



Happy Thanksgiving

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Community News Comes First

Mountain Views News

Sierra Madre — Arcadia — Pasadena — Altadena — Duarte — Monrovia

SATURDAY, NOVEMBER 22, 2014

VOLUME 8 NO. 47

40TH ANNUAL PRAYER BREAKFAST CELEBRATED



On Wednesday, the Sierra Madre Woman's Club held its 40th Annual Prayer Breakfast in the historic Essick House. The event, attended by a crowd that filled every room of the house, was a mixture of Clergy, residents, city officials, city staff and guests. It was a wonderful gathering of the diverse population of Sierra Madre. The breakfast also marked the beginning of the holiday season for many.

The event was presided over by current SMWC President Barbara Lampman with Past President Mary Carney serving as Mistress of Ceremony. Longtime Sierra Madre resident Eunice Banos (inset) provided the music. The Very Rev. Canon Michael Bamberger Rector, Sierra Madre Episcopal Church of the Ascension, Pastor Linda Marshall of the Sierra Madre United Methodist Church, Pastor Cynthia Crowell of Trinity Presbyterian Church of Pasadena all spoke to the audience briefly on the topic of being thankful. A musical selection was played on the guitar by Cantor Richard Schwartz of Temple Beth David of Temple City. Also in attendance was Steve Licata of the Bahai Faith. Guests were treated to a free breakfast served by members of the Woman's Club included their famous special recipe quiche, an annual favorite.

The Sierra Madre Woman's Club, established as a voice for women in Sierra Madre in 1907. Its purpose "is to promote charitable, civic and educational advancement and social activities." For more information on SMWC, go to: <https://www.facebook.com/SierraMadreWomansClub>.

LOCAL GROUP CITES APPROXIMATELY 39 REASONS WHY COUNCIL SHOULD REVERSE PLANNING COMMISSION DECISION ON STONEGATE DEVELOPMENT

By Susan Henderson

On Tuesday, November 25, 2014, the Sierra Madre City Council will take on what may very well be one of the most controversial decisions in the city's history. On the agenda is a Public Hearing on the call for a review of the Planning Commission's decision to approve the plans for the first of 29 homes to be built at Stonegate (formerly known as 1 Carter). As reported in an earlier news story in the Mountain Views News (<http://mtvnews.com/v08/html/n44/index.htm>), there is a considerable amount of community outrage over the development.

The review, requested by Councilpersons John Capoccia and Denise Delmar will scrutinize the decision to allow construction of a 3,125 square foot, two story, single family home at 610 Baldwin court. The procedure is in lieu of a formal appeal being filed by residents at a cost of \$7,500.00.

Earlier this week, the grass roots organization, Preserve Sierra Madre, in preparation for the review, sent the entire council, as well as the city manager an 11 page document for their consideration. It appears to be a rather comprehensive, well written argument that gives approximately 39 reasons why the Planning Commission's decision should be reversed.

The group lists the following violations that they have deemed reasons to reverse the decision:

- 9 assertions that the approval violates the 1 Carter/Stonegate Settlement Agreement;
- 9 assertions that the approval violates the Stonegate Design Guidelines;
- 7 assertions that the approval violates the city's Hillside Management Zone;
- 4 assertions that the approval violates the city's Conditional Use Permit regulations and
- 10 assertions that the approval violates the city's existing 1996 General Plan.

Preserve Sierra Madre states on its website that its objectives are sustainable slow-growth, limiting the quantity and size of new houses, keeping and maintaining the last remaining open spaces preserving the small-town atmosphere. It also notes that its existence is the culmination of "A number of Sierra Madre groups are concerned about the threat of over-development in our village and about the water shortage. We have united to form the group Preserve Sierra Madre."

To learn more about Preserve Sierra Madre, go to: <http://www.preservesierramadre.com/>.

DON'T FORGET: EVERY DROP COUNTS!

KNOW YOUR W'S: NO WATERING WEDNESDAYS & WEEKENDS

Be aware of the new restrictions on watering. Even-numbered addresses are limited to landscape irrigation on Mondays and Thursdays. Odd-numbered addresses and addresses ending in fractions are limited to landscape irrigation on Tuesdays and Fridays.

If you would like to report water waste you can now do so on the City's website or by emailing water@cityofsierramadre.com.

Please describe how water is being wasted, include the location, and a photo if available. We will then send a courtesy notice to the property so the issue can be fixed.

You can also send an Email to water@cityofsierramadre.com OR use the form on the city's website: www.cityofsierramadre.com

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Sierra Madre's

2014 WINTER VILLAGE FESTIVAL

Saturday—November 29, 2014 3-8 p.m.

The Holidays Begin In Sierra Madre!

Join us in this years Winter Village Festival throughout downtown November 29th between 12 p.m. to 8 p.m.

Schedule of Events	5:00 p.m. - 8 p.m.	Carriage Rides
12:00 p.m. - 4 p.m.	Art Walk & Music throughout town	Baldwin Ave. in Front of 4 Seasons Tea Room
3:00 p.m. - 8 p.m.	Snow in Sierra Madre	Special Family Rates
	Sled Rides - Train Rides - balloons and more...	Santa Claus
	Sierra Madre Blvd. - (Bank of the West)	Christmas Tree Lighting
		Movie & Marine Toy drop
		The Movie ELF in Kersting Court

Come Join us for the festivities.

Meet Santa

There will be plenty of events for children and adults alike.

Art walk, music will be scattered through out town.

Get in the holiday mood by singing along with holiday carolers.

Watch your kids slide down the hill in the snow.

See your children's delight when the tree is lit.

Take a photo of Santa

Start your holiday off with a romantic horse and carriage ride.

Shop for those special gifts at our local businesses.

Don't miss the non-profit clubs and organizations booths.

The Movie "ELF" at 8ish

Winter Village Festival is sponsored by the Sierra Madre Chamber of Commerce

SMALL BUSINESS SATURDAY NOV 29

Pasadena High School

2014 Christmas Tree Fundraiser

Supporting PHS Clubs, Sports Teams, Campus Groups and PTSA

Get a head start on your holiday decorating and help our school at the same time! All proceeds will help fund the PHS team, club or group of your choice and PTSA.

The trees we have for you are beautiful!

- You have a choice of Noble or Douglas Firs - sizes 5' to 9'
- They are hand-selected for their shape, color and health
- They're very fresh - delivered to us within 48 hours of being cut
- Garlands, wreaths and poinsettias are also available

PICK-UP INFORMATION

Date: Saturday, December 6th
Time: 7:30 - 11:30 am
Location: Pasadena High School
2925 E. Sierra Madre Blvd.

Order online at www.phstrees.weebly.com
or stop by our table at the Sierra Madre Winter Village Festival
Saturday, November 29th
Kersting Court 3:00-8:00pm

Questions? Contact Steve Tanner (626) 945-0307 or stanner@arguscg.com



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Weather Wise

6-Day Forecast

Sierra Madre, Ca.

Sun:	Sunny	Hi 70s	Lows 50s
Mon:	Sunny	Hi 70s	Lows 50s
Tues:	Sunny	Hi 80s	Lows 50s
Wed:	Sunny	Hi 80s	Lows 50s
Thur:	Sunny	Hi 80s	Lows 50s
Fri:	Sunny	Hi 80s	Lows 50s

Forecasts courtesy of the National Weather Service

CITY OF SIERRA MADRE
CALENDAR OF EVENTS

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

NEXT CITY COUNCIL MEETING:
Tuesday, November 25, 2014
6:30 pm

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

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

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

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

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

SIERRA MADRE CITY
MEETINGS

City Council

Regular Council Meeting

NOVEMBER 25, 2014 - 6:30 pm

The final agenda and staff reports will be available online no later than Friday night. Enter the date "11/25/2014" for the complete agenda packet.

Can't make it to the meeting, but still want to share your thoughts? You can mail or drop off a written statement to City Hall or email city@cityofsierramadre.com before 5:30 the night of the meeting and your statement will be delivered to all the Council Members.

Upcoming Public Meetings

Agendas and staff reports will be posted online 72 hours before the meeting. Unless otherwise noted, all meetings will take place in the City Council Chambers, 232 W. Sierra Madre Blvd.

Wednesday, December 3:
Library Board of Trustees, 7:00pm

Thursday, December 4:
Senior Community Commission, 3:00pm

Thursday, December 4:
Planning Commission, 7:00pm

**These meetings will be recorded and aired live on Time Warner, Channel 3 and streamed online.

WATERWORKS COMMUNITY
ADVISORY BOARD

Applications now being accepted for the Sierra Madre Waterworks Community Advisory Board. The Community Advisory Board (CAB) was created to provide residents and the community an opportunity to be a part of the planning process for aquatic services at the Sierra Madre Aquatic Center. The CAB consists of seven distinct positions representing: swim lessons, swim team, lap swimming/water aerobics, recreation swim/social user, a Waterworks Aquatics staff, Community Services Department staff and Community Services Commission liaison. Each of the community positions serve one year terms and are appointed by the a selection committee consisting of the Waterworks Aquatics staff, Community Services Department staff and Community Services Commission liaison. The CAB meets on a once a month basis throughout the year. Upon completion of the one year term, members of the CAB can reapply for appointment. Applications can be turned in to Sierra Madre Aquatic Center, located in Sierra Vista Park at 611 E. Sierra Madre Blvd., Sierra Madre, CA 91024.

For more information on the CAB please contact the City at 626-355-7135 ext. 703 or Waterworks Aquatics at 626-836-1200.

FAREWELL TO SIERRA MADRE
ICON NEIL THE PIG TO BE HELD
ON NOVEMBER 23RD

Sierra Madre Icon, Neil "The Pig" Emerson, passed away on November 8th after exceeding the life expectancy for a Vietnamese Pot Belly pig by at least five years. Dr. Kathleen Emerson, Neil's sister has announced that an informal Memorial Celebration of his life will be held on the grounds of his home, 382 W. Montecito on Sunday, November 23, 2014 from 1:30 - 3:00. The public is invited.

Neil, who made national news last year when an ill fated attempt was made by the Pasadena Humane Society to 'evict' him, has been one of Sierra Madre's Treasures for almost two decades. He is preceded in death by his mom, Diane Emerson.

The Sierra Madre Interact Club joined members of the Sierra Madre United Methodist Church to prepare and serve dinner to homeless families in the Family Promise support program.

The Sierra Madre Interact Club is a Rotary-sponsored community service club for young people ages 13-18. The club meets on Monday evenings at 7:15PM, across the hall from the choir room in the United Methodist Church at the corner of Sierra Madre Blvd and Michillinda Ave.



Leonora Moss

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EXCEPT FOR THE 2ND TUESDAY OF EACH MONTH,
WHEN WE MEET AT 7:45AM. VISITORS ARE ALWAYS WELCOME!
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AND HAVE SOME FUN!

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626-351-0388

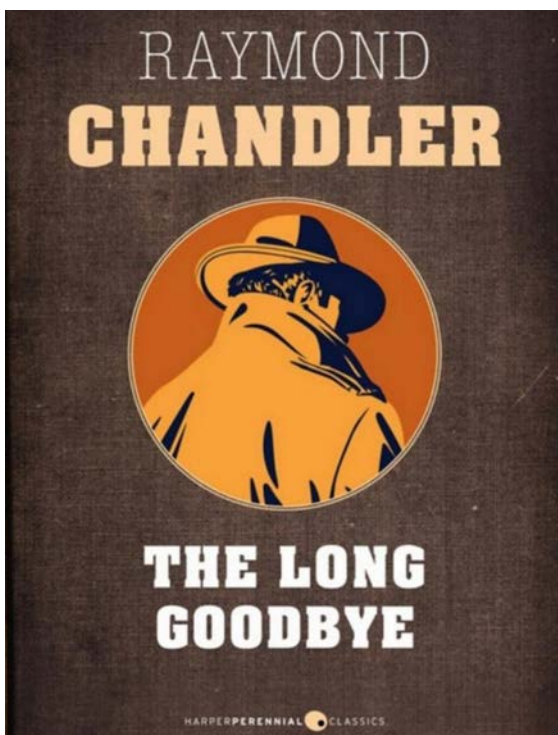
<http://issuu.com/mtnviewsnews>

CLASSIC LA DETECTIVE YARN TAPPED AS THE NEXT ONE BOOK, ONE CITY SELECTION

Sierra Madre, CA. – November 17, 2014 – Raymond Chandler's classic, *The Long Goodbye*, has been chosen as Sierra Madre's One Book One City selection for 2015. Published in 1953 and featuring his famous detective, Philip Marlow, Chandler called the novel "my best book". Set in Los Angeles in 1949, *The Long Goodbye* is notable for using hard-boiled detective fiction as a vehicle for social criticism, as well as for including factual elements from Chandler's life. Within an anthology of American crime stories *The Long Goodbye* was praised as "a serious and significant mainstream novel that just happened to possess elements of mystery". In 1955 it won the Edgar Award for best novel.

The One Book One City Committee is planning a series of activities related to Chandler's "Noir" novel. Following a kickoff event on January 31, 2015, the Sierra Madre Library will host panel discussions, contests, book clubs, a mystery night, and a couple of surprises during the month of February. Starting this December, be on the lookout for posters and brochures providing specific details about the events and contest rules. Copies of the *Long Goodbye* are available at the Sierra Madre Public Library.

A committee of volunteer local residents meets throughout the year to review books and make the annual selection based on literary merit, popular appeal and connection to Sierra Madre or California history. One Book, Once City is a nation-wide community reading program designed to include encourage everyone in a city to read and discuss the same book.



Read, Discover connect @ Sierra Madre Public Library Sierra Madre Public Library, 440 W. Sierra Madre Blvd., Sierra Madre, CA 91024, (626) 355-7186, www.cityofsierramadre.com/departments/library.

ALTERNATIVE GIFT FAIR & BOUTIQUE

Sierra Madre United Methodist Church is holding its annual Christmas Alternative Gift Fair & Boutique on Sunday, December 7, 2014 from 11:00 a.m. – 1:00 p.m. Celebrate the spirit of the holiday season with a gift that truly "gives back." Your donations help support the relief efforts of local organizations such as San Gabriel Valley Habitat for Humanity, Friends in Deed, and Foothill Unity Center, and global efforts such as Heifer International, Imagine No Malaria, Church World Service, and missionary programs in Mexico.

Sales from the popular handcrafted gift boutique will benefit Family Promise of San Gabriel Valley. Fair Trade items from the Ten Thousand Villages Store will also be available. Enjoy free refreshments while you browse.

The Church is located at 695 W. Sierra Madre Blvd. in Sierra Madre. Call 626-355-0629 for more information.

Walking Sierra Madre...The Social Side

by Deanne Davis

Walking Sierra Madre this time of year is such a pleasure. There are still pumpkins on neighbor's decks and deck railings, which will last for months, till the squirrels find a weak spot. Those folks who say we don't have Autumn color haven't seen our leaves and it finally feels like Fall. I expect we're all doing something about Thanksgiving. Brining our turkey (best thing ever for a moist and tender Festive Bird!), making a pie, being in charge of the sweet potatoes and, best of all, inviting family and friends to share the feast. I'm kind of wondering if any of you folks have ever had the following experience...

The Ghost of Thanksgivings Past

The Festive Bird is in the stove,
And time now for a nap.
I laid me down, closed my eyes,
And on the window heard a tap.

It's far too soon for guests to come,
I need a little peace!
The stuffing's ready, cranberries chillin',
Pies overflow with pumpkin fillin'.

The tap just keeps on at my window,
But I'm not gonna look!
There's nothing more for me to do,
This is one tired and sleepy cook.

So I snuggled deep down in my afghan,
Turned my head the other way.
I don't care who's at that window,
They can tap all day.

Off I went to slumberland and dreamed a lovely dream,
A kitchen, clean and washed and spotless,
everything just right.
But then I dreamt a dreadful dream,
That made me shriek with fright!

The tapping at my window,
More insistent grew.
And what was out there tapping,
I'll now describe to you. The Ghost of my Thanksgivings Past,

A turkey that was huge!
Tapped an enormous beak at my window,
And gobbled.... "J" accuse!"

"Forty Thanksgivings, and more," he said,
"Since you walked down the aisle.
Forty turkeys you've served up,
With sweet potatoes and a smile."

"Forty turkeys come and gone,
And still your gravy's awful!
And the year the turkey hit the floor,
Should be declared... unlawful!"

"Most of them were nicely done, I'll give you that," he said.
"But some were cooked so badly,
You should have ordered Chinese instead!"
What an awful dream, I thought, as I cowered in my bed.

The Ghostly Turkey wasn't finished,
With his accusations many.
And I, offering excuses,
Discovered I hadn't any!

But then he smiled and said to me,
"Your crimes are all forgiven.
For those who've gathered at your table,
Have rejoiced and laughed for hours."

"We turkeys relish meals like these,
They are as sweet as summer flowers!
Enjoy today, with friends and family,
gathered 'round your table,
Give thanks for health and joy and peace...
Then share this Thanksgiving fable."

And with a last gobble...gobble, the Ghost of Thanksgivings Past,
Flew up, up, and away...
And I heard him exclaim, ere he flew out of sight...
"Happy Thanksgiving to all...
And for heaven's sake, learn to make better gravy!"

Happy Thanksgiving to you all! Hope it's the best one ever!

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SIERRA MADRE FIREFIGHTERS BALL

The Firefighter's Ball will be held on December 6th at St. Rita Parish O'Malley Hall from 8:00 PM to Midnight. The annual festivity that began in 1921 is sponsored by the Sierra Madre Volunteer Firefighters' Association and will host live entertainment, refreshments, and spirits.

Attendees are encouraged to bring a new, unwrapped gift to donate to the U.S. Marine

Corp's "Toys for Tots" program.

Tickets to the ball are \$5.00 each; however, contributions of any amount are sincerely appreciated. Ticket sales and donations from the Ball finance S.M.V.F.A. sponsored events such as the Christmas Eve visit from Santa and stocking distribution, the Easter Egg Hunt, continued sponsorship of youth athletic teams, and more.

Sierra Madre Police Blotter

During the week of Sunday, November 9th, to Sunday, November 16th, the Sierra Madre Police Department responded to approximately 347 calls for service.

Sunday, November 9th

At 4:55 pm, Sierra Madre Police responded to the 100 Block of North Sunnyside a suspicious man walking and talking to himself. Officers located the suspect who informed Officers he was on both probation and parole and had recently been released from jail. While the suspect was speaking to Officers, they noticed his slurred speech and mumbling. After giving Officers consent to search, it was discovered the suspect had marijuana and heroin, complete with a broken pipe. The suspect was arrested and transported to Pasadena jail.

Monday, November 10th

At 8:30 am, Sierra Madre Police responded to the 400 Block of East Montecito Avenue regarding suspicious circumstances. Upon arrival, Officers were informed by the resident that upon returning from a short out of town trip, they noticed the panels on the rear wood fence had been tampered with and left ajar. During the investigation, Officers came across a screwdriver that did not belong to the residence. While canvassing the area, the residents informed Officers that nothing seemed to be missing from their property. More importantly Officers determined there were no signs of pry marks or forced entry. The residents informed Officers that several neighbors had experienced the same issue of panels being tampered with on one or both sides of the fence. During a

close examination of the screwdriver, a name was revealed on the tool, which matched that of a nearby neighbor. The neighbor informed Officers he had lost the tool some time ago and that he was not responsible for tampering with the panels. This case has been forwarded to the Detectives Bureau.

Monday, November 10th

At 6:24 pm, Sierra Madre Police responded to the station lobby regarding a personal identification theft. The victim informed Officers that an unknown person used their personal information to open up a credit card in the victim's name. The victim informed Officers that he never gave anyone any permission to open a credit card in his name. Thankfully the credit card was mailed to the victim's address and was never used for any charges.

Friday, November 14th

At 3:54 pm, Sierra Madre Police responded to the 1900 Block of Vista Avenue regarding a hit and run. When Officers arrived on scene, the resident informed them that shortly before 3:50 pm, she walked outside and noticed her trees and shrubbery had been damaged by what appeared to be a vehicle. The resident explained she did not see or hear when the collision happened, but remembered going outside an hour prior, and noticing no damage to her trees and shrubbery. A partial tire print was discovered at the scene. Officers determined an unknown vehicle performed an unsafe turning movement, causing the vehicle to collide and damage the trees and shrubs.

Thanksgiving Holiday Closures, Reminders

Pasadena residents and businesses are reminded that City Hall and most City services will be closed on Thursday and Friday in observance of the Thanksgiving Day Holiday. Specific closures and exceptions are noted below. The Citizen Service Center will be closed Thanksgiving Day, but will be open to take your calls at (626) 744-7311 from 8 a.m. to 5 p.m., Friday and Saturday.

Pasadena residents and businesses with any power emergencies should call Pasadena's Water and Power (PWP) Department at (626) 744-4673 and for water-related emergencies call (626) 744-4138.

Regular refuse and recycling collection for Thursday (Thanksgiving Day) will occur on Friday, and Friday's collection will be on Saturday. No pickups for bulky items will be scheduled for the two-day holiday.

The City's ARTS (Area Rapid Transit System) and Dial-A-Ride transportation programs will not operate on Thursday, but will resume regular service on Friday. All parking meters are free and parking time limits will not be enforced on Thanksgiving Day, but shoppers are advised that all regular meter enforcement will resume on Friday. Violations for red curb parking and blocking fire hydrants will continue to be issued both days.

All branches of the Pasadena Public Library, including the Central Library, will close at 5:00 p.m., Wednesday, and will be closed the following two days.

All Recreation and Community Centers operated by the City's Human Services and Recreation Department will be closed, but all parks will be open for picnics. No site reservations are accepted for the holiday.

For any life-threatening emergencies, always remember to call 9-1-1. For non-emergencies during the holidays, call police at (626) 744-4241.



Melody is a 1-year-old female gray and white cat. She is a sweet cat who is very relaxed and likes attention. The regular cat adoption fee is \$70 which includes the spay or neuter surgery, microchip, vaccinations, and a free follow-up health check at a participating vet. New adopters will receive a 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.

Call the Pasadena Humane Society & SPCA at 626.792.7151 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.



Perfect Day for Parade Madness

Once again Doo Dah madness hit the streets of Pasadena Saturday as this year's parade brought the likes of Nordic Men and Viking Ship, the Moveable Feast and even a Secret Santana, dressed in blue, to close out the parade.

If there was one, "the best of the parade" went to Phil Weicker with a, crowd stopping, converted blue convertible Cadillac into the "World's Fastest Hot Tub." Weicker said the car holds the speed record for a car filled with water.

This year's Queen Narayana,



belly danced her way down the parade. Before being queen, Narayana said she has participated in every Doo Dah since its beginning in 1978.

This year's grand marshal was "Johnny (Jerejian) the Bartender," who has a long

Tournament Launches New Social Media Campaign



The Tournament of Roses announced Tuesday it had officially launched its #RoseParade #Inspiring Stories social media campaign for the 2015 Rose Parade presented by Honda. This year's parade theme, "Inspiring Stories," encourages everyone to celebrate the many people who elevate the human spirit, and the #RoseParade #Inspiring Stories social media campaign will serve as a platform for people to share their inspiring stories at www.roseparadeinspire.com.

Individuals are encouraged to submit their inspiring stories in the form of a photo, story or video via Facebook, Twitter or Instagram. With each entry between now and December 15, 2014, participants are automatically entered into a sweepstakes and become eligible to win a VIP trip for two to the 2015 Rose Parade presented by Honda and the first College Football Playoff Semifinal at the Rose Bowl Game® presented by Northwestern Mutual. The winner will also receive \$1,000 for travel and related expenses, which may be awarded in the

form of a gift card. In order to be considered as a contest participant, individuals must use #RoseParade and #Inspiring upon submission and have their social media settings set to public.

The 2015 Rose Parade Grand Marshal, the late Louis Zamperini, was the embodiment of an inspiring story. An Olympian and World War II prisoner of war, Zamperini was a symbol of heroism and perseverance. On Jan. 1, Zamperini's story will live on as his family will be honored during the 126th Rose Parade presented by Honda.

"The inspiring stories social media campaign is meant to uphold the joy and hope that individuals bring to those around them just as Louis Zamperini did," said Tournament of Roses President Rich Chinen. "Louis was an exemplary man whose life story illustrated the strength of the human spirit in many ways and we hope this campaign brings light to many other wonderful stories."

Health Dept. to Get \$1.5 Million for Tobacco Control

The city's Public Health Department was awarded a \$1.5 million grant by the Centers for Disease Control and Prevention (CDC) for a three-year outreach campaign to reduce ethnic and racial tobacco health-related disparities in Northwest Pasadena.

Pasadena is one of only 49 recipients nationwide to be awarded the competitive Racial and Ethnic Approaches to Community Health (REACH) grant to prevent and control chronic diseases such as heart disease, stroke and cancer, which are the leading causes of death and disability in the U.S., according to the CDC.

The funds will be used for the city's outreach campaign to counter tobacco-related marketing efforts targeting low-income minority communities where African-American and Latino adults have a disproportionately high rate of tobacco use and exposure to secondhand smoke. Outreach efforts include



increasing awareness about the dangers of tobacco through public service announcements, community presentations and other events and marketing efforts through the end of September 2017.

Since 1999, the CDC REACH program has funded efforts to reduce tobacco use and exposure, improve nutrition, increase physical activity and improve access to chronic disease prevention, risk reduction and management opportunities.



tradition of serving drinks at the Colorado bar to Doo Dah regulars.

Organizers said the parade, which has spawned numerous off-beat replicants across the country, was named by Readers Digest as "America's Best Parade," and was recently featured in the book 50 Places You Must Visit Before You Die.

Police Give Holiday Park Safety Tips

As the Holidays fast approach, and schools adjourn, we encourage our community to enjoy the various parks in our city. The Pasadena Police Department would like to remind parents, guardians and caretakers that providing oversight while your child is using our parks and recreational facilities is always a good idea. Some safety tips you may want to consider, include:

Be alert for person(s) who seem or appear intoxicated

A stranger stopping in a car to beckon a child

Juveniles congregating in a dark or hidden area of the park

Someone painting graffiti on park property

Persons who are lingering around parked cars or tampering with car doors.

Make sure to keep your child(ren) in sight while at the park

Accompany your child/toddler to the restroom.

Make sure grandparents have a cell phone handy when taking the grandkids to the park.

Remember: "If you see something, say something." Happy Holidays from

County Supports Experimental Drugs and Treatment Bill

Support for state legislation to allow terminally ill patients to use experimental drugs or treatments not yet fully approved for consumer use by the U.S. Food and Drug Administration was unanimously approved by the Board of Supervisors on a motion by Supervisor Michael Antonovich.

"Terminally ill patients should not have to navigate the FDA's bureaucratic process to access a drug and treatment that may help save their life," said Supervisor Antonovich.

As is allowed in a number of other states, terminally ill patients who have exhausted their options would only need their physician's approval and a drug company willing to assist them, to pursue these potentially life-saving opportunities.

Two People Arrested After Fleeing From Police

Police arrested a couple Monday on suspicion of assault with a deadly weapon on a peace officer during a traffic stop, in which, the driver flashed a handgun at police.

According to reports, Crystal Orleans of Moreno Valley and Sanjay Varma of Pasadena were tracked down by The Southwest Regional Pacific Fugitive Task Force and arrested in Van Nuys. Both were taken into custody around 4:30 p.m. without incident.

According to police, during a routine traffic stop at around

3:15 a.m. Sunday at La Tierra Street for a traffic violation, the officer saw Varma with a gun. The suspects sped off nearly hitting an officer, one officer then fired at the SUV as it got away.

Officers chased the SUV a short distance, but lost sight of it near Sierra Madre Boulevard and the freeway.

Police said the two have gang-ties.

At the time, La Tierra Street, Avocado Lane and nearby streets were closed as police collected evidence.

At press time, both were being held in county jail.

Firefighter's Help Prepare Turkey to Aid Homeless

On Wednesday, Pasadena Firefighters and the Fink family will help prepare food and fill blessing (gift) bags for Thanksgiving (27th) when the Pasadena Sandwich Company will serve over 350 meals to families in Pasadena who are transitioning from homelessness to self-sufficiency. The "Thanksgiving Share a Meal" is a collaborative effort of the Pasadena Fire Department, Pasadena Unified School District, Pasadena Sandwich Company and the Stephen E. Fink Memorial Fund.

The Pasadena Sandwich Company is a Pasadena landmark. The Fire Department has a long standing tradition of giving back to the community it serves and has supported the Pasadena Sandwich Company in their ongoing outreach to bring greater awareness to families facing difficult times. Invitations to families for this event will be coordinated through the Pasadena Unified



School District. The collaborative event is to recognize the difficulties of families in transition and offer them a nice dining experience at the Pasadena Sandwich Company so they can partake in the true meaning of the Thanksgiving holiday.

The Pasadena Sandwich Company is located at 259 Sierra Madre Villa Avenue, Pasadena, CA. 91106.

Human Services Awarded Grant for Meal Programs

The City's Human Services and Recreation Department received a \$50,000 grant from the National League of Cities (NLC) to streamline afterschool and summer meal programs for Pasadena-area children. The department will also receive customized technical assistance, access to best practices and national experts, and opportunities for peer learning.

Pasadena is among 13 cities receiving grants ranging from \$30,000 to \$50,000 because of a continued commitment to combatting childhood hunger through year-round meal programs.

Fourteen percent of Pasadena residents live below the federal poverty level. During the 2013-14 school year, 68 percent of Pasadena Unified School District (PUSD) students were approved for free and reduced meal benefits, according to PUSD. The grant funding will help the City, PUSD and community partners achieve

the long-term goals of creating a coordinated, citywide system for providing child nutrition programs; reducing the lunch-to-breakfast meal gap; and increasing awareness of the citywide child nutrition program.

"This opportunity aligns with the strategies in our school-city-community work plan to continue offering services that improve student outcomes and foster innovation in Pasadena," said Mercy Santoro, Director, Human Services and Recreation Department.

"The grant will help improve participation in our nutrition programs while also allowing us to brand various community-based meal programs under one name."

Starting in December, the Human Services and Recreation Department will begin meeting with community partners, identifying and creating a database of existing resources, assessing community needs and creating a work plan for the grant cycle.

Learn How to Produce Your Own TV Show

New Citizen Journalism training starts Wednesday nights, learn how to report news using social media skills.



PASADENA MEDIA

Producers' Training teaches how to produce shows for The Arroyo Channel. Studio Production/ Equipment training is also offered to volunteer crew members. In addition, on-going training will soon be available in citizen journalism and digital film groups. Call the office (626) 794-8585 or go

Class offerings days and nights weekly
Station Schedule

Citizen Journalism Training
Wednesday November 26 at 6:30 p.m. - 8:00 p.m.

Closed - Thanksgiving Observance
Thursday November 27 - all day

Orientation
Monday December 1 at 6:00 p.m. - 8:00 p.m.

PCAC Board Of Directors - Regular Meeting
Tuesday December 2 at 7:00 p.m. - 9:00 p.m.

Producer Training
Wednesday December 3 at 1:00 p.m. - 3:00 p.m.

ARCADIA

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

DOWNTOWN ARCADIA CHRISTMAS MARKET RETURNS DEC. 6, 13, 20 BIGGER HOLIDAY STREET MARKET, MORE ENTERTAINMENT 5-9 P.M. ON FIRST AVENUE

ARCADIA, Ca. – Blowing snow, horse-drawn carriage rides, and Dickens Christmas carolers in Arcadia?

The popular Arcadia's Best Downtown Christmas Market presented by the Arcadia Improvement Association returns for a second year every Saturday evening in December before Christmas.

First Avenue will be closed between Huntington Drive and Wheeler Street to allow you to stroll around the European-style Christmas Market from 5-9 p.m. Dec. 6, 13 & 20, where you'll also find more than 50 holiday food and merchandise vendors, Santa Claus posing for photos, inflated jumpers for kids, and live bands.

New to the market this year will be free rides on a decorated horse-drawn carriage and "Carcardia Christmas," a special holiday edition of the monthly Carcardia @Route 66 Sunday morning gathering of local car

lovers. Carcardia Christmas will feature different local clubs each night, such as the Santa Anita A's on Dec. 6, as well as the coolest cars of every era and style at each event.

Arcadia and the Christmas Market are created by the non-profit community events group Arcadia's Best Foundation.

In addition to the professional Dickens carolers roaming the Market on Dec. 6, local singers from the Southern California Mormon Choir, Jeff, Cindy, Jocelyn, and Emily Combe, and Beth Stogner, will perform traditional Christmas Carols in Dickens-era costumes from 6-8 p.m. Dec. 20. Stogner is a familiar local singer whose day job is with the Arcadia Fire Department, which will feature its vintage fire truck at the Market each night.

The primary sponsor again this year is Metro Gold Line Foothill

Extension Construction Authority, as well as Forest Lawn, with additional support from the City of Arcadia, Matt Denny's Ale House Restaurant, Marie Taylor of NAI Capital, and Downtown Arcadia attorney April A. Verlatto.

The farmer's market and other elements are provided by Family Festival Productions, with the festive holiday lighting, overall atmosphere and event management created by Wayne Tay. Decorations and supplies are from Town & Country Event Rentals.

Plenty of free parking is available in several public lots off Wheeler Street east and west of First Ave.

Media Contact: Scott Hettrick, cell: 626-485-8783 / e-mail: Hreporter@aol.com

MUSICAL LECTURE – BING CROSBY

Arcadia Senior Services is offering a musical lecture that will focus on the life of Bing Crosby on Tuesday, December 2, 2104 at 1:30pm. The lecture will take place at the Arcadia Community Center, 365 Campus Drive, Arcadia. This program will highlight the life and music of Bing Crosby, "Call Me Lucky". This Timeless Melodies Foundation for Education musical program will trace Bing's roots and early musical inspirations and how radio impacted the development of popular music. The presentation will go into the motion picture and sound recordings he made, plus his musical/movie career with Bob Hope. This program is for individuals 50 years of age and older. Cost of the presentation is \$3.00 and is non-refundable. Tickets are available until Monday, December 1, 2014. For additional information please call Arcadia Senior Services 626.574.5130.



NOVEMBER 22

Arcadia Woman's Club

Free! HOLIDAY FAMILY FAIR

A Benefit for CHOICES
10am-4pm

The Arcadia Woman's Club has partnered with CHOICES, a 501(c)(3) non-profit based in Arcadia since 1991, who assist adults with developmental disabilities to live successfully on their own. Together, we invite you to the **FREE Holiday Family Fair** - a fun-filled day for the entire family!

- Holiday Vendors with new & unique items, both classic and vintage.
- Food Trucks offering a variety of food and beverages for purchase.
- Free Fun Activities for the kids - Face painting, ornament making, games, etc.
- Raffle Prizes - tickets on sale at event.

ARCADIA WOMAN'S CLUB
324 S. FIRST AVE. (CORNER OF DIAMOND & 1ST)
ARCADIA, CALIFORNIA 91008

For more information please visit www.arcadiawomansclub.org

CHOICES
choices.org

Arcadia Police Blotter

For the period of Sunday, November 9 th, through Saturday, November 15th, the Police Department responded to 977 calls for service of which 99 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, November 9:

1. Just before 4:00 a.m., an officer responded to Premiere, 911 South First Avenue, regarding a burglary report. Surveillance footage revealed at least two unidentified suspects shattered the front glass door, stole numerous pairs of designer sunglasses and handbags, and fled north on South First Avenue. No witnesses were located.

2. At approximately 5:16 p.m., an officer responded to Nordstrom, 400 South Baldwin Avenue, regarding a theft report. An investigation revealed a 27-year-old Hispanic male placed a bracelet on his wrist, discarded the tag, and failed to make payment before exiting. He was cited and released in the field.

Monday, November 10:

3. At about 12:16 a.m., an officer conducted a traffic stop on a vehicle in the 000 block of East Huntington Drive for driving with their high beams on. Upon contacting the driver, the officer detected a strong odor of alcohol emitting from his breath. The 55-year-old White male was arrested and transported to the Arcadia City Jail for booking.

4. At approximately 10:43 a.m., an officer responded to Camino Grove Elementary School, 700 East Camino Grove Avenue, regarding a vandalism report. Unknown suspect(s) spray painted, "JAHBO" on the wall of the multi-purpose room sometime over the weekend. No suspects were seen and no witnesses were located.

Tuesday, November 11:

5. Around 2:18 p.m., officers responded to a residence in the 1100 block of Encanto Drive regarding a suspicious subject. A neighbor reported a suspicious vehicle parked in the driveway and a subject exiting the vacant home. The subject identified himself as "Wayne Morgan" who finds buyers for abandoned houses. The subject was gone by the time officers arrived. The subject's vehicle was involved in a recent attempted theft of gasoline from Vons, 618 Michillinda Avenue.

6. Just after 6:36 p.m., an officer responded to a residence in the 400 block of El Dorado Street regarding a burglary report. An investigation revealed unknown suspect(s) used the victim's ladder to enter through the second story closed, but unlocked, rear sliding glass door. Nothing was immediately reported stolen; however, one of the dresser drawers had been searched through. The investigation is ongoing.

Wednesday, November 12:

7. Shortly after 1:41 a.m., an officer conducted an enforcement stop on a vehicle in the area of Diamond Street and Santa Anita Avenue for speeding. As the officer activated his overhead emergency lights, the subject accelerated and proceeded onto the westbound 210 freeway. The suspect eventually stopped his vehicle while still on the freeway and officers were able to arrest him. Upon contacting the suspect, officers noticed signs of drug use. After performing field sobriety tests, officers concluded the 28-year-old White male was under

the influence of an illegal substance. He was arrested and transported to the Arcadia City Jail for booking.

8. At about 9:10 a.m., an officer conducted a traffic stop on a vehicle in the area of Baldwin Avenue and the 210 Freeway for disobeying a traffic sign. The officer discovered the driver had never been issued a license. The 32-year-old Hispanic female was cited and released in the field. The vehicle was released to a licensed passenger.

Thursday, November 13:

9. At approximately 10:22 a.m., officers responded to a residence in the 000 block of West Sycamore Avenue regarding a fraud report. An investigation revealed an unknown suspect created an online account using the victim's bank account, logged in and transferred money to various entities totaling \$5,340.00. The investigation is ongoing.

10. Around 4:30 p.m., an officer responded to Macy's at the Santa Anita Mall, 400 South Baldwin Avenue, regarding a petty theft report. The officer determined the suspect, a 23-year-old White female, concealed merchandise in her purse and fled the store without making payment. She was arrested and transported to the Arcadia City Jail for booking.

Friday, November 14:

11. Just after 1:15 p.m., an officer responded to the 000 block of Live Oak Avenue in regards to a stolen license plate. The officer discovered the victim had the license plate stolen from his 1992 Mercedes while the vehicle was parked at the location. The crime occurred sometime between November 6th and November 14th.

12. At about 1:56 p.m., an officer responded to a residence in the 800 block of San Simeon Road regarding a burglary that occurred the night before. An investigation revealed the 85-year-old female victim awoke to an unknown male in her bedroom. The victim turned on the light and yelled at the subject to leave. The suspect is described as a thin male wearing all black clothing. The crime occurred on November 13th at 8:10 p.m. It is believed that the suspect entered the residence through the sliding balcony door. The investigation is ongoing.

Saturday, November 15:

13. Just after 2:45 a.m., an officer made consensual contact with a subject sitting at a bus stop in the area of Live Oak Avenue and Peck Road. The officer located an open container of alcohol next to the subject. Upon further investigation, the officer determined the subject, a 25-year-old Hispanic male, was under the influence of a controlled substance. As the officer attempted to arrest him, he resisted and tried to flee. The officer was able to successfully arrest him and he was transported to the Arcadia City Jail for booking.

14. At approximately 5:42 p.m., an officer responded to Chase Bank, 700 West Huntington Drive, regarding a suspicious subject loitering in front of the business. Upon contacting the subject, the officer detected signs of illegal drug use. The officer determined the 29-year-old male of unknown race was in possession of methamphetamine and had an outstanding misdemeanor warrant. He was arrested and transported to the Arcadia City Jail for booking.

MONROVIA - DUARTE

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

DUARTE AWARDED \$325,171 CAL-GRIP GRANT FOR GANG PREVENTION INTERVENTION REINTEGRATION PROGRAMS

DUARTE, CA, November 18, 2014 -- The City of Duarte has been awarded a \$325,171 competitive state grant under the California Gang Reduction, Intervention and Prevention (CalGRIP) Program to sustain its gang prevention, intervention, and expand reintegration programs for 2015. The grant will be up for annual renewal for the next two years (through 2017), pending state restitution funds sourced from the State Budget Act, for a total of \$975, 513 for three years. Out of 45 applicants, Duarte's evidence-based anti-gang project was one of 19 awardees.

A portion of the grant will provide the Duarte Prevention, Intervention, Reintegration Project with the funds necessary to maintain the services of Los Angeles County Probation and the Sheriff's departments despite recent budget cuts which threatened programs.

Grant funds will also support the Duarte Public Safety and Teen Center youth outreach programs, including the Duarte Boxing Gym, and expansion of Duarte Dance and Arts programming serving the Duarte Teen Center, Pamela Park, and Mt. Olive School. Four main partner organizations are included in the grant: the Flintridge Center, the Boys and Girls Club of the Foothills, the Santa Anita Family YMCA and Southland Sings. These non-profit organizations support families with after-school care, positive summer programming, and evidence-based programming proven to assist in prevention, intervention, and reintegration efforts by providing juveniles and young adults with positive alternatives. The grant funds will enable the Boys and Girls Club and YMCA to expand their services and provide additional positive pro-social activities to families in need. Southland Sings will deliver art-therapy based programs to help

in early prevention, primary and secondary intervention. The Flintridge Center will expand reintegration services in the surrounding communities of Duarte, Monrovia and unincorporated areas.

The focus of the Duarte Prevention, Intervention and Reintegration Project is to reduce gang membership, gang related crime and juvenile arrests by working closely with at-risk youth, parents and teachers. The goal is to ultimately achieve a 25% overall reduction in the aforementioned areas during the life of the grant.

In 2009-2010 Duarte was awarded a Cal-GRIP grant of \$191,312, and in 2013-2014 the grant award increased to \$334,332, which positively impacted the City's prevention efforts with a 49% reduction in juvenile arrests. L. A. County Probation also reported a significant reduction in gang recruitment with fewer of Duarte's minors being institutionalized in probation camps. The City of Duarte's School Resource Deputy acts as an ambassador for the LA County Sheriff Department within Duarte schools. This deputy works to build positive relationships with students, parents, school officials and community members in order to maintain safety in schools and the community. Additionally, this special assignment deputy attends specific school and community events and is part of special anti-gang and drug programs.

Duarte's Probation Officers focus on early prevention and intervention. They coordinate services with parents, schools, courts, law enforcement, and community partners. They act as role models, mentors, and advocates for students, and assist to equip families with the skills and services they need to be successful.

they are not properly used by the homeowner

Unscheduled or surprise visits to your property or project will also act as a deterrent to an opportunistic thief

Update the key in the event an employee leaves or quits a job

Traceable property

Third party vendors can secure your items with trackers that will assist law enforcement with its quick recovery

If your item does not have a serial number, you can engrave it with a unique number or word.

Please be sure to record serial numbers. In the event the property is recovered, the owner can be located.

Fences

Ensure your fences are sturdy and secured.

Patrol Checks

Call Temple Station and request patrol checks.

Arrange for a vacation check with the Duarte Public Safety Office (626) 357-7938, ext. 316 or via email at A2Torres@lasd.org Provide us with the time away from home, address and a local emergency name and number. Please contact the Temple Station Watch Commander at (626) 285-7171 if you would like to schedule a security review of your property.

If you see suspicious persons or vehicles in your neighborhood, please make a note of the make/model/color of the car or description of the person(s) and Always call in ANY and ALL suspicious activity to Temple Sheriff's Station at (626) 448-9861 or (626) 285-7171.

Should you witness a crime in progress, please call 911.

If you would like to leave an anonymous tip, that can assist us in an investigation or help mitigate an ongoing problem, you may do so by calling the Sheriff's Satellite Station Crime Tip Hotline at (626) 357-7938, ext. 462. Messages checked daily but for immediate assistance please call Temple Station and request to remain anonymous.

Tips can also be e-mailed duartecrimetips@lasd.org

Monrovia Police Blotter

Following are the weekend's highlighted issues and events. To see a complete listing of crimes reported, go to the City of Monrovia website and click on the crime mapping link. Sign up to follow us on Twitter for police notifications.

Attempt Vehicle Burglary

On November 13 at 7:51 a.m., an attempt vehicle burglary was reported in the 300 block of California. Unknown suspect(s) smashed the window on a Chevy Silverado pickup truck that was parked in a rear alley. Nothing was taken from the truck. The investigation is continuing.

Driving Under the Influence – Suspect Arrested

On November 13 at 2:10 p.m., an officer was on patrol in the area of California and Cherry when he stopped a motorist for a vehicle code violation. Further investigation revealed the motorist to be driving under the influence. The driver was arrested and taken into custody.

Driving Under the Influence / Traffic Collision – Suspect Arrested

On November 13 at 11:00 p.m., a traffic collision in the area of Huntington and Shamrock was reported to police. The driver of a vehicle had sideswiped another vehicle. Police responded and determined the driver was driving under the influence. The driver was arrested and held for sobering.

Robbery

On November 14 at 2:55 p.m., an officer was dispatched to a business in the 600 block of South Myrtle regarding a grand theft incident. The female victim was inside a business and was holding jewelry in her hand. The suspect entered the location and grabbed the jewelry from the victim's hand, taking it by force. The suspect then left the location on foot, heading southbound on Myrtle. An area check was made, but the suspect was not located. The suspect is described as a heavyset male, unknown age, wearing jean shorts and a gray hooded sweatshirt. The investigation is continuing.

Battery / Trespassing

On November 15 at 8:54 a.m., police responded to the 100 block of East Pomona Street on the report of a battery and trespassing incident. The resident reported that he had discovered a male subject sleeping on the west side of his house in his front yard. He yelled at the subject to get off his property several times. The male subject was not leaving the property, so the resident sprayed water at him from a garden hose. The subject became angry and hit the resident in the face with his fist, causing a small cut to his nose. The subject ran west on Pomona and out of sight. Officers made an area check for the suspect, but were unable to locate him. He is described as a male Hispanic, 18-20 years old, 5'4" tall, medium build, wearing a black Los Angeles Dodgers cap, black shirt and brown shorts. The investigation is continuing.

Obstructing and Delaying a Peace Officer – Suspect Arrested

On November 16 at 12:15 a.m., police responded to the 600 block of Linwood on the report of a battery incident. A male and female were involved in an argument, and the male subject pushed the female subject, causing her to fall. During the investigation, the male subject was trying to interfere with the officers and refused to comply with officers' commands. He continued to walk away from the officers and struggled with the officers as they attempted to detain him. The male subject was arrested for obstructing and delaying a peace officer.

DUARTE UNIFIED SCHOOL DISTRICT ANNOUNCES CANDIDATES FOR OPEN BOARD SEAT

The Duarte Unified School District Governing Board is holding a meeting at Northview Intermediate School, 1401 Highland Ave., Duarte, on Thursday, December 4, 2014, at 7:00 p.m. At that time they will interview and make a provisional appointment to fill one Board vacancy. The selected candidate will take the oath of office and begin the provisional term at the board meeting on December 11, 2014.

Four candidates applied for the appointment and have cleared the requirements including being at least 18 years of age, be a resident of the Duarte Unified School District, be a registered voter in the State of California, and not be disqualified from holding civil office by the constitution or any law of the State of California.

The four applicants are: Jim Dinsmore, David Hall, Swati Puri, and Cheryl Taylor.

Contact: Mercedes Ruiz, Administrative Assistant (626) 599-5037 mr Ruiz@duarteusd.org

Locks
Quality commercial security locks are great but are not effective if

PASADENA UNIFIED BOARD OF EDUCATION APPOINTS BRIAN MCDONALD, ED.D. AS SUPERINTENDENT

Pasadena, CA – The Pasadena Unified School District (PUSD) Board of Education voted 7-0 to appoint Interim Superintendent Brian McDonald, Ed.D., as Superintendent at its November 20 meeting.

"I admire Dr. McDonald's skills, experience and knowledge and look forward to the growth and evolution of PUSD under his superintendency," said PUSD Board President Scott Phelps. "He is adept at team-building and his collaborative style augurs well for progress towards our shared goals for PUSD. We face many challenges but his personal involvement in the schools and collegial relations with the many people of PUSD make me optimistic that we can grow through the challenges, work well with all of PUSD's many community partners and make good decisions."

Since joining PUSD as Chief Academic Officer in October 2011, Dr. McDonald spearheaded the district's magnet school program, oversaw the closure of the achievement gap in the cohort graduation rate, expanded the district's popular dual language immersion programs, led the early implementation of the new Common Core State Standards and placed a strong emphasis on research-based professional development for all employees. Dr. McDonald has been serving as PUSD Interim Superintendent since August 1, 2014.



"I thank the PUSD Board of Education for putting their trust in me to lead Pasadena Unified," said Dr. McDonald. "PUSD is a good school district. With the collaboration of staff, students, community and school board we can be a great school district."

McDonald joined PUSD from the Houston (Texas) Independent School District, where he last served as School Improvement Officer. Prior to that, he was an elementary and middle school principal in the same district. As principal of William S. Holland Middle School from 2005-2011, McDonald successfully increased reading, math, social studies, science and writing scores, and raised the number of students taking Algebra I by 100 percent.

Dr. McDonald has a Bachelor of Science degree in Accounting from the University of Houston-Downtown, Texas, and a Master's in Education Administration from Texas Southern University.

He earned a certification in principalship from Harvard Graduate School in 2002, and a Doctorate in Educational Leadership from Sam Houston State University in 2010. A Phi Delta Kappa, he is a fluent Spanish speaker.

Dr. McDonald replaces Jon Gundry who departed PUSD to become Superintendent of the Santa Clara County Office of Education on July 31, 2014.

SCHOOL DIRECTORY

Alverno High School

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

Arcadia High School

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

Arroyo Pacific Academy

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

Barnhart School

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

Bethany Christian School

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

Clairbourn School

8400 Huntington Drive
San Gabriel, CA 91775
Phone: 626-286-3108 ext. 172
FAX: 626-286-1528
E-mail: jhawes@clairbourn.org

Foothill Oaks Academy

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

Frostig School

971 N. Altadena Drive Pasadena, CA 91107
(626) 791-1255
Head of School: Chris Schnieders, PhD
Email: Jackykn@frostig.org

The Gooden School

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

High Point Academy

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

LaSalle High School

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

Monrovia High School

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

Odyssey Charter School

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

Pasadena High School

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

St. Rita Catholic School

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

Sierra Madre Elementary School

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

Sierra Madre Middle School

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

Walden School

74 S San Gabriel Blvd
Pasadena, CA 91107 (626) 792-6166
www.waldenschool.net

Weizmann Day School

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

Wilson Middle School

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

PASADENA UNIFIED SCHOOL DISTRICT

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

ARCADIA UNIFIED SCHOOL DISTRICT

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

MONROVIA UNIFIED SCHOOL DISTRICT

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

DUARTE UNIFIED SCHOOL DISTRICT

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



La Salle Senior, Haley DeSales signs her Letter of Intent to Washington State with her volleyball coach, Tiare Tuitama, mother, Terri, father Rob and brother, Justin.

LA SALLE'S DESALES TO BECOME A WASHINGTON STATE COUGAR

Pasadena, CA – On November 12, National Letter of Intent Signing Day, senior Haley De Sales of La Salle High School in Pasadena, signed her Letter of Intent to attend Washington State University on an athletic Scholarship for Volleyball.

Haley's Volleyball Accolades include: First Team All-League (3 years), First Team All CIF Division 1A (3 years); Max Preps first team All-State; San Gabriel Valley Newspapers' All-Area First Team. In addition, she was a key member of the school's first and second CIF Volleyball titles in Division 1A, and even more outstanding, she was back-to-back CIF Player of the year in Division I.

In addition to her athletic success, she maintains a GPA above 3.7.

The La Salle athletics program emphasizes commitment, discipline, and character. However, the academic program is our priority with athletics serving as a valuable companion. These two, coupled with the school's Lasallian values, help develop the complete Lancer student-athlete.

Many high school athletes dream of becoming an Olympian or professional athlete and parents dream of their child earning a college athletic scholarship, but unfortunately, this is a difficult and often unrealistic goal. Statistics show that just one out of every 1000 high school athletes will receive a Division I scholarship and only two of 100 high school athletes will play in college.

PASADENA AWARDED GRANT FOR 2015 SUMMER, AFTERSCHOOL MEAL PROGRAMS

PASADENA, Calif.—The City's Human Services and Recreation Department received a \$50,000 grant from the National League of Cities (NLC) to streamline afterschool and summer meal programs for Pasadena-area children. The department will also receive customized technical assistance, access to best practices and national experts, and opportunities for peer learning.

Pasadena is among 13 cities receiving grants ranging from \$30,000 to \$50,000 because of a continued commitment to combatting childhood hunger through year-round meal programs. Fourteen percent of Pasadena residents live below the federal poverty level. During the 2013-14 school year, 68 percent of Pasadena Unified School District (PUSD) students were approved for free and reduced meal benefits, according to PUSD. The grant funding will help the City, PUSD and community partners achieve the long-term goals of creating a coordinated, citywide system for providing child nutrition programs; reducing the lunch-to-breakfast meal gap; and increasing awareness of the citywide child nutrition program.

"This opportunity aligns with the strategies in our school-city-community work plan to continue offering services that improve student outcomes and foster innovation in Pasadena," said Mercy Santoro, Director, Human Services and Recreation Department.

"The grant will help improve participation in our nutrition programs while also allowing us to brand various community-based meal programs under one name."

Starting in December 2014, the Human Services and Recreation Department will begin meeting with community partners, identifying and creating a database of existing resources, assessing community needs and creating a work plan for the grant cycle. The CHAMPS grant is part of the National League of Cities' Institute for Youth, Education & Families' initiative: Cities Combating Hunger

Through Afterschool and Summer Meal Programs. CHAMPS is made possible by a grant from the Wal-Mart Foundation and in partnership with the Food Research and Action Center. The grant funding has helped supply 7.5 million meals during the last 2.5 years.

Stay connected to the City of Pasadena! Visit us online at www.cityofpasadena.net; follow us on Twitter @PasadenaGov, www.twitter.com/pasadenagov, and like us on Facebook at www.facebook.com/cityofpasadena. Or call the Citizen Service Center, 8 a.m. to 5 p.m., Monday through Friday, at (626) 744-7311.



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BECKHAM GRILL IN PASADENA ONE LAST TIME

There are rumors swirling around that one of my favorite restaurants in Pasadena is about to announce a Swan Song. I hear it on good authority that the land has been sold and that a hotel is going up. So one last visit to Beckham Grill, it started many years ago(1977) by Bob Beckham, originally named Beckham's Place. I am fully aware that the holidays are approaching and when you are going to spend your hard earned dough, you want to feel that you got your monies worth.

Beckham Grill has been around since 1977, originally named after owner Bob Beckham, it was known as Bechkam Place. The management team led by Ed " " is the best around. The restaurant by today's standards is "Old School," its not a dark restaurant but shows in a cozy and faintly lit. The Bar, or "The Crown Room," as it is familiarly known, is illuminated by the burst of a fireplace. There's an old Car decorating the outside, and a 1960s English style Telephone Booth starts you on a journey. Often I come to Beckham to sit in the bar by the fireplace, a soothing respite. Beckham Grill has an item which seems simple enough in the description, but I don't know of any other restaurant in Pasadena that

TABLE FOR TWO by Peter Dills
thechefknows@yahoo.com

serves it... Smoked Norwegian Salmon with Capers (\$9.50). Seriously, I could order a double and have that alone for dinner, it's that good. That may not be your cup of tea, so, maybe you are here for meat? Roasted Prime Ribs of Beef is the specialty, always has been and I suspect always will be. Prices are (\$23.50 to \$32.95) for the Crown Cut, on my visit I ordered the End Cut at (\$26.75). All the aforementioned items come with Yorkshire pudding, creamed Corn and creamed spinach. The menu is skillfully represented with fish, meat, duck, steak and salad. My dinner companion Mike Bingley from Charter Cable had the Duck for (\$19.95), he gave it two thumbs up. No room for dessert on this visit, but next time for sure.



If it's a drink by the fireplace or a game of darts with some special friends, you may want to consider "Old School" dining one last time. Full Bar and Valet Parking

Beckham Grill 77 W. Walnut Pasadena. (626) 796-3399
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I almost listed this as My recipe, but then I remembered that I actually got this recipe from my dad's sister and my favorite Aunt Catherine. For whatever reason, we only had this on Thanksgiving and you had to be quick if you wanted a serving. One pass around the table and that was it. (The same can be said for my household today. Susan Henderson)

INGREDIENTS

12 to 13 ears fresh corn, husks removed
1/4 cup sugar
3 tablespoons all-purpose flour
2 teaspoons baking powder
1 1/2 teaspoons salt
Pepper to taste. (You can spice it up with a little Cayenne pepper instead).
6 large eggs
2 cups evaporated milk (I use Half and Half instead but either is good)
1/2 cup butter, melted

DIRECTIONS

Preheat oven to 350°. Get a 13 x 9 baking dish and grease the sides with butter or butter flavored cooking spray - my Aunt did not tell me that!

Cut corn off the cobs into a large bowl (about 6 cups). You can substitute frozen corn if you like but canned corn really is only to be used if there is a blizzard and you can get to the grocery store. In a separate bowl or measuring cup, mix sugar, flour and baking powder together.

Next, whisk eggs until smooth then gradually add milk or half and half and butter in a large bowl. Pour the sugar mixture into the bowl with the eggs and continue whisking. Make certain the mixture is smooth and then stir in the corn. Abandon the whisk, use a wooden spoon and stir the mixture so that the corn is distributed evenly. Pour mixture into prepared baking dish and bake at 350° or until you can stick a cake tester in it and it comes out clean. Let it stand about 5 minutes before serving.

GET MORE FAVORITE THANKSGIVING RECIPES FROM THE
STAFF AND FRIENDS OF THE MOUNTAIN VIEWS NEWS ON
PAGE B9.

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Happy Tails

by Chris Leclerc



I recently resumed my on-going pursuit of learning new techniques for proper dog-handling, by reading books and articles and viewing tutorials online as well as related television programs that might enhance my skills. I go through phases of learning, followed by the purposeful application of what I've learned while spending time with my four-legged friends. I think this system works because I believe a little knowledge goes a long way when it comes to the humans' intentional influence on the dog.

We two-legged, upright walkers have a tendency to think we know more than our pets know, therefore we need to teach them how to think the way we do. I personally tend to maintain the mind set that I am the one learning from them, more often than the other way around. There are important lessons to be learned on both our parts, but I am very aware of my own need to look, listen and anticipate the interesting and enlightening messages the dog has to offer.

I realize that dogs benefit from the structure and consistent patterns we humans set forth for them, and I know that basic behavioral training is an important aspect of helping a puppy mature more happily. But I also think there is a sensitive, and extremely important balance we should endeavor to achieve in the relationships we have with our canine companions.

So, if the purpose of the dog is just to be a pet, versus one being trained for a position of service, I think it is important that we humans give them mutual respect and let them be themselves. There's a reason why we call them our best friends, and to miss out on what a dog is capable of teaching us would be a travesty of opportunity.

One challenge most trainers address in their programs is the basic concept of leash-training a dog. Of course, every pet owner wants to be able to take their dog out in public without the stress of excess pulling or over-excitement when another dog passes by, and fortunately there are some very simple, basic tips available to help in training a dog to walk obediently on-leash.

But, what about when it comes to allowing a dog to take their time and sniff around in a leisurely fashion, during a walk? Should that be allowed? Or, does it mean you are being a lazy owner by letting the dog take charge of the time you are spending together? There are various schools of thought regarding this issue, from far right to far left, and for some trainers the bottom-line question is; "Who's walking who?" I guess my question is; "How important is it for the human to control every moment of the dog's attention during a walk around the block?"

I vacillated from one side of the fence to the other regarding this specific dog-handling technique for quite some time, but I now know for sure where I stand. My personal take on allowing the dog to stop and have a sniff break now and then during a walk is based on what I've learned about the physical characteristics of the canine's olfactory system, along with what I understand about the dog's way of thinking. First and foremost, I accept that a dog does, indeed, think, and that his thoughts do matter.

I won't go into the specific 'rules of the road' I have heard told by the many trainers I've come across over the years, because it is such a wide variety of opinion to consider, and because I am not a professional trainer, myself. I am just a person who spends a lot of time around different dogs on a daily basis, and I've come to realize that each one is an individual, just as my human friends are. I don't assume any particular behavioral response from one human that I might expect to get from another, and the same goes for my canine friends. However, there are a few predictable traits I can definitely anticipate from every dog I know, not the least of which is the need for a sniff break during a walk.

MY TAKE ON THE SNIFF BREAK

The dogs' way of "reading" or "seeing" the world definitely applies to whether or not random sniff breaks should be allowed on leash, and you can be sure that any healthy dog is going to want you to let him enjoy those precious moments. Why? Because their noses work over time, and they are viewing the world through their nostrils much in the way we are viewing the world through our eyes. How would you feel if you were forced to wear a blind-fold every time you were out for a walk? I imagine it would be very frustrating, and that is how I imagine a dog feels when he is not allowed to use his nose to sniff or "view" the world when he is out and about.

Inasmuch as we humans want to believe dogs think and experience the world the way we do, that philosophy could not be further from the truth. In her book, Inside of a Dog (Simon & Schuster, 2009), Alexandra Horowitz shares her wealth of knowledge about why dogs do what they do, and what they are most likely thinking when they do it. In one chapter she makes the point that humans place an immense amount of value on inanimate objects, whereas dogs don't give them a second thought. They don't assign meaning to, say a chair or a couch unless we've been sitting there, leaving multiple molecules of our personal scent for them to investigate with their

overactive olfactory's when we walk away. Then, and only then does that sitting spot become of paramount importance to the dog.

The same goes for a tree or flower you may come across during a walk with your dog. Regardless of what comes to your mind, I assure you that the dog won't be thinking, "What a beautiful tree or flower." He will only choose to pay attention to that object if there happened to have been a previous visitor of (typically) the furry four-legged type who passed by and sprinkled a urinary "calling card" on that spot for the next passing pet to take a whiff of. Then, and only then is when the tree or flower becomes an object of interest to the dog.

So, my dear dog-loving friends, are you getting the picture? If you will let yourself think the way the dog thinks while you are out for a walk together, you will likely want to allow him to take that occasional momentary sniff break, just so he can enjoy the great outdoors with his nose, the way you are enjoying it with your eyes. If you can forego being the alpha, at least for this purpose alone, I can almost guarantee your pet will be a much happier pup!

There's a lot more to know about the dog's way of enjoying life, but I hope I've touched on the basic premise of sniffing clearly enough to inspire you to pay attention to your dog and learn more about why he behaves the way he does, so he can live a fuller, happier life. After all, isn't that the whole reason we have pets? To give them a good life? Get out with your animals often and enjoy the wonders of nature together. Try not to focus on constantly being the boss of your dog, rather work toward achieving a respectful balanced friendship between the two of you. And, as always, love and let live!

LOOKING FOR A BEST FRIEND??

Looking For A Best Friend to share the Thanksgiving holidays with???? So is Jake! He is a shepherd mix, about 6 years old, weighing 56 pounds. He has a beautiful short reddish tan coat with white highlights, and is a handsome boy. Jake is a little timid when meeting new people, but once he warms up, he shows his loving personality, and can be very affectionate. He enjoys getting pets, but he is not demanding for attention.

Jake loves to go for a walk and is very easy to handle on leash. He is quite contented to take a break and sit in the park under a tree with his companion. Jake has been chosen to go to several adoption events because he is so polite and well-behaved in public. He has a calm, easy-going personality and is a pleasure to be around.

Jake needs a forever home with a family who can give him the love and security he deserves. In return, he will be your loyal companion and will happily share your life. He is patiently waiting for the right family to come in and recognize what a special dog he is. Please come in to meet Jake who will happily sit for a treat!

He currently resides at the San Gabriel Valley Humane Society located at 851 E. Grand Avenue in San Gabriel. We are located off San Gabriel



Blvd., north of Mission and south of Las Tunas. To arrange a 'Meet and Greet' with Jake, please stop by any time from 10:00am to 4:30pm Tuesday thru Sunday.

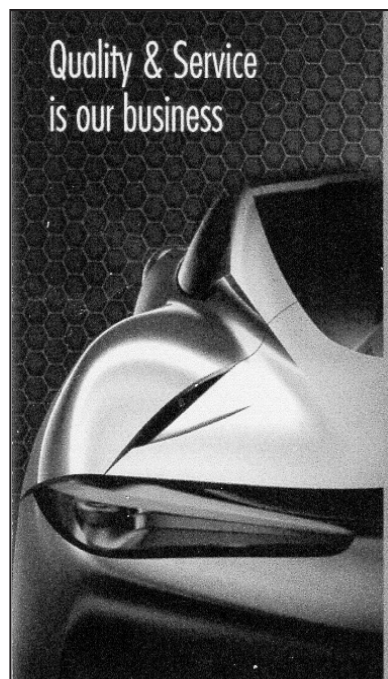
His adoption fee is \$135 which includes his neuter surgery, a microchip, first vaccinations and a free wellness check-up at a participating veterinarian. He is eligible for the shelter's 'Senior For Senior' reduced-fee adoption program. Feel free to call us at (626) 286-1159 for more information on this happy guy.

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



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Saturday—November 29, 2014 3-8 p.m.

The Holidays Begin In Sierra Madre!

Join us in this years Winter Village Festival throughout downtown November 29th between 12 p.m. to 8 p.m.

12:00 p.m. - 4 p.m.	Schedule of Events	5:00 p.m. - 8 p.m.	Carriage Rides
	Art Walk & Music throughout town	Baldwin Ave. in Front of 4 Seasons Tea Room	Special Family Rates
3:00 p.m. - 8 p.m.	Snow in Sierra Madre	6:00 p.m. - 8 p.m.	Santa Claus
Sled Rides - Train Rides - balloons and more...	Sierra Madre Blvd. - (Bank of the West)	8ish p.m.	Christmas Tree Lighting
			Movie & Marine Toy drop
			The Movie ELF in Kersting Court

Come Join us for the festivities.

Meet Santa

There will be plenty of events for children and adults alike.

Art walk, music will be scattered through out town.

Get in the holiday mood by singing along with holiday carolers.

Watch your kids slide down the hill in the snow.

See your children's delight when the tree is lit.

Take a photo of Santa

Start your holiday off with a romantic horse and carriage ride.

Shop for those special gifts at our local businesses.

Don't miss the non-profit clubs and organizations booths.

The Movie "ELF" at 8ish

Winter Village Festival is sponsored by the Sierra Madre Chamber of Commerce






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NOV 29

Happy Cats!

The good news continues!

\$24 Cat adoption fees!!



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For those adopters who missed out and those cats eager to participate—the good news continues!!

Until the end of November, the adoption fee for all cats will be \$24. If a cat is in your future, take advantage of this wonderful opportunity to make it happen. There is plenty of time to welcome a feline into your family for the holidays!

Call the San Gabriel Valley Humane Society at 626-286-1159 or go to our website: www.sgvhumane.org/

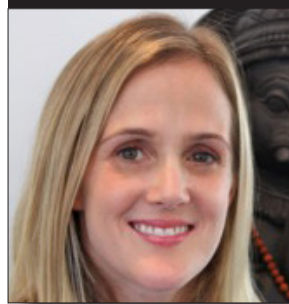


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and customized for that particular student. An ongoing student-teacher relationship was founded, nurtured, cultivated.

Today, we have group yoga classes which put many different bodies in the room. Each person progressing at their own physical, mental, and spiritual pace. It takes time and discipline to stick with and grow in your practice. And in starting out, it's so important to have a teacher, even if it's just in group classes. Getting connected with a teacher in-person is vital, a workout video or online class is not the same.

Originally, yoga was practiced one-on-one between student and teacher. A practice was handed down through tradition

For those already established in their yoga practice, there may come a time when working one-on-one with a teacher is the next indicated step. You could want to reach a particular goal, physical, spiritual or personal. A personalized practice may be in order. That's what private time with a teacher is for. Often through private sessions, a student can deepen their practice much faster than just through group classes. Your need could be as simple as wanting privacy, free of intimidation or as complex as a very challenging physical condition. In any case, establishing a one-on-one relationship with a teacher can prove to be an invaluable, inspirational experience.

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COUNTY SUPPORTS LEGISLATION TO ALLOW TERMINALLY ILL PATIENTS ACCESS TO EXPERIMENTAL DRUGS AND TREATMENT

LOS ANGELES COUNTY— Support for state legislation to allow terminally ill patients to use experimental drugs or treatments not yet fully approved for consumer use by the U.S. Food and Drug Administration was unanimously approved by the Board of Supervisors on a motion by Supervisor Michael D. Antonovich.

"Terminally ill patients should not have to

navigate the FDA's bureaucratic process to access a drug and treatment that may help save their life," said Supervisor Antonovich.

As is allowed in a number of other states, terminally ill patients who have exhausted their options would only need their physician's approval and a drug company willing to assist them, to pursue these potentially life-saving opportunities.

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Respiratory: Common cold , sinus, asthma, bronchitis.
Urological: Urinary Tract Infection(UTI), urinary frequency.
Dental: Toothache, TMJ dysfunction.
Harmony: Increase energy, strengthen immune system.
Neurological: Headache, migraine, vertigo, stroke residuals.

(Hannah) SunYoung Min, L.Ac.
(Henry) JooHun Yoon, L.Ac.

(626) 800-9086

80 Montecito Ct. Sierra Madre, CA 91024 / www.YoonMinAcu.com

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*Dr. Tina is a traditional
naturopath and nutri-
tionist at Vibrant Living
Wellness Center*

WAKE UP TO A GLASS OF LEMON WATER!

If you are like me, you are always looking for easy ways to improve your immune response, lower inflammation and improve mood. Drinking lemon water first thing in the morning is one quick and easy way to accomplish all of the above.

Since lemons are packed with vitamin C, B, calcium, iron, magnesium, potassium, enzymes, and antioxidants, they do all sorts of things to help strengthen our bodies. The vitamin C strengthens the immune system which will help you to fight colds and flus while improving the body's ability to absorb more iron from the food you eat.

Lemons have the ability to remove uric acid from our joints. The build-up of uric acid is one of the major causes of inflammation so have a glass before and after a workout for better recovery. There's been lots of talk about having an over acidic body. We know an acidic body can cause inflammation which is involved in obesity and is the root of most other diseases. Lemons to the rescue. They are one of the most alkalizing foods on the planet.

Lemon water provides beneficial effects on our brain and nerve health as well because of its high levels of potassium and magnesium. Because lemon water is loaded with these minerals, it can give you the boost you need to fight depression and stress. It creates mental clarity and focus. Have a stressful job to go to every day? Think about adding lemon water to your morning routine.

There are many other beneficial reasons to drink lemon water. It is a simple, low cost and benefits your body and your mind. Warm lemon water is best because hot or cold lemon water will take more energy to digest.

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OPEN SEASON FOR IDENTITY THIEVES

by Lisa Weintraub Schifferle
Attorney, FTC

It's open season for everyone who wants to switch health coverage. As you select your health insurance plan, watch out for scams. Whether you are on Medicare, selecting a plan through the Affordable Care Act (ACA), or have private insurance, here are some tips to help you more safely navigate the open enrollment season.

Medicare

A variety of scams take advantage of Medicare recipients. Here are a few:

- An "official Medicare agent" knocks on your door selling Medicare insurance that can save you money. Stop. It's a scam. There are no Medicare sales representatives. It's probably someone who wants to use your information to commit fraud or identity theft.
- Someone calls and says you must join their prescription plan or else you'll lose your Medicare coverage. Don't believe it. The Medicare prescription drug plan (also known as Part D) is voluntary.
- Someone calls claiming that you need to give your Medicare number in order for you to keep your Medicare coverage under ACA. It's a scam. Don't give your personal information over the phone. If you need help with Medicare, call 1-800-MEDICARE or go to medicare.gov.

Affordable Care Act

If you are shopping in the Health Insurance

Marketplace, only shop at HealthCare.gov.

People who try to sign you up elsewhere may be scammers. If you're overwhelmed, you can find free official helpers at HealthCare.gov. Official helpers will never ask for money or try to sell you a particular plan.

Another important tip: the government will not call to sell you health insurance. And no one from the government will ask you to verify your Social Security number or bank information over the phone.

Private insurance

If you're looking for health insurance, make sure that's what you're buying. Be on the lookout for medical discount plans. They're not the same as health insurance, even though they sometimes pretend to be. Many of these plans are scams that don't deliver on the services promised. Others are just a way for identity thieves to get your personal information. Your state insurance commissioner's office can tell you if a plan isn't insurance and whether the seller is licensed in your state.

Report health care scams

If you think you may be a victim of a health care scam, report it to the FTC. If the scam is Medicare-related, report it at medicare.gov.

If you gave your personal information, then call your banks, credit card providers, health insurance company, and credit reporting agencies immediately. The FTC's website has more information on health care scams and medical identity theft.

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PERSONAL TECH PRODUCTS DESIGNED SPECIFICALLY FOR SENIORS

Dear Savvy Senior,
Can you recommend any tablets, smartphones or computers that are specifically designed for seniors? I would like to buy a device for my technology-challenged grandmother so she can get online and keep up with her grandkids better, but it needs to be super simplified so she can use it.

Holiday Shopper

Dear Shopper,
There are actually several new tech products on the market today that are designed specifically for older boomers and seniors that are unfamiliar or uncomfortable with technology.

These devices come equipped with simplified software, big, vivid features, less clutter and better customer support packages, which makes them more appealing and much easier to use than mainstream devices. Here are several top senior-friendly options to look into.

Smartphone

If you're thinking about a smartphone for your grandmother, check out the new GreatCall Touch3. Made by Samsung, this Android smartphone has a 4-inch touchscreen with an organized large icon menu list on the home screen that provides users simple access to often-used features like the phone, text messages, camera, pictures, email and Internet, along with your contacts and apps.

It also has a 5-megapixel camera, a full-size onscreen keyboard, and offers a variety of health and safety features like the 5Star app that lets you immediately speak to a certified agent 24/7 who can identify your location and get you the help you need. Urgent Care, which provides access to registered nurses and doctors for advice and diagnoses. And MedCoach, which sends medication reminders.

Available at greatcall.com or 800-918-8543, the Touch3 sells for \$170 with a \$20 introductory discount, plus a one-time activation fee of \$35, and no-contract is required. Monthly service plans that include unlimited 5Star and Urgent Care service start at \$25. And their data plans start at \$2.50 per month for 20MB.

Tablet Computer

If you're considering a tablet, a top senior-friendly option is AARP's new RealPad, which costs \$189 at aarprealpad.org, walmart.com/realpad or Walmart stores.

Produced in partnership with Intel, the RealPad



is an Android tablet with a 7.85-inch touchscreen.

It provides a clutter-free simplified home page with large text icons to frequently used functions like email, social networks, weather, news, games, camera and pictures, Google, the Web, apps and more.

It also has a 2-megapixel front camera and 5-megapixel rear camera, and comes with 24/7 phone support, a bunch of tutorial videos, and a "Real QuickFix" tool that connects users to technology support agents over the Internet who can access the tablet and fix problems.

Desktop Computer

If you think your grandmother would like a desktop computer, the Telikin (telikin.com, 800-717-7640), which has been around for three years now, is an excellent choice.

Ready to go right out of the box, this all-in-one touch-screen computer displays a big button menu on the screen at all times, providing simple access to most functions like the Internet, email, games, video chat, photo sharing, news and weather, and more.

Available in two sizes – the 18.6-inch "Telikin Touch" that costs \$699, and the 22-inch "Telikin Elite II" for \$1,079 – these computers come with built-in speakers, a Web camera, microphone, wired keyboard and mouse. They also offer a "tech buddy" feature so you can access your grandma's Telikin computer remotely from your computer to help her when she needs it.

Running on Linux software instead of the standard Windows or Mac OS, the Telikin is also virus-resistant, comes with a 60-day trial period, a one-year warranty and free tech support.

It's also worth noting that Telikin has a partnership with firstSTREET – a senior product direct marketing company – that is also selling the 22-inch Telikin for \$1,079, but have rebranded it as the "WOW! Computer for Seniors."

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 VIM AND VIGOR --WHO COULD ASK FOR ANYTHING MORE?

How's fall treating you? Daylight is dwindling and the occasional cloudy sky teases us with the hope of rain. Rough as the drought is, I'm grateful to be here rather than in places like Buffalo, NY, where packed snow greets residents as they pry open their front door in the morning. (They call it Buffalo because that's one of the few species that can survive those temperatures!) There's probably a host of fall and winter activities to distract us from dark nights and cold weather, but I've yet to embrace them. It's times like these that I start scrolling endlessly through articles and blogs online. And every so often there'll be a boredom-busting gem in the mail, like "The Vermont Country Store" catalogue.

The Vermont Country Store is essentially a seller of bygone items ranging from retro candies to neck, arm, and thigh-toning wraps. Current specials include the "Milk House" heater, one of those boxy, top-heavy floor lamps in which glowing orange wires create warmth, and occasionally light a shag rug on fire.

A great variety of clothing is also available. There's a colorful collection of muumuus, slimming microfiber undergarments for both sexes, and blankets that can be pinned around your neck. The ice scraping quilted mitt was especially interesting. Imagine an oven mitt with a small rake at the end. Good for fall and winter, Halloween, and anytime you have a hard-to-reach itch!

I could imagine myself enjoying most of the edible goods. Things like chocolate and butter cookies never go out of style. However, a couple items seemed to be unlikely candidates. Barley-

flavored hard candy might not go over big when competing against Snickers.

Some of the kitchen gadgets seemed possibly helpful. A wearable kitchen timer lets you know, no matter where you are, that it's time to take out the roast. But many accessories seem too task specific, such as the crank apple corer and the poached egg holder.

The best part of the catalogue is always the health and wellness section.



Using "Spring Chicken" claims to make you feel younger than springtime! Massage it into any part of you that feels worn out. It'd probably also work as a marinade for stewing chickens and other tough meats. Don't worry about sagging skin. As long as you can wrap an elastic bandage around it, there's hope of rejuvenation! And I'm sure you've seen your coworkers

and relatives wearing those metallic bracelets intended to improve circulation. Well, now there's the acupuncture "Third Wedding Ring!" While it's not particularly romantic, the ad claims that wearing it at night will help you stop snoring. I don't know what the acupuncture aspect is, nor do I wish to.

And finally, there's the elixir of youth -- "Vim & Vigor!" The name itself sounds potent enough! An ounce a day keeps the doctor away. At least that's what the bottle claims. It sounds like Geritol, which I've never tried, but people tell me it's at least 12% alcohol. So, if your liver can survive Vim & Vigor, there's a good chance you'll outlive whatever viruses the season may throw at you. Just remember, what doesn't kill you makes you stronger. So live long and prosper, and enjoy the fall season!

HELPFUL HINT: Get a picture of all of your prescription bottles and keep it in your phone's photo album.

FOR YOUR FUNNY BONE

- A 45 year old woman had a heart attack and was taken to the hospital. While on the operating table she had a near death experience. Seeing God, she asked, "Is my time up?" God said, "No, you have another 43 years 2 months and 8 days to live." Upon recovery, the woman decided to stay in the hospital and have a face-lift, liposuction, breast implants and a tummy tuck. She even had someone come in and change her hair color and brighten her teeth! Since she had so much time to live, she figured she might as well make the most of it. After her last operation, she was released from the hospital. While crossing the street on her way home, she was killed by an ambulance. Arriving in front of God, she demanded, "I thought you said I had another 43 years? Why didn't you pull me out of the path of the ambulance?" God replied, "I didn't recognize you."



HAPPY BIRTHDAY! ... November Birthdays

Flo Mankin, Alberta Curran, Carmela Frontino, Kathy Wood, Lena Zate, Joe Pergola, Janice Kacer, Valerie Howard, "Mike" Ruggles, Joan Ruggles, Lois Stueck, Jean Wood, Shirley Yergeau, Kathi Jefferson, Pat Krok, Irene Nakagawa, Anna Ross, Mary Steinberg and Sue Quinn.

* To add your name to this distinguished list, please call the paper at 626.355.2737. YEAR of birth not required



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: Every 3rd Monday, from 11:00 to 11:45 am with Shannon. All ability levels are encouraged and welcomed.

Hawaiian and Polynesian Dance Class: Every Tuesday morning from 10:00am to 11:00am. Join instructor Barbara Dempsey as she instructs you in the art of hula.

Bingo: Every Tuesday beginning at 1:00pm. Cards are only \$0.25 each! Everyone is welcome to join. May be canceled if less than 5 people. Canceled on August 5th and 12th.

Free Blood Pressure Testing: Held 2nd Tuesday of the month from 11:00am to 12:00pm. No appointment is necessary.

Free Legal Consultation: Wednesday, August 27th from 10:00am to Noon. Attorney Lem Makupson is available for legal consultation. He specializes in Family Law, Wills, Trusts, Estates, and Injury. For an appointment call 626-355-7394.



Chair Yoga: Mondays and Wednesdays from 11:00 to 11:45 am, except on the third Monday of the month when the balance class is held. A suggested donation of \$5 at one of the classes is requested, but is not required.

Birthday Celebrations: Every second Thursday of the month the Hart Park House Senior Center celebrates birthdays of our patrons. The free birthday cake is provided by the Sierra Madre Civic Club.

Game Day: Every Thursday starting at 12:45pm. A regular group of seniors play poker. Other games available for use.

Free Strength Training Class: Every Friday from 12:45pm to 1:30pm with Lisa Brandley. The class utilizes light weights for low impact resistance training. All materials for the class are provided.

UPCOMING EXCURSIONS

December 2014 – The Mission Inn and Festival of Lights

On Wednesday, December 3, 2014 join us for a 75-minute late afternoon guided tour of the Mission Inn in Riverside. The Mission Inn is a national historic landmark and the Festival of Lights is an annual gift to the community from the present owners, who saved the Inn from destruction in 1992. This is your opportunity to see parts of the Inn that are inaccessible to the general public. Following the tour, at approximately 5:15 pm, participants will have three hours to eat dinner, shop, and enjoy the annual Festival of Lights – which features more than 4 million dazzling lights, the world's largest manmade mistletoe, freshly fallen snow, and an elaborately decorated Christmas tree in the hotel lobby. Dinner will be on your own and there are many dining options along Main Street or at The Mission Inn Hotel which offers an array of award-winning restaurants, each with their own unique ambiance. Participants should bring money for dinner and souvenirs. The cost of this trip is \$20 and does not include dinner; the bus departs from the Hart Park House Senior Center at 1:30 pm and will return at 9:30 pm. Last day to register is Monday, November 24. Level of Walking: Medium to High.



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SEAN'S SHAMELESS REVIEWS: A DEEPER LOOK INTO THE ALBUMS YOU MAY HAVE MISSED THIS YEAR

By Sean Kayden

The War On Drugs – “Lost In A Dream” - Deep and profound, the Philadelphia band’s third album, “Lost in the Dream” will guide your mind and soul into a wilderness you’ve been desperately seeking. It breathes new life into the spectrum of what we know as indie rock. The record speaks to generations young and old (although the young these days don’t have a clue about good music). It’s wild, yet there is a sense of calmness is present. There’s pain, darkness, and broken hearts scattered throughout the course of the album. You’re lost then found then lost again inside the magnificent “Lost In The Dream.” The War On Drugs is a rock band that bleeds with heart, soul, and rockin’ guitars that bring some of you back to a much happier time and place. If you want to feel live again, here’s the one record of 2014 sorely missing from your music collection.

She Sir – “Go Guitars”- The Austin, Texas quartet She Sir started playing together nearly a decade ago. After a series of hiatuses and a couple of EP’s along the way, the band has lastly released their full-length debut record, “Go Guitars” this past February. What a truly unique and disparate band She Sir is. I’ve always had a penchant for dreamy pop music. It’s absolutely calming and sometimes transcendent. Bright melodies, tight arrangements, subtle rhythms make up most of “Go Guitars.” She Sir’s debut dream pop album hits all the right melancholic chords. Go Guitars” is a thirty-two minute dream from beginning to end. Each track effortlessly transitions into the next. The richly textured melodic sound alongside Russell’s Karloff soft and compelling vocals is indeed a marvelous conjunction. Tuneful, meditative, and graceful are just few of the things to describe the record. If you want to get lost for a few hours, take “Go

Guitars” for a few spins. You never know what you’ll discover on each go around and that’s the true beauty of this album for each individual.

The Gaslight Anthem – “Get Hurt” - “Get Hurt” was the deeply personal new record from The Gaslight Anthem this past year. Lead singer Brian Fallon’s new direction comes after the divorce from his wife of ten years. Instead of wearing Springsteen on their sleeves like with their previous efforts, the band has splashes of U2, Tom Petty, and Pearl Jam sounds scattered throughout the record. “Stay Vicious” kicks off the compilation. It starts off like a hard rock track, reminiscent of grunge rock. The chorus softens up, which makes the song much better (and more in tune with the rest of the record). “1000 Years” has Kings Of Leon type of guitar riffs. It’s a solid tune that reflects upon Fallon’s own darkness. “Get Hurt” begins very soft and it feels like Fallon is talking right to his ex. He is ceaseless with sharing his own personal pain, but that’s the point of the record. Coping with something unimaginable until it actually happens. Somehow, The Gaslight Anthem can take ominous lyrics and give them light with their terrific arrangements and song structure. “Underneath The Ground” is another ambitious tune. With this track, the band is shedding old feathers and spreading their newfound wings. “Break Your Heart” is a lovely ballad that has a Tom Petty style to it. It’s a painful and fervent song that seems like a letter from Fallon to his ex-wife. After a first listen, it may just break your own heart. In the end, “Get Hurt” is a captivating, compelling record. Vehemently intimate, consistently ardent, and genuinely heartfelt, this ranks among the finest American rock albums of the year.

Jeff’s Book Picks

By Jeff Brown

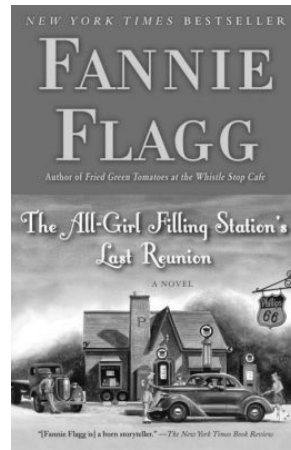
The All-Girl Filling Station’s Last Reunion: A Novel by Fannie Flagg

The one and only Fannie Flagg, beloved author of Fried Green Tomatoes at the Whistle Stop Cafe, Can’t Wait to Get to Heaven, and I Still Dream About You, is at her hilarious and superb best in this new comic mystery novel about two women who are forced to reimagine who they are. Mrs. Sookie Poole of Point Clear, Alabama, has just married off the last of her daughters and is looking forward to relaxing and perhaps traveling with her husband, Earle. The only thing left to contend with is her mother, the formidable Lenore Simmons Krackenberry. Lenore may be a lot of fun for other people, but is, for the most part, an overbearing presence for her daughter. Then one day, quite by accident, Sookie discovers a secret about her mother’s past that knocks her for a loop and suddenly calls into question everything she ever thought she knew about herself, her family, and her future. Sookie begins a search for answers that takes her to California, the Midwest, and back in time, to the 1940s, when an irrepressible woman named Fritz takes on the job of running her family’s filling station. Soon truck drivers are changing their routes to fill up at the All-Girl Filling Station. Then, Fritz sees an opportunity for an even more groundbreaking adventure. As Sookie learns about the adventures of the girls at the All-Girl Filling Station, she finds herself with new inspiration for her own life. Fabulous, fun-filled, spanning decades and generations, and centered on a little-known aspect of America’s twentieth-century story, The All-Girl Filling Station’s Last Reunion is

another irresistible novel by the remarkable Fannie Flagg.

Alex: The Commandant Camille Verhoeven Trilogy by Pierre Lemaitre

Upon winning the prestigious 2013 Crime Writers Association International Dagger Award, the judges praised Alex by saying, “An original and absorbing ability to leash incredulity in the name of the fictional contract between author and reader... A police procedural, a thriller against time, a race between hunted and hunter, and a whydunnit, written from multiple points of view that explore several apparently parallel stories which finally meet.” Alex Prevost—kidnapped, savagely beaten, suspended from the ceiling of an abandoned warehouse in a tiny wooden cage—is running out of time. Her abductor appears to want only to watch her die. Will hunger, thirst, or the rats get her first? Apart from a shaky eyewitness report of the abduction, Police Commandant Camille Verhoeven has nothing to go on: no suspect, no leads, and no family or friends anxious to find a missing loved one. The diminutive and brilliant detective knows from bitter experience the urgency of finding the missing woman as quickly as possible—but first he must understand more about her. As he uncovers the details of the young woman’s singular history, Camille is forced to acknowledge that the person he seeks is no ordinary victim. She is beautiful, yes, but also extremely tough and resourceful. Before long, saving Alex’s life will be the least of Commandant Verhoeven’s considerable challenges.



ARCADIA PERFORMING ARTS FOUNDATION PRESENTS ITS SECOND SEASON AT THE ARCADIA PERFORMING ARTS CENTER

– Three Dog Night on Saturday, January 10 at 8 pm; The Four Tops on Saturday, February 21 at 8 pm; Big Bad Voodoo Daddy on Friday, March 27 at 8 pm; The Muppet Movie Sing-a-Long on Saturday, May 16 at 2 pm and Dick Fox Doo Wop Extravaganza on Saturday, June 6 at 7 pm. This four concert season, and the additional attraction The Muppet Movie Sing-A-Long, is presented by the Arcadia Performing Arts Foundation and is a means of raising funds to support arts in the schools and maintain this new, state-of-the-art facility.

Tickets are available online by visiting www.Arcadiapaf.org. The theatre is at 188 Campus Drive at North Santa Anita Avenue, Arcadia CA 91007. For information please call 626-821-1781. Subscriptions and single tickets go on sale November 19, 2014. VIP Meet and Greets for each concert are also available for purchase.

The Arcadia Performing Arts Foundation has currently set a fundraising goal \$10 million that

will result in an endowment to provide regular funding for the Performing Arts Center and the district arts programs. The Arcadia Performing Arts Center provides a first-class venue for the San Gabriel Valley where the public can enjoy major concert and performing arts attractions, and where student talent can be fostered and supported with a venue for their work.

Mickey Segal, Arcadia Performing Arts Foundation Chairman, said, “During our inaugural season we found that there was a great and supportive public for the concerts they brought to Arcadia – three of them completely selling out, so we know that there is an audience here that are eager to return for more wonderful entertainment. And the building has been a great resource for students and the community, who have enjoyed a top class venue for all kinds of activities.”

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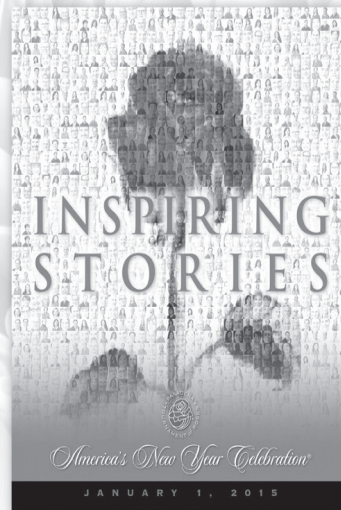
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~Melody Beattie

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EFFECTIVE WAYS TO PREVENT HOME BURGLARY

With so many stories rolling out you may also opt about an increase in the number for headless bolts of incidents involving theft and doors and take whether your home is safe enough special steps to or not. Of course, burglars often strengthen strike let their imagination run wild and get creative to break in, but a few precautions mixed with some sense to install curtains or way in protecting your home from theft.

Something that almost always works is a home security system. With a number of companies offering a variety of home security solutions, it's possible to select one as per your needs and budget constraint. These systems come with specifically designed alarms that inform homeowners, and sometimes the police, as soon as someone trespasses. For some people, it's not that convenient to invest on a sophisticated home security system. If you're one of them, you should definitely take other precautions, but at the same time, take advantage of a little trick – put a home security sign at your property line, even if you have not acquired the service. This alone is sometimes enough to make a thief think that they would be better off looking for another house on the block.

Although a home security system is desirable, you should at least install motion sensors. The best thing you can do is install motion sensors on outdoor lights – the lights will turn on or blink quickly if an intruder triggers them. A small investment on these motion sensors can actually save you from being a victim of nighttime break-ins.

Keep doors and windows locked, even during the day. Here, you should pay special attention to your garage doors, as they often service to advertise your belongings to thieves. Also, make sure you don't keep anything of high value in your garage that would appeal to thieves. For better protection, make sure to install deadbolts on all windows –



you may always have to worry about the security of your property. This is when the following tips will help a lot.

Play your part to be on friendly terms with your neighbors, as they will call the police if they notice some suspicious activity happening around your property. So, make sure you take this seriously and interact with your neighbors.

Take advantage of technology. When you're not home, you may want to make use of timers to turn your lights off and on from time to time. This will make a would-be burglar think that you are at home. Another great idea is to put your radio or TV on timer – this noise will play a big role in preventing burglaries.

If you're going away for an extended time, it is important to stop mail delivery to your home – or at least talk to your neighbor and have them pick your mail and newspapers. By letting your mail arrive at your doorstep with no one there to pick it up, you will signal a would-be burglar that no one is there in the house.

Make sure you always let the police know about your trip. Letting a sheriff know that you won't be around for a few days is a good idea because this will inspire them to pay regular visits to your property to ensure everything is fine.

For more information contact:
<http://www.burglaryprevention.org>

Preventing Home Burglary While You're Away

Whether you're planning a long vacation or simply going away with your family for a couple of weeks,

Just a few weeks ago, I was attending a meeting and found out that Captain Donnie Mauldin has transferred from Temple Station to Internal Affairs Bureau, which needed him as he has expertise in that field. The new Captain would be “Coronne Jacob”, and I was very thrilled to hear that. I have known her for a few years and she is hardworking, conscientious and willing to help others.

Captain Jacob has been with the Department twenty-five years. After graduating from the Academy, her custody assignments included Mira Loma Facility and Sybil Brand Institute for Women. As a Deputy, she also worked at Norwalk Station. Promotion to Sergeant in 2000 brought Jacob to Temple Station. In addition to working as Patrol Sergeant, she was assigned as the Operations Sergeant there. After Roberta Abner promoted and went to the Office of the Sheriff, Jacob also transferred there where Jacob worked as Sheriff Baca's Executive Aide. In 2005, she promoted to Lieutenant and was transferred to Carson Station for two years. In 2007, Jacob returned to Temple Station and held several positions there including being the service area lieutenant for the City of Rosemead and the Operations Lieutenant who deals with all five cities and the unincorporated areas under Temple Station. In 2012, Jacob transferred to the Personnel Administration Bureau and managed the Return to Work and Recruitment Units. In 2014, Sheriff selected her to be his Executive Assistant where she worked until her promotion to Captain in October 2014. Jacob was then assigned to Temple Station and has been here

four weeks.

Captain Jacob comes to Temple Station very qualified. She holds a Bachelor of Science degree from California State University at Long Beach as well as an Associate degree from Antelope Valley College. She is a graduate of the Senior Management Institute for Police, the Cornell University Leadership Development Program, as well as the Sherman Block Supervisory Leadership Institute.

Captain Jacob is married to her husband of 23 years and they have two teenage daughters. In her spare time, she enjoys attending her daughters' sporting events, camping, riding her dirt bike, water skiing, hiking and reading.

Captain Jacob couldn't be happier than here at Temple Station. Everyone I has spoken with from Temple is thrilled to have her back. Even Monrovia Police Chief Jim Hunt has the highest regard for her and her ability to get the job done.

Her goals are to reduce crime stats, make all areas safer, and to keep crime levels down. She is very pleased with the Pamela Park transformation to a safe family area and feels the Sheriff's Department is headed in the right direction. We discussed how Sheriff Scott began many positive changes, and feel



Mc Donnell will continue them. Captain Jacob feels the Sheriff's Department is “like a ship stuck on rocks, and but now is moving back into the sea.”

WARNING: FRAUDSTERS IMPERSONATING GOVERNMENT AGENTS

From the City of Duarte

Beware! Fraudsters impersonating IRS and Department of Treasury agents are calling people across the country demanding they pay taxes that they don't even owe.

The IRS warned of this “pervasive” scam saying it has been identified in nearly every state. We have had several confirmed incidents reported in Duarte this week.

They target innocent taxpayers –often immigrants or people retired or close to retirement age -- victims are answering their phones only to be informed they owe money to the IRS and need to pay it immediately by either loading money on a prepaid card or sending it via a wire transfer. If they argue or refuse to pay, scammers will threaten to arrest or deport them, or even suspend their business or driver's license. “In many cases, the caller becomes hostile and insulting,” the IRS said in a statement.

Duarte resident reported they called many times and gave a 24 hour deadline to get the prepaid card and meet them at a local Duarte business. These calls may be convincing, because the scammers use caller ID spoofing to make sure the IRS's toll-free phone number or 911 shows up on the caller ID, they make up bogus badge numbers and may know the last four digits of a victim's Social Security number.

CELTIC WINTER CONCERT – MUSIC, POETRY & STORIES TO CELEBRATE THE SEASON

ABOUT FOUR SHILLINGS SHORT

“One of the most unique, eclectic and fascinating acts out there” (New Times in San Luis Obispo, CA) is coming to town to Celebrate the Season with a special Celtic Winter Concert. The Celtic/Folk/World music duo Four Shillings Short play Traditional& Original music from Ireland and Scotland, Indian Ragas, Folk Ballads, Old-Time songs, Medieval & Renaissance instrumentals and a cappella numbers on a fantastic array of instruments (over 30) including Hammered Dulcimer, Mandolin, Mandola, Bouzouki, Tinwhistles, Recorders, Medieval and Renaissance Woodwinds, North Indian Sitar, Charango, Bowed Psaltery, Banjo, Bodhran, Guitar, Percussion, vocals and even a Krumhorn.

Celebrating their 18th year together, the husband/wife duo of Aodh Og O'Tuama from Cork, Ireland and Christy Martin from California, tour in the US and Ireland, are independent folk-artists with 11 recordings, perform 150 concerts a year and live as the Troubadours of old traveling from town to town performing at music festivals, theatres & performing arts centers, coffeehouses, folk societies, libraries and schools. Aodh Og O'Tuama grew up in a family of poets,

musicians and writers. He received his degree in Music from University College Cork, Ireland and received a Fellowship from Stanford University in California in Medieval and Renaissance performance. He plays Tinwhistles, Medieval & Renaissance woodwinds, Recorders, Doumbek (from Morocco), bowed Psaltery, Spoons and sings both in English and Gaelic.

Christy Martin grew up in a family of musicians and dancers. From the age of 15, she studied North Indian Sitar for 10 years with a student of master Sitarist Ravi Shankar. She began playing the Hammered Dulcimer in her 20's and has studied with Maggie Sansone, Dan Duggan, Cliff Moses, Robin Petrie, Tony Elman and Glen Morgan. In addition she plays Mandolin, Mandola, Bouzouki, Banjo, Guitar, Bodhran (Irish frame drum), Charango, bowed Psaltery and sings in English, Irish, Spanish and Sanskrit.

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Looking Up

with Bob Eklund



ROSETTA CONTINUES SCIENCE PHASE; NEW HORIZONS SET TO WAKE UP FOR PLUTO ENCOUNTER

With the Philae lander’s mission complete, Rosetta will now continue its own extraordinary exploration, orbiting Comet 67P/Churyumov–Gerasimenko during the coming year as the enigmatic body arcs ever closer to our Sun.

Last week, ESA’s Rosetta spacecraft delivered its Philae lander to the surface of the comet for a dramatic touchdown. The lander’s planned mission ended after about 64 hours when its batteries ran out, but not before it delivered a full set of results that are now being analyzed by scientists across Europe.

Rosetta’s own mission is far from over and the spacecraft remains in excellent condition, with all of its systems and instruments performing as expected.

“With lander delivery complete, Rosetta will resume routine science observations and we will transition to the ‘comet escort phase,’” says Flight Director Andrea Accomazzo. “This science-gathering phase will take us into next year as we go with the comet towards the Sun, passing perihelion, or closest approach, on 13 August, at 186 million kilometres from our star.”

WAKEUP CALL FOR NEW HORIZONS. NASA’s New Horizons spacecraft will come out of hibernation for the last time on Dec. 6. Between now and then, while the Pluto-bound probe enjoys three more weeks of electronic slumber, work on Earth is well under way to prepare the spacecraft for a six-month encounter with the dwarf planet that begins in January.

“New Horizons is healthy and cruising quietly through deep space—nearly three billion miles from home—but its rest is nearly over,” says Alice Bowman, New Horizons mission operations manager at the Johns Hopkins University Applied Physics Laboratory (APL) in Laurel, Md. “It’s time for New Horizons to wake up, get to work, and start making history.”

Since launching in January 2006, New Horizons has spent 1,873 days in hibernation—about two-thirds of its flight time—spread over 18 separate hibernation periods from mid-2007 to late 2014 that ranged from 36 days to 202 days long.

In hibernation mode much of the spacecraft is unpowered; the onboard flight computer monitors system health and broadcasts a weekly beacon-status tone back to Earth. On average, operators



woke New Horizons just over twice each year to check out critical systems, calibrate instruments, gather science data, rehearse Pluto-encounter activities and perform course corrections when necessary.

New Horizons pioneered routine cruise-flight hibernation for NASA. Not only has hibernation reduced wear and tear on the spacecraft’s electronics, it lowered operations costs and freed up NASA Deep Space Network tracking and communication resources for other missions.

Tops on the mission’s science list are characterizing the global geology and topography of Pluto and its large moon Charon, mapping their surface compositions and temperatures, examining Pluto’s atmospheric composition and structure, studying Pluto’s smaller moons and searching for new moons and rings.

New Horizons’ seven-instrument science payload includes advanced imaging infrared and ultraviolet spectrometers, a compact multicolor camera, a high-resolution telescopic camera, two powerful

particle spectrometers, a space-dust detector (designed and built by students at the University of Colorado) and two radio-science experiments. The entire spacecraft, drawing electricity from a single radioisotope thermoelectric generator, operates on less power than a pair of 100-watt light bulbs.

Distant observations of the Pluto system begin Jan. 15 and will continue until late July 2015; closest approach to Pluto is July 14.

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



THOUGHTS ON THANKSGIVING

By Christopher Nyerges

Thanksgiving has always been my favorite holiday of the year. Even moreso than Christmas. It is our uniquely American holiday where the family gathers, where we remember

our roots, we share a meal, and we give thanks.

But look how quickly such simple and profound holidays get perverted. Today, we hardly know what “giving thanks” even means, and so the act of giving thanks is lost on most of us. Newscasters talk about “turkey day,” as if all there was to the day was eating turkey. Interestingly, most folks would not know whether or not they were eating turkey, or eating crow, and most of the time we’re doing the latter, figuratively speaking. Then, when we have barely taken the time to consider the notion of “giving thanks,” we get up early on the following “black Friday” to rush around with the mobs “looking for a good deal” to help us celebrate the consumer-driven commercial craze into which we’ve morphed “Christmas.”

Wow! How did we get here? What can we do about it? Let’s take a moment to look at the roots of Thanksgiving.

In the history of North America, we are told that the first historic Thanksgiving Day was in October of 1621. After a successful harvest that year at the Plymouth colony, there was about a week of celebrations. The local Indians and the colonists joined together, with the Indians generally showing the colonists (mostly city folks) how to hunt for the meal which consisted of fowl, deer, duck, goose, and fish. Corn bread, wild greens, plums, leeks, and many other vegetables (wild and domestic) were shared in this celebration. Interestingly, there is no evidence that wild turkey or wild cranberries (totally unpalatable without cooking and adding sweeteners) were part of the menu.

In fact, some historians question whether or not there were any religious overtones at all on this “first Thanksgiving,” citing such evidence as the archery and firearms games, and the running and jumping competitions, which they say would never be done at religious ceremonies by the Puritans.

Some say that the “first Thanksgiving” was just another Harvest Festival.

What then is it, if anything, that sets the American (and the Canadian) Thanksgiving celebration apart from any of the other myriad of Harvest Festivals?

The pilgrims experienced a severe drought in the summer of 1623. That season, they were totally dependent on wild game and wild plants, and owed their survival largely to the English-speaking Indian Squanto. In their lack, they refocused upon their real purpose for coming to this new land. They sought to establish a time to give thanks for their spiritual bounty, in spite of the fact that they had no material bounty that year.

A harvest festival implies revelry and fun because of the material bounty; by contrast,



a day of thanks is intended to remind us that there is more to life than the physical bodies and material food. The day of thanks is set apart so that we do not lose sight of our spiritual heritage, which is the real bounty.

Both Thanksgiving and the Fourth of July are the times that Americans have traditionally set aside to reflect upon the concepts of “freedom” and “giving thanks.” The purpose of such special times of reflection is to see how well we have done during the past year, and determine what corrections we should make if we find that we are veering away from our chosen path. It should not be a time of merely “having fun.”

As long as we confuse “giving thanks” with “eating a lot of really good food,” the practical effect is that Thanksgiving today is little more than a Harvest Festival. “Giving Thanks” is a particular attitude which accompanies specific actions. Perhaps sharing our bounty with the needy would be a better Thanksgiving activity than eating large volumes of food. More to the point, perhaps we should use Thanksgiving to give thanks where it is due -- to the American Indians who have become the “forgotten minorities.” Rather than “eat a lot,” perhaps we could send blankets, food, or money to any of

the American Indian families or nations who today live in Third World conditions.

To me, the essence of Thanksgiving was the coming together of two cultures, trying to work together under trying circumstances. Yes, they shared a meal. Food sustains us. But it was not about food, per se. They practiced with their bows and guns, a sign of mutual preparedness. And in their own ways, they “prayed to God,” in the ways that were appropriate to each culture. By the way, much has been said about the term “Indian,” supposedly because Columbus thought he was in India when in fact he never got beyond the Caribbean islands. But not everyone agrees with that linguistic conclusion. For one, India was not called “Indian” in the late 1400s. Some have suggested that it was the phrase “en Dios” (with God) that Columbus used to describe how the native, who lived simply and were perceived to be “close to God,” was the actual root of the term “Indians.” It is still debated.

There is much to be thankful for on Thanksgiving, whether we give thanks to friends and family, thanks to God, and thanks for our relative bounty.

But we really should not forget our national

roots. Don’t just give lip-service thanks to the Native Americans whose land was taken. Rather, find those organizations that are actually providing real assistance to Native Americans in poverty, such as many of those living in the third world conditions so prevalent on today’s reservations. (If you have trouble locating such organizations, contact me and I will make some suggestions).

EVENT

Looking for a more “traditional” way to celebrate Thanksgiving? Check out the event in Highland Park, where they will show some of the skills such as fire-making, wild food uses, weaving, and trap-making that the Indians taught the pioneers. For details, call Prudence at 323 520-4720, or check the Schedule at www.wtinc.info.

[Nyerges is the author of “How to Survive Anywhere,” “Foraging California,” “Self-Sufficient Home” and other books. He leads courses in the native uses of plants. He can be reached at Box 41834, Eagle Rock, CA 90041, or www.SchoolofSelf-Reliance.com]

FAMILY MATTERS

By Marc Garlett



THE FINAL LOG-OFF: WHAT HAPPENS TO OUR DATA WHEN WE DIE?

Take a moment and consider how much of your life you live online. If you are like me, you bank, pay bills, make purchases, connect with friends and conduct business online (in fact, I even met my wife online)! Now think about all the digital assets you have accumulated - account information, passwords, emails, photos, videos, etc. But what happens to all of it when we die?

Since you will not be around anymore, you may not care. But chances are good your loved ones will. There have been many stories of families trying to get access to a deceased family member's photos and emails on social media sites - in fact, there have been so many requests that most of these sites now have policies in place for family to gain access or deactivate online accounts:

Google. Last year, Google unveiled its Inactive Account Manager, which allows users to choose to name a beneficiary for their online account activity on all Google sites (which includes YouTube) or to delete it after a set amount of time passes during which the account is inactive.

Facebook. Facebook allows family members to request that a decedent's account be deleted or provides them with an option to "memorialize" the decedent's page so it stays up, but is essentially frozen in time. Facebook requires you to provide a death certificate or a published obituary to accomplish this.

LinkedIn. LinkedIn provides an online form to remove a deceased member's profile page from the site. You will need to furnish the member's name, email address, the URL to their LinkedIn profile and some other information as well as a link to their online obituary.

Twitter. You must email Twitter a request to delete the account of a family member who has passed and mail them a copy of the death certificate, the obituary as well as a copy of your ID and proof that the decedent owned the account if his or her Twitter handle is different from their given name.

Yahoo. You can have an account deleted by providing Yahoo with paper copies of the death certificate and the document appointing you as the executor of the estate or personal representative of the deceased along with a letter furnishing the Yahoo ID of the decedent and

your request that the account be deleted. Yahoo will not transfer or preserve any data in the account.

But why make your loved ones jump through hoops to deal with your digital assets? You can take care of it yourself with these three simple steps:

List all your digital assets. You may already have a list of all your online accounts and passwords (who can remember them all?) so you're halfway there. Add to that a list of documents on your computer as well as photos and other data that may be stored on backup or flash drives.

Decide to keep or delete. Not everyone wants their family to have access to all their digital files, so review your list and decide which files are worth preserving and which ones can be deleted. Then tell your family.

Designate a digital executor. If you have already named an executor in your estate plan, you may want the same person to handle the disposition of your digital assets. If not, then designate someone in your will to handle this task. Do NOT include your accounts and passwords in your will! A will is a public document and this private information can easily be stolen.

To talk about digital asset protection or estate planning in general, call our office today. Be one of the first two readers to mention this article and we'll waive our normal planning fee (a \$750 value). As the holiday season approaches, there really is no better gift you can give yourself and your family.

To you family's health, wealth, and happiness,

MARC

A local attorney, father, and CASA volunteer (Court Appointed Special Advocate for Children), Marc Garlett is on a mission to help parents protect what they love most. His office is located at 49 S. Baldwin Ave., Ste. G, Sierra Madre, CA 91024. Call 626.355.4000 to schedule an appointment to sit down and talk about ensuring a legacy of love and financial security for your family or visit www.GarlettLaw.com for more information.



Social Media Tips, Tricks & Ideas



by: MJ Finstrom

SHARE INTERESTS WITH LISTLY

Recently I've discovered a cool tool called List.ly. It allows you to share interests and build lists with other people in an interactive way. It works great with Facebook and Twitter.

Basically, you start a list on list.ly and it posts to your Facebook account so that others can add to your list. People are making lists of restaurants, favorite iPhone apps, TV shows, best cameras, gift ideas etc. It's an interesting way to curate content and share ideas with others.

To get started, go to list.ly. Connect with your Facebook account. Select "Make a List." Add a few links to your list and then share to Facebook to encourage participation. I just started a list called "Unique and

fun places to visit in Southern California." I can't wait to see what ideas people share!

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

Sign up for their upcoming classes, webinars and presentations at: www.hutdogs.com/workshops/schedule

LORI KOOP

create*
Coaching for Creatives

by **Lori Koop**

Many of my clients come to me, because they are miserable at their jobs. They are sick of the hamster wheel, working hard and feeling unfulfilled. They want answers... what kind of job would they truly love? What were they created to do?

They remember they used to be creative as kids, even as teenagers, but once college hit, they abandoned that part of themselves. They left their natural passions for something more "grown up." For a "real job." For something that made lots of money. The problem is if your work does not include passion, no matter how much you make, you will be left unsatisfied.

Who you were as a child offers clues to who you are as an adult. You're probably not going to make a living playing with legos, but construction and

design may be your thing. Dolls could point to a deep desire to nurture. If you're miserable, go back and look. What interests did you leave behind and how might they be employed today to create meaningful work?

When you reconnect to those innate passions, you will rediscover your path and find that fulfilling work. It's what you're here to do.

.....

LORI KOOP : Coaching for Creatives... Career ~ Business ~ Life. Schedule a complimentary session: www.LORIKOOP.com or call 626-836-1667. (Location: 47 E. Montecito Avenue, Sierra Madre 91024) I'm here every other week.

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

DON'T RISK IT

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

Insurers see different risks in vacant homes, like vandalism, systems failures, or other liabilities. In most cases, you'll simply purchase an endorsement to your existing policy, but different insurers have different options, and if an endorsement is not available, you can get a separate "vacant-home" policy. It may be an additional cost, but it's called "insurance"

for a reason, and could save you a lot of money down the road. If you don't notify your insurance agent about vacating your home, they could reject any claims you file for property damage or liability, or accuse you of insurance fraud.

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

"DON'T CAGE ME IN"

By Amanda Rogers

Have you ever tried to cage a wild animal? I know Guinea Pigs don't conjure up visions of wild, fierce, untamed beasts, but work with me here. . .

Over the weekend a friend asked me to pet-sit her guinea pig. I was to pick him up from her garage and transport him in a small cage back to my house. When I arrived, it was clear that this fast and feisty rascal was master of his domain. This guinea pig (we'll call him Sam to protect his anonymity) roamed freely and had no interest in being caught, let alone put in a small carrier. He was enjoying himself too much. On all fours I tried to chase, coax, trick and bribe Sam in order to catch him. Finally with only a carrot for arsenal, I grabbed him. He fought me tooth and nail (and I mean that quite literally) refusing to be caged. Finally, after a dramatic struggle between man and beast, I was able to get him safely inside the cage and quickly close the small door.

Sam got quiet on the thirty-minute ride home. Was he sulking? Giving me the cold shoulder? Was he being passive aggressive in a rodent-like way? Finally home,

I placed the cage in my empty garage, opened the little cage door and with arms wide open, declared, "You're free!" He lay still in the back corner of his prison cell refusing to leave. I put my hand in to lift him gingerly out of this isolation chamber and on to the floor. But Sam would have nothing to do with it. With every attempt to get him out, he dodged my grasp. Giving up, I sat on the floor in front of the cage. I thought.... I get it, Sam. You're just like me. Well, parts of me...

We all have that isolated creature hiding in the cage of our discarded selves. In fact it seems we spend the first half of our lives deciding what parts of ourselves to put into the cage and then the next half of our lives trying to coax them back out. Of course Carl Jung brilliantly described this as the "human shadow." We're born whole. But over the course of our childhood, we learn to hide pieces of ourselves. The parts our parents look at disapprovingly. By the time we get into High School and have had a multitude of relationships, even more pieces of ourselves are caged.

Somewhere in our fourth or fifth decade, after a great many life experiences, we're ready to start opening our cage and trying to retrieve what we've been hiding all these years. We discover that the pieces of ourselves we've kept hidden, unattended to in the cage haven't evolved like the rest of us has. In the dark, these shadow pieces have regressed; they've become primitive and sometimes hostile to the person who

finally opens that cage. They're angry. Beaten down. And who can blame them?

I thought about what I have held prisoner in my own cage. I thought about how impatient I can be to recover those pieces of me and bring them back into the light where I now understand they belong and have their place. I realized I couldn't just drag them out of isolation and expect them to run free. It takes time. It takes love and it takes patience. With this newfound insight, instead of forcing Sam through the narrow door of the cage, I disassembled the cage around him. I breathed deeply with the knowledge that he needed space and he would come out when he was ready.

To continue the conversation, join me at www.amandarogerscoaching.com

amanda rogers

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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.



OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder
THE EARLY TURKEY GETS THE GOBBLE

I awoke a little groggy and made my way to the kitchen only to be confronted by the Gracious Mistress of the Parsonage. There are times to confront her and then there are times to run the other way. Being in such a groggy state of affairs, I was not really thinking.

"Here is your coffee and breakfast," she said rather sternly, "go to your study, eat this and stay out of the kitchen."

As usual, I did what I was told, collected my breakfast and headed for my study. As I sat in my chair and started consuming my breakfast, I suddenly noticed I was surrounded with an overpowering aroma I knew was not my breakfast. Until I have had my first cup of coffee in the morning, I am really not sure that it is morning.

As the little grey cells begin to wake up after a half a cup of coffee, it dawned on me that the aroma was a familiar aroma but I just could not place it. Then it hit me. It was Thanksgiving and my wife was preparing the family Thanksgiving dinner. If this Thanksgiving preparation time was like all the times before, I needed to avoid the kitchen area as much as possible.

Just saying. When she is in her family Thanksgiving turkey-roasting mode, I need to stay out of her way. This is an important history lesson for me unless I want to be history.

Then she poked her head through the doorway and said, "I have to go for several hours, I do not want you to go to the kitchen."

"What if I need another cup of coffee?"

"OK, but that's it. Don't get anywhere near the turkey. Understand?"

I understood, at least I thought I understood. I have been married long enough to know not to take anything for granted when instructions are coming from your celebrated spouse. I was going to stand up and salute, but she disappeared before I could get into action.

Everything went well for the first half hour. Then I noticed my coffee cup was empty and I needed to refill it. I am at the stage of life where I cannot do anything without my coffee. I am not addicted to it, but I think it just might be addicted to me. I cannot afford a psychiatrist to straighten me out on that one.

I want everybody to know, my intentions were good. I was going to go into the kitchen and get a refill on my coffee and then come back to my study and resume the project I was working on. Anyway, that was the plan.

Something happened as I poured my coffee. I smelled the most wonderful aroma in the world. I should have stopped myself when I had the strength, but I did not. I looked in the direction the aroma was coming and there it was.

One of the most scrumptious looking roast turkeys I have seen in my life. There it was on the counter waiting for the family to assemble and then dig in.

I can identify with that person who said that the only thing they cannot resist is temptation. I guess it all determines on your definition of temptation.

There it was in all of its glory. The smell was just overwhelming. I thought that it would not harm anything if I just went over and had a closer look at that magnificent delicacy. It just looked so good.

I then began thinking to myself, I always get in trouble when I think to myself, what harm would it be if I just tasted a wee bit of that turkey? After all, there was plenty of turkey for everyone.

I pulled off a little sliver of the turkey and examine it rather carefully and then popped it in my mouth. Oh, did my taste buds dance for joy. I was about ready to turn around, get my coffee and resume my project in my office when the taste buds clamored for just one more taste.

After all, what would it harm to have just one more little sliver?

I am not sure how many little slivers I had, I lost count, but I thought I had better stop and go back to my office before I went too far. About an hour later I heard someone coming into the house, I knew it must be my wife. I went back to my work and busied myself.

"Honey," a familiar voice yelled from the kitchen, "did you get into that turkey?"

It was then that I had one of those "uk-oh" moments. At first, I did not comprehend what she was talking about, and then it came to me that I had devoured several slivers of the roast turkey. From the tone of her voice I knew I was in deep "uk-oh" trouble, the kind of trouble you cannot talk your way out. The evidence was sorely against me.

After her formidable lecture, she left me to my solitude to, as she said, "think about what you just did." As I reflected upon the situation, I thought of a verse in the Bible. "But if ye will not do so, behold, ye have sinned against the Lord: and be sure your sin will find you out" (Numbers 32:23).

Good intentions have never taken away the sting of doing something wrong, especially when you are caught.

CONGRESSMAN SCHIFF CALLS FOR NEW WAR AUTHORIZATION



Rep. Adam Schiff (D-CA), a senior Member of the Intelligence Committee and author of legislation providing a limited and narrow authorization for use of military force against ISIL, sent a letter to Speaker of the House John Boehner calling on him to schedule a debate and vote on a new war authorization against ISIS during the lame duck session after the midterm election. During his press conference today, President Obama called for Congress to approve a new authorization for use of military force against ISIS. The letter is below:

Dear Speaker Boehner:

As you prepare for the session that will close out the 113th Congress, I urge you to schedule time for consideration of an authorization for the use of military force (AUMF) against ISIL.

As you know, American forces have been engaged in combat against ISIL since early August with operations currently underway against targets in both Iraq and Syria. President Obama has made repeated reports, as required by the War Powers Resolution, detailing these operations. Now, after three months of presidentially-directed airstrikes and other activities undertaken to "disrupt, dismantle and defeat" ISIL, Congress must meet the obligations of Article 1, Section 8 of the Constitution by deciding whether to grant the president the power to conduct this new war in the Middle East.

The use of the 2001 AUMF as legal justification for current the military action requires an extraordinarily broad and problematic reading of that measure. While ISIL may share al Qaeda's hatred for the United States and the West, the group did not exist in 2001 and had no role in the 9/11 attacks. Nor is ISIL affiliated with or aiding al Qaeda, having been expressly repudiated by the Zawahiri leadership, and, despite reports of talks between the two groups, little evidence of an alliance between them.

Vehement opposition to Bashar al Assad's brutal government in Syria and the harshly sectarian policies of Nouri al Maliki in Iraq, not 9/11 or allegiance to Osama bin Laden, has fueled the rise of ISIL and allowed it to capture a huge swathe of territory in those two countries. From this redoubt, ISIL threatens tens of millions and the group's extreme violence and barbarity, including the recent mass murder of a Sunni tribe in Iraq's Anbar province, cannot be underestimated.

I believe that the threat to core American foreign policy interests and our national security from ISIL is sufficient to warrant military force as an element of a multifaceted campaign. But, I also believe that no President has the power to commit the nation's sons and daughters to war without authorization from Congress. This is not a decision that can or should wait until 2015; this action was begun during the sitting of the 113th Congress and it is well within our ability to authorize it properly before adjourning sine die.

In September I introduced a draft Joint Resolution (HJ Res 125) that provides for an 18 month authorization for continued airstrikes and limited special operations activities in Iraq and Syria and against ISIL. While I believe that my proposal merits consideration, whether it, or some other form of authorization, is ultimately taken up, the most important thing is for us to do our duty to American people and the Constitution. I look forward to working with you on this most important issue. Rep. Adam Schiff (D-Burbank) is a senior member of the House Intelligence Committee.

LEFT TURN/ RIGHT TURN

HOWARD Hays As I See It



"Doubt is our product, since it is the best means of competing with the 'body of fact' that exists in the minds of the general public. It is also the means of establishing a controversy."

(Attribution for the above comes later.)

In his column last week, Greg Welborn expressed doubt about President Obama's greenhouse emissions agreement with China. He had concerns over the "tsunami of new regulations" sure to come from the president's commitment to reduce our emissions 28% from 2005 levels by 2025. Those levels had already been reduced 10% as of 2012 – which means to reach the president's goal we simply have to continue at the pace we've been on the past several years.

Greg also doubts China's commitment. Back in 2011, China surpassed the U.S. to take the number one spot as the world's top producer of wind-generated power. In 2012, China unilaterally announced plans to quadruple solar energy production by 2015. It'd already been a world leader in solar manufacturing; now it would turn more of its products over to domestic use, no doubt spurred by the pollution choking Beijing and Shanghai.

In citing dismal poverty statistics in metropolitan areas of L.A. and San Bernardino counties, Greg attributes them to the inevitable move of businesses to states with "lower burdens and costs". According to the U.S. Census, California's poverty rate ranks a none-too-impressive 34th worst out of the 50 states. Some of those states with presumably "lower burdens and costs", however, fare worse. There's Texas (39th), South Carolina (41st), Kentucky (44th), Arizona (45th) and Louisiana (48th), for example.

It's hard not to doubt the sincerity of those interests fighting regulations, environmental or otherwise, as they express concern over "poverty". They will simultaneously fight minimum wages and worker protections, while encouraging employees to avail themselves of food stamps and local charities in order to survive at poverty incomes. Their aim, though, is to raise doubts about businesses' being able to continue providing jobs at all under "excessive" regulations.

There were arguments fifty years ago which raised doubts about the ability of our nation's preeminent automobile industry to survive under additional regulations. The concern was that cars would become so expensive consumers would no longer be able to afford them, should seat belts, and later air bags, become mandatory.

The tobacco industry also warned of the demise of a legacy American industry in the face of threatened government regulation. In doing so, its public relations firms developed strategies that have since been adopted by the fossil fuel industry in its fight against regulations responding to global warming. Indeed, some of the same parties making the case for Big Tobacco by raising doubts about medical science decades ago later became involved in protecting the profits of Big Oil by questioning climate science.

This week's opening quote is taken from an internal memo of the Brown and Williamson tobacco company from 1969, reflecting a strategy that had been in the works since a decade earlier when the connection between cigarettes and cancer became undeniably established.

As described in a 2007 report from the Union of Concerned Scientists, the strategy originally developed by the tobacco companies, later replicated by the fossil fuel industry, included: raising doubts about "even the most indisputable scientific evidence" and shifting the debate to one over "sound science"; creating front organizations to put out information favorable to the industry; recruiting members of the scientific community, regardless of area of expertise, to give the propaganda an air of credibility; and establishing close ties to government officials and members of Congress.

The enemy is the "body of fact" that exists in the minds of the general public; accepted realities such as that seat belts are a necessary safety feature, cigarettes cause cancer, global warming is a threat demanding action, and sending Canadian crude through our agricultural heartland to Louisiana for shipment overseas is a dumb idea.

Last week on Fox News, columnist Jonah Goldberg took a page from the tobacco industry's decades-old playbook by casting doubt on the veracity and motivation of climate scientists; accusing them of being "deeply invested in the whole industry of global warming", and "financially incentivized to go one way."

Goldberg appeared as a "fellow" of the American Enterprise Institute, a front group for fossil fuels like those formed to protect tobacco interests half a century ago. AEI took \$3 million from ExxonMobil from 2001 through 2011 and another quarter million in 2012. The Guardian reported in 2007 that AEI offered \$10,000 to scientists and economists who'd write articles that would "emphasize the shortcomings" of the UN's report on climate change – to raise doubts.

The front groups backing the Keystone XL pipeline have apparently given up trying to suggest it has anything to do with gas prices or energy independence. The "body of fact" recognizes that oil is not a national resource, but a privately-manipulated commodity in a global marketplace, with the Saudis now threatening to curtail production in response to our low prices and record-high production.

But now doubt in the wisdom of letting it die has been raised, because we'd be sacrificing much-needed jobs. First there were estimates of 42,000 jobs at stake. Then it was down to 4,000 with qualifiers that this includes both "direct and indirect" jobs, most temporary and lasting no more than a couple years. Finally, there's the admission that full-time permanent jobs will ultimately number about fifty.

It's been part of my lifelong liberal DNA to "question authority", to doubt. It's also clear that raising doubt has long been a strategy of those trying to discount basic science, such as the link between tobacco and cancer and between carbon emissions and global warming, and ignore basic history, such as the ideology and policies that brought us the Great Recession as differentiated from those that brought us out of it. There's no doubt about that.

Exclusive Excerpt from: "Comical Sense: A Lone Humorist Takes on a World Gone Nutty!" by Tom Purcell available at Amazon.com

TOM Purcell



FOR THANKSGIVING - PASS THE CIVILITY

It's bound to happen at Thanksgiving tables across America: A progressive liberal Democrat discovers he's sitting next to a conservative Republican.

There's no need for mashed potatoes to fly.

Harry Stein, an author, columnist and contributing editor to the political magazine City Journal, offers advice on how to navigate the situation.

Stein, an erstwhile '60's radical who evolved into a conservative, faced a similar dilemma at a dinner party a few years ago.

When the guest next to him discovered his conservative/libertarian thinking, the fellow said loudly, "I can't believe I'm sitting next to a Republican!"

"It was," says Stein, "as if I was wearing not only a white hood, but a Nazi armband."

So accustomed had Stein become to such broadsides -- common experiences for conservatives living in progressive bastions -- he wrote a humorous book on the subject: "I Can't Believe I'm Sitting Next to a Republican: A Survival Guide for Conservatives Marooned Among the Angry, Smug, and Terminally Self-Righteous."

So what to do when bipolar political philosophies are seated next to each other at the Thanksgiving table?

Make a concerted effort to get beyond "straw man" stereotypes.

"In theory, liberalism is predicated on openness to varied perspectives, but talk to lots of liberals and what you'll hear is that all conservatives are greedy, hardhearted knuckle draggers," says Stein. "To them, 'conservative' is another way of saying 'warmongering,' 'racist,' 'homophobic,' not to mention 'aching to wipe out every last polar bear for the sake of Big Oil.'"

Who wouldn't loathe a fellow with beliefs like that?

The truth is conservatives, just as liberals, come in all shapes and sizes; many are as nuanced, complex and thoughtful as anybody else.

The truth is progressives and conservatives agree with each other more than they are aware.

"Discovering the common ground can only occur when discussions proceed in a logical and factual manner," says Stein. "If you want to argue a point and demonstrate the truthfulness of your position, be sure to have your facts straight."

Stein gave one example pertaining to the health care debate.

"Some progressives believe that conservatives are simply dupes of the insurance industry stampeded by phony propaganda, and, yes, that we are racists," he says. "The fact is, it's a lot easier to name-call than deal with our arguments, starting with the likelihood that not only will a government takeover of health care have devastating effects on the economy, but it will not be good for health care."

Another example: Some progressives believe that conservatives could not care less about the poor.

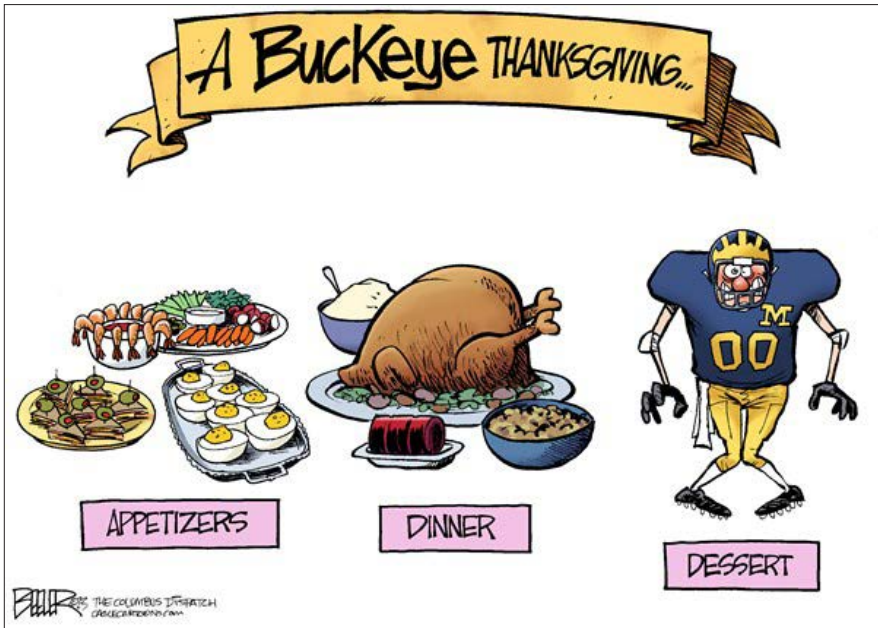
"What we believe is that conservative policies, such as tax incentives to hire, are a great deal more beneficial to the poor than the policies that came out of the Great Society," says Stein. "Such policies encouraged women to raise children without fathers. Today, in some communities, 70 percent of children are born to single mothers."

Stein used to think it best to avoid such discussions at the Thanksgiving table, but his position has changed over the years.

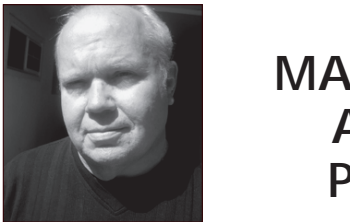
"We are facing a lot of challenges in our country and we really need to discuss them in a civil and thoughtful manner."

Still, if you're a conservative and fearful of being discovered, Stein says, you may want to plan ahead.

"You might want to sit beside a large liberal behind whom you can duck in case the mashed potatoes fly."



RICH Johnson



LOVE AND MARRIAGE FROM A DIFFERENT PERSPECTIVE

Whether you are at the beginning, middle, or end of a romantic relationship there are a vast number of materials designed to help explain why you are where you are. Books, DVD's, and late night cable programs are readily available to explain where you went wrong, where you are in the process of going wrong, or how you will soon be going wrong. There are 27,600,000 hits on Google when I hit successful marriages. Blah, blah, blah, blah, blah! The problem with these avenues of help is their perspective. The suggestions are tendered by adults. What we need is information from a fresh perspective. Something new.

We are in luck. I have tapped into a new source of unlimited perspectives virtually ignored by the relationships and self-help community. Whom you might ask? Why kids under 10 years of age? Let's see what they have to say:

An eight year old girl named Judy was asked at what age people should get married? Her reply, "Eighty-four. Because at that age you don't have to work anymore and you can spend all your time loving each other in your bedroom."

At the other extreme Tommy, aged 5 told us, "Once I'm done with kindergarten, I'm going to find me a wife." Good luck Tommy.

Mike, 10 told us what usually transpires on a first date: "They just tell each other lies, and that

usually gets them interested enough to go for a second date."

Is it better to be single or married? Lynette, 9, tells us, "It's better for girls to be single, but not for boys. Boys need somebody to clean up after them."

Nine year old Roger was asked what falling in love was like: "Like an avalanche where you have to run for your life." Hmmm.

David, 8, told us: "I hope hold hands a lot because they want to make sure their rings don't fall off, because they paid good money for them."

Ava, 8, reminded us of a quality necessary to be a good lover: "One of you should know how to write a check. Because, even if you have tons of love, there is still going to be a lot of bills."

Carin, 9, was asked how a person learns to kiss: " I t might help if you watched soap operas all day."

Finally, on how to make love endure: Eight year old Roger suggests that you "Don't forget your wife's name. That will mess up the love." Randy, aged 9, offered this up: "Be a good kisser. It might make your wife forget that you never take the trash out."

I hope you have a wonderful Thanksgiving. Enjoy your family, friends and sprinkle in a couple of unknowns if you get the chance and opportunity. You'll be richer and the unknowns will become less unknowns (Is that profouond?)

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.

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

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File No. 2014-325725
The following person(s) is (are) doing business as: ADVANCED CREDIT MANAGEMENT, 1412 CASTLEGATE AVE., COMPTON, CA 90221. Full name of registrant(s) is (are) JAMES JONES II, 1412 S. CASTLEGATE AVE., COMPTON, CA 90221. This Business is conducted by: AN INDIVIDUAL. Signed: JAMES JONES II. This statement was filed with the County Clerk of Los Angeles County on 11/14/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News
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File No. 2014-327718
The following person(s) is (are) doing business as: AFG COMMERCIAL COMPANY, 4007 S. FORECASTLE AVE., WEST COVINA, CA 91792. Full name of registrant(s) is (are) GIL ANTHONY F. GRIARTE, 4007 S. FORECASTLE AVE., WEST COVINA, CA 91792. This Business is conducted by: AN INDIVIDUAL. Signed: GIL ANTHONY F. GRIARTE. This statement was filed with the County Clerk of Los Angeles County on 11/17/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News
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File No. 2014-328951
The following person(s) is (are) doing business as: ALL SECURE LOCKSMITH AND SECURITY, 11626 PLANETT AVE., DOWNEY, CA 90241. Full name of registrant(s) is (are) CARLOS ARVIZU JR., 11626 PLANETT AVE., DOWNEY, CA 90241. This Business is conducted by: AN INDIVIDUAL. Signed: CARLOS ARVIZU JR. This statement was filed with the County Clerk of Los Angeles County on 11/18/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News
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File No. 2014-330034
The following person(s) is (are) doing business as: AMERICAN NATIONAL INSTITUTE OF ACUPUNCTURE STANDARDS, 107 E. GARVEY AVE. #119, MONTEREY PARK, CA 91755. Full name of registrant(s) is (are) LIHUANG ZOU, 107 E. GARVEY AVE. #119, MONTEREY PARK, CA 91755. This Business is conducted by: AN INDIVIDUAL. Signed: LIHUANG ZOU. This statement was filed with the County Clerk of Los Angeles County on 11/19/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News
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File No. 2014-328203
The following person(s) is (are) doing business as: ANGEL HOME CARE AGENCY, 1930 WILSHIRE BLVD. STE 1208, L.A., CA 90057. Full name of registrant(s) is (are) BONITA ESPINOZA, 1930 WILSHIRE BLVD. STE 1208, L.A., CA 90057. This Business is conducted by: AN INDIVIDUAL. Signed: BONITA ESPINOZA. This statement was filed with the County Clerk of Los Angeles County on 11/18/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News
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File No. 2014-326180
The following person(s) is (are) doing business as: ANGELISSIMA GROUP, 719 N. AVE 57, L.A., CA 90042. Full name of registrant(s) is (are) ALEJANDRA VANESSA MORALES, 719N AVE 57, L.A., CA 90042. This Business is conducted by: AN INDIVIDUAL. Signed: ALEJANDRA VANESSA MORALES. This statement was filed with the County Clerk of Los Angeles County on 11/14/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News
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File No. 2014-327445
The following person(s) is (are) doing business as: APO GROUP, 3811 S. BROADWAY STE 205, L.A., CA 90003. Full name of registrant(s) is (are) AMERICAN PRODUCED GARMENTS, INC., 3811 S. BROADWAY STE 205, L.A., CA 90003. This Business is conducted by: A CORPORATION. Signed: ERIC MUNOZ. This statement was filed with the County Clerk of Los Angeles County on 11/17/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 03/01/2014. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News
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File No. 2014-326311
The following person(s) is (are) doing business as: ARIESTAR HOME CARE SERVICES, 23421 MAIN ST., CARSON, CA 90745. Full name of registrant(s) is (are) MILA ROSE D. REYES, 23421 MAIN ST., CARSON, CA 90745. This Business is conducted by: AN INDIVIDUAL. Signed: MILA ROSE D. REYES. This statement was filed with the County Clerk of Los Angeles County on 11/17/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News
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FICTITIOUS BUSINESS NAME STATEMENT
File No. 2014-325057
The following person(s) is (are) doing business as: ASSET RECOVERY COMPANY, ARC GROUP, 4470 W. SUNSET BLVD. #308, L.A., CA 90027. Full name of registrant(s) is (are) YASURO YAMAGUCHI, 4470 W. SUNSET BLVD. #308, L.A., CA 90027. This Business is conducted by: AN INDIVIDUAL. Signed: YASURO YAMAGUCHI. This statement was filed with the County Clerk of Los Angeles County on 11/14/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious

Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News
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File No. 2014-328876
The following person(s) is (are) doing business as: BT WHISKEY TIKES, 13910 VALLEY BLVD. UNIT H, LA PUENTE, CA 91746. Full name of registrant(s) is (are) MARC ABDON ARCA, 243 N. CHALBURN AVE., WEST COVINA, CA 91790. This Business is conducted by: CO. PARTNERS. Signed: MARC ABDON ARCA. This statement was filed with the County Clerk of Los Angeles County on 11/18/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News
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FICTITIOUS BUSINESS NAME STATEMENT
File No. 2014-330156
The following person(s) is (are) doing business as: BEKASOLUTIONS, 1823 W. PICO BLVD. #105, L.A., CA 90006. Full name of registrant(s) is (are) BOBY N. DIAZ, 1823 W. PICO BLVD. #105, L.A., CA 90006. This Business is conducted by: AN INDIVIDUAL. Signed: BOBY N. DIAZ. This statement was filed with the County Clerk of Los Angeles County on 11/19/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News
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FICTITIOUS BUSINESS NAME STATEMENT
File No. 2014-327288
The following person(s) is (are) doing business as: BDBURGERS; REPLACEMENT COMMUNICATION, INC., 10203 S. CENTRAL AVE., WATTS, CA 90002. This Business is conducted by: A CORPORATION. Signed: BDBURGERS. This statement was filed with the County Clerk of Los Angeles County on 11/17/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News
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FICTITIOUS BUSINESS NAME STATEMENT
File No. 2014-327137
The following person(s) is (are) doing business as: C GONZALEZ TRUCKING, 6775 DOWNEY AVE., LONG BEACH, CA 90805. Full name of registrant(s) is (are) CARMEN GONZALEZ, 6775 DOWNEY AVE., LONG BEACH, CA 90805. This Business is conducted by: AN INDIVIDUAL. Signed: CARMEN GONZALEZ. This statement was filed with the County Clerk of Los Angeles County on 11/17/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News
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FICTITIOUS BUSINESS NAME STATEMENT
File No. 2014-331810
The following person(s) is (are) doing business as: CALIFORNIA POLY POMONA, COLLEGE OF THE EXTENDED UNIVERSITY, 14608 ROMONA BLVD., BALDWIN PARK, CA 91706. Full name of registrant(s) is (are) ROTARY INTERNATIONAL CYBER CORP, 14608 RAMONA BLVD., BALDWIN PARK, CA 91706. This Business is conducted by: A CORPORATION. Signed: REN ZHANG. This statement was filed with the County Clerk of Los Angeles County on 11/20/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News
Dates Pub: Nov. 22, 29, Dec. 06, 13, 2014

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2014-330743
The following person(s) is (are) doing business as: CAMPO TRADERS, 9633 GUATEMALA AVE., DOWNEY, CA 90240. Full name of registrant(s) is (are) JORGE CAMPOS, 9633 GUATEMALA AVE., DOWNEY, CA 90240. This Business is conducted by: AN INDIVIDUAL. Signed: JORGE CAMPOS. This statement was filed with the County Clerk of Los Angeles County on 11/19/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News
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FICTITIOUS BUSINESS NAME STATEMENT
File No. 2014-325611
The following person(s) is (are) doing business as: D & L BUGAY TRADING, 21418 BLOOMFIELD AVE., #62, LAKEWOOD, CA 90715. Full name of registrant(s) is (are) LUCY BUGAY ABOSHEHWA, 21418 BLOOMFIELD AVE., #62, LAKEWOOD, CA 90715. This Business is conducted by: A GENERAL PARTNERSHIP. Signed: LUCY BUGAY ABOSHEHWA. This statement was filed with the County Clerk of Los Angeles County on 11/14/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News
Dates Pub: Nov. 22, 29, Dec. 06, 13, 2014

FICTITIOUS BUSINESS NAME STATEMENT
File No. 2014-330259
The following person(s) is (are) doing business as: DOWNEY BOOTCAMP, 8220SALT LAKE AVE., CUDAHY, CA 90201. Full name of registrant(s) is (are) ERIC BENJAMIN GUTIERREZ, 8220 SALT LAKE AVE., CUDAHY, CA 90201. This Business is conducted by: AN INDIVIDUAL. Signed: ERIC BENJAMIN GUTIERREZ. This statement was filed with the County Clerk of Los Angeles County on 11/19/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News
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FICTITIOUS BUSINESS NAME STATEMENT
File No. 2014-326814
The following person(s) is (are) doing business as: D & L BUGAY TRADING, 21418 BLOOMFIELD AVE., #62, LAKEWOOD, CA 90715. Full name of registrant(s) is (are) LUCY BUGAY ABOSHEHWA, 21418 BLOOMFIELD AVE., #62, LAKEWOOD, CA 90715. This Business is conducted by: A GENERAL PARTNERSHIP. Signed: LUCY BUGAY ABOSHEHWA. This statement was filed with the County Clerk of Los Angeles County on 11/14/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News
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FICTITIOUS BUSINESS NAME STATEMENT
File No. 2014-327299
The following person(s) is (are) doing business as: HUTI LACOCHE RESTAURANT, 1403

HOOPER AVE., L.A., CA 90021. Full name of registrant(s) is (are) ISMAEL RONQUILLO JUAREZ, 1403 HOOPER AVE., L.A., CA 90021. This Business is conducted by: AN INDIVIDUAL. Signed: ISMAEL RONQUILLO JUAREZ. This statement was filed with the County Clerk of Los Angeles County on 11/17/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 11/17/2014. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News
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FICTITIOUS BUSINESS NAME STATEMENT
File No. 2014-330669
The following person(s) is (are) doing business as: EXTREME AND MODERN DOOR CO., E & M DOOR CO., 15738 ORIZABA AVE., PARAMOUNT, CA 90723. Full name of registrant(s) is (are) ENRIQUE G. BORRAYO JR., 15738 ORIZABA AVE., PARAMOUNT, CA 90723. This Business is conducted by: AN INDIVIDUAL. Signed: ENRIQUE G. BORRAYO JR. This statement was filed with the County Clerk of Los Angeles County on 11/19/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News
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FICTITIOUS BUSINESS NAME STATEMENT
File No. 2014-325328
The following person(s) is (are) doing business as: FIVE STAR MEDICAL SERVICES, 8814 IMPERIAL HWY., DOWNEY, CA 90242. Full name of registrant(s) is (are) SYED KHURRAM HUSSAIN RIZVI, 8814 IMPERIAL HWY., DOWNEY, CA 90242. This Business is conducted by: A GENERAL PARTNERSHIP. Signed: SYED KHURRAM HUSSAIN RIZVI. This statement was filed with the County Clerk of Los Angeles County on 11/14/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News
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FICTITIOUS BUSINESS NAME STATEMENT
File No. 2014-331293
The following person(s) is (are) doing business as: GEORGE WEBSTER DESIGN, 1131 N. NAOMI ST., BURBANK, CA 91505. Full name of registrant(s) is (are) BRENDEN ROBERT MORRIS, 1131 N. NAOMI ST., BURBANK, CA 91505. This Business is conducted by: AN INDIVIDUAL. Signed: BRENDEN ROBERT MORRIS. This statement was filed with the County Clerk of Los Angeles County on 11/20/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News
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FICTITIOUS BUSINESS NAME STATEMENT
File No. 2014-325031
The following person(s) is (are) doing business as: GEORGES DRIVE-IN BOYLE HEIGHTS, CA 90033. Full name of registrant(s) is (are) GEORGES DRIVE-IN BOYLE HEIGHTS, LLC, 305 N. SOTO STE D, L.A., CA 90033. This Business is conducted by: A LIMITED LIABILITY COMPANY. Signed: EDWARD DE LA TORRE. This statement was filed with the County Clerk of Los Angeles County on 11/14/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News
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FICTITIOUS BUSINESS NAME STATEMENT
File No. 2014-329339
The following person(s) is (are) doing business as: GLAM & CHIC, 2665 E. 220th ST., CARSON, CA 90810. Full name of registrant(s) is (are) EVELYN ALVARADO, 2665 E. 220th ST., CARSON, CA 90810. This Business is conducted by: AN INDIVIDUAL. Signed: EVELYN ALVARADO. This statement was filed with the County Clerk of Los Angeles County on 11/18/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News
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FICTITIOUS BUSINESS NAME STATEMENT
File No. 2014-329808
The following person(s) is (are) doing business as: GRUPO TORRES S.A. DE C.V., 4754 FIR ST., PICO RIVERA, CA 90660. Full name of registrant(s) is (are) LUIS MIGUEL TORRES CONTRERAS, 4754 FIR ST., PICO RIVERA, CA 90660. This Business is conducted by: AN INDIVIDUAL. Signed: LUIS MIGUEL TORRES CONTRERAS. This statement was filed with the County Clerk of Los Angeles County on 11/18/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News
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FICTITIOUS BUSINESS NAME STATEMENT
File No. 2014-301215
The following person(s) is (are) doing business as: HAIR BY CHERRY STATE, 143 W. 55th ST., L.A., CA 90037. Full name of registrant(s) is (are) CHARLENE SIMMONS, 413 W. 55th ST., L.A., CA 90037. This Business is conducted by: AN INDIVIDUAL. Signed: CHARLENE SIMMONS. This statement was filed with the County Clerk of Los Angeles County on 10/21/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News
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FICTITIOUS BUSINESS NAME STATEMENT
File No. 2014-327801
The following person(s) is (are) doing business as: HAPPY ONLINE STORE, 3213 CHARLOTTE AVE., ROSEMead, CA 91770. Full name of registrant(s) is (are) HAPPY ONLINE STORE GROUP, INC., 2809 WARREN WAY, ARCADIA, CA 91007. This Business is conducted by: A CORPORATION. Signed: QUYEN LU. This statement was filed with the County Clerk of Los Angeles County on 11/18/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News
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FICTITIOUS BUSINESS NAME STATEMENT
File No. 2014-332298
The following person(s) is (are) doing business as: HOT POINT, 1101 N. III, 168 TUNAS DR., #101/102, ARCADIA, CA 91007. Full name of registrant(s) is (are) HOT POINT INTERNATIONAL, INC., 8508 E. VALLEY BLVD., ARCADIA, CA 91007. This Business is conducted by: A CORPORATION. Signed: YUNJING HAO. This statement was filed with the County Clerk of Los Angeles County on 11/20/2014. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)Publish: Mountain Views News
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Mountain Views News Saturday, November 22, 2013

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

EDITOR'S NOTE: Over the years, we have shared with you favorite recipes submitted by contributors, their families, supporters and well wishers. We hope you will try at least one recipe. They are really, really good!

Mary Lee's (Dean Lee's Mother)

Sausage Appetizers

Also makes great sandwiches the next day !

Ingredients

Refrigerated dinner rolls (10 in a tube)
Farmer John sausage links (cut in half or thirds)
butter on top

Directions:

Take rolls and flatten separately with hand or rolling pin
Put link in half of flat dinner roll
(if using thirds spread sausage to cover roll)
Fold over and seal edges by pinching
Put 10 in ungreated cake pan
Bake 350 degrees/20 minutes until top is golden brown

Enjoy

Richard Garcia's

Cranberry-Pomegranate Sauce

1 1/2 pounds fresh or frozen cranberries (6 cups)
2 cups sugar
1 cup pomegranate juice
2 cups fresh pomegranate seeds

Directions

In a medium saucepan, combine the cranberries with the sugar and pomegranate juice. Bring to a simmer and cook over moderate heat, stirring occasionally, until most of the cranberries have burst, about 10 minutes. Scrape the cranberry sauce into a medium bowl and let stand until cool, about 2 hours. Fold in the pomegranate seeds and serve the sauce chilled or at room temperature.

Pat Ostrye's Non-Recipe Turkey(The Best)

My recipe would be that my husband always fixed the turkey. I really don't know how it began but, even when we had turkey a lot through the years, he always fixed it. So when he died 21 years ago, the men in the family thought I didn't know how to do it, which was fine with me. So, for this Thanksgiving, the family is going to Martin's in Arcadia. He is the youngest who was 27 when his dad died in October of '88. A few days before Thanksgiving that year he called to say he had the turkey but where should he fix it since he had a small apt in Arcadia at that time. Two of his sisters helped him do it and they brought it all to my sister-in-law's because I was living in Escondido yet, moving back to the area the first of that year. That Christmas, the oldest son took care of it, buying and fixing 2 turkeys. As long as the family doesn't run out of men, we have it made.

Dixie Countant's Easy Anti-marshmallow Yams

For those of us who don't like marshmallow on our yams, here's the family recipe for Candied Yams.

Ingredients:

Yams or sweet potatoes Butter Light Brown Sugar

Buy as many yams as you need depending on how many people are coming to dinner. I plan two medallions per person if I'm doing a full-blown dinner with all the trimmings.

Wash and slice yams (or sweet potatoes) into one-inch medallions. Steam medallions until barely done. (Not too soft) Skin the medallions by gently cutting the skin and lifting - it will almost fall off.

Arrange medallions in baking dish. (They can touch, but don't stack them) Put a small pat (aprox 1/4 tsp of butter on top of each medallion. Sprinkle light brown sugar over medallions. Cover and bake in 350 oven for 1/2 to 1 hour.

From the Pen & Kitchen of Deanne Davis:

Thanksgiving Day Breakfast

The festive bird is stuffed and in the stove, the potatoes are boiling for mashed potatoes, you've said the gravy prayer (please, Gravy Deity, let it be smooth this year). And people are saying, "we're hungry!"

This is not a problem, put down that ladle and in just minutes, you can hand everybody an Eggnog-Brandy Muffin!

If you're truly feeling like Wonder Woman, whack up some bacon and an onion into small chunks, sauté them together, throw in some eggs, scramble it altogether, and serve the Thanksgiving breakfast they'll remember with delight all year long.

Eggnog-Brandy Muffins

2 cups flour
2/3 cup granulated sugar
1 TB. Baking powder
½ tsp. Salt
¾ cup prepared eggnog
½ cup brandy
5 TB butter, (unsalted if you've got it...use a little less salt if you don't) melted
1 egg, beaten
½ tsp. Grated nutmeg plus a little more for sprinkling on top

Preheat oven to 400 degrees. Grease 12 muffin pan.

In a large bowl mix flour, sugar, baking powder and salt. Add eggnog, brandy, butter, beaten egg and ½ tsp nutmeg. Stir only till mixed. DO NOT OVERBEAT or muffins will be rubbery and tough.

Spoon batter into greased muffin cups and sprinkle tops of muffins with nutmeg. Bake about 20 minutes or until tester inserted into center of muffin comes out clean. Remove from tin, butter and enjoy.

They freeze nicely and are probably about 200 calories per muffin.

Happy Thanksgiving!
May your turkey be tender, succulent and juicy, and may somebody who really knows how.. offer to carve it.

Good Eats Roast Turkey



Recipe courtesy Alton Brown

Prep Time: 15 min

Inactive Prep Time: 7 hr 0 min

Cook Time: 2 hr 30 min

Level: Easy

Serves: 10 to 12 servings

INGREDIENTS

1 (14 to 16 pound) frozen young turkey
For the brine:
1 cup kosher salt
1/2 cup light brown sugar
1 gallon vegetable stock
1 tablespoon black peppercorns
1 1/2 teaspoons allspice berries
1 1/2 teaspoons chopped candied ginger
1 gallon heavily iced water

For the aromatics:

1 red apple, sliced
1/2 onion, sliced
1 cinnamon stick
1 cup water
4 sprigs rosemary
6 leaves sage
Canola oil

DIRECTIONS

2 to 3 days before roasting:

Begin thawing the turkey in the refrigerator or in a cooler kept at 38 degrees F.

Combine the vegetable stock, salt, brown sugar, peppercorns, allspice berries, and candied ginger in a large stockpot over medium-high heat. Stir occasionally to dissolve solids and bring to a boil. Then remove the brine from the heat, cool to room temperature, and refrigerate.

Early on the day or the night before you'd like to eat:

Combine the brine, water and ice in the 5-gallon bucket. Place the thawed turkey (with innards removed) breast side down in brine. If necessary, weigh down the bird to ensure it is fully immersed, cover, and refrigerate or set in cool area for 8 to 16 hours, turning the bird once half way through brining. Preheat the oven to 500 degrees F. Remove the bird from brine and rinse inside and out with cold water. Discard the brine. Place the bird on roasting rack inside a half sheet pan and pat dry with paper towels.

Combine the apple, onion, cinnamon stick, and 1 cup of water in a microwave safe dish and microwave on high for 5 minutes. Add steeped aromatics to the turkey's cavity along with the rosemary and sage. Tuck the wings underneath the bird and coat the skin liberally with canola oil.

Roast the turkey on lowest level of the oven at 500 degrees F for 30 minutes.

Insert a probe thermometer into thickest part of the breast and reduce the oven temperature to 350 degrees F. Set the thermometer alarm (if available) to 161 degrees F. A 14 to 16 pound bird should require a total of 2 to 2 1/2 hours of roasting. Let the turkey rest, loosely covered with foil or a large mixing bowl for 15 minutes before carving.

Tips For Preparing a Thanksgiving Turkey

For home cooks, preparing a Thanksgiving turkey is a rite of passage. Not only do snafu opportunities abound, but there is added pressure on the holiday to prepare and serve a perfect meal for family and guests.

Whether you're a seasoned Thanksgiving chef, or a newbie in the kitchen, these tips can help eliminate the stress associated with prepping your meal's centerpiece:

Prepare Ahead

It's hard to perfect a turkey when you've got endless side dishes to worry over simultaneously, so accept guests' offers to bring some favorites. Assemble accompaniments to your meal in advance, especially sauces and dips, which actually improve in flavor over time.

Remember, you only have so much space in an oven, so schedule cooking accordingly to ensure everything is ready at mealtime.

Talk Turkey

You may not have aced home economics when you were in school, but the folks at the Turkey Talk hotline are experts in the field. You can get most turkey conundrums solved by giving them a call at 1-800-BUTTERBALL, or by emailing them at talkline@butterball.com.

Work Smart

Maintaining your knives streamlines kitchen operations, especially the formidable

task of carving your Thanksgiving turkey. But knife sharpening doesn't need to be daunting. In fact, every home cook should get comfortable doing this regularly. With the right tools, your knives will last longer, and be safer and more efficient.

Generally, you should hone or polish knife edges after each use and sharpen knives regularly with a high-quality sharpener. Look for a sharpener that offers diversity. For example, Edgeware's adjustable knife sharpeners include coarse and fine sharpening slots for dull and damaged knives and regular maintenance respectively, and are ideal for sharpening a variety of knives from straight edge blades to serrated. For how-to videos and other tips on restoring your knives to their original factory angle, visit www.edgewareproducts.com.

When preparing the Thanksgiving meal, make sure your knives are sharp in the kitchen and to sharpen any knives that will be used to carve your bird at the table. Do this before setting the table so you won't forget.

Getting it Right

The general wisdom is to allot 1 to 1 1/2 pounds of turkey per person. Just be sure your turkey is big enough to provide you with leftovers! There's nothing more satisfying than a turkey sandwich for lunch the day after Thanksgiving.

Ready your bird for the oven by following the National Turkey Federation guideline on thawing: for every 4 1/2 pounds of frozen turkey, thaw for 24-hours in the refrigerator.

You don't need to be Julia Child to master the art of turkeys. By maintaining your kitchen

Paul Neiby's* CORN BREAD DRESSING

Ingredients:

2 - 6 oz. bags Mrs. Cubbison's Seasoned Cornbread Stuffing Mix
1 cup chopped, raw white onions
1 cup chopped raw celery
10 dried apricots cut into pieces
4 oz. Walnuts (they can be bought in a bag of about that size
6-8 oz. Sausage, sauteed brown, defatted & crumbled. (Jimmy Dean brand sage flavored is good
2 cups heated Chicken Broth
4 tbsp. butter melted in with 1 cup of the chicken broth

Directions:

Toss the vegetables and stuffing mix in a bowl. Add 1 cup of the heated broth with the melted butter and toss again. Load lightly in a greased covered casserole and bake for 45 minutes in a 350 degree oven. Half way through, pour the additional cup of chicken broth over the dressing.

This recipe is modified from the one that appears on the Cubbison pack by the addition of the sausage, apricot, and walnuts. The additional broth added half-way through the baking, makes the dressing moist enough but still light and discreet.

Also from Paul Neiby: CREAMED PEARL ONIONS

Ingredients:

Onions, small pearl as needed
Milk, butter, flour, Worcestshire Sauce, Cayenne, Salt & Pepper

Directions:

Trim the bottoms of the onions but otherwise leave them unpeeled. Drop into boiling water for 3-5 minutes. Drain and peel when cool. Reserve the onion water.

Make a medium white sauce (2/2/1) using half milkd and half onion water. You may make a Mornay Sauce by adding shredded cheddar if desired. Flavor with Worcestshire, Cayenne and salt and pepper. The sauce should be fairly thick as the cooking onions will add liquor.

Pour the sauce over the onions in a casserole and bake covered in a medium oven for 30-40 minutes.

*The Mountain Views News exists in part because of the support of Paul and Louise Neiby. Paul is no longer with us and I miss him greatly, especially this time of year when we would argue about whether he was the better cook. These were two of his favorite Thanksgiving recipes.

Mary's Confetti Stuffed Mushrooms

Thanksgiving Potluck Vegan-style Mushrooms

1-1/2 # Mushrooms, Brown or Cremini: Separate into caps & stems.
1/3 cup Celery, 1/8" dice
1/3 cup Carrots, 1/8" dice
1/3 cup Baby Bell Peppers - Yellow, Orange, Red - 1/8"
1-1/2 Tbsp Extra Virgin Olive Oil
3/4 cup Vegetable Broth, divided
1/4 cup Apricot, Peach, Orange or Blackberry Brandy
3/4 tsp Lindberg Porterhouse & Roast Seasoning (from Taylor's)
1 cup Parsley, Finely Chopped
2 Tbsp Lemon juice (fresh)
1 cup Bread Crumbs - slightly dry
1/4 cup Pecorino-Romano Crumbled Cheese

Clean Mushrooms. Remove Stems, set caps in lightly greased baking pan with holes up.

Dice mushroom stems into 1/8" bits.. You should have 2 cups diced mushroom stems. If not enough, add more mushrooms (if you have them) to make 2 cups.

Put olive oil & ½ cup broth in sauté pan, turn heat to medium. Add Seasoning. Add celery and carrots. Layer with diced mushrooms, then diced peppers. Cover and cook slowly about 5 minutes, stirring once to ensure mushrooms and peppers get mixed with broth.

Add Parsley. Simmer another 5 minutes. Taste and add more seasoning if needed. Remember - adding breadcrumbs will soften flavor intensity.

Drain broth from sauté pan into cup.

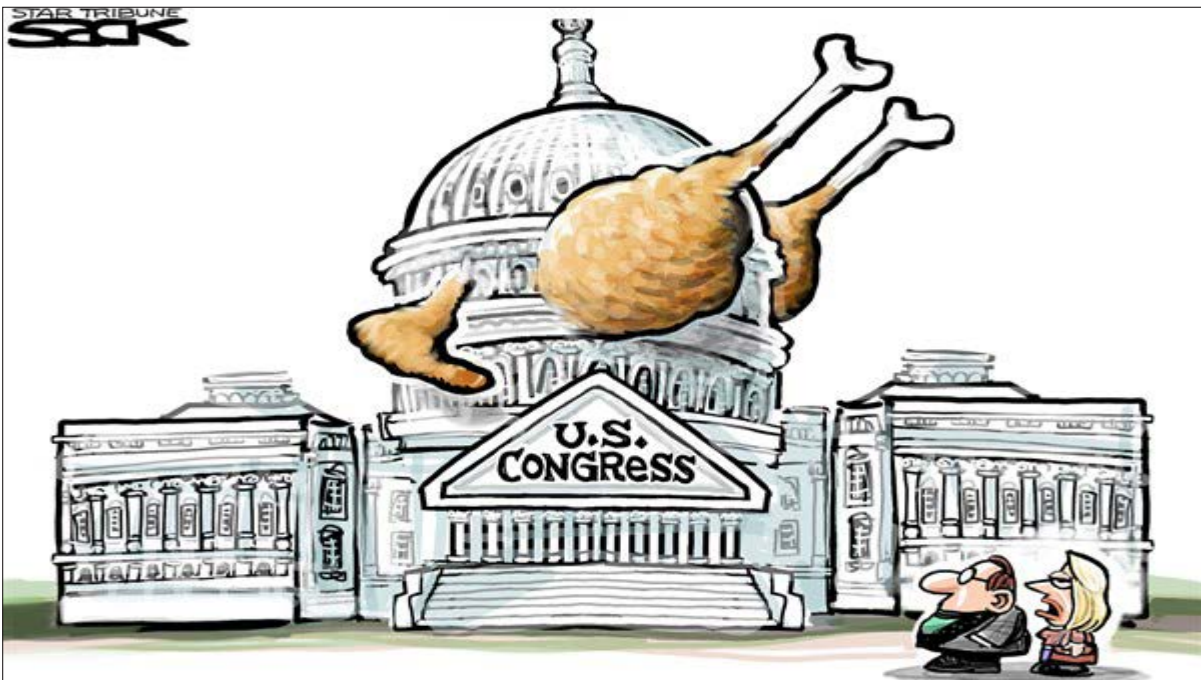
Add remaining broth with brandy and lemon juice to mushrooms, and return to heat until broth boils. Drain this liquid also into the cup. Reserve.

Add breadcrumbs and grated cheese to drained mushrooms. Mix well. If very dry, add 1 - 2 tablespoons of reserved broth.

Stuff mushroom caps. Place neatly in greased table-ready stove top / baking dish. Carefully spoon some of the reserved broth into the dish;

Simmer gently for 5 minutes ... Add more mushrooms as the others shrink. Simmer another 5 minutes & repeat. When adding the last mushrooms, drizzle any remaining broth lightly over all the mushrooms' stuffing for the final cooking.

Remove from heat and let cool. Serve room temperature. Or chill, and reheat just before serving. More fun to stuff the mushrooms with someone else - for sociability - after all, thanksgiving and social are what it's all about.



'IRONICALLY, ON "TURKEY DAY" THEY'RE ALL HOME ON VACATION.'



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*Wishing our
family, friends & clients
a wonderful
Thanksgiving!*



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FREE ESTIMATES

Sierra Madre's 2014 WINTER VILLAGE FESTIVAL

Saturday—November 29, 2014 3-8 p.m.

The Holidays Begin In Sierra Madre!

Join us in this years Winter Village Festival throughout downtown November 29th between 12 p.m. to 8 p.m.

Schedule of Events

12:00 p.m. - 4 p.m.	Art Walk & Music throughout town	5:00 p.m. - 8 p.m.	Baldwin Ave. in Front of 4 Seasons Tea Room
3:00 p.m. - 8 p.m.	Snow in Sierra Madre	6:00 p.m. - 8 p.m.	Special Family Rates
Sled Rides - Train Rides - balloons and more...	Sierra Madre Blvd. - (Bank of the West)	8ish p.m.	Santa Claus
			Christmas Tree Lighting
			Movie & Marine Toy drop
			The Movie ELF in Kersting Court

Come Join us for the festivities.

Meet Santa

There will be plenty of events for children and adults alike.

Art walk, music will be scattered through out town.

Get in the holiday mood by singing along with holiday carolers.

Watch your kids slide down the hill in the snow.

See your children's delight when the tree is lit.

Take a photo of Santa

Start your holiday off with a romantic horse and carriage ride.

Shop for those special gifts at our local businesses.

Don't miss the non-profit clubs and organizations booths.

The Movie "ELF" at 8ish

Winter Village Festival is sponsored by the Sierra Madre Chamber of Commerce

SHOP SMALL SATURDAY NOV 29