community Commission are happy to announce that Richard 'Dick' Johnson has been selected as the 2014 Sierra Madre Older American of the Year. Mr. Johnson's contributions to the community have been numerous over the years including his service as Chairman for the Annual Art Fair, President of the Historical Preservation Society,

and a Library Board Trustee. In addition, he has volunteered for the local AYSO, coached Sierra Madre Little League and Pony League teams, and presently serves as a Board of Trustee for the Sierra Madre United Methodist Church.

Each year the President of the United States, the Governor of California and the Los Angeles County Board of Supervisors designate the month of May as Older American Month. In recognition of Dick Johnson's dedicated volunteer service to the community, Sierra Madre will be honoring him at a local reception held at the Hart Park House Senior Center on Friday, May 30, 2014 from 4:30-6:00 PM.

For more information on the Older American Reception or on how you can assist with honoring Dick Johnson, please contact the Senior Services Desk at (626) 355-7394.



Police Looking for Pharmacy Burglars



Pasadena police detectives are asking for the public's help in identifying suspects believed responsible for a series of pharmacy burglaries that occurred between September 2013 and March of this year.

Most burglaries took place during the early morning hours at businesses in the area of Fair Oaks Avenue and California Boulevard.

During the crime, suspects forced entry and collected numerous containers of prescription medication before exiting through an access door.

According to police they obtained surveillance footage of the suspects. One suspect appears to be a White male, about 30 years of age, 6 feet tall, and approximately 200 pounds. The second suspect appears to be a Hispanic male in his mid-20s, 5 feet 10 inches and approximately 180 pounds, with short black hair. Video of the suspects can be seen at <http://www.cityofpasadena.net/Wants/>.

Anyone with information is asked to contact Pasadena Police Detective Robin Stinson at (626) 744-7097 or Police Dispatch at (626) 744-4241.

You can also report anonymously through Crime Stoppers at (800) 222-TIPS (8477) or <http://lacrimestoppers.org> (insert key word Pasadena).

Pet of the Week



Cassidy is a one-and-a-half-year-old Labrador retriever/ pit bull mix. She's very playful and enjoys playing fetch with tennis balls. She's sweet and loves affection.

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

Call the Pasadena Humane Society & SPCA at 626.792.7151 to ask about A350965, 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.



Pasadena Community Access Corporation board members get a tour during construction of the new Pasadena Media studios. Photo D.Lee/MVNews

Pasadena Media TV Studio Set to Open

The newly constructed television media production studios and facilities, Pasadena Media, is set to open Wednesday with a ribbon cutting ceremony by Pasadena Mayor Bill Bogaard.

“The ribbon cutting marks the beginning of a new era for Pasadena Media,” said Lizelle Brandt, Board Chair for Pasadena Community Access Corp. [Pasadena Media]. “We're delighted to welcome the greater Pasadena community to see our new space supporting public, government and educational cable TV programming and media access.”

The modern, 6000-square-foot facility provides local independent TV produces with a multi-set production studio and the latest in virtual meeting studio equipment, editing facilities, meeting rooms and training areas, including new digital video upgrades, cameras and equipment.

City officials, including Bogaard, are expected to be on hand for the ribbon cutting and tours of the new facility beginning at 1 p.m.

With the new facility operational, Pasadena Media will be better equipped to work with community members seeking production capabilities to produce and air videos. The organization now can work on a community membership drive as well as offer its creative production services to other non-profit organizations, businesses and agencies wishing to produce informational videos and public service announcements. Local businesses also will be able to work with Pasadena Media Executive Director Keri Stokstad on sponsorship opportunities while nonprofit organizations will be offered training classes catered to their organizational needs.

The ribbon cutting ceremony

Senior Center April Events



There is something for everyone at the Pasadena Senior Center in April. You do not have to be a member to attend. Some events require advance reservations as noted. All events take place at Pasadena Senior Center, 85 E. Holly St.

Sharpen Your Mind and Body – Thursday, April 3, at 10 a.m. Learn how the mind and body are linked. When physical health improves, so does mental health. Presented by Heritage Clinic.

Friday Movie Matinees – Fridays, April 4, 11 and 18, at 1 p.m. Movies can take us to different places and times like nothing else. April 4 – “American Hustle” (2013, R) starring Christian Bale and Adams; April 11 – “Nebraska” (2013, R) starring Bruce Dern and Will Forte; April 18 – “To Catch a Thief” (1955) starring Cary Grant and Grace Kelly.

Ms. Senior Pasadena Pageant – Saturday, April 5, at 11:30 a.m. Enjoy an afternoon of contestants ages 60 and up in elegant evening gowns vying for the title of Ms. Senior Pasadena as they are judged on poise, presence and talent. The winner and first runner up will continue on to the Ms. Senior California Pageant this summer in hopes of eventually becoming Ms. Senior America. If you'd like to be a contestant, call Carol Hess at (562) 595-7422.

Cardmaking Workshop –

E-Waste Recycling and Document Shredding

Residents and businesses can safely dispose of electronic waste and have personal documents shredded at the City's popular electronic “E-Waste” event from 9 a.m. to 3 p.m., Saturday, April 5, 2014, in Parking Lot I outside the Rose Bowl Stadium near Brookside Park, 360 N. Arroyo Blvd.

Shredding trucks and e-waste collection sites will be arranged at different stations in Parking Lot I.

E-waste items include computers, keyboards, printers, monitors, laptops, docking stations, scanners, shredders,

fax machines, computer mice, telephones, televisions, flat screens, VCRs, DVD players, PDAs, cassette players, tape drives, stereos and household batteries.

Public Works is also providing free paper shredding during the event. The public can bring a maximum of five small boxes. Sensitive documents and files such as receipts, checks, pre-approved credit applications, credit card statements, outdated tax returns, pre-printed envelopes, return address labels and business cards are items that can be shredded.

will include music by The Jazz Zone. Free light refreshments will be served.

Pasadena Media is located at 150 S. Los Robles Ave., Suite 101.

Parking is available at the Hilton parking lot and the lot at the corner of El Dorado and S. Oakland Ave.

Armenian Committee Picks Siraganian as New Member

Sandra Siraganian is the newest member of the Pasadena Armenian Genocide Memorial Committee formed to establish and maintain a memorial in Pasadena that will commemorate the Armenian Genocide and condemn all crimes against humanity.

Approved by the City Council in September 2013, the Pasadena Armenian Genocide Memorial will be completed and dedicated at Memorial Park in April 2015 to mark the 100th anniversary of the killing of 1.5 million Armenians over a three-year period beginning in 1915.

Born in Pasadena, Siraganian lives in Sierra Madre with her three children and is a realtor with Sotheby's International Realty.

She has been a community volunteer in Sierra Madre and Pasadena for several years, serving on the Don Benito Elementary School PTA, Pasadena Unified School District School/City/ Community Work Plan Team, Sierra Madre Little League Board of Directors and Maranatha High School Booster Club Board of Directors and Fundraising Committee.

Siraganian joins six other members of the Pasadena Armenian Genocide Memorial Committee.

Antonovich Announces Dodgers Bus Service

Providing baseball fans with convenient, no-cost public transit rides between Union Station and Dodger Stadium, the “Dodger Stadium Express” began its fifth season Thursday, announced Supervisor Michael Antonovich.

The “Dodger Stadium Express” is a public-private partnership with the Los Angeles Dodgers, the MTA, the South Coast Air Quality District, the Mobile Source Air Pollution Reduction Review Committee, and Metrolink.

“The ‘Dodger Stadium Express’ is a homerun for fans -- and for alleviating congestion and improving air quality,” said Supervisor Antonovich.

The service is free for people with game tickets and will operate 90 minutes before games and 45 minutes after games. Regular season service will begin Monday for the Dodgers' opening game against the San Francisco Giants.

Hack for Pasadena Winners Announced

The City co-sponsored Hack for Pasadena, a two-day team collaboration event, held Over March 15-16, on the campus of Pasadena City College (PCC) for techies, developers and data geeks using open data and hands-on problem solving to re-imagine the way the web, software apps, data and technology can shape the future of the City. Hack for Pasadena was part of CONNECT Weekend: A Weekend for Difference Makers and Disruptors sponsored by Innovate Pasadena.

Teams formed around community challenges inspired by the personal experiences and interests shared by the participants along with newly released City data sets made available on the City's new Open Data portal at data.cityofpasadena.net.

Four apps were selected by the judges and awarded cash prizes along with opportunities to meet with venture capitalists.

Best Application of City Data to Meet a Civic Need: Traffic Collision Analysis App: Uses City's traffic collision database and overlays time, weather, directional analysis and other factors to assess risk at traffic intersections.

Most Accessible Implementation of Technology to Engage the Community: Utility Conservation App: A group of Pasadena High School freshmen in the App Academy

developed an electric and water consumption calculator based on daily activities to help individuals contribute to conservation efforts.

This is the Start of Something Really, Really Special: Go Play Pasadena/A Billion Steps App: “Biggest Loser” type game to help fight the child obesity epidemic through organizing weight loss competition between schools.

Most Innovative and Creative Use of the ESRI ArcGIS Software: Urban Harvester App: Ending hunger in Pasadena by connecting residents and businesses with homegrown and excess food supplies to local food banks and soup kitchens.

All team entries and winners will be showcased on the Hack for Pasadena website www.hackforpasadena.com in the coming days. Also, a full timeline of the event, including many photos taken throughout is available through Twitter @hackforpasadena or by visiting www.twitter.com/hackforpasadena.

Over the next few months, Department of Information Technology staff plan to follow-up with each of the teams to discuss the feasibility of continuing development of the App for community benefit.

For more information about the event and the apps developed, please contact Michael Royer, IT Manager – Enterprise Computing at 626-744-7929.



Hack for Pasadena Photo D.Lee/MVNews

Free Conference on Aging and Lifestyle to be Held

People in the U.S. are living longer than ever before and many lead active, healthy lives.

Seniors ages 50 and older will learn to fine-tune their lives, health, safety, relationships and more at the free 2014 Pasadena Conference on Aging and Lifestyle Fair Saturday, April 26, from 8 a.m. to 1:30 p.m. at First Church of the Nazarene, 3700 E. Sierra Madre Blvd. in Pasadena

Fritz Coleman, stand-up comedian and KNBC-TV weather forecaster, will open the conference with a keynote address titled “Laughter Is the Best Medicine!”

The popular annual event features a full slate of workshops focused on common interests and concerns among seniors of all ages, backgrounds and abilities.

Workshop topics will include romance after 50, consumer scams, putting health care wishes in writing, family caregiver superheroes, MediCare and MediCal, brain

health and Alzheimer's Disease, long-term care, prevention from falling, putting osteoporosis pain in its place, preventing hearing loss, eating well for older adults and more.

Participants will make the most of on-site tai chi, chair aerobics, Cane Fu, Zumba Gold and pickleball and an array of health screenings, from blood pressure to cholesterol, will be available on the Walgreens Wellness Bus.

More than 60 booths will provide additional information and resources of interest to seniors.

While there is no cost to attend the conference, registration is required. Visit www.pasadenaseniorecenter.org (click on Events and then Event Online Registration) or call (866) 402-6797.

Complimentary valet parking, continental breakfast and a full lunch will be included with conference registration.

The conference is presented by the Pasadena Senior Center and City of Pasadena.

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

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

Training Orientation

Monday March 31 at 6:00 pm - 8:00 pm

PCAC Board Of Directors - Regular Meeting

Tuesday April 1 at 7:00 pm - 9:00 pm

Studio Dedication and Ribbon Cutting Ceremony

Wednesday April 2 at noon - 2:00 pm

Introduction to Field Production Training

Wednesday April 2 at 6:00 pm - 8:00 pm

Citizen Journalism
Digital Film Group

coming soon
coming soon



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.



“What’s Going On?”
News and Views from Joan Schmidt

2014 St. Baldrick’s Event: Another Great Fundraiser in Arcadia

How, where, and why did the St. Baldrick Event begin? In Manhattan, in 1999, reinsurance broker Tim Kenny issued a challenge to colleagues John Bender and Enda McDonnell: “How would you give back for you own good fortune in business?”

Enda’s thick head of hair gave John the idea of shaving their heads for donations to raise funds for kids with cancer.

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

The second event in 2001 raised \$140,000. John and Enda then planned to expand the fundraiser past the reinsurance industry. After 9/11, the founders lost hundreds of friends and colleagues, but their dedication to the project did not stop. By 2002, there were now 37 head-shaving events and now \$1 million had been raised. In 2003, firefighters, policemen and the military-not only US bases, but also in Germany and Iraq-began to take part. In 2005, the St. Baldrick Foundation was created. In 2012, 30 million was raised and recently the 100 million mark was reached in research grant money. It is mind-boggling that one man wanted to give back, and from his gratitude, a program of such great magnitude has evolved!

Locally, Matt Denny’s Ale House and Del Sol Salon of Arcadia have been co-sponsoring an event for thirteen years. Last year, customers at Matt Denny’s raised \$53,000! I attended and met a former student, Matt Brayden, now attending Bishop Amat H.S. Matt had raised \$3000 on his own!

This year I went on line and found seven registered groups who plan to participate: Arcadia Fire Fighters (14 participants), Team Holy Angels School, Arcadia (30 participants), Arcadia Police Officers Association (9 participants), Team Sequoyah (18 members), Team St. Rita’s School, Sierra Madre (5 members), Team Del Sol Salon, and Team Santa Fe Springs Fire-Rescue. When I arrived at the event, I met other individuals and groups who had decided to participate. It was heartwarming. There was live music, great food, and a dedication group of individuals of all ages who came together to raise funds for childhood cancer research and care.

Although the event is over, the need for donations never ends. St. Baldrick’s Foundation is located at 1333 S. Mayflower Avenue, Suite 400, Monrovia. Their number is 888-899-2253. You can also visit them on line to learn more. www.stbaldrick.org/faq/



CAL FIRE MOVES TO PEAK STAFF-ING IN SOUTHERN CALIFORNIA DESPITE SOME RAIN IN MARCH FIRE ACTIVITY REMAINS HIGH

Sacramento – Despite recent rainfall, CAL FIRE continues to respond to a significant increase in wild-fires, especially in Central and Southern California where rain totals have done little to combat drought conditions. Starting Monday, March 31, CAL FIRE will move to peak staffing levels in San Diego, River-side and San Bernardino Counties.

“Even with rain in March, our fire activity has remained 200 percent more over average statewide,” said Chief Ken Pimlott, CAL FIRE director. “The rain has been great, but it has not been enough to make up for our dry winter and California’s drought.

While CAL FIRE never was able to transition out of fire season in 2013, the return to peak staffing means all equipment and facilities will be staffed around the clock. The move comes several months earlier than normal, but is needed as spring temperatures rise and dry out conditions even more.

Between January 1 and March 22, CAL FIRE has responded

to over 800 wildfires that have charred nearly 2,300 acres. In an average year for the same time period, CAL FIRE would typically respond to under 275 wildfires for approximately 1,000 acres.

CAL FIRE continues to ask homeowners to ensure that they are prepared for wildfires by maintaining 100 feet of Defensible Space. For more information on preparing for wildfires and defensible space visit www.ReadyForWildfire.org.

Visit Drought.ca.gov to learn more about how California is dealing with the effects of the drought, and for more water conservation ideas, visit SaveOurH2O.org.

DR. MARY WALKER - ONLY WOMAN TO RECEIVE THE MEDAL OF HONOR

By Joan Schmidt

A little while back, I attended a very special assembly at Arcadia High. Its guest speaker, Staff Sgt. Salvatore Guinta was the first living person since the Viet Nam War to receive the Medal of Honor for his heroic actions in Afghanistan.

Prior to Staff Sergeant Guinta’s moving address, the students were shown an informative slide presentation tracing the History of the Medal, which, first a Navy award, expanded to include Army acts of Bravery. The Medal evolved in the early 1860’s- the Civil War Period. Theodore Roosevelt was the only president to receive this Medal and the Nobel Peace Prize.

In conjunction with Women’s History month, I must mention Dr. Mary Walker, the ONLY WOMAN EVER to receive the Medal. Mary Walker, a REAL trailblazer, was born in Oswego, New York on November 26, 1832 into an abolitionist family. Her father strongly believed in education for his five daughters. It was a hard road, but Mary became a physician, actually the Second woman in America to do so. (Elizabeth Blackwell was the first.) But Mary was more than that. She hated the tight-fitting women’s dresses, and in 1856, when she married her husband, another physician, Dr. Albert Miller, she wore trousers, a man’s coat and kept her own name! Together they set up a medical practice in Rome, New York, but people at that time weren’t ready for a “female doctor”, so their practice failed and they divorced thirteen years later.

When the civil War broke out, Mary went to Washington and tried to join the Union Army, but was turned down. In September, 1863, Walker was FINALLY appointed assistant surgeon in the Army of the Cumberland. She also was surgeon of the 52nd Ohio Infantry, and during that time served as a spy. Mary crossed Confederate lines to treat civilians. Consequently she was captured in 1864 and was in a Richmond Prisoner of War Camp for four months.

Mary was released back to the 52nd Ohio as a contract surgeon, but spent the rest of her life practicing at a Louisville female prison and an orphan’s asylum in Tennessee.

On November 11, 1864, President Johnson signed a bill to present Dr. Mary Edwards Walker with the Congressional Medal of Honor for Meritorious Service. Thus she became the ONLY woman ever to receive this honor.

In 1917, Mary and 910 men had their medals taken away. But in 1977, an Army board reinstated her Medal. There is SO MUCH MORE about Dr. Mary Edwards Walker. Please go on line to learn more-you won’t be disappointed!



GOLDLINE EXTENSION UPDATE

Construction on the Pasadena to Azusa segment of the Foothill Gold Line continues to be at the most active pace of the project, with many visible activities taking place throughout the alignment.

Three of the six stations now have their canopy structures: Arcadia, Monrovia and Duarte. Soon, these stations will be transformed, as they quickly go from skeletal to completed. As you can see from the photos below, some of the stations will have one center platform, while others will have two side platforms. Each will have unique colors and materials, as well as custom artwork currently being designed and fabricated throughout the region and the country.

All of the six future stations will have parking, and work is underway on four of the parking structures: Arcadia, Monrovia, Irwindale, and APU/Citrus College station. Foundations for the Overhead Catenary System are more than halfway installed, and the first few traction power substations (which will deliver power to the overhead wires that provide electricity to the light rail trains) have been installed in Duarte and Azusa. Miles of retaining and sound walls are now built; and track, ballast, rail and ties are being installed in many sections of the 11.5-mile corridor.

The Construction Authority recently released its first newsletter for 2014, and readers can click the link below to download, print and read the latest in-depth information on the station platforms, station art, safety and grade crossing improvements.



Rail is being pulled along the right-of-way in Duarte.



Crews are completing light rail track installation at the Myrtle Ave grade crossing in Monrovia.



Canopy structure at the Arcadia Station, which is a center platform.

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ARCADIA UNIFIED SUPERINTENDENT ANNOUNCES RETIREMENT



ARCADIA-- Arcadia Unified School District Superintendent Dr. Joel Shawn has announced that he will be retiring at the end of the school year. Dr. Shawn has been with the high-performing district since 2005, and was named superintendent in the summer of 2008.

"I have been unbelievably fortunate to spend the final nine years of my 36-year career in Arcadia," said Dr. Shawn. "The teachers and staff of this school district are clearly committed to the youth of Arcadia and are the best educators I have ever worked with. I am exceptionally proud of the work we have done together and believe the future holds continued success and excellence for Arcadia Unified."

Dr. Shawn led the district through the heart of the worst financial crisis since the Great Depression, yet did not cut a single arts or sports program, and was able to greatly minimize teacher layoffs.

"In 2012, Dr. Shawn worked with the board to campaign for the community's support of a \$228 per parcel tax which generated \$35 million for Arcadia schools that cannot be taken away by the state," said Cung Nguyen, President of the Arcadia Unified School District Board of Education. "The funds were used to retain and attract high-quality teachers, protect academic programs and preserve the marching band and our visual and performing arts programs."

The first two phases of the \$218 million Measure I Facilities Bond, which was passed in 2006, have also been successfully managed on time and under budget thanks to Dr. Shawn's leadership. Arcadia students, teachers, and staff are now enjoying state-of-the-art classrooms and facilities throughout the district. Upon completion, Measure I will have modernized all ten schools in the district with the latest technology and modern amenities. Measure I was also responsible for the community's new state-of-the-art 1,200 seat Arcadia Performing Arts Center located on the Arcadia High School campus.

Dr. Shawn's student-first approach and leadership ability has helped uphold Arcadia Unified's reputation of being one of the best public school districts in the entire country. Boasting a district-wide 929 on the latest Academic Performance Index (API), and a graduation rate of 99%, AUSD continues to be recognized nationally for many of its academic, arts, and sports programs. Among AUSD's many prestigious recognitions is a "Gold Medal" rating for Arcadia High School from the U.S. News and World Report's 2013 National Rankings, for which more than 21,000 public high schools were evaluated.

In this current school year alone, AUSD has three of the top four highest scoring middle schools in Los Angeles County on the Academic Performance Index, including Foothills Middle School, which earned the highest score in the county with an impressive 977. In addition to 22 National Merit Scholarships finalists at Arcadia High School this year, two Arcadia High students grabbed additional headlines with their remarkable test scores. One student earned a perfect score on his AP Calculus BC Exam, while another earned the highest possible score on the ACT Exam. Both rare feats were accomplished by less than one-tenth of one percent of students who took those particular exams.

"While it is extremely difficult for me to imagine my life without coming to AUSD everyday, I am excited to begin my next chapter," Dr. Shawn added. "I am convinced that our students will lead the world in the years to come, and that our work here has shaped them in ways that will help to guarantee a brighter future for everyone."

Dr. Shawn's last day on the job will be June 30, 2014.

ARCADIA ROTARY CLUB'S SALUTE TO SENIORS LUNCHEON



The annual Salute to Seniors Luncheon sponsored by the Arcadia Rotary Club will be held on Tuesday, May 13, 2014 from 11:30am-1:30pm at the Arcadia Community Center, 365 Campus Drive.

At this special event, the Arcadia Rotary Club along with the City Council, Senior Commissioners and other guests will honor Glynn Harper, the City of Arcadia 2014 senior citizen of the year.

ABOUT THE HONOREE

Glynn Harper has been selected by the Arcadia Senior Citizen Commission as the 2014 Senior Citizen of the Year. Glynn currently serves as the First Vice President of the Arcadia Friendship Club and handles the duties of "The Sunshine Lady." In addition to her duties with the Friendship Club, Glynn contributes her time volunteering at the Community Center. Her duties have included working as an Ambassador, greeting people as they enter the facility, sharing and providing tours. Glynn also assists once per week with the meals program, serving as a greeter and taking the paid lunch tickets from the program participants.

Glynn's contributions to the Arcadia Community are numerous. She is passionate about the community she lives in and serves and always strives to make a difference. Her leadership is an inspiration to those around her as she embodies the friendly atmosphere at the Community Center.

On behalf of the Arcadia Rotary Club and the City of Arcadia, it is a pleasure to announce Glynn Harper as the 2014 Senior Citizen of the year.

ARCADIA AAUW TO PRESENT FILM "HALF THE SKY"

The eye-opening film "Half the Sky: Turning Oppression into Opportunity for Women Worldwide" will be shown at the April 14 meeting of the Arcadia Branch of the American Association of University Women (AAUW). Filmed in ten countries, "Half the Sky" was first published as a book in 2009 by husband and wife team Nicholas Kristof and Sheryl WuDunn to address the global struggles of women. It was then made into a film for the Independent Lens series on PBS stations. The Arcadia AAUW presentation will feature selected scenes from the PBS video and will run from 30 to 40 minutes.

"Half the Sky" addresses the global problems of sex trafficking, forced prostitution, violence against women, and early maternal mortality of women in such countries as Cambodia, Vietnam, India, Kenya, Sierra Leone, and Somaliland. Authors Kristof and WuDunn, along with celebrity activists, actually traveled to ten countries to do filming and interviewing. The resultant book and video offer first-hand accounts of how oppression of women and girls is being confronted through meaningful solutions such as health care, education, and economic empowerment for women and girls. One of the scenes selected for viewing at Arcadia AAUW's meeting is of women in Kenya who are using micro-loans from the Grameen Bank ("village" bank, begun in Bangladesh) to raise capital for home businesses and provide for their families.

Arcadia AAUW will hold its meeting on Monday evening, April 14, at 7:00 p.m. in the Church of the Good Shepherd's Jordan Hall, 400 W. Duarte Rd. (SW corner of Duarte Rd. and Holly Ave.), Arcadia. The public is invited to attend this free meeting, and all are invited to come at 6:30 for socializing and refreshments. An open discussion will follow the video viewing.

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

Arcadia Police Blotter

For the period of Sunday, March 16th, through Saturday, March 22nd, the Police Department responded to 1,041 calls for service of which 142 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, March 16:

1. Around 1:10 a.m., an officer working a DUI checkpoint at the intersection of Baldwin Avenue and Gate 8 near the Santa Anita Race Track made contact with a 19-year-old Asian male driving a grey Honda Civic. The officer detected an odor of alcohol emitting from inside the vehicle and discovered the subject was under the influence with a blood alcohol content greater than 0.01 percent. He was cited, released in the field without incident, and his vehicle was impounded.
2. At approximately 2:12 p.m., officers responded to the 1700 block of Alta Oaks Drive regarding a subject check. An investigation revealed an unknown Asian male, approximately 16-year-old, made contact with several residents at their front door requesting to collect their election ballots for an upcoming Arcadia City Council election, possibly to tamper with the votes. An area check was conducted, but the subject was not located.

Monday, March 17:

3. At about 4:34 p.m., an officer was dispatched to Wells Fargo inside Ralphs, 211 East Foothill Boulevard, in regards to a check fraud report. A 41-year-old Black male suspect attempted to cash a forged check. As the teller delayed the transaction, the suspect became upset and left without his driver's license. The suspect fled in a newer model, four-door silver Nissan Maxima or Altima with a Black female passenger. An investigation revealed two hours prior, the Black female passenger successfully cashed a forged check at the Wells Fargo inside Pavillions, 745 West Naomi Avenue. Video Surveillance is pending review and further investigation is being conducted by the Detective Bureau.
4. Just after 4:00 a.m., an officer made consensual contact with a subject in the parking lot of Coco's, 1150 Colorado Boulevard. The subject provided false information; however, an investigation revealed the 29-year-old Hispanic male had an outstanding misdemeanor warrant and was in possession of stolen property. He was arrested and transported to the Arcadia City Jail for booking.

Tuesday, March 18:

5. Around 11:19 a.m., an officer was dispatched to the 2000 block of South Eighth Avenue regarding a suspicious occupied vehicle. The officer discovered the 23-year-old Chinese male driver was smoking inside the vehicle with his friend, the passenger. A search of his vehicle revealed he was in possession of concentrated cannabis. He was arrested, transported to the Arcadia City Jail for booking, and his vehicle was impounded. The passenger was released without incident.
6. Just before 4:30 p.m., an officer conducted an enforcement stop on a vehicle for reckless driving in the area of Live Oak Avenue and Second Avenue. The officer discovered the 20-year-old Black male driver was in possession of a fully-loaded semi-automatic handgun. He was arrested, transported to the Arcadia City Jail for booking, and his vehicle was impounded.

Wednesday, March 19:

7. At approximately 3:52 p.m., an officer was dispatched to a residence in the 200 block of West Foothill Boulevard regarding a burglary report. Unknown suspects forced entry through a side door, ransacked the residence, and fled undetected with multiple items of property. A screwdriver was located in one of the closets and booked as evidence.
8. Around 11:20 p.m., an officer conducted an enforcement stop on a bicyclist in the area of Jeffries Avenue and Rochelle Avenue for riding against traffic. The officer discovered the 36-year-old White male was under the influence of a controlled substance. He was arrested and transported to the Arcadia City Jail for booking.

Thursday, March 20:

9. At about 1:46 a.m., an officer conducted a traffic stop on a vehicle in the area of Clark Street and Peck Road for an inoperative license plate lamp. The officer discovered the 42-year-old Hispanic male driver was under the influence of alcohol. A records check revealed he had a suspended license, an outstanding misdemeanor warrant, and was driving without a court ordered ignition interlock device. He was arrested and transported to the Arcadia City Jail for booking.
10. Shortly after 2:20 a.m., an officer made consensual contact with a subject walking in the area of Santa Clara Street and Fifth Avenue. The officer discovered the 29-year-old Hispanic male was under the influence of methamphetamine. A search of his hotel room at Extended Stay Hotel, 401 East Santa Clara Street, revealed he was in possession of a controlled substance and drug paraphernalia. He was arrested and transported to the Arcadia City Jail for booking.

Friday, March 21:

11. At approximately 2:15 p.m., officers were dispatched to a residential burglary in progress in the 100 block of West La Sierra drive. Three unknown Hispanic male suspects, one adult and two juveniles, were observed fleeing from a residence. Along with police helicopter assistance, all three suspects were located and detained in the surrounding neighborhood. An investigation revealed the suspects entered an attached storage room looking for property to pawn. One of the suspects was in possession of concentrated cannabis and possible stolen property. All three suspects were arrested and transported to the Arcadia City Jail for booking.
12. Just after 6:00 p.m., officers were dispatched to Sephora at the Santa Anita Mall, 400 South Baldwin Avenue, regarding a theft report. A 22-year-old male suspect concealed merchandise inside a used shopping bag and exited the store without making payment. A search of his person revealed he was in possession of burglary tools and stolen merchandise from other stores. He was arrested and transported to the Arcadia City Jail for booking.

Saturday, March 15:

13. Just after 5:00 p.m., an officer responded to Helen's Cycles, 142 East Huntington Drive, regarding a burglary report. Unknown suspect(s) forced entry through a window and fled with three bicycles valued at \$13,400. No evidence or witnesses were located.
14. Around 9:15 p.m., an officer responded to a residence in the 1800 block of Alta Oaks Drive regarding a burglary report. Unknown suspect(s) forced entry through a laundry room window and ransacked the residence. The victims believed the total loss was over \$3,000 in property. No evidence was located and no one reported seeing or hearing anything suspicious.

ARCADIA POLICE DEPARTMENT DUI/DRIVER'S LICENSE CHECKPOINT RESULTS

The Arcadia Police Department held a DUI/Driver's License Checkpoint at the intersection of Baldwin Avenue & Gate 8 on Saturday, March 15^h, 2014 from 9 PM to 3 AM. A summary of our enforcement efforts is listed below:

2969	—Vehicles Passed Through the Checkpoint
2057	—Vehicles Were Screened/Contacted
54	—Vehicles Were Contacted in the Secondary Inspection Area
12	—Field Sobriety Tests Were Administered
4	—DUI Alcohol Arrests
1	—Minor with BAC of +.01%
2	—Traffic Warrant Arrests
1	—Open Container Citation
12	—Unlicensed Driver Citations
5	—Suspended License Arrests/Citations
5	—30 Day Vehicle Impounds
7	—1 Day Vehicle Storages

We would like to remind the public of the dangers associated with drinking and driving. It simply is not worth it to drive while impaired. Celebrate St. Patrick's Day responsibly and use a sober designated driver.

Don't forget to visit the Arcadia Police Department News & Information Blog or follow us on Facebook, Twitter or Nixle for other pertinent news and information. Remember, the solution begins with you!

Funding for this operation is provided from a grant administered by the California Office of Traffic Safety through the National Highway Traffic Safety Administration.

Poetry In Motion: A Teen Event

Teens in sixth grade through twelfth grade are invited to perform a scene, recite a poem, sing, or play a song in front of a live audience and compete for a prize. Teens can compete with an original piece, read aloud during the Open Mic session, or simply be part of the audience. Register in the Jerry Broadwell Children's Room beginning Friday, March 28, 2014. Poetry and lyrics must be submitted and approved prior to the event. All entries must be received by Friday, April 11, 2014.

The Nuvein Foundation for Literature and the Arts is once again partnering with the Arcadia Public Library for this annual event.

Reservations are not necessary and admission is free but space is limited so come early. For more information, please call 626.821.5566 or visit the Arcadia Public Library's website at <http://library.ci.arcadia.ca.us>. You can also follow the Library on Twitter and Facebook. The Library is located at 20 W. Duarte Rd. Arcadia. All programs are free.

About the City of Arcadia

Nestled in the foothills of the San Gabriel Mountains, Arcadia is an 11.38 square mile community with a population of just over 56,000. Located approximately 20 miles east of downtown Los Angeles, Arcadia is a full-service charter city governed by a five-member City Council, elected at large. Recognized for exceptional education and recreation opportunities and beautiful neighborhoods, Arcadia is also defined as the "Community of Homes" and has twice been designated the "Best City in California in which to Raise Kids" by Business Week Magazine.



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



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MONROVIA - DUARTE

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

State of the City “Duarte Rising to the Future”

DUARTE, CA, March 21, 2014 -- “Duarte is rising to the future,” declared Duarte Mayor, Liz Reilly in her State of the City message to approximately 100 residents and business leaders that followed a festive reception in the City Hall courtyard on March 19. Having weathered the deep five year recession and loss of redevelopment with a series of tough budget cuts and belt-tightening, Duarte expects to end the fiscal year on a high note with General Fund reserves of approximately \$7.2 million. The projected reserves equate to about 60% of the City’s General Fund budget, “a healthy reserve any city would love to have,” said Mayor Reilly.

The good news of the City’s fiscal stability helped set the overall upbeat tone of the mayor’s State of the City report with a focus on the future for economic development in conjunction with the coming of the Gold Line in the fall of 2015, emphasis on Emergency planning, acquisition of grants to help fund programs and needed capital projects totaling over \$3 million, new plans to keep Duarte youth safe and active, and new health and activity-oriented directions in senior citizen programming and services, among priorities. The discussion also highlighted the successful Business Visitation program, a partnership with the Duarte Chamber of Commerce, the City, Foothill Workforce Investment Board and the San Gabriel Valley Economic Partnership. Since the program began, the Business Visitation Team has visited more than 24 businesses with the goal of promoting business retention, expansion and satisfaction.

Duarte continues to be one of the safest cities in the San Gabriel Valley, said the mayor. Part One major crimes dipped 19%, from 348 in 2012 to an all time low of 282 in 2013. So far this year, property crimes are already tracking lower than 2013, despite ongoing challenges faced by law enforcement and cities throughout California as a result of the State Prisoner Realignment program. The mayor credited the City’s Public Safety prevention/intervention strategy of increased community involvement through Neighborhood Watch, (CMT) Community Mediation Team, and the additional public safety personal and resources afforded to the City by the award of back-to-back State of California CAL-GRIP grants totaling \$728,032 for 2012 through 2016. The National League of Cities, National Black Caucus of Local Elected Officials recently honored the CMT with its first place 2014 City Cultural Diversity Award at the National of League of Cities Congressional Conference in Washington, D.C., on March 10.

DUARTE AND BRADBURY JOIN IN EARTH DAY PROJECTS; COMMUNITY CLEAN-UP OFFERS LARGE ITEM AND E-WASTE DISPOSAL, APRIL 12

DUARTE, CA, March 26, 2014 – Duarte and Bradbury will honor Earth Day 2014 on Saturday, April 12 with a variety of joint community volunteer projects including the City’s bi-annual Community Clean-up beginning at 9 a.m.

“Our goal for Earth Day 2014 and and every day is to maintain a clean and green Duarte,” said Duarte Mayor, Liz Reilly.

A breakfast at the Duarte Teen Center followed by a guest speaker from the City of Hope and welcomes from both the Bradbury and Duarte mayors will kick off the Earth Day activities for some 60 volunteers. California American Water Company has donated drought tolerant plants that will be installed at Bradbury City Hall and at Royal Oaks Park in Duarte. Trees will be planted at Duarte Park, a project made possible through a Proposition A grant from the office of Los Angeles County Supervisor Michael Antonovich. Volunteers will also conduct clean-ups along the Royal Oaks Trail and San Gabriel River. Following the morning’s hard work, volunteers will be treated to lunch, crafts and a raffle at the Teen Center.

The City of Duarte and Burrtec Waste Industries will offer an opportunity for residents to dispose of large refuse items and E-Waste from 9 a.m. to 3 p.m. Drop-off locations are at Duarte City Hall, 1600 Huntington Dr., and at the former Buena Vista Pavilion property at 2144 Buena Vista St.

Joining in the Earth Day activities, students at Mt. Olive High School will participate in a school wide clean-up of the gardens and grounds, while Andres Duarte Elementary students will work on a clean-up and recycling project at Otis Gordon Park.

Earth Day sponsors are Burrtec Waste Industries, California American Water Company, the cities of Bradbury and Duarte, and Duarte’s Promise -- The Alliance for Youth.

For more information, call Duarte City Hall at (626) 357-7931, ext. 221.

Monrovia Police Blotter

Highlighted Activity for the Weekdays of March 24-26, 2014

During the last seven-day period, the Police Department handled 398 service events, resulting in 82 investigations. To see a complete listing of crimes reported, go to <http://www.crimemapping.com/map/ca/monrovia> for crime mapping. For Police Department news and information, visit our website and follow us on Twitter.

Vehicle Burglary

March 24 at 8:42 a.m., an officer was dispatched to Duarte and Encino regarding a suspicious vehicle that had the right rear door and trunk open, and appeared ransacked. Through investigation, the officer determined that the victim had parked and secured the vehicle on the night before at about 9:00 p.m. The loss was two tennis rackets and a soccer ball from the trunk. The investigation is continuing.

Stolen Vehicle Recovered

March 24 at 10:08 p.m., an officer was dispatched to a business in the 1800 block of South Mountain on the report of a recovered vehicle. A company van was reported stolen to Monrovia Police Department on March 22. The company received a call from a resident in Rowland Heights telling him a van from their company had been parked there for several days. The company had the vehicle towed back to their business in Monrovia and called police to report the vehicle had been recovered. A carpet cleaning pump had been taken from the van. The investigation is continuing.

Grand Theft from a Vehicle

March 24 at 4:31 p.m., an officer responded to a parking lot in the 1700 block of South Mountain on the report of a theft from a vehicle. The victim parked her vehicle in the parking lot after lunch and went into work, but did not lock the vehicle. When she returned to it, she found someone had broken into her vehicle and the backseat was missing. The officer handling the investigation checked the area and found another vehicle that had also been burglarized. The investigation is continuing.

Vehicle Burglary

March 24 at 5:51 p.m., a vehicle burglary was reported in the 700 block of West Huntington. The victim had parked his company vehicle in a business parking lot. He locked the vehicle, but left a company laptop computer and a duffle bag containing a camera, cell phone, and tools on the front seat of the vehicle. He left the vehicle for approximately 20 minutes. When he returned to it, he found a window had been smashed and his property had been taken. The investigation is continuing.

Stolen Vehicle

March 24 at 7:00 p.m., a vehicle was reported stolen from the 900 block of West Huntington. The victim parked and secured his vehicle behind his business two days earlier and possibly left the ignition key in the center console or driver’s door storage compartment. When he returned, his vehicle was missing. The vehicle is described as a Gray, 2005, Ford Excursion. The investigation is continuing.

Public Intoxication / Obstructing & Delaying a Peace Officer – Suspect Arrested

March 24 at 9:34 p.m., a business in the 100 block of West Foothill called police regarding a disturbing subject. An intoxicated male adult entered the store and attempted to purchase beer. The employee refused service because he seemed too intoxicated. The subject began verbally abusing the store employees and refused to leave. The officer arrived and contacted the subject, who became aggressive by getting into a fighting stance. The officer was able to quickly control the subject and arrested him without further incident. No one was injured.

Lost Mountain Biker Rescued

March 24 at 10:52 p.m., an officer was dispatched to Canyon Park regarding the report of a lost mountain biker. A 46-year-old male subject from Pomona entered the Fish Canyon area on his mountain bike at about 6:00 p.m. with his dog following him on a leash. The mountain biker was attempting to ride up the mountainous trail leading to the radio tower and became disoriented and unable to find his way back to the city limits. He rode for several hours without water and had become very thirsty. He was cold as a result of the drop in temperature and did not have warm clothing. The biker had 7% battery life on his cell phone, but was able to call his friend, a Monrovia resident, for help. The biker was able to provide the fire road number he was traveling on just before his cell phone lost complete power. The friend immediately called police to report his friend was in need of help. Monrovia dispatchers attempted to call the lost biker’s cell phone but it went straight to voice mail, indicating his phone was either shut off or dead. The dispatchers conducted a search of the fire road number and discovered it to be near the Camp Trask Boy Scout Camp. All available officers were sent to the area to begin searching for the biker. Arrangements were being made for additional resources to join in the search when an officer located the biker on the main road leading to Camp Trask at approximately 11:15 p.m. The biker was thirsty and cold, but in good condition. His dog appeared fine as well.

Grand Theft Auto

March 25 at 4:04 p.m., a vehicle was reported stolen from a business in the 1600 block of South Mountain. The victim parked and secured her vehicle in the parking lot. She went into the store for about ten minutes, and when she returned to the vehicle, it was gone. The vehicle is a white, two-door, extra cab, 1997 Nissan Frontier. The hood has grey primer spots on it and it has a black lumber rack in the bed. The investigation is continuing.

Theft From a Vehicle

March 25 at 4:44 p.m., a theft from a vehicle in the 1600 block of South Myrtle was reported to police. The incident occurred the day prior on March 24. The victim parked his vehicle in the Park and Ride lot. While he was away, someone entered his vehicle and took several pairs of glasses, subwoofers, and a backpack. The investigation is continuing.

Stolen Vehicle

March 26 at 7:43 a.m., a vehicle was reported stolen from the 400 block of West Walnut. The victim parked and secured her vehicle across from her residence in the evening. She was up late and discovered the vehicle missing at 12:10 a.m. The vehicle is a white, 1997, Ford F150 truck. The investigation is continuing.

Vehicle Burglary

March 26 at 8:10 a.m., a vehicle burglary was reported in the 700 block of East Huntington. The victim parked his vehicle and went inside a business. When he returned, the left rear window of his vehicle was smashed. The victim’s computer and other miscellaneous items that were left in the vehicle were taken. The investigation is continuing.

Possession of Drug Paraphernalia – Suspect Arrested

March 26 at 12:35 p.m., a citizen called police to report four homeless subjects hiding in a parking structure in the 100 block of West Lemon. They were in the southeast corner of the parking structure near a white BMW. Officers arrived and recognized them as local homeless subjects. One of the subjects was found to be in possession of a methamphetamine pipe and was arrested.

Grand Theft

March 26 at 12:54 p.m., a victim called police and reported that while he was working to the rear of a location in the 400 block of East Huntington, someone stole a pallet jack and aluminum topper for an ATM from the rental truck he was using. The investigation is continuing.

Hit & Run Traffic Collision / Vandalism

March 26 at 6:51 p.m., an officer responded to the area of Olive and Shamrock regarding a hit and run traffic collision. The officer’s investigation revealed the cause of this collision was possibly intentional and the parties possibly knew each other. Apparently, three vehicles were involved and a suspect threw a hammer at the victim’s windshield. One of the suspects came to the police lobby approximately one hour after the incident in an effort to report that he was involved in a traffic collision, but he failed to provide accurate details about how the collision occurred. The investigation is continuing.

At 7:14 p.m., an officer on patrol in the area of Lime and Heliotrope was flagged down by a victim who reported that someone had smashed the windshield of his vehicle. The victim did not have any further details to provide about how the incident occurred. There is a possibility this vandalism is related to the above hit and run traffic incident. The victim vehicle in this incident is the same vehicle used during a stabbing that occurred last week. The investigation is continuing.

Vehicle Burglary

March 26 at 10:10 p.m., a vehicle burglary was reported in the 700 block of West Huntington. Unknown suspect(s) smashed the victim’s right, rear, passenger window. The victim does not know if any of her property was taken. The incident occurred sometime between 1:00 p.m. and 10:00 p.m. The investigation is continuing.

Pasadena’s Grand Pinot Fest Special



Coppola’s Director’s Pinot Noir offers a luscious perfume of strawberries, pomegranate, and cloves, which is accented with a pervasive floral note that broadens as the wine opens. Rich and complex, the dark juicy flavors of cherries, cranberries, licorice, herbs, and toasted wood create a beautiful wine with real dimension and complexity.

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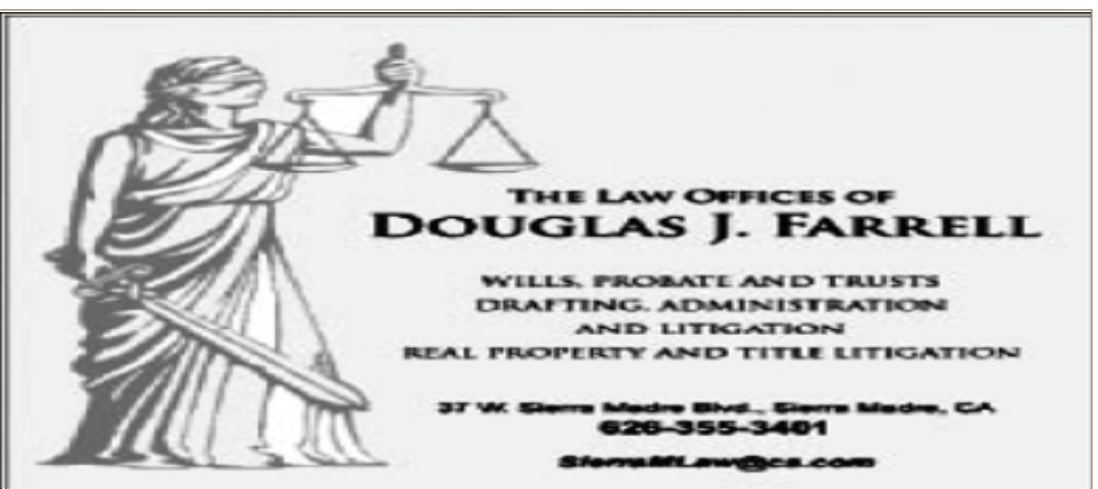
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Happy Tails

by Chris Leclerc



SPRINGTIME PREPARATIONS FOR YOUR PET

I was working on a really interesting and informative article for this week's column, but unfortunately my source became unavoidably detained with several unexpected activities this past week, leaving our phone interview deferred until next week. (Not necessarily unexpected, for a person who works for a non-profit animal rescue organization where anything can happen at any time!)

And, so it is that I decided to share with you, this very practical and helpful check list that I found in BARK magazine, to help prepare your pets, house and yard for the Spring season. Many thanks and full given to the awesome editorial crew at BARK Magazine, Issue No. 77, Spring 2014, article entitled DOGPATCH - Life With Dogs, for these helpful hints. I hope you find this information as valuable to you as it was to me. Until next week, my dear readers, don't forget to love and let live!

Spring is a good time to take stock, sort out and get ready for the months ahead! So, here is your springtime checklist:

Personal Care

- Grooming is a year-round activity, but to avoid the “dreads”, now’s the time to step it up. Many dogs are losing their winter coats, so be extra diligent about combing/brushing. A pro shares her tips at: thebark.com/groom.
- Give your dog the sniff test. If breath or ears are a little, well, stinky, start with a good tooth-brushing or a gently ear-cleaning at home, or have them checked out by your vet. And, if your dog is one of those plagued by their anal glands, ask your vet, groomer or other pet care professional to check those out as well.
- Pollens and dust can affect your dog, especially in springtime. Consult with your vet to help manage allergies.

Yard Work

- Temps allowing, sow parsley, thyme and rosemary outdoors or plant a windowsill garden; herbs can brighten up our dog's diet.
- Be careful when choosing new plants for the yard; some are toxic, as are some bulbs, including tulips, lilies and daffodils. Check the ASPCA's online list for safety.
- Remember that dogs find fresh green grass almost irresistible, both to roll in and eat, so ixnay on the chemical fertilizers (even organic fertilizers can cause GI upset and inflammation). Slug and snail bait are also hazardous to your dog's health.

House Work

- When you do spring housecleaning, use nontoxic products; vinegar and baking soda are your (and your dog's) friends! See thebark.com/green for details.
- Planning some remodeling now that the weather's better? Look for "green" materials. More info here: thebark.com/living-green

Out and About

- Shape up - gradually. Now that you and your pal can take longer walks, you may be tempted to overdo. Go easy to avoid injury.
- Polish up training. Refreshing mannerly leash walking and reinforcing spot-on recalls will make springtime outings more enjoyable.
- Are your dog's ID tags up to date? If not, make sure they are, and replace tags that are scratched or hard to read. It's also a good time to get your dog micro chipped and be sure that contact info is current too. microchipregistry.foundanimals.org.
- Avoid fungi. Spring showers often bring out mushrooms and other fungi; steer your dog clear, as nibbling on these can be fatal (and depending on where you live, don't forget to check your yard).
- Watch out for wildlife. Animals are on the move, looking for food, mates or good places to have their young. mspca.org/programs/wildlife-resources.

Find lots of tips, tricks and advice from the pros at thebark.com. Use the search function to find more about any of these topics.



LOOKING FOR A BEST FRIEND...

Opie is too! He is a very sweet eight pound white and tan colored Chihuahua boy who was found roaming the streets all by himself wearing a sweater. He was lost and hungry - wondering what happened to the family who once cared for him. Other than the cataract in his right eye, he is healthy, older and mannerly....a real gentleman with a lot of pep, a tail that rarely stops wagging, and a cute little smile you will fall in love with.

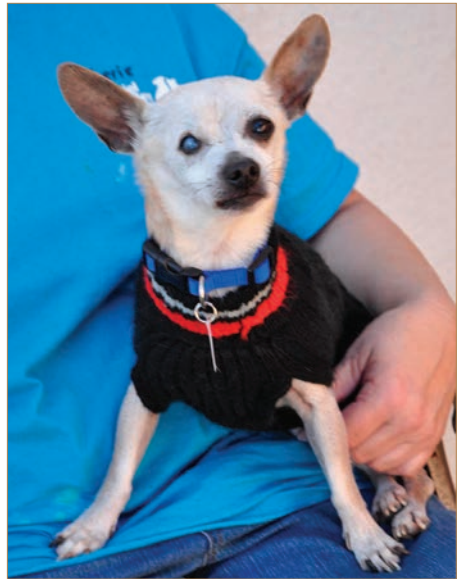
Opie is a very friendly dog and is happiest when he is among people and other dogs. He loves going for walks with a happy little bounce to his gait and seems to appreciate the fresh air and everything he sees around him. He is a very social little boy and he eagerly, but very politely, greets all of those he meets along the way. Because of his good manners, calm temperament and happy disposition, he is not a barker, nor a complainer, and avoids confrontations with other dogs. Whenever introduced or approached by a dog that is over excited, dominant or pushy, he will keep his distance or just walk away.

This little tail wagging gentleman has a cuteness about him that comes from his wise inner spirit. He is a real gem, a 'diamond in the rough' and, if given the opportunity, he will bring joy and unconditional love into

See Opie on TV this week on Fox Good Day LA, March 25th, where he will be their featured pet. He currently resides at the San Gabriel Valley Humane Society located at 851 E. Grand Avenue in San Gabriel with his roommate. We are located off San Gabriel Blvd., north of Mission and south of Las Tunas.

To arrange a 'Meet and Greet' with Opie (aka....8554), please stop by any time from 10:00am to 4:30pm Tuesday thru Sunday.

His adoption fee is \$120 which includes a microchip, first vaccinations and a free wellness check-up at a participating veterinarian. Opie is eligible for our reduced fee 'Senior For Seniors' adoption program. Feel free to call us at (626) 286-1159 for more information on Opie.



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

PET OF THE WEEK
ANGELICA: ANIMAL ID #A4687719

An endless supply of puppy affection can be yours if you adopt Angelica (A4687719)! Angelica is a huggable one-year-old white female Maltese/Terrier mix puppy who was found in Baldwin Park with McCloud [A4687718] and Conner [A4687720] and brought to the Baldwin Park Animal Care Center on March 20th. Weighing 12 pounds, Angelica is a sweet, tailwagging girl who loves to be held by her humans and prefers to be carried over walking on a leash. She is an agreeable pup who is also quite cooperative on the grooming table. She is personable, getting along with both people and other dogs. This sweetheart seeks love and a warm place to sleep, and in return she will provide countless kisses. Angelica is ready to learn some training basics and move into her forever home where she can truly blossom into the loyal companion we just know she is! To view a video of Angelica please visit this link: <http://youtu.be/TYdCsPX1cNE>



To meet Angelica in person, please see her at the Baldwin Park Shelter, located at 4275 N. Elton, Baldwin Park, CA 91706 (Phone: 626-430-2378 or 626-962-3577). She is currently available now. For any inquiries about Angelica, please reference her animal ID number: A4687719. The shelter is open seven days a week, 12 pm-7 pm Monday-Thursday and 10am-5pm Friday-Sunday. This is a high-intake shelter with a great need for adoptions. For more information about Angelica or the adoption process, please contact United Hope for Animals Volunteer Adoption Coordinator Samantha at Samantha@hope4animals.org. To learn more about United Hope for Animals' partnership with the Baldwin Park Shelter through its Shelter Support Program, as well as the many dogs of all breeds, ages, and sizes available for adoption in local shelters, visit <http://www.unitedhope4animals.org/about-us/shelter-support-program/>.



I love thinking up harmless, funny jokes to tease my brother, Chitter, on April Fool's Day. To read this letter about April Fool's Day, hold this up to a mirror! Then, read the rest below.

ewer paid and gifts exchanged. the last day of the festivities, April 1st, formal visits little over a week to parties and fun followed. On agd, March 21st was the date of the New Year. A it is thought to have started in France. A long time April Fool's Day used to be called All Fool's Day is to point out something that is not really there! play harmless jokes and pranks. One favorite trick April Fool's Day is a time of fun. People like to

In the 16th century, the Gregorian calendar was introduced. March 21st was no longer New Year's Day and April 1st was no longer the right day to visit and give gifts.

News traveled slowly in those times, so many people kept April 1st as the last big day of the holiday season. Many others refused to change their ways. People who clung to the old ways were called April Fools.

Today, on April 1st, you might hear people call out, “Poisson d’Avril!” They have fooled someone and are calling him or her an April fish. That person took the “bait” and was easily “caught.” April Fool’s Day is a time to share some laughter with friends and family.

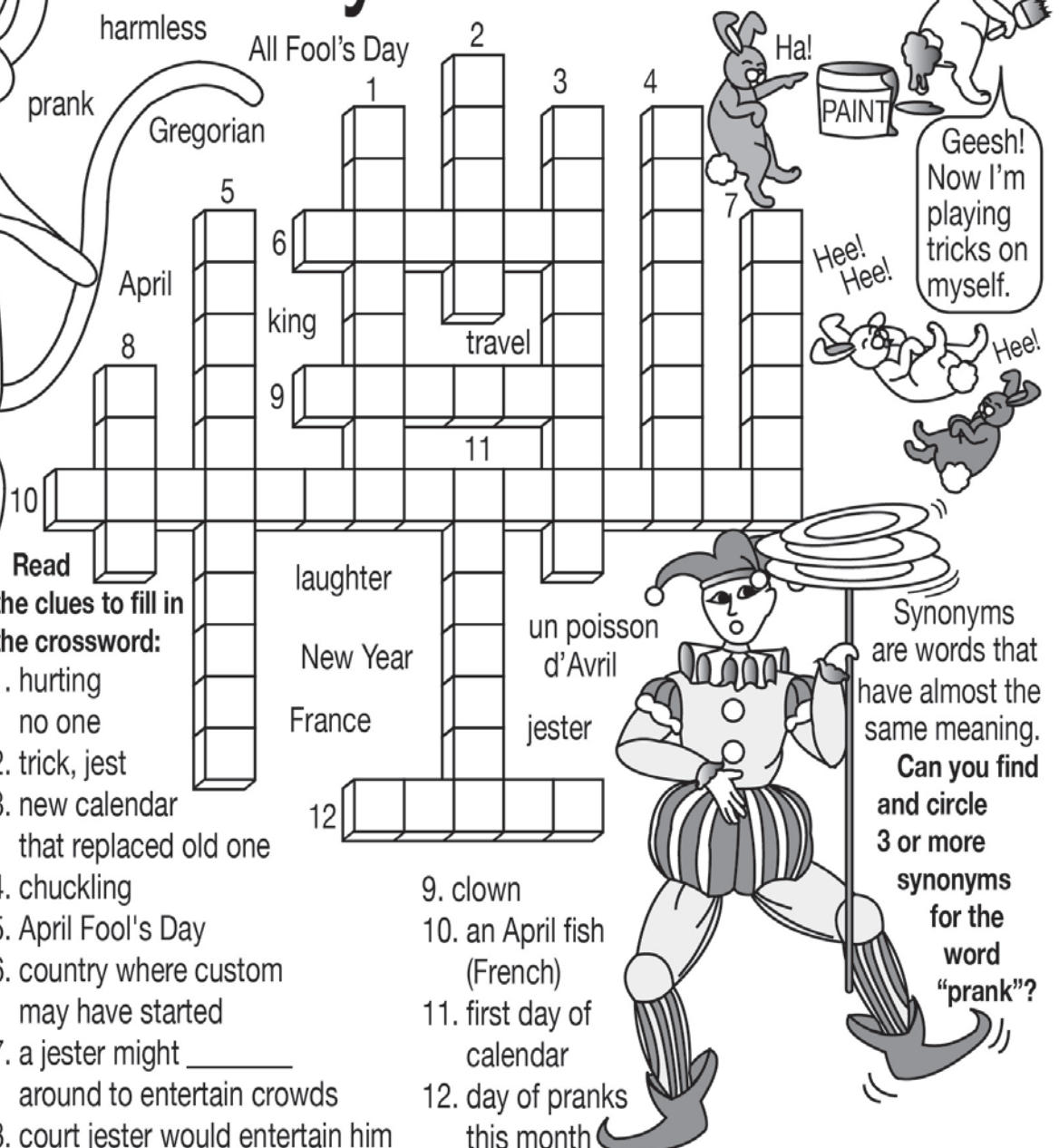
What!
Snow in
April? No
way...



tulips
maybe.

Surely You Jest!

April Fool's Day Fun



Synonyms
are words that
have almost the
same meaning.
**Can you find
and circle
3 or more
synonyms
for the
word
“prank”?**

THE JOY OF YOGA A SACRED PLACE



Practicing Yoga at a yoga studio is a unique experience. It's a community experience. It's an energetic experience. Very different from taking a yoga class in a gym or multi use environment.

As a student, I first began taking yoga classes in a studio. Looking back I'm so grateful I started this way. What a treat. I enjoyed the smell upon entering the studio. It was instantly calming. I liked the easy going people working the desk and the yoga teacher greeting students as they came in. And whoa, the practice space was clean, spacious and relaxing. As I continued my practice, I became picky about where I would practice yoga in a group setting. When traveling, I looked for yoga studios, not fitness places with yoga classes.

There's a difference in tradition and reverence for the practice.

Little did I know the effort put in by the yoga studio to create the space. Clean wood floors, simple, yet aesthetically pleasing decor, carefully stacked blocks and blankets, cherished deities displayed honoring any and all faiths. But the biggest noticeable attribute was the energy in the room. It had been created and gathered, class after class. Only yoga, meditation, and learning about those things taking place in the room. It was a sacred space. Many students say the yoga studio is their second home. I'm not surprised at all!

Come and enjoy class at our lovely, sacred space.

Namaste and Love,
Keely Totten Teacher at Yoga Madre

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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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7 SIMPLE WAYS TO REDUCE TOXINS IN YOUR LIFE



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

It's a fact, we are exposed to toxins every day, from our food, from the air and even from water! It's a good thing that our bodies have a built in detoxification system that works hard to eliminate these toxins, through the use of our liver, skin, gut, kidneys and lungs.

Our liver is our main filtration system. The liver detoxifies the body in 2 phases. Phase 1 breaks toxins apart so that hopefully they can be removed by the kidneys. In some cases the toxins can't be broken down and can even become more toxic. The phase 2 process repackages the parts of the toxins so they are neutralized and can be taken out of the body through the urine. If phase 2 is sluggish, we run the risk of building up toxins in the liver.

The best advice is avoid exposure to toxins in the first place. Here are some simple ways to reduce your toxin exposure and to eliminate the toxins that you do take in:

1. Avoid plastic water bottles. Drink water, lots of water all day but not from plastic bottles as they contain harmful toxins called BPA (Bisphenol A). These toxins actually induce phase 1 to create more free radicals which in turn depletes the antioxidant reserves of the body.
2. Stop eating canned foods (even if it's low sodium or organic). Cans are also lined with BPA.
3. Read skin care products carefully! Many skin care products contain chemicals that are absorbed through the skin and must be processed by the liver. Many are endocrine disruptors which means they mimic hormones. Your skin care products should contain only natural ingredients, meaning if you can't eat it don't apply it to your skin.
4. Make sure you are sleeping well. This is the time that your body takes the garbage out so to speak. This is the optimum time for repair and maintenance. If you are not sleeping well, get evaluated to help you determine why this is. Many people have nutritional deficiencies that hinder good sleep.
5. Keep the sewer system working! Our gut actually performs the 3rd phase of detoxification. Everyone needs to avoid constipation. Once the liver has done its job, the body needs to eliminate the waste via the stool. Constipation leads to recirculation of toxins in the body.
6. Shake things up! Regular exercise or movement releases toxins through the skin via sweat. It also keeps our lymph system working well, promoting lymph drainage. Yoga is especially good for this.
7. Take deep breaths! Practice slow deep breathing a few times a day. This slow deep breathing releases toxins through the lungs. Hopefully some of these suggestions will help reduce the stress put on your body, especially your liver, to eliminate toxins. Look for part 2 next week.



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PERSONAL SOUND AMPLIFICATION PRODUCTS CAN HELP SENIORS HEAR BETTER



Dear Savvy Senior: What types of amplification products can you recommend to help people with hearing impairment? My 62-year-old husband has some hearing issues, but doesn't think he needs a hearing aid, so I'm looking for some alternative devices that can help. Shouting Spouse

Dear Shouting: If your husband is reluctant to get a hearing aid, there are dozens of "personal sound amplification products" (PSAPs) that can help him hear better at a lower cost than most hearing aids, which can run up to \$3,000 each.

PSAPs are over-the-counter electronic products (they are not FDA approved medical devices like hearing aids) that come in many different shapes and sizes that will give your husband the ability to adjust the volume and tone so he can hear better in different situations.

It's also important to know that PSAPs work best for people with mild to moderate hearing impairment, you don't need a prescription to buy them, and they usually aren't covered by insurance or Medicare.

Before you look into PSAPs, your husband should probably get tested by an audiologist who can rule out any medical issues that could be affecting his hearing like excessive ear wax, an infection, abnormal bone growth or inner-ear tumor. Audiologists are also familiar with the different PSAPs and can help your husband choose the best products to meet his needs, or let him know if a hearing aid would be a better option.

Here's a breakdown of some of the different PSAPs that can help.

TV and Telephone Amplifiers: To hear the television better, there are a number of TV listening devices on the market that will let your husband increase the volume and adjust the tone to meet his needs, without blasting out you or the rest of the family.

The best options available today are wireless infrared or radio frequency systems that come with standard or stethoset headphones. Sennheiser (sennheiser.com, 877-736-6434) makes some of the best TV listening products sold today with prices running between \$250 and \$350.

If hearing over the telephone is a problem, a handset or in-line amplifier can be added to your phone for a few dollars, or you can purchase an amplified telephone. Most amplified phones allow you to adjust the volume and tone for better clarity and they usually come with extra loud ringers and flashing ring indicators to alert you when a call is coming in.

Some top makers of these products are Clarity (clarityproducts.com, 800-426-3738), ClearSounds (clearsounds.com, 800-965-9043) and Serene Innovations (sereneinnovations.com, 866-376-9271), with prices ranging anywhere from \$30 up to around \$300. Or, see if your state has a specialized telecommunications equipment program (see tedpa.org), which provides amplified telephones for free.

Personal Sound Amplifiers: For better hearing in noisy environments, your husband should get a personal sound amplifier that's designed to amplify hard to hear sounds (like voices), while reducing background noise. Able Planet (ableplanet.com, 877-266-1979) offers two excellent products that fit the bill that are worn either in-ear or behind the ear, and run \$475 or \$500 for one, or \$850 or \$900 a pair.

To help improve hearing at home or in quieter settings, or if your husband has high-frequency hearing loss, check out the Bean Quiet Sound Amplifier by Etymoyic (qsabean.com, 888-389-6684). This product, which is worn in the ear, provides amplification to high frequencies more than low ones, making speech easier to hear and understand. Cost: \$700 a pair or \$375 for one.

If these are too pricey, there are also a number of small hand-help amplifiers that come with a small microphone and ear buds that can increase volume without all the other features. These products typically run around \$100 or less, and are available through companies like Sonic Technology Products (sonictechnology.com, 800-247-5548), Sonic Alert (sonicalert.com, 800-566-3210) and Harris Communications (harriscomm.com, 800-825-6758).

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



KATIE Tse.....This and That AN UNUSUAL SITUATION...

What was the most embarrassing thing that happened to you in elementary school? Did spaghetti come out of you nose when you laughed too hard at lunch? Did you get car sick on a field trip and throw up on the bus? Did you experience a loud episode of flatulence in the library?



Even if the embarrassing thing didn't happen to you, there's still the collective horror of just witnessing someone else getting mortified before your eyes. It's kind of like watching a friend sing badly onstage. You wince at every sour note and unconsciously grip the edge of your seat. Throwing up is bad. Farting is bad. But without a doubt, wetting your pants has to be up there with the most embarrassing things that could happen to you at school.

So, you'll understand my mom's shock when a friend of hers who teaches second grade divulged that she has an entire class of habitual pee-ers! I had to scoop my chin off the floor when I hear this the first time. Roughly 20 students, who are all about eight years old, are all cool and fine with each other urinating in the classroom. And they won't be shamed into holding it until they get to the bathroom. One kid even had the audacity to scoot his bottom to the side of his chair to pee on the floor! So, they must know this is wrong, but figure that they have strength in numbers. To make matters worse, the classroom is carpeted! That nasty sanitary sand the custodians use to soak up vomit is now being employed for an entirely different purpose.

"How did this happen?" I asked incredulously. Of course my mom didn't know. She reconnects with this friend when they (current and retired teachers) get together for dinner once a month. I suppose if you're in a crowded restaurant it's okay to say that most of your students pee on the floor, but going into graphic detail would put your friends off their food.

But I couldn't just let this go. Obviously the kids didn't just start doing this in second grade! They must've been doing this in first and K, too! Isn't potty training an early developmental milestone? These kids are reading at grade level, but haven't mastered their bladders! What does the first grade teacher say? Goodness, what do their parents say? I could only imagine how the parent conferences went.

"Johnny is doing well in math and reading. Have you considered talking with his pediatrician about toileting?" "Suzy has great speaking and listening skills, but she tends to pee in the corner after recess. Maybe she has a salt deficiency..." Shoot, I don't know how you could talk about such things with a straight face. Second grade teachers must make great poker players.

I couldn't listen to this sad tale without trying to come up with some possible solutions. (It also took a while to think of something to draw to go with this article!) The best idea I thought of was for the teacher to keep plus-size diapers on hand in the classroom. At the first sign of pee, the offending student would have to put on the diaper on top of their regular clothing. Of course, diapers probably aren't cheap, and I can't imagine the teacher writing up a requisition order for a shipment of Pampers. And whenever you have disciplinary action applied to children, there will most likely be a parent or two who will claim that the teacher is unfairly singling out their child. However, I don't think they'd be able to make that argument when all their classmates are sporting soggy diapers as well. So, remember to thank any second grade teachers you know --they're tougher than you think.



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

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



SENIOR HAPPENINGS

FYI: TIPS FOR STAYING HEALTHY IN YOUR 70S, 80S, 90S...

Aging can be defined as: "progressive changes related to the passing of time." While physiological changes that occur with age may prevent life in your 70s, 80s and beyond from being what it was in your younger years, there's a lot you can do to improve your health and longevity and reduce your risk for physical and mental disability as you get older.

Research shows that you're likely to live an average of about 10 years longer than your parents—and not only that, but you're likely to live healthier longer too. According to the U.S. Department of Health and Human Services, 40.4 million Americans (about 13 percent) were 65 years of age or older in 2010 and by the year 2030, almost 20 percent of the total U.S. population will be 65+.

So how do you give yourself the best possible chance for a long, healthy life? Although you aren't able to control every factor that affects health as you age, many are in your hands. Some keys to living a long, healthy life include:

Make healthful lifestyle choices—don't smoke, eat right, practice good hygiene, and reduce stress in your life

Have a positive outlook

Stay as active as possible—mentally and physically

Take safety precautions

See your health care provider regularly and follow his or her recommendations for screening and preventative measures

One of the most important things you can do to stay healthy in your golden years is to maintain your sense of purpose by staying connected to people and things that matter to you. However, this isn't always easy—especially in a society that all-too-often views older people as a burden.

Visit your local senior center. Spend time with at least one person—a family member, friend or neighbor—every day. Volunteer in your community, attend a local event, join a club or take up a new hobby.

HELPFUL HINT: Natural Insect Repellent - Mix 2 drops of oil of peppermint or lavender with 2 teaspoons of almond or sweet oil and dab on the skin

FOR YOUR FUNNY BONE - There was a farmer who planted apples. He was disturbed by some local kids who would sneak into his farm at night and eat the apples. He came up with a clever idea that he thought would scare the kids away for sure. He made up a sign and posted it in the field. The next day the kids showed up and they saw a sign hanging that read, "Warning!! One of the apples on these trees has been injected with cyanide." So the kids ran off, made up their own sign and posted it next to the sign that the farmer made. The farmer showed up the following week. He looked over the field and he noticed that no apples were missing, but a new sign hung next to his. He drove up to the sign and read: "Now there are two".

HAPPY BIRTHDAY! ... March Birthdays

Clare Marquardt, Karen Blachly, Carla Duplex, Ella Guttman, Viky Tchatlian, Mary Cooper, Georgina "Snooky" Greger, Sun Liu, Helen Wallis, Joan Crow, Nancy Fox, Nan Carlton, Martha Cassara, Rita Johnson, Mercedes Campos, Dorothy Webster, Terri Elder, Carol Cerrina, Amy Putnam, Sally Contreras and Lori Cooper. (Thanks Pat Birdsall for putting this list together.) 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: Our greatest glory is not in never falling, but rising every time we fall. - Confusius



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 Brandlely. 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:

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.



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SEAN'S SHAMELESS REVIEWS:

By Sean Kayden

INCAN ABRAHAM

Originally from NY, LA based quartet, Incan Abraham are finally ready to lay their hand on the table with the debut LP, "Tolerance." After a series of promising EPs, the group is prepared to take their relatively unknown status to new heights. The band's style is comparable to other SoCal acts, Young The Giant, Local Natives and Delta Spirit as well as NY indie rock aficionados, Grizzly Bear.

"Tolerance" is flooded with sweet harmonies, sunny base lines, and psychedelic pop. The record is more on the pop rock side of the spectrum, but that's nothing to sneer at. The 10-track album is the quintessential summer soundtrack for those seeking an escape from the ordinary. "Tolerance" will appease the wounds of yesterday, stimulate your soul in conquering today's mini goals, and steer your aspirations of tomorrow. Incan Abraham's debut LP isn't faultless, but when it shines, it could be the guiding light for those chasing after something just out of arm's reach.

The album is one big melodic swoop. From beginning to end, it carries you like ocean waves. "Concorde" is one of the catchiest songs on the record. It impresses with 80s guitar lines, smooth vocals, and huge hooks. "Tram" is another top tier track from this rock solid debut. It specializes in warm nostalgia. "Tuolumne" is heavily synth-based and very texturized but the raw emotions are still at the core of the vocals. "Tolerance" has this very California feel to it. There's a deep sense of traveling down an open, desert road while listening to the album. Maybe you'll actually want to do something like that when you hear these ten captivating tracks. While it appears many modern influences can be heard on this album, Incan Abraham still adds a bit of their own spark to the material. "Peers," a laid-back summer-y infused tune, remains as one of the band's many highlights.

The record does tread very similarly in resonance to other indie rock acts. However, the tribal beats, California vibe, and relatable lyrics are beneficial for Incan Abraham in standing out amongst the pack. They may be still thinking inside the box in some of their choices, but the flow of this record is quite graceful. Towards the end, I must admit it fizzles out just a bit. The closing title track seems like a struggle to play and even more so to get through listening to. It just doesn't connect and doesn't have any of the same enthusiasm found on the previous songs. In the end, Incan Abraham has crafted a delightful, danceable, occasionally reflective piece of music that has more hits than misses. As far as debuts go, that's pretty impressive. The band still has a ways to go in climbing the indie rock mountain, but so far they're off to a nice start.

Grade: 7.8 out of 10

Key Tracks: "Midwife," "Concorde," "Tram," "Peers"

TAURINO QUARTET PERFORMS HAYDN, MENDELSSOHN, RAVEL AND ENESCU AT SIERRA MADRE PLAY-HOUSE ON APRIL 6

Sierra Madre Playhouse presents the next in its series of concerts featuring emerging artists from the Colburn Conservatory of Music. In the spring of 2013, Eduardo Rios, violin; Madeleine Vaillan-court, violin; Tanner Menees, viola; and Benjamin Manis, cello, formed the Taurino Quartet. Since then, they have performed at numerous local venues. This summer, they will be Fellows at the Nor-folk Chamber Music Festival at the Yale University School of Music in Norfolk, CT.

Program: Franz Joseph Haydn, String Quartet Op.76 No. 2 "Fifths" (1796); George Enescu: Concertstucke for Viola and Piano (1906); Maurice Ravel: Violin Sonata No. 2 in G Major (1927); Felix Mendelssohn: String Quartet Op. 80 in F Minor (1847).

At Sierra Madre Playhouse, 87 W. Sierra Madre Blvd., Sierra Madre, CA 91024. Ample free park-ing behind theatre. Sunday, April 6, 2014 at 7:00 p.m. Adults \$20. Students \$15. Reservations: (626) 355-4318. Online ticketing: www.sierramadreplayhouse.org

Jeff's Book Picks

By Jeff Brown

1491: NEW REVELATIONS OF THE AMERICAS BEFORE COLUMBUS

by Charles C. Mann

In this groundbreaking work of science, history, and archaeology, Charles C. Mann radically alters our understanding of the Americas before the arrival of Columbus in 1492. Contrary to what so many Americans learn in school, the pre-Columbian Indians were not sparsely settled in a pristine wilderness; rather, there were huge numbers of Indians who actively molded and influenced the land around them. The astonishing Aztec capital of Tenochtitlan had running water and immaculately clean streets, and was larger than any contemporary European city. Mexican cultures created corn in a specialized breeding process that it has been called man's first feat of genetic engineering. Indians were not living lightly on the land but were landscaping and manipulating their world in ways that we are only now beginning to understand. Challenging and surprising, this is a new look at a rich and fascinating world we only thought we knew.



GRAIN BRAIN: THE SURPRISING TRUTH ABOUT WHEAT, CARBS, AND SUGAR--YOUR BRAIN'S SILENT KILLERS

by David Perlmutter and Kristin Loberg

Renowned neurologist David Perlmutter MD, blows the lid off a topic that's been buried in medical literature for far too long: carbs are destroying your brain. And not just unhealthy carbs, but even healthy ones like whole grains can cause dementia, ADHD, anxiety, chronic headaches, depression, and much more. He explains what happens when the brain encounters common ingredients in your daily bread and fruit bowls, why your brain thrives on fat and cholesterol, and how you can spur the growth of new brain cells at any age. He offers an in-depth look at how we can take control of our "smart genes" through specific dietary choices and lifestyle habits, demonstrating how to remedy our most feared maladies without drugs. With a revolutionary 4-week plan, he shows us how we can re-program our genetic destiny for the better. Grain Brain was a #1 New York Times bestseller.

NEW YORK: THE NOVEL

by Edward Rutherfurd

International bestselling author Edward Rutherfurd celebrates America's greatest city in a rich, engrossing saga, weaving together tales of families rich and poor, native born and immigrant, a cast of fictional and true characters whose fates rise and fall with the city's fortunes. From this intimate perspective we see New York's humble beginnings as a tiny Indian fishing village, the arrival of Dutch and British merchants, the Revolutionary War, the emergence of the city as a great trading and financial center, the convulsions of the Civil War, the excesses of the Gilded Age, the explosion of immigration, the trials of World War II, the near demise of New York in the 1970s and its rebirth in the 1990s, and the attack on the World Trade Center. A stirring mix of battle, romance, family struggles, and personal triumphs.

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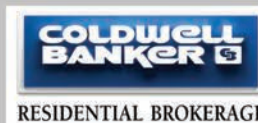
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Walking Sierra Madre..... The Social Side by Deanne C. Davis

THE TALENTED SAIGH SISTERS

"The beauty one can find in Art is one of the pitifully few real and lasting products of human endeavor."
Paul Getty

"The artist's world is limitless. It can be found anywhere, far from where he lives, or a few feet away. It is always on his doorstep."
Paul Strand



I met two delightful and awesomely talented young artists this week, Ariana and Alexia Saigh, spending an hour or so with them at their home, an elegant 1913 Craftsman style, high in the hills above Altadena, built by James McFadden. James was an interesting guy who, around 1888, changed the isolated marshy lagoon, lower bay Orange County area by building a wharf that extended from the shallow bay of the peninsula to deeper water where large steamers could dock, creating what is now our Newport Beach-Balboa Island areas. I was treated to a tour of this magnificent place, which has been on several home tours and is currently beautifully decorated for Easter. The walls are filled with framed prints of Ariana's and Alexia's work and each is of a quality far beyond the years of these girls.

But I digress!! We're talking about young artists today, not fabulous homes! Ariana, an 8th Grader at the Gooden School right here in Sierra Madre, has made a permanent mark on the Gooden landscape, creating "The Nativity," an oil painting, which was the 2012 Gooden School Community Christmas Card. She also painted "The Good Life At The Gooden School," an original acrylic which is the 2013-2014 Year Book Cover, featuring various Gooden activities, with a background of Wistaria; and she did it in just four days! Ariana is also the LA County Fair 2013 Sweepstakes Winner of the Teen 1 Division, America's Kids Art Contest with her, "Distractions at Luncheon of the Boating Party," her take on Renoir's "Luncheon of the Boating Party," which depicts a group of Renoir's friends relaxing on a balcony at the Maison Fournaise along the Seine in Chatou, France. Ariana's version has guests playing with their phones, wearing earbuds and drinking Coke instead of wine. They are also dining on McD's

and Pizza Hut instead of fruit. Her "Bridge to Beauty" a 2010 Sweepstakes Winner, painted when she was just ten, is a piece that could have been painted at the Huntington Library Gardens and the feel for color is extraordinary in this one. But there are so many more! Alexia is a 6th grader at St. Mark's School and she will be at Gooden School next year. Her painting, "Reading Brings Imagination to Life" was the 2013 Sweepstakes & Theme Award Winner at the Los Angeles County Fair in the America's Kids Art Contest, Pre-Teen Category and will be the face of the Pasadena Humane Society's "Barks & Books" program, a reading enrichment program for children ages 5 to 12 designed to make reading fun, boost confidence and encourage respectful, humane treatment for all animals. Copies of this particular painting can be seen at the Altadena and Pasadena Hastings Ranch Libraries. Alexia has been winning Sweepstakes prizes at the Los Angeles County Fair since she was six, starting with "Tropical Parrot" in 2009, "Daisy Dog" in 2010 (Special Judges Award), and "California's Best," an original oil still life featuring lemons, cherries, and an artichoke! Her self-portrait, "A Reflection of Me" a look back at herself at age 4, painted at age 8, is a poignantly beautiful piece. Alexia's "The Altadena Town & Country Club" acrylic landscape was selected by the Jury for the 2013-2014 California Artist Club Exhibition.

Winning these L.A. County Fair Sweepstakes prizes is really quite something, by the way. In 2012, there were 7,600 entrants. In 2013, 8,469 kids submitted something. There are only 5 Art Sweepstakes, one per age category (non-physically challenged) out of all these thousands of entries. For Alexia and Ariana to be winners year after year says a lot about their work.



These girls are so talented and such lovely young women, well-spoken, gracious, modest and involved in many other activities in addition to art. They are excellent students, bringing home mostly A's, musicians (piano and violin), and USTA team tennis players. Ariana and Alexia are also team competitors with their church, St. Anthony's Greek Orthodox Church, in Greek Dancing. This is an enormous competition with 99 church groups coming together each February, competing from places as far flung as Hawaii, Alaska, Washington and Florida to name just a few. St. Anthony's was the big winner this year, with both girls' teams taking 1st prizes in Dance, Costume and Choral, yes, they are also singing in Greek!

There are art lessons on a continuing basis at Kid's Art in Pasadena where the curriculum starts with crayons and 4-year olds, and works its way through markers, watercolors, acrylics and oils, in addition to technique. The girls are currently involved in collages which involve paintings, in Alexia's case, of popsicles, cookies and other sweet goods. Ariana's collage will feature Marilyn Monroe, a retro TV dinner, old music records and a stylish convertible.

I came away wanting all their art. And, best news ever, it's available! Stop in at Leonora Moss in Kersting Court and take a look at the card rack in the back where the girls' greeting cards are on

display. Webster's Stationers, on Fair Oaks in Altadena, in addition to carrying the entire card line, can also order you an 11 x 14 print of the girls' work which you can frame. Or, if you're ordering flowers at Jacob Maarse on Green St. in Pasadena, they, too, have had the good taste to add the Saigh sisters entire card line. Visiting someone at Huntington Hospital? Their gift shop carries the girls' cards, too.

How did all this begin, you ask? Here's the story: Ariana was three, dressed in a pristine white dress, to go to her baby sister's christening. Their mom was getting baby Alexia ready, gone for just minutes, and Miss Ariana found her way to the fingerpaints and used the most available canvas: herself! The girls mother, Mara Suchy, showed me pictures of Ariana covered in paint from her eyes on down through the dress. Talent will out! Art lessons started quite quickly after that.

These girls are amazing! Hunt down their work and take some of those cards home, go order a print. You'll end up with a treasure! Trust me! "I dream my painting and I paint my dream." Vincent van Gogh

"A Tablespoon of Love, A Tablespoon of Laughter." Is available on Amazon.com and at the following link: <https://www.createinspace.com/4561071> It's humor, family, recipes, poetry....and it will make you laugh! Guaranteed! I should know, I wrote it!

Celebrate the hour TONIGHT!

Join millions of people across the world - switch lights off for an hour or join an event on 29 March at 8:30 pm to raise awareness for the planet.

For more information go to:
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Kids' and Adult Art Classes

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Creative Arts Group

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Find us on Facebook by searching "Creative Arts Group Sierra Madre"

FRIENDS ANNOUNCE ART FAIR FEATURED ARTIST



The Friends of the Sierra Madre Library are proud to announce that Beverly Jones is the featured artist for the 52nd annual Art Fair. Beverly's wow-inspiring designs, meticulous craftsmanship and attention to detail made her the obvious choice as the first jeweler to be given this honor.

Beverly stepped from documentary filmmaking into jewelry fabrication and discovered the calming effect of the tactile world of beads as the perfect antidote to the complex digital, electronic world of filmmaking. A bead led to silver and fire which led to enamel and now to leather and fabric. Her pieces may combine a precious gem with a found object or a natural oddity such as a sliver pendant with a meteorite and a ruby or a ruby and a piece of petrified armadillo hide. Beverly feels that her comfortably wearable jewelry appeals to women who love color and surprises, who know trends but don't necessarily follow them, and who will break a fashion rule if it pleases them. A selection of her jewelry may be seen at www.beverlyjones.com.

This Year's Art Fair is being held in Memorial Park, 222 W Sierra Madre Blvd in Sierra Madre, on Saturday, May 3, from 9:30am to 6:00pm and Sunday, May 4, from 9:30am to 5:00pm. Stop by Beverly's booth to see and purchase her lovely creations. Proceeds from the Art Fair benefit the resources and programs of the Sierra Madre Library.

For more information about the Art Fair, you may call the library at 626.355-7186 or visit the Friends' website at www.sierramadrelibraryfriends.org.

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Editor

52nd Annual Sierra Madre Art Fair

Saturday, May 3 - 9:30 a.m. to 6 p.m.

Sunday, May 4 - 9:30 a.m. to 5 p.m.



Leather Cuff Bracelet



Wild & Tame Necklace



Enamel Earrings

Jewelry Designs by Beverly Jones

100 Artists, Children's Activities
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Wine and Beer Garden

Free Admission • Sierra Madre Memorial Park

222 West Sierra Madre Blvd., Sierra Madre, California
For event information: 626.355.7186 or www.sierramadrelibraryfriends.org
Benefits Sierra Madre Public Library



Tips of the Trade: Real Estate Revealed

by Luther Tsinoglou

TIME TO SHOW OFF


If you’ve followed advice given here about sprucing up your home’s exterior, well done! Now let’s focus attention on the next thing potential buyers will see - the front door and the interior. Now is the time for spring-cleaning and to show off your home’s best features.

Repaint that front door and touch up around the entry. Make it warm and welcoming with updated light fixtures at the entrance and foyer. Speaking of entries, check your windows and doors for energy efficiency. If they’re not airtight, an investment in new windows and insulation will pay off handsomely and impress buyers.

Freshly repainted walls won’t hurt either, and you can achieve a bright, clean look with light yellow or cream on the walls and contrasting white woodwork. Buff up your wood floors, clean your area rugs or carpets, and replace any worn carpeting before your first showing.

Buyers look carefully at bathrooms, so be sure to remove any spots of mildew, replace caulking, and consider a small investment in a new sink and vanity to really make things sparkle.

The icing on the cake is to offer buyers a "home warranty" on the appliances in your house, allowing them a full year of service on anything that happens to go wrong. Your pride of ownership and their peace of mind should combine to produce a sale!



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ECO-FRIENDLY WEED CONTROL IN LAWNS

by Melinda Myers

Don’t let lawn weeds get the best of you. These opportunistic plants find a weak spot in the lawn, infiltrate and begin the take over your grass. Take back the lawn with proper care. Your lawn will not only be greener and healthier, but good for the environment.

The grass and thatch layer act as a natural filter, helping to keep pollutants out of our groundwater and dust out of our atmosphere. They also reduce erosion, decrease noise and help keep our homes and landscapes cooler in summer. And a healthy lawn is the best defense against weeds.

Start by identifying the unwanted lawn invaders. Use them as a guide to improve your lawn’s health and beauty. Weeds appear and spread when the growing conditions are better for them than the grass. Correct the problem to reduce the weeds and improve the health of your lawn. Killing the weeds without fixing the underlying cause is only a temporary solution. Unless the cause is eliminated the weed problem will return.


Here are a few of the more common weeds, the cause and possible solutions for managing them out of the lawn.

High populations and a variety of weeds mean you need to adjust your overall lawn care practices. Mow high and often, removing no more than 1/3 the total height of the grass at one time. Leave the clippings on the lawn in order to return water, nutrients and organic matter to the soil. This along with proper fertilization using an organic nitrogen slow release fertilizer with non leaching phosphorous, like Milorganite (milorganite.com), can greatly reduce weeds. Knotweed and plantains often found growing next to walks and drives or other high traffic areas can also be found in lawns growing on heavy poorly prepared soils. These weeds thrive in compacted soil where lawn grasses fail. Reduce soil compaction and improve your lawn’s health with core aeration. Aerate lawns when actively growing in spring or fall. Or replace grass in high traffic areas with permeable pavers or stepping stones to eliminate the cause. Nut sedge is a common weed in wet or poorly drained soils. Improve the drainage to manage this weed. It may mean core aerating the lawn and topdressing with compost, regrading or the installation of a rain garden to capture, filter and drain excess water back into the ground.

Clover and black medic mean it’s time to get the soil tested and adjust fertilization. Both thrive when the lawn is starving. Clover was once included in lawn mixes because of its ability to capture nitrogen from the atmosphere and add it to the soil. If these weeds are present, boost the lawn’s diet starting this spring with a low nitrogen slow release fertilizer. It feeds slowly throughout the season, promoting slow steady growth that is more drought tolerant, disease resistant and better able to outcompete the weeds.

Creeping Charley, also known as ground ivy, violets, and plantains usually get their foothold in the shade and then infiltrate the rest of the lawn. Take back those shady spots by growing a more shade tolerant grass like the cool season grass fescue or warm season St. Augustine grass. Mow high and fertilize less, only 1 to 2 pounds of nitrogen per growing season, than the sunny areas of your lawn. Or replace the lawn with shade tolerant groundcovers. Adjust your overall care to reclaim and maintain the rest of the lawn. Crabgrass and Goosegrass are common weeds that follow a hot dry summer. Mow high to shade the soil and prevent many of these annual grass weeds from sprouting. Corn gluten meal is an organic pre-emergent weed killer that can help reduce these and other weeds from sprouting. Apply in spring and fall applications to reduce weeds by as much as 80% in three years. And, when mowing this year, consider an electric or push mower to manage your lawn in an even more eco-friendly manner.

Gardening expert, TV/radio host, author & columnist Melinda Myers has more than 30 years of horticulture experience and has written over 20 gardening books, including Can’t Miss Small Space Gardening and the Midwest Gardener’s Handbook. She hosts The Great Courses “How to Grow Anything” DVD series and the nationally syndicated Melinda’s Garden Moment segments. Myers is also a columnist and contributing editor for Birds & Blooms magazine. Myers’ web site, www.melindamyers.com, offers gardening videos and tips.



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THE WORLD AROUND US

Looking Up

with Bob Eklund



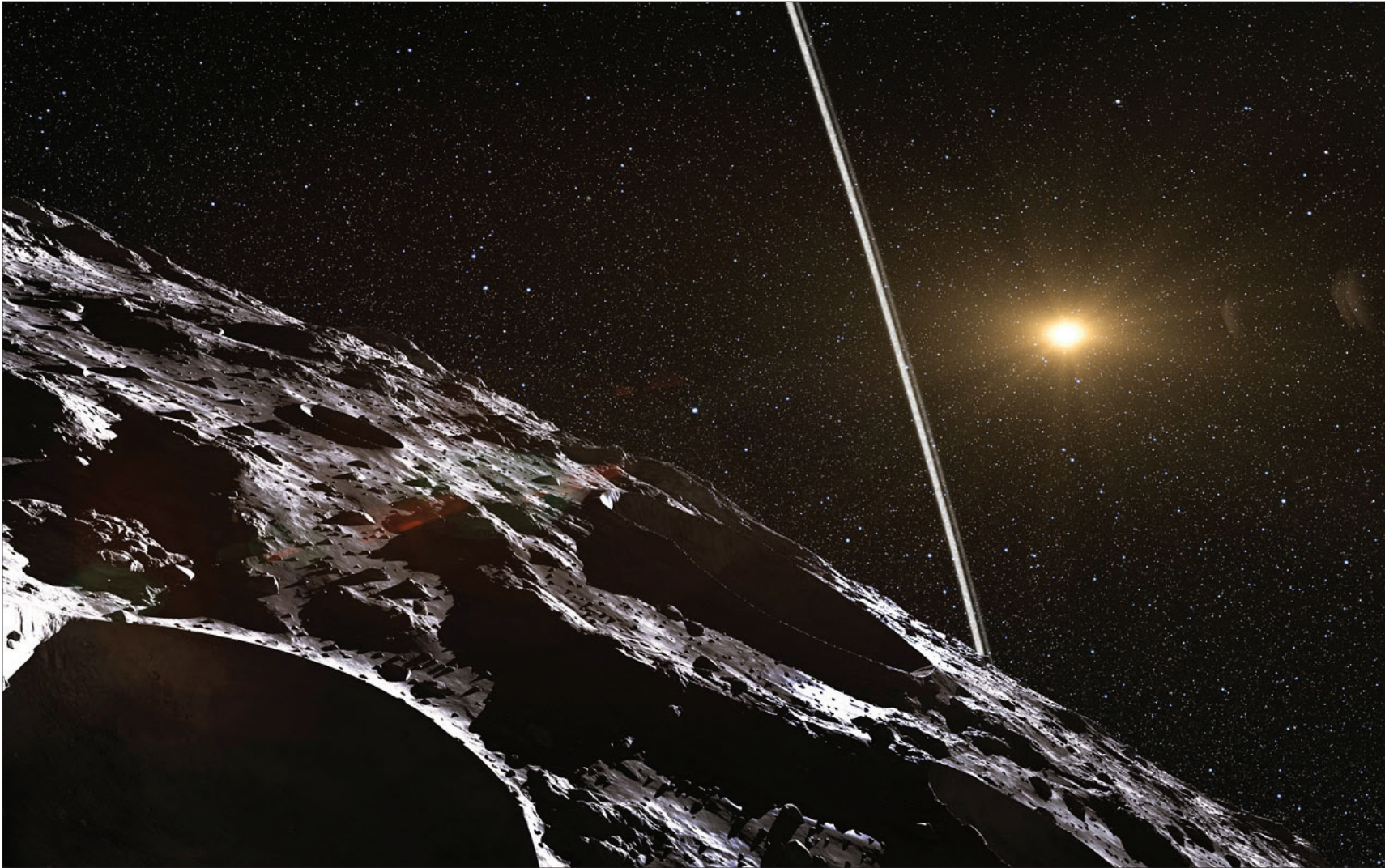
FIRST RING SYSTEM AROUND ASTEROID

Observations at many sites in South America have made the surprise discovery that the remote asteroid Chariklo, only 100 miles in diameter, is surrounded by two dense and narrow rings. This is the smallest object by far found to have rings and only the fifth body in the solar system—after the much larger planets Jupiter, Saturn, Uranus and Neptune—to have this feature.

“We weren’t looking for a ring and didn’t think small bodies like Chariklo had them at all, so the discovery—and the amazing amount of detail we saw in the system—came as a complete surprise!” says Felipe Braga-Ribas (Observatório Nacional/MCTI, Rio de Janeiro, Brazil) who planned the observation campaign.

Chariklo is the largest member of a class known as the Centaurs and it orbits between Saturn and Uranus in the outer solar system. Predictions had shown that it would pass in front of the star UCAC4 248-108672 on 3 June 2013, as seen from South America. Astronomers using telescopes at seven different locations were able to watch the star apparently vanish for a few seconds as its light was blocked by Chariklo.

But they found much more than they were expecting. A few seconds before, and again a few seconds after the main occultation there were two further very short dips in the star’s apparent brightness. Something around Chariklo was blocking the light! By comparing what was seen from different sites the team could reconstruct not only the shape and size of the object itself but also the shape, width, orientation and other properties of the newly discovered rings.



The team found that the ring system consists of two sharply confined rings only seven and three kilometers wide, separated by a clear gap of nine kilometers.

“For me, it was quite amazing to realize that we were able not only to detect a ring system, but also pinpoint that it consists of two clearly distinct rings,” adds Uffe Gr e J rgensen (Niels Bohr Institute, University of Copenhagen, Denmark), one of the team. “I try to imagine how it would be to stand on the surface of this icy object—small enough that a fast sports car could reach escape velocity and drive off into space—and stare up at a 20-kilometer wide ring system 1,000 times closer than the Moon.”

WESTCHESTER STAR PARTY. Meanwhile, much closer to home, on Saturday April 5th the local community will be able to look up at our own Moon and planet Jupiter and see them greatly magnified in high-quality amateur telescopes. The international public astronomy organization “Astronomers Without Borders” has named April 5 as Global Star Party Night, when people all over the world will be looking through telescopes—often for the first time in their lives. The local star party will be part of this

global adventure. (see <http://astronomerswithoutborders.org/gam2014-programs/observing/1455-global-star-party.html>.)

Telescope will be set up for the public’s enjoyment from 7:30 to 10:00 p.m. in the parking lot of the Christian Science Church, 7855 Alverstone Ave. (1 block west of Sepulveda at the corner of 79th St.) in Westchester. There is no charge, and refreshments will be served. If you have a telescope of your own, you’re welcome to bring it.

All are welcome—bring the children, learn astronomy together, and enjoy the sky! And if it’s cloudy, come anyway—we’ll have an indoor learning session on basic astronomy designed especially for children (of all ages).

Questions? Contact star party host Bob Eklund, (310) 216-5947, beklund@sprynet.com

FAMILY MATTERS

By Marc Garlett



WHAT’S CHANGED IN YOUR LIFE?

Estate planning is not a “set it and forget it” kind of thing. Your situation changes, your assets change, the laws change -- and if your plan doesn’t change, too, your family gets left holding the bag. In other words, the people you love most end up bearing the brunt of your failure to act. It’s easy to prevent that, however. Conducting a proper review of your estate plan will help identify the potential need to update your plan because of:

Life transitions: Have any babies been born, loved ones died, beneficiaries gotten divorced or married? If so, you need to revisit your plan. Changes in the law: Changes in federal and state tax laws may require updates to your healthcare and financial powers of attorney. State regulations can also be revised to open up new wealth planning strategies that should be a part of your estate plan.

Changes in assets: Has your net worth gone up or down? Have you invested in any new assets such as a businesses or real estate? Have you opened new bank accounts, retirement accounts, insurance policies, or anything similar? If so, your plan needs to be revisited. And the spreadsheet of assets you have for your family (you DO have one, right?) needs updating.

Funding of assets and beneficiary designations: One of the most common mistakes people make is not properly completing the transfer of assets into a trust within their estate plan. Another common error is having beneficiary designations that are inconsistent with the distribution language in the estate plan. We recommend a review of those matters at annually.

Remember, if you do not review your plan and update it regularly, it’s your family who will have to deal with the consequences.

If you have not had your estate plan reviewed within the last three years (or if you have not created a plan at all) we really should talk. Call my office today. We normally charge \$950 for an Estate Plan Checkup but if you are one of the first two callers to mention this article, we’ll waive that fee. Call 626.355.4000 today and mention this article or visit www.GarlettLaw.com for more information.

Marc, a local attorney and father, is on a mission to help parents build, preserve, and pass on their own personal family legacy. He volunteers as a Los Angeles County CASA (Court Appointed Special Advocate for Children) and his law office is located at 49 S. Baldwin Avenue, Suite G, Sierra Madre, CA 91024.

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5 FINANCIAL MISTAKES TO AVOID IN PICKING A COLLEGE

By Gregory J. Welborn

Getting that college can be a time for great joy, but it can also be a time of fear and foreboding as the financial realities of college sink in. Here, then, are 5 financial mistakes to avoid when selecting a college.

- #1 Do Not Wait Until Financial Aid Is Awarded To Decide Which Schools To Attend: The financial aid awards follow acceptance letters by several weeks, during which time people can get emotionally attached to a school only to learn that even with financial aid it is unaffordable. Instead, assess what you can afford to pay for college and what loan payments your student will be able to afford after graduation. As the award letters arrive, eliminate those schools that aren't affordable. Don't fall in love with a school before you determine whether you can afford it.
- #2 Be Honest In Assessing The Likelihood Of Academic Or Athletic Scholarships: Too many high achieving kids (academically or athletically) assume they will receive a scholarship. High School seniors in the top 25% nationally may be in the middle of the pack at their “reach” school. They may not qualify for aid at their reach school, but may very well qualify for a generous scholarship at a school where they are in the top of the candidate pool. This logic applies to academics and athletics.
- #3 Not All Prestigious Schools Are Worth It: Schools compete for reputation, but reputation is too often based on academic measures not economic ones. Cost and benefit must be related. Make sure you're not paying \$60K per year to a school for a major which won't garner strong earnings over the student's career. High prices do not always mean high quality when quality is measured by earning potential.
- # 4 Remember Scholarships Are Not Guaranteed All Four Years: A student or athlete who qualifies for aid one year may not qualify for as much aid, or any aid, the next year. Many times the circumstances which warranted assistance at the time of application change as the student or



athlete goes through school. Don't pick a school right at your margin of affordability. Leave some room for changes in circumstances. Athletically, you need to know that scholarships cannot legally be promised for more than one year. Too many student/athletes promised a 4-ride find the coach can change his mind in future year. Have a plan-B.

#5 Not All Loans Are The Same: Student loans differ based on rates and terms, so loan payments will be different. There are two good rules of thumb: 1) limit total student debt to the student's expected first year salary, or 2) limit total student loan payments to no more than 10% of the expected gross income after school. Getting into college can be a joyous time ruined by financial realities. Start early and build reasonable financial criteria into your selection process. Never go to a school that you ultimately cannot afford.

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

LORI KOOP

the creative entrepreneur

by Lori Koop, Business Coach

The water hyacinth floats across the surface of ponds, thriving in warm climates around the world. It is one of the most productive plants on earth. Although it can produce up to 5,000 seeds, the method it prefers is doubling itself -- sending shorter runner stems out, which then become “daughter plants.”

A pond will be completely clear on day 1. On day 15, the plant will cover a single square foot of a pond's surface. On day 20, two-thirds of the way to the end of the month, there may be a cluster the size of a small mattress. On day 29, one-half of the pond's surface will be covered. And by day 30, one day later, the entire pond will be covered with water hyacinth.

It is this collection of activities, compounded over time, which leads to success. In fact, you can take

any goal and break it down into a series of very small, easy steps. So small, they take hardly any time and appear not to matter – but the beauty is they do. In time, they will fill the pond.

Just be aware, as with all tasks, they are just as easy not to do. That's where self-coaching comes in. Refer to your “why” to empower the commitment. Do not look around and judge the progress. Underneath, progress is brewing. Trust. In due time, success surely blooms.

LORI KOOP, helping creative entrepreneurs prosper. Schedule a complimentary session: www.LORIKOOP.com or call 626-836-1667. (Location: 49 S. Baldwin Avenue, Suite L, Sierra Madre 91024) I'm here every other week.

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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

RICH Johnson



We Are In Missouri

Sitting with good friends at the Peppertree Grill last Friday night, I had the opportunity to meet a real foreigner. The gentleman is from the Mideast. Where, exactly? I'll tell you. Liberty, Missouri. I know what you're thinking: the Mideast is over there in the other hemisphere. You think I should have said Midwest. Well, let's shake things up a bit and shift the paradigm.

Paradigm shifted? Good. Let's talk about Gordon...the foreigner from Missouri. This is quite a guy. First off, he was lucky enough to run into a lovely lady from California whom I know from Bethany School Board Days: Martha Truman. Not only did he run into her. He convinced her to marry him. I'm not sure she realized it involved Missouri in the winter (I did hear relocating rumblings coming from across the dinner table).

Why am I regaling you with this personal social experience? Gordon is involved in a community project in Liberty, Missouri called Hillcrest Hope. The more I heard about this service organization the more impressed I became. And not only from a humanitarian perspective, but from a mechanics perspective as well. Hillcrest Hope is a fine oiled machine where all the t's are crossed and all the i's are dotted. Okay, Rich, so what is Hillcrest Hope?

Hillcrest Hope is a 90-day transitional housing program in Liberty and Avondale Missouri. The program provides families who are homeless, or in danger of becoming homeless, with rent-free, utility-free temporary shelter and supportive services. More specifically: Each family is put up

in a two-bedroom, fully furnished apartment with all household essentials. Each adult in the family must have a job or be actively looking. Families are required to attend weekly meetings on: case management, budget counseling, life skills and community living. There is a high accountability component to this 90-day program. Hillcrest Hope has staff and community volunteers “partner” with each family. Together they set goals and work toward gaining what it takes to move into a home of their own at the end of the 90 days. By the way, the community volunteers are typically professionals in various areas of practice who volunteer to use their areas of expertise to help these families in need.

I just got off the phone with a gal in the program named Josie. She and her kids are one month into the program. She told me they give you two weeks to find a job if you need one (they help). Twelve days into her search she found a job at the Hillcrest Hope Thrift Store. She was very enthusiastic about how organized the program is. She sounded as though the program would empower her for the future. Hillcrest Hope can house close to 30 families in their two complexes. In case you wanted to know, the average age of a homeless person in Missouri is 7 years old. For 30 years Hillcrest has helped families get back on their feet. What's more, 95% of all graduates become self-supporting and self-reliant. Yay!

I'm sure there are organizations in our area that provide a similar wonderful service to families in need. I was thrilled to hear about this one. If you would like to know more about Hillcrest Hope their website is hillcresthope.org. Not surprising that the link takes you directly to their application cause that's what they are all about. There are numbers at the bottom if you want to know more.

And thank you, Elaine, for inviting me to the dinner.

Curbing Bad Behavior
SHOULD COLLEGE ATHLETES BE PAID?

by Ron Carter/The Carter Agency

I am encouraged there are presently serious discussions taking place regarding the National Collegiate Athletic Association (NCAA) and their student athletes debate. Is there a more appropriate time to have a discussion regarding “paying college athletes” than during the NCAA’s March Madness College Basketball Tournament? With billions of dollars being generated during the March Madness Tournament and questions are being raised why college athletes are not being paid, the NCAA is hard pressed to ignore the debate this time.

This is not the first nor will it be the last time that the NCAA is being asked why they are not paying their student athletes. The drum beat for students athletes to be paid is getting louder and gaining more support every year, because the NCAA revenues from the March Madness Tournament are getting larger while the graduation rates of the so-called student athletes are dismal. The students, who are drafted into professional sports, many of them without college degrees, are being asked to become proficient at playing their sport while neglecting to study and take classes to obtain their college degrees. This would be a wonderful scenario if most of the athletes made it in professional sports. The number of college student athletes who are successful in professional sports are minuscule in comparison to the number of young men and young women who enter the NCAA’s programs to play college sports.

Every year March Madness is one of the hottest topics in the United States of America during the month of March. This year, the billionaire and philanthropist Warren Buffet offered a billion dollars to anyone who would predict the final winners of the two brackets in the three-week basketball tournament. It took less than two days for Mr. Buffet to win his bet. No one to date has been able to pick the correct winners of the games played so far. This is why the tournament is called March Madness. No team is immune from an upset. Even President Barack Obama, an avid basketball fan, picks for March Madness was reported live on sports television. March Madness is BIG business.

One of the reason I am encouraged regarding the student athletes discussion is while on Meet The Press® last Sunday, Mark Emmert, NCAA President, remarked they (NCAA) are considering offering student athletes who did not gain their college degrees the opportunity to return to college and get their degrees at no cost to the students. This I believe is a start in the right direction.

Whether college athletes will be paid for their athletic prowess, which generates billions of dollars for American colleges, is not a simple debate to resolve. There are pros and cons on each side of the debate. My hope is that when the dust has settled from all of the discussions and lawsuits the students well-being will be one of the main priorities.

REGISTRATION NOW OPEN FOR
PASADENA SENIOR GAMES --
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CHAMPIONSHIPS

Now is the time for active seniors to begin training and setting goals for the 2014 Pasadena Senior Games. With more than 30 competitive athletic events from archery to volleyball, the Pasadena Senior Games will take place from May 24 to June 29. This is the Southern California qualifying site for the California Senior Games Championships. The National Senior Games are scheduled for summer 2015 in Minnesota.

Registration is now open for any U.S. athletes ages 50 and older who want to compete in the Pasadena Senior Games. Registration is fee-based.

The schedule is as follows:

May 24 –
May 25 –
pickleball
May 26 –
May 30 and 31 –
May 31 –
May 31 and June 1 –
June 1 –
June 5 –
June 6 –
June 7 –

June 8 –
June 14 –
June 17 –
June 18 –
June 21 –

June 21 and 22 –
June 22 –

June 23 –
June 28 –
June 29 –

Men's doubles pickleball, women's singles pickleball
Women's doubles pickleball, men's singles

Mixed doubles pickleball
Coed softball
Singles bowling
Soccer
Badminton, doubles bowling, mixed doubles bowling, power lifting
Singles shuffleboard
Doubles shuffleboard
300 round archery, 1500 meter power walking, 1500 meter race walk, 5000 meter race walk, track and field
900 round archery, men's basketball, men's 3x3 basketball, rope climb, pull ups, strength challenge
Billiards, lawn bowling, pushups, table tennis
5K cycling time trials, 40K cycling road race
10K cycling time trials, 20K cycling road race
Women's basketball, disc golf, extreme strength and fitness, horseshoes, singles racquetball, doubles tennis, mixed doubles tennis
Women's 3x3 basketball, softball
Doubles racquetball, mixed doubles racquetball, advanced swimming, novice swimming, singles tennis
5K power walking, 10K power walking
5K road race, 10K road race, women's volleyball
5K fun walk, 5K race walk, 10K race walk, men's volleyball



All competitions will take place in Pasadena and some other cities in Los Angeles County. There is no charge for spectators of all ages to watch sporting events. Volunteers are needed!

To register and for more information visit www.pasadenaseniorcenter.org or call (626) 685-6724. The National Senior Games are scheduled for summer 2015 in Minnesota.

The Pasadena Senior Games are organized through the Pasadena Senior Center. Results of the 2013 Pasadena Senior Games as well as images are available here.

The National Senior Games Association is a nonprofit member of the U.S. Olympic Committee and governs the National Senior Games, the largest multisport event in the world for seniors.

Founded in 1959, the Pasadena Senior Center is an independent, nonprofit organization that offers recreational, educational, wellness

and social services to people ages 50 and over in a friendly environment. Services are also provided for frail, low-income and homebound seniors.

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Call Patricia at 626-818-2698 Today!



Arcadia Recreation and Community Services
TEEN SPRING SPORTS CAMP!



The Recreation and Community Services Department is offering the first ever Teen Spring Sports Camp at First Avenue Middle School, 301 S. First Avenue, in Arcadia. The dates are Tuesday, April 8, Wednesday, April 9, Thursday, April 10; and Friday, April 11, 2014, from 9am-3pm for a cost of \$10 per day.

Sign your child up for one day or all four! Camp is available for youth in grades 6-8 and will consist of drills, games, and exercises to help your child improve their ability and understanding of sports. Camp provides a fun safe environment for youth to enjoy their spring break.

The camp includes a snack and water each day for participants but children should bring

their own lunch daily. Participants should wear appropriate athletic attire and tennis shoes. A late fee will be charged for supervision if your child is picked up after 3pm. To register, go to the city's website at www.ci.arcadia.ca.us under the Recreation and Community Services Department or come by our office, 375 Campus Drive. Cancellations must be made by Friday, April 4th, in order to receive a refund that is subject to a \$10 service charge. For more questions, please contact the Recreation Department at 626.574.5113.



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Tuesday May 6th 8:00am Tee Off
Registration/Putting Contest begin at 6:00am
Entry Fee: \$150 by April 15th, \$175 thereafter
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Call Ben Freiberger at 310-622-8390 to Register
Awards Banquet Only: \$45

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Name on Tee of One Hole

Private support of public schools is more important than ever, so we hope you will help us in supporting PUSD'S Sierra Madre School's Annual Fund by joining us for this fun day of golf and food. Entry Fees and Donations are 100% tax deductible and enable our school to continue to fund health and safety services, staff training, performing and visual arts education and many other programs that would otherwise be eliminated because of budget cuts. (Tax I.D. #23-7149451)
Please email us at MSGolfTourney@aol.com or Contact Ben Freiberger @ 310-622-8390 to register.



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

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



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

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Mountain Views News is wholly owned by Grace Lorraine Publications, Inc. and reserves the right to refuse publication of advertisements and other materials submitted for publication.

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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.

SUSAN Henderson



election time when you happen to be the editor of the local newspaper!

Elections in this Sierra Madre remind me of the challenge of choosing which friends will be on your dodge ball team as a child. No matter who you choose, someone is going to be unhappy, and so it is with the endorsements of the Mountain Views News for this April 8th City Council election.

Earlier this week I announced via social media that the paper endorsed Candidates Gene Goss, Noah Green and Rachelle Arizmendi for the 3 vacant council seats. This was done after careful consideration of their backgrounds, stated positions during the campaign and their demonstrated commitment to the City of Sierra Madre. After all, this election isn't about any one individual, it's about the future of our town.

I want to say however, that I applaud all four candidates for having the courage to step forward. Because of the amount of public scrutiny, vitriol and mean-spiritedness that comes along with praise and support, stepping up to the plate takes a lot of courage.

The endorsement of the Mountain Views News is not solely dependent upon my assessment of the candidates, but also the influence of others in Sierra Madre. Ultimately, the decision is based primarily on what we feel is best for the City of Sierra Madre.

The decision is also a reflection of who we feel will put the needs and concerns of the residents of Sierra Madre first. Those endorsed appear to have the commitment to work together as part of a team that represents the entire city, not just a circle of friends.

GENE GOSS, whom I have known personally through his involvement in community activities around town, says it best on his website, *"Sierra Madreans expect that the City Government's budget should be managed like their own budgets—responsible, transparent and efficient. As we work to preserve essential city services, especially public safety and water, I intend to watch every penny of our tax dollars with the utmost fiscal responsibility.* He gets it! He is a man with strong convictions, has extensive knowledge of American governance through his professional career, and knows the difference between 'theory' and 'practice'. He is vested in this community and will put keeping our independent village's character first.

NOAH GREEN, about whom I've heard some criticism, is a competent young attorney who has lived in Sierra Madre for just a few years. Many think it is too soon

WHO'S BEST FOR SIERRA MADRE?

for him to run for council. However, in that short time Noah has become involved in numerous activities, demonstrating his understanding of one of the things that keeps this town vibrant, volunteerism! It is one thing to always complain about what should be done ... and quite another to be willing to do something.

Noah has been active on both the Creative Arts and Chamber of Commerce boards, served on the Utility Users Tax Oversight Committee and is always looking for ways to enhance the profile of the city without compromising Sierra Madre's village character. He has articulated specifics during his campaign that indicate his ability to come up with solutions rather than sound bites, including a focus on reducing the city's expenditures on legal fees.

Green is a strong person, having persevered a gruesome attack on his personal life by an invader of his wife's Facebook page. Clearly Noah is seen as a strong leader for our community or there wouldn't have been such an effort by 'the blog' to distract us from talking about what he has to offer

As a member of Sierra Madre's City Council, he will use that same strength to stand up for what is in the best interest of the community. I have no doubt that he will use his professional background and commitment to the city to work with the 'team' that sets the policies for our future. He's also smart, and well qualified. Should we care if he sunbathes in a hammock? No! Should we care whether or not he will put Sierra Madre first, absolutely!

RACHELLE ARIZMENDI is another strong professional candidate who understands the need to be involved. As a member of the town's Community Services Commission, she has made independent decisions based what she believed was in the best interest of the city. Her campaign has been characterized as having been influenced by outside funding, but as it turns out, she has personally invested into her quest to sit on the town's council. Why? Well, as she mentioned in her response to the Mountain Views News editorial questions, *"I am running for City Council to help maintain and enhance the quality of life in our neighborhoods."* Like the other two candidates, she shares a concern for how the city manages development issues. Although she is not a supporter of Measure UUT, she has committed to supporting the measure if it passes. She will also be a good member of the city's leadership team.

All in all, the question is, who will be committed to putting the needs of all Sierra Madreans first? Who will stand up for what they believe is the right thing to do? Who will not pander to special interests? Who will represent you and your neighbor's best interest? T

he evidence provided during this campaign leads me to believe the answer is clear,

GENE GOSS, NOAH GREEN and RACHELLE ARIZMENDI FOR SIERRA MADRE CITY COUNCIL.



OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

A WONDERFUL CHOCOLATE FANTASY

Within the confines of our blissful domicile, an ongoing controversy has all but come to an end. I like it when things are solved and I happen to be right. This time I was right. After all, if it is on TV it must be right!

Controversies are not really that bad unless somebody is a sore loser. Nobody likes a whiner or a sore loser. Of course, I have come close many times to be a sore loser. Fortunately, I have chosen to be just a loser. It makes for quietness in the home, if you know what I mean.

For as long as the Gracious Mistress of the Parsonage and Yours Truly have been married the one reoccurring controversy is in the state of chocolate in our home. According to one side, chocolate is bad and shall not be brought into this house.

The other side, and I am not stating exactly which side I am on, says the chocolate is delightful and wonderful and should be a regular consumption item in the house.

No matter how eloquently I presented my case, the house rules were simply this; no chocolate in our mansion.

This has caused me a great deal of pain in trying to smuggle in the delicacy without getting caught. Apparently, someone in our house can smell chocolate 13 blocks down the street.

I tried some experimental strategy in this area. On my wife's birthday, I would always get her a chocolate cake with chocolate icing and then have 13 candles on it. For several years, all she could focus on were the 13 candles. I love it when a plan comes together.

Finally, she caught on and that plan had to be trashed.

One of the busiest times around the parsonage is Thanksgiving. All of the family in the area comes in for a delicious dinner as well as several friends who have nowhere else to go. On these occasions, I go out of my way and order a large chocolate cake with chocolate icing with a miniature turkey on the top. Eve-rybody is focused on that miniature turkey.

After a few years someone in the house caught on to my plan, kept the turkey, but threw out everything underneath that turkey. As she was doing so, she looked at me with one of those looks.

Back to the drawing board again.

I did have some reprieve when the grandchildren were visiting. Everybody knows grandchildren love chocolate and need chocolate to boost their energy level. For some reason, Grandma knew exactly when the children had consumed chocolate of any amount.

"You do not have chocolate," grandma would scowl at the grandchildren, "do you?"

As all good grandchildren do, they looked at grandma with chocolate all over their phase and said as cute as possible, "Oh, no grandma." It took a lot of practice for me to get them to that point of thespian excellence. I usually awarded them with another piece of chocolate, of course behind grandma's back.

I cannot tell all of the pain and agony I have gone through in this area of chocolate. Then, some medical research geek solved all of my problems in this area of chocolate.

According to some medical research, there is something in dark chocolate that is beneficial to our health. I do not know the details, but that is all I needed to know to bring my case to our home.

I knew I had to present this in a manner that would be irresistible to my wife. She is big on healthy eating. Every time we eat there is so much green on my plate that I am not sure if I am eating grass or what! She calls them vegetables; I have other names for them, which cannot be published.

I knew I had to make the initial presentation a great presentation. Chocolate just would not do and I needed to come up with some kind of medical name. Then it suddenly struck me. I knew exactly how I could present it.

I purchased some special chocolate, dark chocolate that is, to bring home and make the presentation. As soon as I got into the house, the question reverberated throughout the halls.

"You do not have chocolate, do you?"

It was the question I was waiting for. I have heard this question for as long as we have been married. I never knew quite how to deal with that question, until now.

"No, my dear," I said parsing my words very carefully, "this is Medical Chocolate." I presented it to her with the biggest smile I could slap on my face.

Before she could respond to that presentation, I began explaining to her all of the medical and health benefits to chocolate. I quoted the doctor who claimed chocolate had some mysterious and wonderful medicinal properties unnoticed before now.

It is hard to argue with a doctor even one on TV. Before she could respond, I presented her with a piece of this ravishingly delicious dark chocolate.

I was rather proud of myself and I was reminded of what old King Solomon said in the Old Testament. "Where the word of a king is, there is power: and who may say unto him, What doest thou?" (Ecclesiastes 8:4).

Not every word is good and trustworthy; but every word of God can be trusted and has the power to lift me up into the heavens and delightful worship and praise.

Rev. James L. Snyder is pastor of the Family of God Fellowship, PO Box 831313, Ocala, FL 34483. E-mail jameesnnyder2@att.net.

LEFT TURN / RIGHT TURN

HOWARD Hays As I See It



"A conspiracy is nothing but a secret agreement of a number of men for the pursuance of policies which they dare not admit in public" - Mark Twain

I wrote two weeks ago on the new "Cosmos" series with Neil deGrasse Tyson; a welcome antidote to the trend of treating science as "belief", and faith- (or media-) based

belief as a legitimate "other side" to a "debate". The trend encourages simply accepting what we're told, avoiding consideration of facts, and going with whatever conspiracy theory we find most engaging.

I've used examples of policymakers dismissing global warming as a "hoax", and the characterization of minimum wage and overtime laws as "job-killers" - while facts show otherwise. What's most troubling is how this dismissal of science in favor of "belief" in imagined conspiracies affects our health.

A report this month from the University of Chicago shows that nearly half of us believe some medical conspiracy theory - unsupported by science. One-in-five believes cellphones are linked to cancer, with an additional 40% not sure whether the government is involved in covering it up. 12% believe the Ford and Rockefeller Foundations are involved with Monsanto in "Agenda 21" - using genetically modified foods for population control. 46% aren't sure either way.

Another 12% (or are they the same folks?) believe the CIA intentionally infected African Americans with the HIV virus under the guise of hepatitis inoculations. 37% think it may have happened.

One-in-five believes the government and medical community are conspiring to hide the link between childhood vaccines and autism. 36% aren't sure.

Researchers found that those buying into these conspiracies are more likely to eat organic foods. They are less likely to get annual check-ups, use sunscreen, see the dentist or get a flu shot.

Those likely to give Jenny McCarthy credence over the medical community are more likely to endanger their own kids and others by forgoing vaccinations, contributing to outbreaks of diseases that, thanks to science, had hardly been seen over the past twenty years.

The Centers for Disease Control reports the 131 cases of measles in the U.S. in 2008, double the national average over previous years, was "largely among school-age children who were eligible for vaccinations but whose parents chose not to have them vaccinated." The Journal of the AMA says unvaccinated kids are 35 times more likely to contract the disease. The largest outbreak so far this year has been among 58 unvaccinated members of an Orthodox Jewish community in Brooklyn.

The CDC says more cases of pertussis (whooping cough) were reported in 2012 than in any year since 1955. A 2010 California epidemic led to the hospitalization of 455 infants, with 10 deaths.

The AMA Journal reports that incidence of the disease is twice as high in states that make it easier for parents to get exemptions from vaccination requirements for their kids, because of religion or "personal belief".

(In the meantime, scientists are finding real links between autism and air pollution and other environmental toxins.)

The matter argued before the Supreme

Court this past week, *Sebelius v. Hobby Lobby*, throws the question of allowing beliefs to guide healthcare decisions in an ominous direction. It's not about a patient's beliefs determining treatment, but rather, if she's a woman, having those determinations made according to the faith and beliefs of her employer.

Initial arguments seemed straightforward; imaginings of a Jehovah's Witness employer who objects to providing coverage for blood transfusions on religious grounds, Scientists objecting to psychiatric care, not to mention Christian Scientists objecting to most everything. It was pointed out that no employer is required to provide health coverage, anyway. Employers could instead pay an additional tax, and employees could find insurance options for themselves on their state exchanges.

Then, Justice Anthony Kennedy threw in another bizarre consideration: What about abortion? It's true; abortion coverage is banned under the Affordable Care Act, but this case is about contraception - specifically "emergency", Plan B, "morning-after" and IUD contraception - that prevents ovulation, and doesn't go after fertilized eggs.

According to the faith and beliefs of the Hobby Lobby owners, however, life begins at conception. The scientific and medical communities might call these procedures contraception but, if only according to the faith and beliefs of these particular employers, it's abortion - and that's banned under the ACA.

The decision is expected sometime in June.

The real "conspiracy" behind this matter, however, has little to do with faith or healthcare decisions.

The establishment of corporate "personhood" has been pursued by our oligarchs for over a hundred years. In the early 1800s, corporate books were open to the public. By mid-century, outside access to accounting records was limited to the Secretary of State in the state of incorporation. By early in the next century, even this was closed off - by asserting a corporation's "constitutional" right to protection against "unreasonable search and seizure", the same right as a person's.

In the 1970s, courts heard more claims of a corporation's "freedom of speech" as applied to misleading ads, objections to labeling requirements, media consolidation, etc. (Dow Chemical lost in the 1980s, however, when the court ruled the EPA inspectors flying over its chemical plant didn't violate a "right to privacy").

Corporations have fought to appropriate for themselves rights established by the Founding Fathers for the benefit of We the People. Their biggest victory came a few years ago with the "Citizens United" decision, bestowing First Amendment blessings on corporations seeking to buy our elections for corporate interests.

The conspiracy here is to further two fundamental goals: hobbling the Affordable Care Act and further establishing corporate "personhood" - this time by asserting corporations are entitled to their own religious convictions.

The identities of conspirators filing rafts of amicus briefs with the court are no secret - from the Koch Brothers and their front groups on down.

This has nothing to do with religious conviction or women's health, but since the true goals are those they "dare not admit in public", they'll continue pretending it does.

VLADIMIR PUTIN TAKES GREG Welborn CENTER STAGE

Predator Vs. Alien was one of those movies that only the diehards really could appreciate. I don't know if it's become a cult classic, but in the entertainment world, that's where it's stuck. In the real world, we have our own version of the movie: Putin Vs. Obama. No chance that this will become the focus of just a small cultish minority; the fact that it's being played out on the world stage (still!) means we all have to watch yet another installment of this movie franchise.

In response to Putin's response to Obama's response to Putin's response to... you get the idea, President Obama just couldn't let the dead horse of his foreign policy and world view die in peace. He had to beat that poor old nag one more time. He rose to the occasion at the G-7 conference to instruct us that, "The United States does not view Europe as a battleground between East and West, nor do we see the situation in Ukraine as a zero-sum game. That's the kind of thinking that should have ended with the cold war." For those with a good memory, these comments echo Obama's UN speech several years ago in which he told us, "no one nation can or should try to dominate another nation."

That's the alien speaking. Alien, not in his appearance or origin (I'm not one of the "birthers" still questioning where Barack was born), but alien in his total ignorance of how the world really works and the true nature of human kind. Intellectual and moral aliens react to international relations, crises and confrontations as they think the world "should" be, rather than as the world really is.

This is the realm of liberal ignorance and arrogance. They do not really know human nature, but they don't care. Because they want human nature to be a certain way, they simply assume - or command - that it be the way they want it, and then move forward with policy prescriptions that appear eminently logical to nobody but them. Once they've granted the assumption - no matter how out of touch it is - their logic compels them to absurd conclusions.

Certainly, the way liberals see the world is unique from how predators see it, and Putin is a predator. This doesn't make Putin unique, by the way. The world is full of predators and full of people who are rightfully wary of them. Most of Eastern Europe understands the ways of the predator, since they've lived in proximity to, and suffered under the many periodic spasms of, various Russian predators. Eastern Europe has been, and continues to be, the battleground between the West and

Russia. No speech or pronouncement from the White House or The Hague will change that.



Perhaps President Obama was unaware of Putin's escalation of his territorial claims, believing that Putin had been thwarted by earlier comparisons to 19th Century plutocrats. In a speech last week, Putin went beyond the claims of Russian kinship with Crimea and leveled some historical contempt on those early Russian communists who "added large sections of the historical south of Russia to the Republic of Ukraine". Putin no longer simply begrudges the Ukraine its Crimean territory; he begrudges Ukraine its independent existence.

Obama's response was to get pissy and further rile Putin with the accusation of leading "nothing but a regional power" - once again demonstrating just how alien an understanding of human nature is to him. Does Obama believe such a comment will force Putin to cower, to rethink his predatory actions of the last several weeks? Most of us - whether educated at Harvard or lacking a high school degree - understand human nature enough to realize how fool hearty such bluster is.

President Obama and most of those with leftward tilts in their world view want human nature to be different than it is, want the world to be different than it is, and want America to be able to act differently than it has to. They are blind to reality.

The reality of human and foreign affairs alike is that someone has to enforce a world order of some sort. Liberals seek unity and peace between predators and prey, putting their hope into the thoroughly corrupt U.N. Conservatives understand that The U.S. must enforce a peaceful world order for the alternative is a world devoured bite by bite by predators. Furthermore, the existence of predators is not an alien concept to Conservatives because it's been the norm of human history from the beginning.

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

FROM THE EDITOR
REGARDING
MEASURE UUT:

The Mountain Views News strongly endorses a YES VOTE ON MEASURE UUT. The Utility User Tax is NOT AN INCREASE. It sustains the current level of 10% until 2022.

Our city is currently financially sound. We have annual audits by a Certified Public Accounting firm that guarantees that the information given to the public concerning our finances is accurate. We have approximately 4 million dollars in reserves and approximately \$400,000 remaining in one-time unanticipated revenue (refunds from the dismantled CRA, etc.) that we can add to the general fund, if necessary. HOWEVER, that does not mean we can be irresponsible and not recognize that we must in-crease our revenues. Our reserves are not a lot in today's money terms. They will not sustain us, and it is not a wise financial decision to base our operations on our reserves. What happens when they are all used up?

If we depend on our reserves to help us, what happens during a real emergency? Remember - during the devastating windstorm a few years ago, Federal funds were not available to us because of our city's size; we were completely ig-nored. We had to pull from our reserves then to get things back to normal. If we use our reserves for general operations, what happens when the next natural disaster rolls around? (As this is being written, we are experiencing an earthquake!)

Don't be deceived into thinking that our recent water rate increase will resolve that problem. All revenue from water bills legally must go directly to the water company to sustain it. So the water

rate increase has no impact on our General Fund. And let us not forget that because of the drought our wells are dry and we are purchasing water from an expensive source. We need every penny of the water rate increase to sustain the water company.

It has been stated over and over again: no one likes paying taxes. But, if we don't want development that could generate sales and/or property tax income, then we must maintain our Utility User's Tax at a reasonable level.

It is irresponsible to suggest that we can outsource our town away. Priorities of other agencies are not the same as the priorities that each and every person residing in this town wants. Otherwise, what would be the point of living here?

Sierra Madre does have has the highest UUT rate around. Sierra Madre has limited revenue from property taxes. Look around in other cities and watch the construction. WE DON'T WANT THAT!

We have almost no revenue from sales tax, no auto dealers, malls or big box stores to generate sales tax. WE DON'T WANT THAT!

Sierra Madre, like many of our neighbors, has no Parcel Tax or Assessment. WE DON'T WANT THAT!

WHAT WE DO WANT IS WHAT WE HAVE NOW. Our own police, fire, paramedics, public works, library, community services. We want a full-service city. WE DO WANT THAT!

It's costing on average \$18 per month. Isn't it worth it? VOTE YES ON MEASURE UUT.

Susan Henderson, Publisher/Editor
Mountain Views News

LETTERS TO THE EDITOR
NO ON MEASURE UUT

Dear Editor:

I am asking the citizens of Sierra Madre to Vote NO on the current UUT measure on the Ballot.

I have spoken out at City Council Meetings expressing my opinion to extend the 10% Utility Tax as the way to go to help maintain the budget of Sierra Madre services.

I have since changed my mind after reviewing facts, figures, and the Sierra Madre budget. I believe that the City of Sierra Madre can sustain all of the current services and activities without the extension (which is essentially a tax raise) and still operate at its current level. Here is why:

- The sunset clause will not occur until July 1, 2015. That means on July 1st 2015, the rate will go down to 8% -- more than a year from now.
- In the meantime, Edison, The Gas Co. and the Sierra Madre Water Department have raised their rates (water rates will raise 61% over the next five years) which will bring in additional revenue from UUT taxes.
- Sierra Madre property taxes raise from one year to the next, and nothing in the horizon tells us that the City will not gain additional property tax revenue.
- There are new businesses coming to town which will help increase our sales tax base.

- On July 1, 2016 the UUT rate is scheduled to be reduced to 6%. This is what the administration calculated to be the figure in 2008, and was confirmed by the Citizens by a vote in 2012.

I am Chairman of the Community Services Commission and am President of the Friends of the Library. I'm not speaking for either organization but as a concerned citizen. Would I like to see services of either the Library or Community Services suffer because of a lack of funds? Of course not. My heart and volunteer efforts have always gone to enhance the quality of life of Sierra Madre Citizens. I have seen nothing in the figures that will compromise the police, paramedics, fire, library, public works or community services. And, in the worst case scenario, another vote can always come up in 2016 to either hold the line at 8% or some other figure. I urge the citizens of Sierra Madre to vote NO on the tax increase of the UUT.

Sincerely, Pat Alcorn

YES ON MEASURE UUT

Dear Editor:

In addition to what John Capoccia wrote about the consequences of either rejection or passage of the UUT, the City's credit rating has suffered because we have been irresponsible in repaying our bond debt. If we have another catastrophe (like the 2011 windstorm), it would be very expensive and difficult to borrow money. Passage of the UUT will start to repair Sierra Madre's credit.

Renee Cossutta, Sierra Madre

NOTICE THAT ALL BALLOTS FOR THE GENERAL MUNICIPAL ELECTION
TO BE HELD ON
TUESDAY, APRIL 8, 2014
WILL BE COUNTED AT A CENTRAL COUNTING PLACE

The City Clerk of the City of Sierra Madre has authorized that City Hall Council Chambers is designated as the central place to count the ballots for the General Municipal Election to be held on April 8, 2014.

NOTICE OF MANUAL TALLY AND SELECTION OF THE PRECINCTS
TO BE TALLIED:

The City Clerk of the City of Sierra Madre has designated that City Hall Council Chambers will be the place for the manual tally of the ballots for one percent of the precincts of the General Municipal Election held on April 8, 2014. This manual tally will be held on Tuesday, April 8, 2014 at 7:00 p.m.

Prior to the conduct of the manual tally, the election official will randomly select one precinct to be tallied.

DATED: March 15, 2014

Nancy Sue Shollenberger

Nancy Sue Shollenberger
City Clerk

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NOTICE OF NOMINEES FOR PUBLIC OFFICE

the following persons have been nominated for the offices designated to be filled at the General Municipal Election to be held in the City of Sierra Madre on Tuesday, April 8, 2014.

FOR MEMBER OF THE CITY COUNCIL:

4-YEAR SEAT:

Rachelle Arizmendi, Education Project Director
Denise Delmar, Human Resources Administrator
Gene Goss, College Professor
Noah Green, Attorney

UUT MEASURE TO BE VOTED ON WITH THE FOLLOWING QUESTION:

"In order 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% then to 6% on July 1, 2015."

Yes_____ No _____

DATED: March 15, 2014

Nancy Sue Shollenberger

Nancy Sue Shollenberger, City Clerk

NOTICE OF APPOINTMENT OF
VOTE-BY-MAIL VOTER BALLOT CANVASSING BOARD

I, NANCY SUE SHOLLENBERGER, CITY CLERK, of the City of Sierra Madre, do appoint the following named individuals to serve as a Canvassing Board, to canvass vote-by-mail ballots for the General Municipal Election to be held on April 8, 2014.

The Canvassing will commence at 7:00 p.m. on Tuesday, April 8, 2014 at the City Hall Council Chambers, 232 West Sierra Madre Blvd., Sierra Madre, California.

Inspector:

Clerk:

Clerk:

Clerk:

Joanne Williams
Carolyn Valencia
Barbara Watson
Halcyon Koerber

Nancy Sue Shollenberger

Nancy Sue Shollenberger
City Clerk

POSTED: March 15, 2014

NOTICE OF POLLING PLACES AND PRECINCT BOARD MEMBERS

NOTICE IS HEREBY GIVEN that at the General Municipal Election to be held in the City of Sierra Madre on Tuesday, April 8, 2014.

1). there shall be three voting precincts.

2). that the polling places for the respective precincts shall be the places designated below and the language(s) other than English in which assistance will be provided.

3). that the persons named have been appointed officers of election for their respective voting precincts, as of 15 days prior to the election.

4). that the persons named actually served as officers of election for their respective voting precincts.

A.

Voting Precinct 6400002A

Polling Place Description: Episcopal Church of

Election Day: Tuesday, April 8, 2014 – 7:00 – 8:00 p.m.

Polling Place Address: 25 E. Laurel Avenue

Accessible to Handicapped: Yes

Assistance will be provided in languages other than English if necessary

Inspector:

Clerk:

Clerk:

Clerk:

Alcom
Miller
Caldwell
Salember

Last Name

First Name

De
Tommy Ann
Mary Lou
Simmie

B.

Voting Precinct 6400006A

Polling Place Description: Sierra Madre Methodist Church, Hartzell Hall

Election Day: Tuesday, April 8, 2014 – 7:00-8:00 p.m.

Polling Place Address: 695 W. Sierra Madre Blvd.

Accessible to Handicapped: Yes

Assistance will be provided in languages other than English if necessary

Inspector:

Clerk:

Clerk:

Clerk:

Alcom
Peterson
Crook
Jerneycic

Last Name

First Name

Pat
Jeanne
Darlene
Dorothy

C.

Voting Precinct 6400010A

Polling Place Description: Sierra Madre Congregational Church

Election Day: Tuesday, April 8, 2014 7:00 a.m.-8:00 p.m.

Polling Place Address: 160 W. Sierra Madre Blvd.

Accessible to Handicapped: Yes

Assistance will be provided in languages other than English if necessary

Inspector:

Clerk:

Clerk:

Clerk:

Hall
Thew
Swanson
Dostalek

Last Name

First Name

Jeff
Melissa
Janet
Ivette

DATED: March 15, 2014

Nancy Sue Shollenberger

Nancy Sue Shollenberger, City Clerk

Mountain Views News 80 W Sierra Madre Blvd. No. 327 Sierra Madre, Ca. 91024 Office: 626.355.2737 Fax: 626.609.3285 Email: editor@mtnviewsnews.com Website: www.mtnviewsnews.com

SIERRA MADRE

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia



John Johnson

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126 E. Montecito Ave.

Sierra Madre, CA 91024



WHAT'S ON 98

March 31 – April 6, 2014

King Arthur Was a Gentleman is playing Saturday at 9:00 p.m. Released December 28, 1942: Arthur Askey plays Arther King, who enlists in England's Army, and soon fancies himself as King Arthur of legend.

When you are in the mood for a WWII movie, and you need a good tickle at the same time, King Arthur Was A Gentleman is the motion picture from Britain that fills the bill. Arther Askey blends his unique brand of verbal humor with a few good songs, add a bit of fantasy from King Arther and the Round Table, and you have a hearty, happy military adventure that will put a smile on your face and have you ready to enlist!

As our adventure begins, we find a couple of pretty young girls in the army, finished with their training, will be attached to a military unit for the duration of the war. They have one final leave to go home and see their loved ones. One of the girls is the daughter of a high-ranking military officer, and the other has a boyfriend that is a map maker, a bit of a strange, nerd fellow. Because he is such a nit-wit, his attempts to enlist have failed. When the girls and he get into trouble, the officer-father of Gwen gets them out of the trouble if they promise to keep it quiet that he let them off, but Arthur insists that the price for his silence is that he be admitted to the Army within 24 hours.

So we have nit-wit Arthur in the Army, soon making a mockery of the training with his inept abilities. Did I mention that Arther is a fan of King Arthur and the Knights of the Round Table? King Arthur is his hero, and he reads the stories till he has them about memorized. Just as he has become such a nuisance that he would be washed out of the service, some of his buddies dig up an old sword and decide to play a trick on Arthur by telling him that it must be Ex-Calibur, the famous sword of legend. But something strange and magical happens when the believing Arther takes the sword in his hands. His face gets a far away look, and his nit-wit personality goes away, and he becomes a competent soldier.

Pop your corn, drizzle on the melted butter, get a tall beverage of your choice, and enjoy a look at WWII from the view of the British funny-bone.

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 programing available on Channel 98.

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

My Picks of the Week

Monday	Topper Returns
Tuesday	The Road to Ruin
Wednesday	Bird of Paradise
Thursday	Broadway Limited
Friday	Tom Browns School Days
Saturday	King Arthur Was a Gentleman
Sunday	Waltzes from Vienna

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.



Find out what is going on in town every day, every week, every month, every year!

You can trust the Mountain Views News

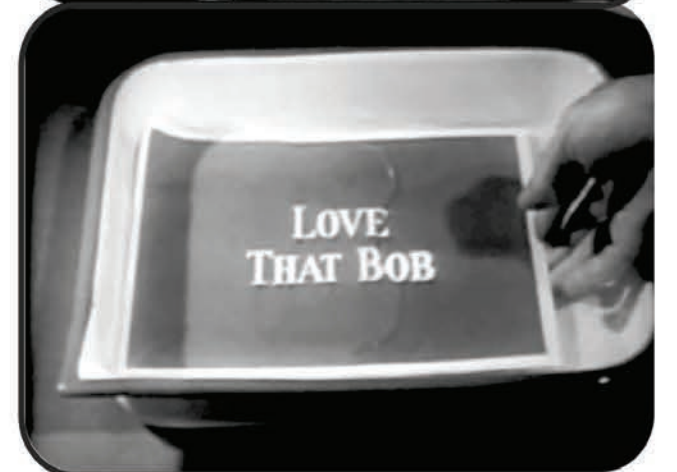
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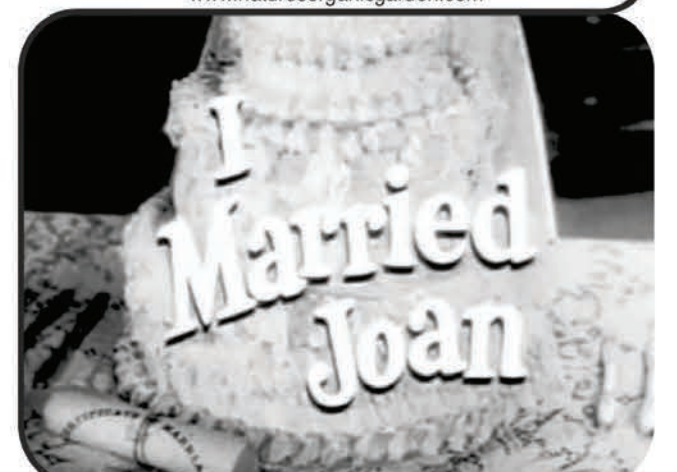
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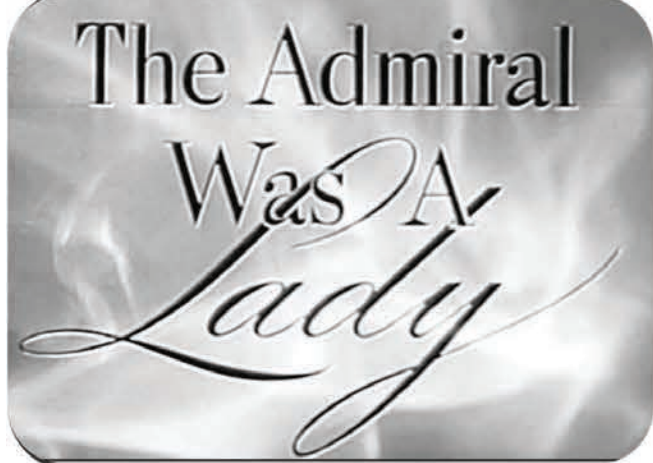
www.naturesorganicgarden.com



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

SIERRA MADRE

Sierra Madre Arcadia Pasadena Altadena Monrovia



THIS WEEK ON 98

Monday 3.31.14	Movies
7 to 8 am	Children's Programing
9 to 10 am	Painting, Cooking and much much more
11 to 12 pm	Topper Returns
1 to 2 pm	That Uncertain Feeling
3 to 4 pm	Isle of Destiny
5 to 6 pm	The Ape Man
7 to 8 pm	Bonanza, Mr. & Mrs. North, Sherlock Holmes
9 to 10 pm	Topper Returns
Tuesday 4.1.14	Movies
7 to 8 am	Children's Programing
9 to 10 am	Painting, Cooking and much much more
11 to 12 pm	Street Scene
1 to 2 pm	Bird of Paradise
3 to 4 pm	Sherlock Holmes Fatal Hour
5 to 6 pm	Spooks Run Wild
7 to 8 pm	Bonanza, Mr. & Mrs. North, Sherlock Holmes
9 to 10 pm	Sherlock Holmes Fatal Hour
Wednesday 4.2.14	Movies
7 to 8 am	Children's Programing
9 to 10 am	Painting, Cooking and much much more
11 to 12 pm	Charley Aunt
1 to 2 pm	The Silver Horde
3 to 4 pm	The Ghost Train
5 to 6 pm	The Man With Two Lives
7 to 8 pm	Bonanza, Mr. & Mrs. North, Sherlock Holmes
9 to 10 pm	Charley Aunt
Thursday 4.3.14	Movies
7 to 8 am	Children's Programing
9 to 10 am	Painting, Cooking and much much more
11 to 12 pm	Broadway Limited
1 to 2 pm	Indiscreet
3 to 4 pm	Cast of the Frighten Lady
5 to 6 pm	Ghost on the Lose
7 to 8 pm	Bonanza, Mr. & Mrs. North, Sherlock Holmes
9 to 10 pm	Broadway Limited
Friday 4.4.14	Movies
7 to 8 am	Sand Sculpting
9 to 10 am	Painting, Cooking and much much more
11 to 12 pm	Where's That Fire
1 to 2 pm	Laddie
3 to 4 pm	Tom Browns School Days
5 to 6 pm	White Zombie
7 to 8 pm	Bonanza, Mr. & Mrs. North, Sherlock Holmes
9 to 10 pm	Tom Browns School Days
Saturday 4.5.14	Movies
7 to 8 am	Children's Programing
9 to 10 am	The Light of Western Star
11 to 12 pm	Hard Hombre & Underground Rustlers
1 to 2 pm	Law of the Timber & The Trail Beyond
3 to 4 pm	The Fargo Kid & The Star Packer
5 to 6 pm	King Arthur Was a Gentleman
7 to 8 pm	Dark Star & Nevada City
9 to 10 pm	King Arthur Was a Gentleman
Sunday 4.6.14	Movies
7 to 8 am	Children's Programing
9 to 11 am	Michelle Rae Music
11 to 12 pm	The Guinea Pigs
1 to 2 pm	Bonanza Specials
3 to 4 pm	Waltzes from Vienna
5 to 6 pm	Half Shot At Sunrise
7 to 8 pm	I thank You
9 to 10 pm	Waltzes from Vienna



Want your ad in the **What's On 98?**
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publication dates.
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SIERRA MADRE
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 3 bedrooms/2 baths

COMING SOON!



SIERRA MADRE
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 home with a 1 bedroom/1 bath
 guest house on 1.13 acres

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

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

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

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



I have 27 years experience specializing in working with:

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

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

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

MIKKI PORRETTA
 Dilbeck Realtors,
 Senior Services Director
 626.353.9879



VOTE Noah Green FOR SIERRA MADRE CITY COUNCIL

— THE ISSUES —

I am running for City Council because I am a problem-solver and can help our city deal with the important issues that it is facing. Some of those issues are as follows:

More Water

I support two long-term proposals to increase our water supply, both of which I would request funding for from the San Gabriel Valley Municipal Water District, not the City of Sierra Madre:

1. Sierra Madre Pumping Project – This would involve building a new well in Arcadia to increase our water supply.
2. Recycling/Grey Water – This would install recycling facilities in homes and businesses to help replenish our groundwater and to recharge our existing wells.

Independence

Another major reason that Sierra Madre is an independent entity rather than just a part of a larger city is that we have our own police and fire departments. These agencies provide us with quick and comprehensive responses to local emergencies while remaining under local control. A major source of funding for these agencies is the Utility Users Tax (UUT), I am therefore in favor of keeping the UUT at its current level of 10%.

Better Business

Our local businesses create a hub for activity in town and a sense of tight-knit community. I would like to see the empty stores filled up. New businesses that add to our sense of community and convenience should be encouraged as much as possible.

These issues and opinions form the core of my values and reasons for running. If you share these values with me, I hope that I can earn your vote on April 8.



ABOUT NOAH GREEN

Born in 1975, Noah grew up in New York and Connecticut before attending Wheaton College in Massachusetts. He then went straight to law school at American University in Washington, DC. After graduating and passing the bar exam in 2000, he practiced law in DC for a year before moving to southern California in 2001.

For the next few years, Noah lived in Los Angeles and worked at the firm of Gordon, Edelstein, Krepack, et al, where he specialized in products liability and employment law. Noah then began working at the Ryan Law Firm in Pasadena where he focuses on business litigation, employment law, bankruptcy, and probate law.

Noah married his wife, Melanie, and the couple moved to Sierra Madre several years ago. They bought their home in the Canyon (near Mary's Market) and live there with their two little dogs, Snowy and Emma.

Vote for GREEN on April 8!

Noah is also on the Board of Directors for the Sierra Madre Chamber of Commerce, the Creative Arts Group, and the Foothill Workforce Investment Board. He has also served on the City's UUT Oversight Committee.

When not at work, Noah can usually be found barbecuing at his house, playing basketball in the park, or hiking in the hills with Melanie and their two dogs.

Green for Sierra Madre City Council 2014 ID# 1363523
 618 Woodland Drive
 Sierra Madre, CA 91024

VOTE Noah Green FOR SIERRA MADRE CITY COUNCIL