

NATE’S VERY EXCELLENT IDEA!



In early October when most children were planning their Halloween costumes, six year old canyon resident Nate Howes was thinking about what he could do to improve the condition of the bridge over the “Wash” in the Canyon. He said to his father, “Dad, our bridge is the ugliest in the canyon! Can we paint it?” His father, Ryan Howes replied, that “he would have to ask for permission first because our bridge is owned by the city. According to his dad, “Nate marched back to our house, pulled out a sheet of lined first-grader paper and said “Who’s the mayor?”

“We wrote a letter with our request and a few days later received a response, with approval from the mayor, an offer to donate supplies, and a compliment on Nate’s willingness to contribute to social change, not just complain about it.”

The City was pleased to give Nate permission to clean-up and paint the bridge and picked November 22nd as the date for the project. Nate and his father met briefly with staff to go over the details and began to recruit additional boys and girls to help with the project.

For project day, staff had rigged a tarp under the footbridge to avoid any paint or pollutants from entering the wash and Nate led a number of volunteers to clear a small amount of vegetation and old wiring from the handrails, wire-brush the



bridge to remove loose materials, and apply the paint. Approximately a dozen local elementary school-aged kids accomplished the entire job on a Saturday afternoon.

Congratulations and thanks to this young man for setting an example for residents, young and old. Stay tuned, I’m certain we will hear more good things from this young man.

Above, part of the volunteer crew. Inset, Nate (blue t shirt, hard at work). Photos by Ryan Howes

REPORT TO COUNCIL ON STONEGATE PROJECT REVISIONS DELAYED

According to City Manager Elaine Aguilar, the property at 610 Baldwin Court will not be on the December 9th City Council agenda. As a result of conflicting schedules, the parties representing the owner of the property and Sierra Madre City Council members Denise Delmar and Gene Goss were unable to meet before Tuesdays meeting. Therefore, because of the holidays, the matter will be heard at the council’s first meeting of the new year, January 13th.

WHO ARE THOSE MEN IN RED?



Early morning visitors to Kersting Court last week were likely to have run into members of Major League Soccer’s (MLS) *Toronto FC*’s. The team, along with five coaches came to Sierra Madre as part of their off season Cross Training. Their trainer, none other than Sierra Madre’s own Jim Liston of CATZ Physical Therapy and Sports Performance Center, is also their Director of Sports Science.

When in town, the team has a favorite spot, Sierra Juice, where owner Nora Graham (third from left above) replenishes their energy with her fresh fruit smoothies. On Tuesday they ran the Mount Wilson Trail to Orchard Camp despite the rain. They will end this round of cross training on Sunday in Manhattan Beach on the sand dunes.

Pictured above left to right: Jim Liston, Brian Graham and his wife Nora, Coach Dan Calichman and players Jonathon Osorio, Luke Moore, Michael Bradley, teven Caldwell, Justin Morrow and Nick Hagglund. On the far right is Sierra Madre Treasure Dr. White.

Photo and caption by S. Henderson/MVNews

YES, THAT WAS SNOW IN SIERRA MADRE!

If you didn’t attend the Sierra Madre Winter Festival (formerly WhoVille and Dicken’s Village), you missed an entire day of fund.

Sponsored by the Sierra Madre Chamber of Commerce and chaired by local realtor and Chamber Board member Carol Canterbury, the event was designed to not only kick off the holiday shopping season, but also to showcase local non-profit organizations, support the Girl and Boy Scout fundraising efforts, introduce visitors to our unique village and to have fun while doing so. The Friends of the Arts also held an Art Walk throughout the day.



The day included live entertainment, horse and carriage rides, snow sledding and train rides for the children. And of course, Santa, assisted by the Sierra Madre Rose Float Association Princesses, arrived in his big red fire engine chariot for the day and greeting youngsters in a custom made chair, designed and manufactured by Tonia Biely Patino!

The evening ended with the movie Elf in Kersting Court. Many thanks to the Kiwanis Club for serving free hot cider and chocolate to keep everyone warm as the sun went down.

Special thanks also goes to: (Partial listing): Cellist Michelle Beauchesne who lead students from Gooden, Sierra Madre Elementary, Sierra Madre Middle School, Pasadena High School and UC Davis. The students performed on their cellos and violas. The Grimm Family Carolers with Gianna and Andrew Halpin, the Alverno High School girls, Luis Ayala, Fred Thomas, Sue Lavoe, Amanda Burnett, Manny Solis, Pat Ancona, Sharon Pevsner, Barry Schwam, Pat Coburn, Bank of the West, The City of Sierra Madre, Village Auto. Sierra Honda, Boy Scout Troop 373, Susan Henderson, the Mountain Views News. If you would like to view a video of some of the days activities go to: www.sierramadrenews.net Photo and video by Bill Coburn

FREE CHRISTMAS TREE RECYCLING

Athens Services will pick up and recycle your Christmas Tree from December 26th to January 9th. Residents may put their tree by the curb on their regular pick-up day for this free program. Please remove stands, nails, ornaments, lights and tinsel, and place the trees next to your containers. Trees with flocking or fire retardant are acceptable. Trees over 6 feet in length must be cut in half.

If you miss the date for recycling, please cut up your tree and place it in your yard waste container, or call Athens Services for a “bulky item” pickup. For additional information, please call Athens Services at 1-888-336-6100 or the Sierra Madre Public Works Department at 626-355-7135.

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December 5 - 8 (Fri-Mon)
9 am - 2 pm
(Sunday 12 pm - 4 pm)

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Weather Wise

6-Day Forecast

Sierra Madre, Ca.

Sun:	Ptly Cldy	Hi 70s	Lows 50s
Mon:	Sunny	Hi 70s	Lows 50s
Tues:	Sunny	Hi 70s	Lows 50s
Wed:	Ptly Cldy	Hi 70s	Lows 50s
Thur:	Ptly Cldy	Hi 60s	Lows 50s
Fri:	Rain	Hi 60s	Lows 50s

Forecasts courtesy of the National Weather Service

CITY OF SIERRA MADRE
CALENDAR OF EVENTS

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

NEXT CITY COUNCIL MEETING:
Tuesday, December 9, 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

December 9, 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.

Thursday, December 4: CANCELED
Planning Commission

Monday, December 15:
Community Services Commission, 6:30pm

Wednesday, December 17:
EENR Commission, 7:00pm

Thursday, December 18:
Planning Commission, 7:00pm

Tuesday, December 23: CANCELED
City Council

Wednesday, December 24: CANCELED
Library Board of Trustees

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.



Rotary Club of Sierra Madre

Is known for its camaraderie (ComRotary).
If you have been thinking about making a difference
In your community, please join us for
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Lucky Baldwin's National Register guest house is open to the public only twice a year, so be sure to add to your calendar this rare opportunity to tour the Cottage interior with knowledgeable docents. Baldwin's matching Coach Barn will also be open. Down the path a short distance, the Santa Anita Depot will welcome visitors with docent-led tours.

Date: Sunday, December 14, 2014

Time: 10:00 a.m. - 3:00 p.m.

Location: Los Angeles County Arboretum & Botanic Garden, 301 North Baldwin Avenue, Arcadia 91007

Price: Free with admission to Arboretum

Contact: Nancy Carlton, Volunteer Manager
(626) 802-8471

Email: nancy.carlton@arboretum.org

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

JOIN US, MEET YOUR NEIGHBORS, HELP YOUR COMMUNITY,
AND HAVE SOME FUN!

CITY OF SIERRA MADRE TURF REMOVAL REBATE PROGRAM

Sierra Madre, CA. – December 4, 2014 –

Starting on Monday, December 8, 2014, the City of Sierra Madre will begin accepting applications for a Turf Removal Rebate Program. Property owners may be eligible to receive a rebate of \$1.00 per square foot of turf that is removed. The maximum rebate is \$1,000 per property owner.

Applications are available at City Hall, and applications will be processed on a “first come, first served basis.”

There is a total of \$48,000 in grant funds available. To be eligible, rebates are only available for turf removed from private property yard areas visible

from the street. Rebates do not apply to parkways or back yards. The rebates are not retroactive, meaning that the program does not apply to properties where turf has already been removed. There are additional regulations, which are available in full at City Hall and on the City's website.

Applications are available on the City's website at www.cityofsierramadre.com, but applications must be submitted in person to City Hall. Emailed or faxed applications will not be accepted.

For additional information, please visit City Hall on Monday to Thursday from 7:30 am to 5:30 pm, or call (626) 355-7135.

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.

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



“I THINK I CAN!” SIERRA MADRE ROSE PARADE FLOAT THEME

“I Think I Can!” is less than a month away from its New Year's Day cruise down Colorado Blvd., and the princesses who will be aboard are lovely and accomplished young women. I met Kristine Kuhn, Britney Stone, Kayla Rice and Alexi Vate today at Attitude! It was pouring! Yes, Rain! Right here in Sierra Madre! The girls had just been guest speakers at a Rotary luncheon and all four of them, though cold and somewhat damp about the ankles could not have been more charming.

Our princesses enjoyed a reunion with Marvin Dieguez, owner of Attitude!, the store which has provided the girls' Rose Parade outfits each year for most of the twelve years he's been part of Sierra Madre. Marvin is happy to give our princesses whatever they would like in the way of something beautiful. That means no price range to observe! The hardest part is finding just the right dress and the right color for four young women of very different heights and sizes. He will special order or do whatever it takes to make sure our princesses look as lovely as possible. Donna Sutcliffe, the Rose Float Association's official princess wrangler brings the girls in and they are free to follow their fashion hearts; and as Marvin is right on top of fashion trends, and attends fashion showings, Attitude! has what is hot and happening now. Yes, skinny jeans, jeggings, and tunics are still the look that works.

Have you been in to Attitude! lately? They have some beautiful things: Sweaters, scarves, jeans, dresses, and handbags.... Oh my, the handbags! Listen, folks, Christmas is coming and Attitude! could be the answer for a lot of the names on your list. Marvin hand creates every bag in his store. He works with leather, upholstery fabric, canvas and just about anything you can think of. These are gorgeous! Trust me! Marvin learned the craft

from his Dad and spends much of his free time creating these beautiful pieces, which have been featured at Fred Segal and a number of other upscale stores and boutiques. If you have a fabric or a design in mind, he can custom create just for you.

The store is decorated for Christmas with original décor pieces by Marvin – a wall of lights with tiny birdhouses perched on branches of yarn, antlered reindeer bearing wreaths, ornaments in the front windows in a unique design, a little Christmas music on the stereo and shopping feels like a pleasure again.

Originally from Guatemala, Marvin arrived in the United States at 17, and realized he needed to learn English as fast as possible and with the help of radio, television and other sources it didn't take long. Marvin and his family are Sierra Madre residents. Wife, KiKi, is an ER nurse at Huntington Memorial. Sons Mihali, Ari and Jeffrey are students at Sierra Madre schools and all heavily involved in soccer and other seasonal sports. Marvin considers his yearly contribution of the princess dresses to be a labor of love. He supports numerous other local organizations and, in fact, a fundraiser was in progress the day I visited, where a percentage of sales was set aside for one of the area schools. Attitude! has been a participant in several fashion shows, one at Santa Anita Racetrack! Marvin would enjoy doing more of those, he confided.

Take a few minutes to look in at Attitude! You'll find something for yourself and bring that Christmas list with you. Marvin has jewelry, sunglasses, and whatever you need to accessorize and, yes, guys, he'll help you find just the right thing for the special lady in your life.

Attitude! 90 W. Sierra Madre Blvd., across the driveway from Bank of the West. You can shop Tuesday-Thursday 10-5, Friday & Saturday 10-6 and Sunday 10-4. Phone is 355-3929.

Sierra Madre Police Blotter

During the week of Sunday, November 23rd, to Sunday, November 30th, the Sierra Madre Police Department responded to approximately 296 calls for service.

Thursday, November 27th

At 2:51 am, Sierra Madre Police responded to the intersection of Grandview Avenue and Foothill Avenue regarding a possible Arson. When Officers arrived on scene, they were approached by two witnesses. The young men informed Officers that just as they were leaving their home and began walking West on Grandview, they heard explosion. When they looked towards the direction of the explosion, they saw six individuals running from the area, all in different directions. The young men investigated more and saw that the brush near the flood control was on fire. One of the young men ran home to retrieve a fire extinguisher, while the other stayed, called the fire department and notified a nearby resident that there was a fire close to the property. The fire was extinguished by the Fire Department and no property damage was reported. During further investigation, a Sierra Madre Fire Captain located a destructive device. This case has been forwarded to the Detectives Bureau.

Friday, November 28th

At 1:00 am, Sierra Madre Police responded to W. Sierra Madre Blvd. regarding a disturbance

at a local bar. When Officers arrived, they were informed by an employee of the bar that two men who had been drinking in the bar, suddenly became upset and began yelling at him and fellow patrons. The two men started yelling at a group of men, at which one point one of the yelling men slapped a man in the group. The group and employee escorted both of the men out of the bar and called the police. As Officers questioned both the men, it became clear that they were highly intoxicated as they slurred their speech and struggled to keep their balance. As Officers attempted to talk to one of the men, he continually yelled and cursed at the patrons located within the bar and became uncooperative with Officers. The second man also became uncooperative and after a short struggle with Officers, both men were placed under arrest and cited for public intoxication.

Friday, November 28th

At 9:34 pm, Sierra Madre Police responded to the 30 East Block of Mira Monte Ave. regarding a vandalism report. When Officers arrived, they were informed by the victim that upon returning from the store, she noticed paint had been thrown on the front of her house. Officers noticed paint on the front walls and front of the residence, as well as paint leading down the residence's walkway. This case has been forwarded to the Detectives Bureau.

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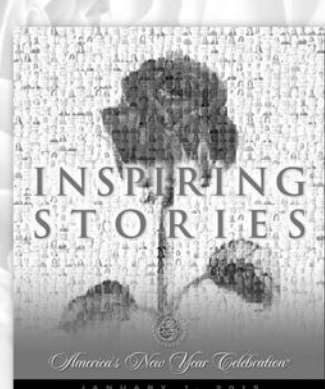
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Pasadena News Briefs Free WiFi in Old Pasadena

A four block stretch of the Rose Parade route —along Colorado Boulevard in Old Pasadena— will now have free Wi-Fi available as part of a partnership between the city and AT&T. The service is available to all users, regardless of wireless carrier, from Pasadena Avenue to Arroyo Parkway. City officials said the wireless hotspots are located at 14 access points in public common areas in Old Pasadena. Users can access the Wi-Fi network by searching for the SSID “attwifi.”

Pasadena Couple Cleared of Starving Daughter to Death

A Pasadena couple, arrested last year in the country of Qatar in connection with the malnutrition death of their 8-year-old daughter, arrived home Thursday after an appeals court cleared them of any wrong doing.

“I am thrilled to announce that the Huangs are leaving Qatar after having the travel ban lifted,” said Justin Brooks, Director of the California Innocence Project at California Western School of Law in San Diego. “They are innocent, they have been proven innocent, and they will finally be reunited with their children.”

According to reports, Matthew and Grace Huang were first charged with premeditated murder accusing the couple of buying children, starving them, to later sell their organs on the black market—the offense is punishable by death.

A family member said cultural misunderstandings led to the ordeal.

PCC Fires Police Chief, Looks for Replacement

The Pasadena City College Board of Trustees voted late last month to fire police chief Don Yoder after placing him on paid administrative leave pending a conduct investigation in May.

PCC Trustee and Board President Anthony Fellow said the reasons for the decision over Yoder’s termination are confidential. The decision was made at a Nov. 17 meeting.

Gail Cooper, legal counsel for the college said Sgt. Steven Matchan is serving as acting chief of police until a permanent chief is selected.

Pet of the Week



Juno is a 4-year-old brown tabby shorthair cat. Juno loves attention and enjoys being pet. She may be a little bit shy at first, but very sociable and friendly once she gets to know you!

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 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.

City Spreads the Holiday Cheer with Tree Lighting, Santa Village

Pasadena Mayor Bill Bogaard (pictured right) lit the official city “Holladay” tree for the last time as mayor during a ceremony Friday night that included honoring him for his service.

During the celebration Santa Claus made his way there riding on a city fire truck. Event goes were able to get photo (pictured right bottom) with him.

Councilmembers, Jacque Robinson (pictured right), Terry Tornek and John Kennedy also attended the event.

The Pasadena Fire Department also collected new, unwrapped toys as part of the annual “Spark of Love” Toy Drive.

The event will be rebroadcast during the holidays on Charter Channel 3 and Channel 99 for AT&T U-Verse or online at www.pasadenamedia.org.



Fire Department Offers Christmas Tree Safety Tips



Christmas trees are among the most flammable items in homes and businesses at this time of year. A dry tree may literally explode and be consumed by fire in a matter of seconds.

When the trees are placed in any area where the public may gather, the California Code of Regulations requires that they be treated with a flame-retardant solution or process approved by the State Fire Marshal.

The Pasadena Fire Department requires that the following regulations be observed regarding the use of Christmas trees in areas of public assemblage, including schools, institutions, retail stores, public areas in hotels, apartment houses, and office buildings:

- Flame retardant, applied by an operator licensed by the California State Fire Marshal’s Office, is required for all holiday trees in public buildings.

- Per the fire code, trees and other decorations cannot block or obstruct any exit way or pedestrian path of travel.

- The tree shall bear a tag approved by the California State Fire Marshal’s Office indicating the date, type of retardant, name of the concern that applied the retardant and

the license number.

- Candles are prohibited on trees and wreaths.

- Wreaths must be properly treated with a flame retardant approved by the State Fire Marshal’s Office and so tagged.

- The support device that holds the tree is an upright position must be of a type that is stable and of adequate size to avoid tipping over of the tree and capable of containing enough water to cover at least two inches of the tree stem.

- The bottom of the trunk must be immersed in at least two inches of water at all times. Immediately prior to immersion, the trunk must be cut off at least one inch above the original cut.

- No readily combustible materials may be placed on, under or within four feet of the maximum horizontal projection of any tree, including live specimens.

- No tree or decoration may be displayed in a way that impedes or affects any exit.

- No tree may be displayed for more than 30 days.

- Only use electrical lights that are UL listed for use on indoor trees. The Fire Department recommends that low-heat mini-lights be used for all trees.

For more information call

Free December Events at Pasadena Senior Center

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

Cactus Garden Project – Dec. 12 and 16, from 1:30 to 2:30 p.m. Help eighth graders from Westridge School for Girls create a cactus garden in the courtyard patio at Pasadena Senior Center. Bring your creativity and garden tools! To volunteer, contact Raul Martinez at 626-685-6706 or raulm@pasadenaseniorcenter.org.

Friday Movie Matinees – Fridays, Dec. 12 and 26, at 1 p.m. Movies can take us to other places and times like nothing else. Dec. 12: The Red Shoes (1948) starring Moira Shearer and Anton Walbrook. Dec. 26: “Miracle on 34th Street” (1947) starring Edmund Gwenn and Natalie Wood.

Coin Collectors Workshop – Monday, Dec. 8, at 4 p.m. Coin expert Charles Leatham will evaluate coins and provide tips on the best ways to sell them and how to learn more about their history. He will also give away books on coins and raffle off silver coins.

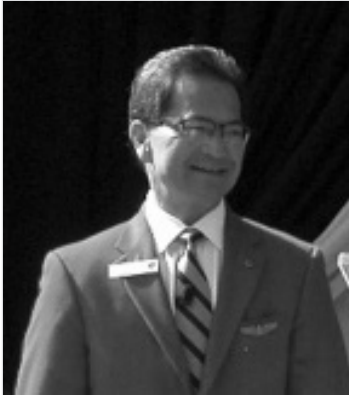
U.S. Wars After 1945 – Mondays beginning Dec. 8,

from 3 to 5 p.m. This reading and discussion group will focus on U.S. foreign policy after World War II and the involvement by the U.S. in five wars since 1945. A relevant book will be assigned each month and discussed at group meetings. Sessions will be led by Kenneth Barkin, professor emeritus of history.

Learn How to Use Metro – Thursday, Dec. 11, from 9:30 to 11:30 a.m. Learn how to use Metro buses and trains safely and discover where you can go! After a 30-minute presentation, participants will go next door to the Metro Gold Line Memorial Park Station to learn how to use TAP card machines and then board the train, travel the distance of two station stops and return. For more information call 626-685-6730.

Understanding Parkinson’s Disease – Thursday, Dec. 11, at noon. One million people in the U.S. have Parkinson’s Disease and more than 50,000 new cases are diagnosed annually. Learn the symptoms and what to expect, how to get care and deal with activities of daily life and quality of life issues. A boxed lunch will be provided to the first 50 people who have made confirmed reservations at 626-795-4331.

Chamber Honors Tournament President



The Pasadena Chamber of Commerce honored Tournament of Roses Association President Richard Chinen Thursday at the organization’s annual President’s Breakfast.

Chamber members, friends and the general public were invited to share Inspiring Stories, the theme for the 2015 Tournament of Roses. Honored guests included the Royal Court, as well as Tournament presidents past, present and future.

Chinen shared his experiences representing the Tournament and Rose Bowl Game.

Chinen has been a volunteer member of the Tournament of Roses Association since 1989 and was elected to the Executive Committee in 2007. Throughout his extensive Tournament career, Mr. Chinen has served on and chaired various committees including Alumni, Float Entries, Judging and Queen and Court.

Chinen was born in Tokyo and raised in Hawaii.

Library Opens Author Fair Sign Ups

Pasadena Public Library will host their Second Annual Author Fair on Saturday, February 21, 2015 from 10 a.m. to 2 p.m. at Central Library, 285 E. Walnut Street. If you are interested in participating in the upcoming Author Fair, please sign up at www.pasadenapubliclibrary.net/author_fair_2015/. There is no fee to participate. Space, however, is limited. Registration is on a first come/first served basis. Each author will receive display space to promote his/her book. There will also be author readings, interactions and panels offered in the Studio on 4th. Authors may sign up for a ten minute time slot. If you are interested in participating in one of these, please indicate so when you register. Display space and author readings, interactions and panel assignments will be made by Pasadena Public Library staff. Participating authors must be residents of the San Gabriel Valley and have published a book.

Pasadena Named as a ‘Top Ten’ Digital City

Pasadena recently was named as one of the “Top Ten” digital cities in the nation by The Center for Digital Government. This was the first time Pasadena has been recognized as a technologically progressive and innovative city when compared to other cities of similar population size as part of the 2014 Digital Cities Survey, www.digitalcommunities.com/survey/cities/?year=2014.

Pasadena ranked eighth in the 2014 survey for cities with a population between 125,000 – 249,999 residents.

“Pasadena is investing in many technology initiatives to improve service delivery to residents and increase citizen engagement,” said Phillip Leclair, Chief Information Officer. “The survey’s focus on transparency, open government and data, and mobile applications aligns directly with the City’s digital strategy. This award is a great honor and an outstanding achievement for the City.”

The Center for Digital



Government is a national research and advisory institute on information technology policies and best practices in state and local government.

“This year’s Digital Cities’ winners brought about impressive change across all aspects of government by leveraging information technology investments to expand open government, citizen participation and shared services,” said Todd Sander, Executive Director of the Center for Digital Government.

Residents Invited to Job Recruitment for Pipe Fitters



The City of Pasadena is hosting an apprenticeship recruitment on Wednesday, Dec. 10, 2014, at 8:30 a.m. at City Hall, 100 N. Garfield Ave., for Pasadena residents interested in working on the Glenarm Repowering Project as union pipe fitters.

The recruitment will be held in the City Hall Grand Conference Room, Basement S038. Parking will be validated for attendees who park at the Paseo Colorado parking garage, 300 E. Colorado Blvd. The recruitment event is provided through the City’s “Pasadena First: Buy Local” initiative.

As part of its long-term power supply plan, the City is replacing an aging power generating unit at the historic Glenarm Power Plant with more efficient and environmentally friendly technology. The upgrade will reduce the plant’s emissions, improve reliability and provide a backup for intermittent renewable resources, such as wind and solar.

An agreement between the project’s prime contractor and the unions calls for at least 25 percent of the project’s payroll to be allocated for Pasadena residents. At least 15 percent of the subcontracting and procurement is designated for Pasadena businesses.

As of Oct. 10, 2014, Pasadena residents accounted for 32.5 percent of the reported certified payroll, and Pasadena businesses accounted for 27.3 percent or \$451,208 of the total contracting and procurement.

During the recruitment event, Pasadena residents can learn about two union pipe fitter apprentice programs:

Steamfitter and Industrial Pipefitter Apprenticeship Training Program provides on-the-job training and technical instruction. For application information, call (310) 323-4475.

Sprinkler Fitters UA Local 709 Joint Apprenticeship Training Center provides training to install and service fire suppression systems in commercial, residential, and industrial sites. For details call (562) 907-7622.

Hundreds of Pasadena job seekers have already registered for job referrals with help from Flintridge Center, Foothill Workforce Investment Board, Los Angeles Urban League and Women at Work. Visit PWPweb.com/GT5 for more information about this event.

For more information about PWP, visit www.PWPweb.com or follow @PWPnews on Twitter.

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

Studio Camera & Floor Manager

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

Producers Training

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

Pasadena Social Media Group

Tuesday December 9 at 7:00 p.m. - 8:30 p.m.

Citizen Journalism Training

Wednesday December 10 at 6:30 p.m. - 8:00 p.m.

Audio Basic Training

Thursday December 11 at 6:00 p.m. - 8:00 p.m.

ARCADIA

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia



ALA President, Kaye Kinsler, and Event Chair, Nicole Pham, with members Suzanne Warren and Robin Graney receive over 950 books donated by Benny Sanchez, Vice President, and staff of Chase Bank.

ASSISTANCE LEAGUE® OF ARCADIA PARTICIPATES IN MAKE A DIFFERENCE DAY

The Assistance League of Arcadia members were among the millions of volunteers across the nation who participated in the annual Make a Difference Day. The common mission is to improve the lives of others by caring projects, either as individuals, groups or organization, that impact the lives of others. For more than 20 years, USA WEEKEND Magazine, in collaboration with Points of Light, has made Make A Difference Day, the largest national day of community service. It is celebrated each year on the fourth Saturday in October.

During the 2014 Make a Difference Day the Assistance League of Arcadia joined in this effort by holding a children's book drive. All the books collected to be distributed to needy children in the local school districts through its Operation School Bell Program. A heartfelt thanks to Chase Bank LA Central Market, whose employees donated the bulk of the 950 books collected during the October 2014 Book Drive. We also give special thanks to Benny Sanchez, Chase Arcadia Branch Manager, for helping organize this Drive and arranging our collection of the donations

CARRIAGE RIDES, RESTAURANTS AT CHRISTMAS MARKET DEC. 6, 13, 20

Free Downtown Arcadia rides courtesy of MW Development

ARCADIA, Ca. – Free horse-drawn carriage rides will be offered for the first time in Downtown Arcadia on Saturday evenings, Dec. 6, 13 and 20, courtesy of sponsor MW Investment Group.

The rides are a new element of the second annual Christmas Market presented by Arcadia's Best Foundation in association with the Arcadia Improvement Association. Also new to the market from 5-9 p.m. Saturdays on First Avenue between Huntington Drive and Wheeler Street will be local restaurants Matt Denny's Ale House, La Luna Negra, and Stacked Sandwich offering specialty food and beverages for purchase. Other vendors, food trucks and business vendors will also offer a plethora of delicious holiday fare.

A horse-drawn white wagonette provided by G and F Carriages in Bloomington, Ca., will take riders through Downtown and past the new Arcadia Transit Plaza featuring a lighted clock tower. Sponsor MW Investment Group is owned by local developer Matt Waken, whose Walbern Developments has been involved in the building of several prominent commercial buildings in Arcadia, among many other residential, commercial, and retail projects in Southern California.

The Christmas Market, which features blowing snow, free horse-drawn carriage rides, Dickens Christmas carolers, more than 50 holiday food and merchandise vendors, Santa Claus posing for photos at a classic fire truck, inflated jumpers for kids, and live bands, is sponsored primarily by the Foothill Gold Line, as well as Forest Lawn. Horse carriage rides are free courtesy of MW Investment Group. Waste Management provides trash services. Additional support comes from the City of Arcadia, Matt Denny's Ale House Restaurant, Marie Taylor of NAI Capital, and attorney April A. Verlato.

The event is produced by Family Festival Productions in association with Wayne Tay and Town & Country Event Rentals.

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

ARCADIA POLICE BLOTTER

For the period of Sunday, November 23th, through Saturday, November 29th, the Police Department responded to 836 calls for service of which 114 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, November 23:

Just before 1:06 a.m., an officer conducted an enforcement stop on a vehicle in the area of Live Oak Avenue and Sixth Avenue for speeding. The officer immediately detected a strong odor of alcohol emitting from the driver's breath. An investigation revealed the 21-year-old Hispanic male was under the influence of an alcoholic beverage. He was arrested and transported to the Arcadia City Jail for booking.

At approximately 6:34 a.m., an officer conducted a DMV check on a vehicle in the area of Baldwin Avenue and Duarte Road. The officer discovered the vehicle had fake registration tags and the driver had never been issued a license. The 24-year-old Hispanic male was arrested and transported to the Arcadia City Jail for booking.

Monday, November 24:

At about 1:20 p.m., an officer conducted a traffic stop on a vehicle in the 200 block of West Huntington Drive for driving on the wrong side of the road. A records check revealed the driver had a suspended license due to a recent DUI. The 23-year-old Hispanic male was cited and released in the field. The vehicle was impounded for 30 days.

At approximately 1:40 p.m., officers responded to a residence in the 800 block of Balboa Drive regarding a suspicious circumstances report. The 65-year-old White female heard her doorbell ring and saw an unknown Black female open her mail slot for approximately three minutes. She then saw two Black males exit a grey sedan parked in her driveway. After being confronted by the victim, the male subjects returned to their vehicle and fled westbound on Palo Alto Drive.

Both male subjects are described as being in their 20's, approximately 5'10" tall, thin builds, and wearing dark clothing. The female subject is described as being in her 20's, approximately 5'8" tall, thin build, long black dread locks, and wearing dark clothing. The vehicle is described as a newer model Toyota or Nissan four-door sedan, charcoal grey in color. The investigation is ongoing.

Tuesday, November 25:

Around 12:57 a.m., an officer conducted a traffic stop on a vehicle in the area of Santa Anita Avenue and Santa Clara Street for expired registration. An investigation revealed the driver, a 26-year-old White female, refused to provide a driver's license and instead, falsely impersonated her sister because she had four outstanding misdemeanor warrants. The driver was also in possession of methamphetamine and drug paraphernalia. She was arrested and transported to the Arcadia City Jail for booking.

Just after 7:35 p.m., an officer conducted an enforcement stop on a vehicle in the area of Huntington Drive and Santa Anita Avenue for speeding. Upon contacting the driver and inspecting the vehicle, the officer noticed the driver had installed aftermarket parts that placed the vehicle out of compliance. The 21-year-old Asian male was cited and released in the field. The vehicle was impounded for 30 days.

Wednesday, November 26:

Shortly after 10:23 a.m., officers responded to JCPenny at the Santa Anita Mall, 400 South Baldwin Avenue, regarding a theft report. Surveillance footage revealed an employee of the store concealed several items of merchandise in a shopping bag and exited the store without making payment. The 19-year-old Hispanic male was arrested and transported to the Arcadia City Jail for booking.

At about 10:26 p.m., an officer responded to the intersection of Huntington Drive and Baldwin Avenue regarding a hit and run collision resulting in injury. As Party-2 slowed to make a right turn, Party-1 rear-ended Party-2 because the driver was distracted and texting on his phone. After the collision, Party-1 turned off his headlights, fled the scene, and ran a red light. Party-1 was later identified by a records check of the license plate. The officer contacted Party-1 who admitted to being distracted while texting and fleeing the scene. Arcadia Fire responded and transported a passenger of Party-2 to Arcadia Methodist Hospital for treatment. Investigation is ongoing.

Thursday, November 27:

At approximately 6:02 p.m., an officer responded to the intersection of Second Avenue and Santa Clara Street regarding a subject yelling and throwing objects. A records check revealed the subject had an outstanding felony warrant. The 47-year-old White male was arrested and transported to the Arcadia City Jail for booking.

At about 11:17 p.m., an officer responded to a parking lot at the

intersection of Santa Anita Avenue and Huntington Drive regarding a male subject walking in the street. The 59-year-old Hispanic male exhibited signs of public intoxication. Due to medical conditions, Arcadia Fire and Monrovia Fire responded and transported him to Arcadia Methodist Hospital for treatment prior to booking.

Friday, November 28:

Just after 2:15 a.m., an officer responded to Macy's in the Santa Anita Mall, 400 South Baldwin Avenue, regarding a theft report. Surveillance footage revealed a 53-year-old White female concealed numerous items of merchandise while in the fitting room and exited the store failing to make payment. She was arrested and transported to the Arcadia City Jail for booking.

Around 11:15 a.m., an officer responded to the 600 block of Duarte Road regarding a vehicle burglary. The officer determined an unknown subject smashed the front driver-side window of a 2010 Volkswagen Jetta between the hours of 8:00 a.m. and 11:00 a.m. The loss was unknown at the time of the report. No suspects were seen and no witnesses were located. The investigation is ongoing.

Saturday, November 29:

Just before 5:23 a.m., an officer responded to Motel 6, 225 Colorado Place, regarding a battery report. An investigation revealed an unknown Black male, approximately 25 to 35-years-old, roughly 5'10" tall slapped his female companion across the face while in the hotel lobby. The female victim consensually left with the suspect in a silver vehicle. The officer was unable to locate either party or the vehicle. The investigation is ongoing.

At approximately 11:24 p.m., an officer was flagged down by a 17-year-old White male victim who had just been robbed in the area Foothill Boulevard and Second Avenue. The suspect casually asked if he had a debit card on him, when the victim indicated he did, the suspect produced a small black folding knife and threatened to stab or cut the victim if he did not follow the suspect to an ATM. The victim complied and the suspect fled southbound on Second Avenue on a Razor scooter with \$20.00 cash.

The suspect is described as a Hispanic male, approximately 25-years-old, 5'9" tall, 150 pounds, with short, dark buzz-cut hair and a goatee. He was seen wearing a grey and black hooded sweatshirt or windbreaker with vertical stripes.

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.

Traffic Collision

On November 25 at 1:31 p.m., police received a call reporting a possible rollover traffic collision which impacted a utility pole in the 800 block of East Huntington. Officers arrived and found the female driver of an SUV still in the vehicle and she appeared injured. She was treated by Monrovia Fire Department paramedics and Southern California Edison was called out to attend to the damaged utility pole. Wires from the pole struck a parked vehicle and caused minor damage. The driver was taken to a hospital for medical evaluation. The officer completed a DMV driver reevaluation form.

Vehicle Burglary

On November 26 at 10:06 a.m., an officer was dispatched to the 1000 block of Royal Oaks on the report of a vehicle burglary. Unknown suspect(s) smashed the window of a vehicle parked inside an apartment complex sometime overnight. The suspect(s) stole a backpack containing a laptop computer. The investigation is continuing.

Domestic Violence – Suspect Arrested

On November 26 at 12:30 p.m., an officer responded to a residence in the 1100 block of Royal Oaks on a domestic violence incident. A married couple was involved in a heated argument that escalated. The wife struck her husband on the head with a cast iron skillet and threw a flashlight at his face, causing lacerations. The husband was treated at the scene by Monrovia paramedics, but he declined to be taken to a hospital. The wife was arrested for spousal abuse.

Felony Vandalism

On November 27 at 7:59 a.m., a vehicle was reported vandalized in the area of Canyon and Colorado. The victim said his vehicle was parked on the street and unknown suspect(s) broke out his rear window and driver's side window. The investigation is continuing.

Vehicle Burglary

On November 27 at 8:14 a.m., an officer was dispatched to the 600 block of West Foothill regarding a vehicle burglary. The victim parked and locked his vehicle in the rear carport of his complex. Overnight, unknown suspect(s) smashed the driver's side rear window to gain entry. The suspect(s) stole an iPod from the center console cup holder and ransacked the vehicle. The investigation is continuing.

Vehicle Burglary

On November 27 at 11:38 a.m., an officer responded to the 200 block of South Violet regarding a vehicle burglary. The victim parked and locked their vehicle in the rear carport. The suspect(s) smashed the driver's side rear door window to gain entry and took a backpack that was left in the vehicle. The investigation is continuing.

Stolen Vehicle

On November 28 at 11:32 a.m., an officer was dispatched to the area of Bella Vista and Alta Vista regarding a stolen vehicle. The victim parked his vehicle at the location around midnight. When he returned to the vehicle the next day, he discovered the vehicle missing and reported it stolen to police. The vehicle is a 1989 Toyota Camry. The investigation is continuing.

Outstanding Warrants – Suspect Arrested

On November 28 at 1:00 p.m., an officer was on patrol in the 100 block of West Lemon when he saw a known subject walking in the area. The officer had prior knowledge that the subject had outstanding warrants for his arrest. The officer contacted the subject and confirmed the warrants. He then arrested the subject and took him into custody, where he remained pending his court appearance date.

Possession of a Controlled Substance / Possession of Drug Paraphernalia – Suspect Arrested

On November 28 at 3:37 p.m., Special Enforcement Team officers were on patrol in the area of Fifth and Huntington, when they stopped a motorist for a vehicle code violation. Upon contacting the driver, they discovered she had two outstanding no-bail warrants for her arrest. The driver gave verbal consent for the officers to search her vehicle. The officers located heroin and drug paraphernalia inside the vehicle. The driver was arrested and taken into custody. The driver was also found to have methamphetamine concealed in her clothing.

ARCADIA POLICE UNCOVER GROW HOUSE



As a result of the Arcadia Police Department's, "See Something, Say Something" program, an alert resident notified the Police Department of suspicious activity surrounding a residence in the 400 block of East Wistaria Avenue. Arcadia Police Officers and Detectives conducted an investigation. On Thursday, December 4, 2014, at about 3:00 PM, Detectives obtained and served a search warrant at the home for an illegal indoor marijuana cultivation.

Once inside the residence, Arcadia Detectives searched the home and found the majority of the residence being used as a sophisticated, indoor marijuana grow operation. Approximately 250 mature marijuana plants were being grown in bedrooms and in a converted garage. The grow consisted of multiple rooms with lighting, ventilation, electrical wiring, irrigation and drying bins strewn throughout the residence. It appeared the electrical set-up

was bypassing the meter and also tapping directly into electrical service. There was no evidence of this being a medical marijuana related grow and nobody was located inside the dwelling.

This case is currently being investigated by Detectives from the Arcadia Police Department. Anyone with information on this incident is encouraged to contact the Arcadia Police Department at (626) 574-5151, case #14-5789.

If you prefer to provide information ANONYMOUSLY, you may call "Crime Stoppers" by dialing 800-222-TIPS (8477), texting the letters TIPLA plus your tip to CRIMES (274637), or using the tip web page at Los Angeles Regional Crime Stoppers.

LET THE SEASON BEGIN!



This holiday season got off to an 'angelic' start with performances by the Pre-K, Kindergarten, First, Second and Third graders at Sierra Madre Elementary School. Former Principal Gayle Bluemel directed the show. Pictured above are the first grade classes. Watching over all the performers in the top right hand corner was a very special guest!

CHOOSING THE RIGHT TOYS THIS HOLIDAY CAN HELP KIDS MEET DEVELOPMENTAL MILESTONES

(StatePoint) This holiday season, keep in mind the notion that what your children play with can have a large impact on their interests and brain development. So when it comes to a walk down the toy aisle, parents are becoming more discerning, leading smart toymakers to design toys with a learning component that's equally as important as the fun.

VTech, a world leader in age-appropriate and developmental stage-based electronic learning products for children, works with a team of child development experts to assess toys and provide feedback before reaching store shelves.

The members of VTech's Expert Panel are offering some helpful holiday shopping hints to parents looking to foster their child's love of learning:

- Add it up: "Mathematical foundations provide the building blocks for future mathematical success, both in school and beyond," says Dr. Francis (Skip) Fennell, mathematics educator.

"Toys that emphasize numbers, counting and beginning concepts with whole number operations will develop, support and encourage these crucial concepts and skills."

The Count & Chomp Dino, for example, introduces children to numbers, colors, shapes and foods.

- Age-appropriate: "Children's brains are developing at a remarkable speed," says Dr. Lise Eliot, an early childhood development expert. "Their toys should keep up with that growth."

Keep kids challenged with educational toys that are age-appropriate, so they are never bored or frustrated. Consider child-sized, kid-friendly tablets, such as the InnoTab MAX, that are packed with educational, stage-based learning content.

- Full STEAM ahead: Science, technology, engineering and mathematics (collectively known as STEM) have gained more visibility in schools, along with the addition of arts to form STEAM.

However, says Dr. Carla C. Johnson, science and STEM expert, "It is still crucial to cultivate skills in these subjects and implement them in everyday learning. Educational toys can help kids develop self-confidence in the use and application of these important disciplines."

- Build vocabulary: "Children absorb new information like sponges. Take advantage of their blossoming interests with interactive toys that highlight letters of the alphabet, the sounds letters make and vocabulary," says Dr. Deborah Sharp Libby, early childhood language and reading expert. "Above all, don't forget the importance of reading to and with your children often!"

- Choose wisely: "Don't get carried away with the bells and whistles. You and your kids will quickly look past those. Instead, look for toys that actively engage your kids through technology, by deeply integrating games and learning," says Dr. Eric Klopfer, platform learning expert.

Remember, each child grows at his or her own pace, and there are few hard and fast deadlines when it comes to a child's milestones. For a detailed guideline, sorted by age group and area of development, along with other free parenting resources, visit www.vtechkids.com/milestones.

With toys as tools for learning, you can help children as they reach their educational and developmental milestones.

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Events

December 9
Information Session
9:15 - 10:15 am

December 17
Lessons and Carols
7:00 pm
St. Rita Church,
318 N. Baldwin Ave.
Sierra Madre

January 10
Open House -
Orientation 10:00 am
Classrooms Open
10:30 - 12:00 pm

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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@bcsllions.org
website: www.bcsllions.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

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THE REEL DEAL: by Ben Show

MOCKINGJAY PART ONE



The last two 'Hunger Games' movies have had the actual Hunger Games to fall back on as central plot devices. The biggest question on people's mind was most likely what would 'Hunger Games' be like without the games? Would the characters and central plot be enough to carry the franchise into a totally new phase?

Katniss Everdeen (Jennifer Lawrence) must

become the Mockingjay, the figure at the front of a rebellion that she never even imagined possible. All the recent events in her life begin to culminate as everything moves into place for the final battle between the Districts of Panem and the Capitol.

'Mockingjay Part One' is the appetizer before the main dish. 'Part One' has a surprising amount of action and more than enough powerful emotional moments to keep the film moving at a good pace. There are times where it is obvious the director is stalling for time, but those moments are few and far between, and the final product is certainly a movie worth seeing.

You are hungry and you want something different, and this writer tells you to go to ROBIN'S WOODFIRE BBQ on Rosemead and you say, "I have driven by that place a thousand times and I thought it was just a coffee shop!"

Do you have kids? I do. Anyone need one until the economy picks up again? Are they well mannered? Just kidding honey, but I will need that iPhone back, with the receipt.

A certifiable winner on every Wednesday and Sunday Night is Robin's where the Kids eat for free!! I have a feeling we can all afford that one. With each adult entrée your child can eat for free from the kids menu. No kids, you say, well they also offer all you can eat Rib Tips for (\$13.95). Wow!!!

Now let's review an American favorite!!! It is also one of my personal favorites, BBQ, not the oven roasted version which Tony Roma's panders. No, Barbeque is made low and slow. Low heat and slowly cooked. There is only one authentic BBQ in The San Gabriel Valley; you guessed it, Robin's Woodfire BBQ and Grill in Hastings Ranch.

TABLE FOR TWO by Peter Dills
thechefknows@yahoo.com

Owner and head politician Robin Salzer has perfected the BBQ at his name sake. Robin, will readily admit it took a few months to perfect the BBQ at Robin's. Robin hails from Milwaukee and opened Robin's 33 years ago this month. The original menu had everything from breakfast, to pizza, nachos and little bit of the BBQ. About ten years ago Robin made the decision to go strictly BBQ. "Everyone in the neighborhood, thought I was crazy," Robin recalled. But, "I decided to stay the course". The result is some of the best BBQ in all of Southern California. The awards in the past five years include: Best of City Search, numerous Best of Awards by local newspapers, write ups in the LA Times and a feature in Westways Magazine.



Depending on the meat, each entrée is cooked between 4 to 6 hours on wood. The sauce is then put on the meat about twenty seconds before meat is done. This is done to avoid burning the outside skin of the meat.



Prices range from (\$8.95) for salads to (\$35.95) for the ultimate Garbage Can Combo. Check out my food blog for pictures www.peterdillstumblr.com The combo includes chicken, beef ribs, tri tip, baby back, spare ribs and a beef link. The garbage combo is big enough for two people

What to order: The Beef Ribs are a must!! Four rib dinner (\$19.95) and the six Rib dinner is (\$29.95). Robin tells me the ribs are notched, thus insuring extra meat. For dessert order the peach cobbler, its house made.

What to avoid: Mondays & Tuesday, the restaurant is closed. They don't take reservations on the weekends, so I suggest making the visit on a Thursday Night. No separate checks.

Four Stars. Worth the drive from anywhere in Los Angeles. Check out the website. Robinsmenu.com for updated prices and hours. 395 N. Rosemead Pasadena. (626) 351-8885

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SAUSAGE AND BROCCOLINI RISOTTO

INGREDIENTS

3 tablespoons unsalted butter
1 bunch broccolini, roughly chopped (about 8 ounces)
12 ounces sweet Italian sausage, casings removed
1/2 medium onion, finely chopped
1 medium carrot, finely chopped
1 cup arborio rice
1 clove garlic, minced
1/3 cup dry white wine
2 cups low-sodium chicken broth
1 14 -ounce can diced tomatoes
1 cup grated fontina cheese

DIRECTIONS

Preheat the oven to 450 degrees F. Heat 1 tablespoon butter in a Dutch oven or ovenproof pot over high heat. Add the broccolini and stir-fry until just tender, 3 to 4 minutes. Transfer to a plate using a slotted spoon. Add the sausage, onion and carrot to the pot and cook, breaking up the meat, until browned, about 5 more minutes. Add the rice and garlic and cook, stirring, 1 more minute.

Add the wine to the pot and cook until evaporated, about 2 minutes. Add the chicken broth, tomatoes and 1 cup water; cover and bring to a boil. Transfer the pot to the oven and bake until the rice is tender, about 15 minutes.

Remove the pot from the oven. (Don't worry if the risotto seems wet; it will thicken when you add the cheese.) Vigorously stir in the remaining 2 tablespoons butter and the cheese until creamy, 1 to 2 minutes. Stir in the broccolini and divide among bowls.

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ARTS & ENTERTAINMENT



SEAN'S SHAMELESS REVIEWS: SMASHING PUMPKINS

By Sean Kayden

The Smashing Pumpkins long standing career is sort of an anomaly. They are currently on a second wind (possible third if you consider another new

set of members with the exception of guitarist Jeff Schroeder who came on board in 2007). Tommy Lee even lends a helping hand on drums. Billy Corgan and his latest troops are back at it with "Monuments to an Elegy." It's the penultimate record in a huge long-running album cycle entitled "Teagarden by Kaleidyscope." Next year they will grace us with the final installment, "Day For Night." It started back in 2009, but it didn't catch momentum until the release of the Oceania LP in 2012. "Monuments to an Elegy" may be the Pumpkins' most grounded work in recent time. It's only 9 songs at less than 33 minutes long. It's not as epic as anything like Corgan was known for in the 90s. Those days are long gone, however, this record is not a throwaway.

In fact, it's a concise album hitting the 80s, 90s, and contemporary rock sounds. The record is loud, guitar-driven, and touches on some synth-pop. No Pumpkin's album of this era will ever match, "Siamese Dream," or "Mellon Collie and The Infinite Sadness," but that's okay. Corgan isn't resting on laurels. I completely understand not wanting to touch base on songs that are 20+ years old. The music scene has changed, the current listener has changed, and Corgan most definitely has changed. Whether you believe for better or worse is entirely up to the listener. As for right now at this very moment in time, the current sound of Corgan & company isn't half bad. Actually, it's pretty good.

"Tiberius" kicks off the album with a heavy guitar progression and hard rocking drums. Corgan's crooning vocals are present and it's one of the most boisterous tracks found on the record. "Being Beige" is a nice addition of the Pumpkin's catalogue. It's reminiscent of something from their earlier days and may be the best track here. It's a delicate pop song with buoyant electronics and melodies. "One

and All" has a huge wall of sound. It leans more toward the vibe of "Tiberius" as it's hard hitting. Then of course there's the Corgan signature touch in the final stretch with a guitar solo and pulsating drums to boot. I've never been a fan of their "hard" material, but this is the only case where I'm actually digging it tahan being turned off by it. Perhaps I've also become the different listener I mentioned earlier. "Run2Me" has 80s written all over it with

Artist: Smashing Pumpkins
Album: Monuments to an Elegy
Label: Martha's Music/BMG
Release Date: December 9th, 2014

the synthesizers, but quickly turns into something much more current with terrific guitar work and Corgan's distinctive vocals. "Monuments (the track, in this case) is another loud jam, but has a very dreamy pop feel it in the chorus section. This is the most I've heard Corgan use electronics unless you count his solo album, Future Embrace (2004). For what it's worth, it works and works well.

"Dorian" is a rad spacey pop song. Beautiful guitar work, tons of reverb and great harmonies, it's my favorite song off the record. The closing track, "Anti-Hero" just really didn't do it for me. It's another hard rock song that hardly struck a chord with me. It's not difficult to listen to, but feels a bit flat. "Drum + Fife" was just okay, nothing too special. With a few misguided turns, "Monuments to an Elegy" is still a better than average outing. I wouldn't rank it up there with Corgan's top three records, but it certainly doesn't sit with the bottom three either. However, something that's middle of the road for The Smashing Pumpkins is still far superior to what most mainstream rock albums sound like today.

Grade: 7 out of 10
Key Tracks: "Being Beige," "Monuments," "Dorian"

Jeff's Book Picks

By Jeff Brown

MORIARTY

by Anthony Horowitz

The game is once again afoot in this thrilling mystery from the bestselling author of The House of Silk, sanctioned by the Conan Doyle estate. Internationally bestselling author Anthony Horowitz's nail-biting new novel plunges us back into the dark and complex world of detective Sherlock Holmes and Moriarty - dubbed "the Napoleon of crime" by Holmes - in the aftermath of their fateful struggle at the Reichenbach Falls. Days after the encounter at the Swiss waterfall, Pinkerton detective agent Frederick Chase arrives in Europe from New York. Moriarty's death has left an immediate, poisonous vacuum in the criminal underworld, and there is no shortage of candidates to take his place - including one particularly fiendish criminal mastermind. Chase and Scotland Yard Inspector Athelney Jones, a devoted student of Holmes' methods of investigation and deduction originally introduced by Conan Doyle in The Sign of Four, must forge a path through the darkest corners of England's capital - from the elegant squares of Mayfair to the shadowy wharfs and alleyways of the London Docks - in pursuit of this sinister figure, a man much feared but seldom seen, who is determined to stake his claim as Moriarty's successor. A riveting, deeply atmospheric tale of murder and menace from the only writer to earn the seal of approval from Conan Doyle's estate, Moriarty breathes life into Holmes' dark and fascinating world.

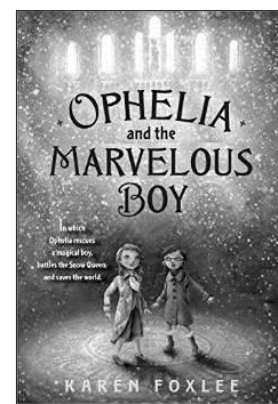
OPERATION SEA LION

by Leo McKinstry
In the summer of 1940, the Nazi war machine was at its zenith. France, Denmark, Norway and the Low Countries were all under occupation. Only Britain stood in the way of the complete triumph, and Hitler planned a two-pronged offensive—a blistering aerial bombardment followed by a land invasion—to subdue his final enemy. But for the first time in the war, Hitler did not prevail. As Leo McKinstry details in this fascinating new history, the British were far

more ruthless and proficient than is usually recognized. The brilliance of the RAF in the Battle of Britain was not an exception but part of a pattern of magnificent organization that thwarted Hitler's armies at every turn. Using a wealth of archival and primary source materials, Leo McKinstry provides a groundbreaking new assessment of the six fateful months in mid-1940 when Operation Sea Lion was all that stood between the Nazis and total victory.

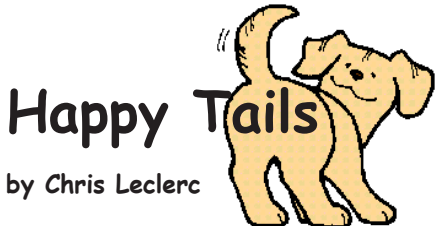
OPHELIA AND THE MARVELOUS BOY

by Karen Foxlee
Age Range: 8 - 12 years



A luminous retelling of the Snow Queen, this is the story of unlikely heroine Ophelia Jane Worthington-Whittard who doesn't believe in anything that can't be proven by science. She and her sister Alice are still grieving for their dead mother when their father takes a job in a strange museum in a city where it always snows.

On her very first day in the museum Ophelia discovers a boy locked away in a long forgotten room. He is a prisoner of Her Majesty, the Snow Queen. And he has been waiting for Ophelia's help. As Ophelia embarks on an incredible journey to rescue the boy everything that she believes will be tested. Along the way she learns more and more about the boy's own remarkable journey to reach her and save the world. A story within a story, this a modern day fairytale about the power of friendship, courage and love, and never ever giving up.



by Chris Leclerc

A FEW BASIC STEPS FOR HOUSE-TRAINING YOUR PET

Pet ownership is on the rise these days, and regardless of what “kind” of dog you choose to adopt, one thing all new pet owners have in common is the need to start off on the right paw when it comes to house-training. This necessary task doesn’t have to be as daunting as it sounds, if you set some boundaries and establish a consistent schedule from the start.

Below are a few simple pointers that I hope will help you and your new pup work through the ins and outs of basic house training. These tips are meant to be helpful in establishing a sense of structure with your new addition to the household. It is by no means a complete list of what can be done to train your dog to go out doors, and you shouldn’t assume that each of these tips will indeed work in your particular situation.

The concept of pad training is relatively new to me, and there is apparently a wide range of opinions among trainers, as to whether one should use the pee-pad during the puppy’s initial house training experience. Many say it was the best thing that ever happened, while others say it became somewhat of a crutch. My advice is that you use common sense and try to understand what is going on in the mind of your dog, as I believe that is key to any bonding or training experience you will share with your four-legged furry friend.

Timing is everything - Puppies do best on a regular schedule. Lead your puppies to the pad frequently, as they will need to relieve themselves at least six times a day. Follow the same path to the pad every time. The process will require your full attention for a few weeks, but the effort you put into it now will last for the rest of your pet’s life.

Dine and dash - If you establish set mealtimes, your pets will need to relieve themselves on schedule as well. Keep tabs on when your dog relieves himself during training. Use that timing to get your dog accustomed to going outside or using the training pads.

Relaxation room - Dogs like their own den, and a proper-sized crate for your dog is all the space it needs for downtime. Have your dog or puppy sleep in the crate at night and when you are not home during training.

Separate spaces - Set up the training pad in a special area away from the crate and food. Consider using special trays designed to hold training pads to keep the pad in place and deter dogs from playing with the training pads.

Treat time - Use the same treat every time your pet does the right thing during house-training for positive reinforcement. Rubbing its nose in its feces may make matters worse and could cause your dog to hide when it’s time to go.

Go green - Consider environmentally friendly training pads such as Eco-Care Training Pads made by Simple Solution. They are made from 85 percent recycled material, saving landfills from

over 400 tons of waste every year. While reducing landfill waste, they also maximize absorption, holding two times more liquid than leading pad brands and using polymer technology to convert liquid to gel, locking in moisture and preventing leaks. The pads are designed with odor neutralizers to eliminate tough urine odors and can be used with litter box mats, as a dog crate liner, as car seat covers and to clean up messy spills. Today, more owners use potty pad training when they have limited outdoor areas. For more information, visit www.simplesolution.com. There are several other pad manufacturers that now offer eco-friendly products, so you will want to take the time to find the right product for you and your pup.

Training assistance - Many pet owners find it helpful to include some basic behavioral training concurrent with puppy house training, to promote a stronger sense of structure and communication with the dog. Thankfully, there are a lot of good trainers available in the Pasadena/Sierra Madre area. Some dog trainers even make house calls, which adds the cutting edge advantage of one-on-one attention in the convenience of your own home.

The Pasadena Humane Society offers a variety of evening and weekend training courses at their facility on Raymond Avenue. The certified instructors at PHS are qualified to train dog and master as a unit. Owners are then able to take what they learn with them and continue to use the same techniques at home. For more information about training classes at Pasadena Humane Society, visit www.phsspc.org or call 626-792-7151.

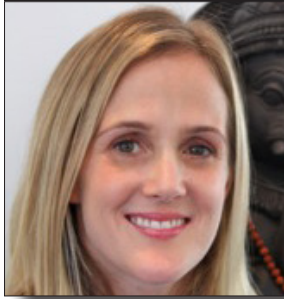
Whichever route you choose to take and whatever technique you choose to apply in training your puppy or your dog, for the best results it is very important to be consistent in your routine. Also, when it comes to your use of commands and rewards, limit your vocabulary to only a few, single syllable terms, and strive to offer lots of petting and verbal praise as a reward, in lieu of snacks or treats. If you start early enough (in my opinion it’s never too early to start training) you will be doing your



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HEALTHY LIFESTYLES



THE JOY OF YOGA YOGA AT WORK

dread for some. We wish the weekend were just one day longer. Ha! Well, what can we do to lessen the stress we feel at work? Yoga, of course! It’s possible to inject a little fun and relief during those stressful workdays. Taking time out for a brief practice can bring clarity and increased productivity to our workday.

Here are a few poses and breathing practices to get you started:

1. Breathe: Take 10 deep breaths at the top of each hour. It’s sounds silly, but in yoga, we learn how to breathe. Inhale and exhale through the nose, evening out the length of inhale and exhale. Inhale all the way down to the belly, and let the belly decompress upon exhale.

2. Shoulder Rolls: Resting comfortably in your chair, squeeze your shoulders as close to your ears as possible, then roll the shoulders down the back and away from your ears. Continue to make a circular motion with the shoulders, forward, then back down and away.

3. Dynamic Standing: Stand up, feet together or hip distance. Inhale, lift arms in line with the

ears, exhale, and lower arms by the sides. Repeat 6-8 times. Stand like a tall (like a mountain) afterwards.

4. Forward Bend: From a standing position, place your hands on your hips, flex your knees, and upon exhale, fold over, laying the belly toward the thighs. It’s so important to keep your knees bent to avoid strain on he lower back. Stay in the forward bend for 6-8 complete breaths.

5. Hip Opening: Come to sit in a chair and place your feet hip distance on the ground. Cross your right ankle on top of the left thigh (towards the knee). Make sure to flex the foot that crossed over. Sit up tall, and lengthen the spine. Sit for about 6-8 breaths and switch sides.

The practice above will help to break up tightness accumulated from sitting for a long period of time. Someone doing a job that requires physical labor would benefit from this practice as well. Always use common sense when trying any yoga practice outside of the guidance of a trained instructor and listen to your body! All five steps can be done in order, or you can just take one of them. Just breathing with full conscious attention will change the course of the day for the better. Enjoy!

Namaste, and see you after work at Yoga Madre!
Keely Totten

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JUST FOR BEST FRIENDS

LOOKING FOR A BEST FRIEND??

Looking For A Best Friend?? Squirt is a 6 ½ pound terrier mix estimated to be about 6 months old. He is an adorable buff colored puppy with a charming underbite that only gives him more charm.

Squirt has a friendly, happy personality, and loves people. He is very affectionate and will settle in a lap for some cuddling before going off in search of adventures and playtime. He has a lot of puppy energy and likes to keep moving.

Squirt enjoys going for walks. He is still very young and hasn’t had much leash training, but he is a fast learner, and catches on quickly. He would benefit from some training to help channel his energy in the right direction.

Squirt has a curious nature and a healthy interest exploring the world around him.

Squirt and his kennel mate spend most of the day romping and playing together. He loves to play with toys as well as with other dogs. He seems to get along with all the other dogs he has met at the shelter as well.

Squirt would love to be part of an active family who can give him the love, attention and exercise



he needs. He would do best in a home with a yard with space to run and play, as well as a family who will take him on daily walks. He would enjoy having another dog as a companion and playmate.

Come in to meet Squirt to see if he would fit into your family. He is sure to put a smile on your face when you see him in action.

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

Tunas.

To arrange a ‘Meet and Greet’ with Squirt, please stop by any time from 10:00am to 4:30pm Tuesday thru Sunday.

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

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

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DON’T BE IN A HURRY TO GROW OLD



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

It is often said that the eyes are the window to the soul but your face is a window to how healthy you have lived. Premature aging makes us look tired, older than we are and less vital.

Think about it, don’t you love being around people who make you happy, who get excited about life? They seem fresh and energetic.

We are all going to age and look older.

After all, the opposite of aging is death and most of us are not in a hurry for that to happen. There are a lot of thing we can do to prevent premature aging. Our diet and lifestyle pay a huge role in how fast our face ages.

Here are 5 things you can do to prevent premature aging of you face.

- Don’t smoke, quit smoking and stay away from those who do smoke. There is probably nothing

that ages the face faster than smoking. The nicotine causes narrowing of the blood vessels in the outermost layers of your skin impairing blood flow to your skin. This causes your skin to get less oxygen and important nutrients, such as vitamin A and C. The chemicals in cigarette smoke also damage collagen and elastin, which will cause the skin to sag and wrinkle. This happens from second hand smoke too.

- A poor diet will contribute to premature facial aging. We need to take in antioxidants from the foods we eat, namely fruits and vegetables. It is important to eat a wide and colorful variety of fruits and vegetables.

- Avoid excess sun, mainly between the hours of 10 and 2 but don’t avoid the sun all together. Protecting your face from sun is fine but we need to have some sun exposure to unprotected skin on a regular basis so that our bodies can make Vitamin D which will aid in keeping us youthful.

- Avoid harsh elements. It is a good idea to protect the delicate skin on your face from extreme cold and wind. Both wind and cold will zap the moisture out of your skin.

- Keep your body well hydrated with water. Our bodies are roughly 70% water and when we are dehydrated our skin suffers quickly.



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LORI KOOP

create*
Coaching for Creatives

by Lori Koop

We are a mystery, even to ourselves sometimes. It’s because we are constantly unfolding. Evolving. When I was young, I imagined being “grown up” so differently. I thought once I hit a certain age, I’d be “there.” I’d know with certainty who I was, what I was here to do, and I’d be doing it.

Clearly, it didn’t work like that for me. And it probably didn’t for you either. I never woke up to “the answers.” At 52, I’m still forming, deciding, discovering. Every choice brings me to a new understanding of myself and my path. If I remove the judgment of “right” or “wrong,” it’s simply a journey. My journey.

So many of us think we’ve done something wrong, if we are not in that perfect life we imagined. We blame ourselves for wrong decisions and wish we could go back. But what

if there were no mistakes. We certainly can’t go back and change anything. What if we’re right where we’re supposed to be. Imagine it for a second. If we weren’t fighting the past, we would be available to create anything today.

Hmmm. So, what do you want to create? What needs to change? Listen closely. Follow your spirit. Because what you need has always been right there.

.

LORI KOOP : Helping women create financial independence doing what they love. Schedule a complimentary session: www.LORIKOOP.com or call 626-836-1667. I’m here writing every other week. (Location: 47 E. Montecito Avenue, Sierra Madre)

WHO SHOULD BE SCREENED FOR LUNG CANCER?

Dear Savvy Senior:
What can you tell me about lung cancer screenings? My husband was a long-time smoker, but quit many years ago, so I'm wondering if he should be checked out. Concerned Spouse



Dear Concerned:

According to recent recommendations from the U.S. Preventive Services Task Force – an independent panel of medical experts that advises the government on health policies – if your husband is between the ages of 55 and 80, is a current smoker or quit within the last 15 years, and has a smoking history of at least 30 pack-years, he's at high risk for lung cancer and should talk to his doctor about getting screened.

Pack years are determined by multiplying the number of packs he smoked daily by the number of years he smoked.

You'll also be happy to know that lung cancer screenings – which are recommended annually to those at risk – will be covered by all private health insurance plans starting in 2015, and Medicare is expected to begin coverage this February or March. The Medicare screening, however, will only cover high-risk beneficiaries through age 74.

Lung cancer kills around 160,000 Americans each year making it the most deadly of all possible cancers. In fact, more people die of lung cancer than of colon, breast and prostate cancers combined.

Lung cancer also occurs predominantly in older adults. About two out of every three people diagnosed with lung cancer are 65 or older, and the risk of lung cancer peaks at age 71.

Lung Cancer Screening

The goal of annual screenings is to detect cancer early before symptoms appear, so it can be cured. The five-year survival rate among people with lung cancer when it's caught in its earliest stage is 77 percent, versus only 4 to 25 percent for people whose cancer has spread.

To get screened for lung cancer, your husband will need a low-dose computed tomography (CT) chest scan, which is a painless, noninvasive test that generates detailed three-dimensional images of his lungs.

For the screening, he will be asked to lie on a table that slides through the center of a large, doughnut shaped scanner that rotates around him to take images. Each scan takes just a few seconds, during which time he'll be asked to hold his breath, because movement can produce blurred images. The entire procedure takes only a few minutes from start to finish.

You also need to be aware that a lung CT screening has its downsides. First, it exposes you to some radiation – about the same as a mammography but more that of a chest X-ray.

Lung CT screenings aren't foolproof either. They can produce a high rate of false-positive results, which means they frequently detect small spots (abnormalities) on the lungs that are suggestive of cancer but aren't cancerous. These false alarms lead to more testing and sometimes lung biopsies, as well as unnecessary worry and anxiety.

Prevention

Because smoking causes 80 to 90 percent of all lung cancer cases, the best way to avoid lung cancer is to not smoke, and if you do smoke, quit. Even if you've been a smoker for a long time, quitting now still decreases your risk. Other factors that can increase the risk of lung cancer include exposure to secondhand smoke, radon, asbestos and other toxic chemicals or fumes.

For more information on lung cancer screenings, call the American Lung Association at 800-586-4872, or use their online tool (LungCancerScreeningSavesLives.org), which will help you determine if your husband needs to be screened.

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

SENIOR HAPPENINGS

HELPFUL HINT: For a totally different effect, tie yarn around a paint roller to create a unique and stunning pattern on whatever surface you're painting.

FOR YOUR FUNNY BONE - A lady goes to a priest one day and tells him, "Father, I have a problem. I have two female parrots, but they only know how to say one thing." "What do they say?" the priest inquired. They say, "We are hookers! Do you want to have some fun?" "That's obscene!" the priest exclaimed, then he thought or a moment. "You know, he said, "I may have a solution to your problem. I have two male talking parrots, which I have taught to pray and read the Bible. Bring your two parrots over to my house and we'll put them in a cage with Francis and Job. My parrots can teach your parrots to praise and worship, and your parrots will stop saying... that phrase...in no time" "Thank you," the woman responded, "This may very well be the solution." The next day, she brought her female parrots to the priest's house. As he ushered her in, she saw that his two male parrots were inside their cage, holding rosary beads and praying. Impressed, she walked over and placed her parrots in with them. After a few minutes, the female parrots cried out in unison, "Hi, we're hookers! Do you want to have some fun?" There was stunned silence. Shocked, one male parrot looked over at the other male parrot and exclaimed, "Put the beads away, Frank. Our prayers have been answered!"

HAPPY BIRTHDAY! ... December Birthdays



Pat Karamitros, Joan Hufnagel, Mary Alice Cervera, Carol Horejsi, Shirley Anhalt, Mignon Grijalva, Helen Reese, Levon Yapoujian, Toni Buckner, Lottie Bugl, Pat McGuire, Sheila Wohler, Nan Murphy, Eleanor Hensel, Sylvia Curl, Elizabeth Levie, Gayle Licher, Cindy Barran, and Melissa Stute. * 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.

KATIE Tse.....This and That
ETIQUETTE FOR RECEIVING GIFTS



Christmas is fast approaching and many of us are running around in a gift-buying frenzy! While it's better to give than to receive, we cannot neglect our role as gift recipients. One of the first things children learn (we hope!) is to say "please" and "thank you." When I was a little girl, my Mom sat me down after Christmas and my birthday with a list of the presents I received and a stack of "thank you" cards to write. I assumed that everyone had this experience, so I was surprised to hear that some family members and friends did not acknowledge gifts my parents sent them.



It's not as if Mom or Dad want big, gushing letters of gratitude. They just want to be sure that the gift actually got to the person! Especially these days when packages are stolen from people's porches, it's a valid concern. I try to understand why otherwise gracious people fail to send a simple note in the mail, or even an email as a gesture of thanks. Perhaps they are so well-loved that they are literally flooded with gifts, and sending "thank you's" would take them forever. I imagine Will & Kate of Cambridge and the Kardashians would be likely candidates for this problem.

What is a solution for this dilemma, if the old-fashioned "thank you" notes are no longer a viable option? When you order a gift to be delivered there is a place in which to type a note. Maybe they should also offer a self addressed stamped card that the recipient merely needs to drop in the mail as an indication that they got the present. Not being very tech savvy, I wouldn't be surprised

if there's already an app for this.

It is possible to go overboard in the other direction when considering etiquette, however. When I got married I saw all sorts of guides about the proper ways to word "thank you" letters and other things like that. I don't think people really want, or expect, to receive a letter of thanks for gifts that they opened in person. Of course weddings are more formal, but for occasions like birthdays I think it's fine to just thank the person then and there. The point is not to become slaves to legalistic note-writing rules, it's simply about letting the giver know that you got what they sent you.

To revisit an earlier point, it is better to give than to receive. The Bible teaches that we should freely give, without hoping for anything in return. Our motives need to be pure. Instead of basking in thankful accolades, we should rather strive for our charitable acts to bring glory to God, not to ourselves. Before we get a golden plaque with our name on it, or have a hospital wing named after us, we have already received our "reward." When we give anonymously, or even offer our time or talents in humble ways, God prepares an eternal reward for us in heaven.

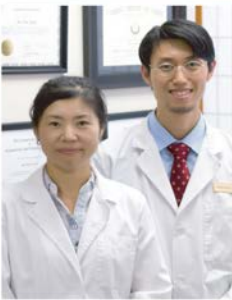
It's not about how much we give or do, it's about our attitude toward our Father in heaven. How good God is to even bless us when we do something honorable in His name! He doesn't owe us anything, and although we owe Him EVERYTHING, He still lavishes blessings on us as we serve Him. Let's keep this in mind as we approach Christmas, the celebration of His Son, the greatest gift!



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Urological: Urinary Tract Infection(UTI), urinary frequency.

Dental: Toothache, TMJ dysfunction.

Harmony: Increase energy, strengthen immune system.

Neurological: Headache, migraine, vertigo, stroke residuals.

Kids' and Adult Art Classes
Class listings are available on our website
Classes begin the week of January 19th



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2014 Average Sale Price in Sierra Madre



2014 Average Listing Price in Sierra Madre



2014 New Listings in Sierra Madre



Data acquired from CRMLS. Information is believed to be accurate, but shall not be relied upon without verification.

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Spacious and updated 3 bedroom 3 bath home approx. 2850 sq ft on a 17,000 sq. ft. lot. Home offers formal living room w/ fireplace, dining room, open concept kitchen/family room. Other amenities include: updated bathrooms, newer windows, newer roof and 3 car garage. Contact Luther for more info.

540 West Foothill Blvd., #D Monrovia



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245 S. Baldwin Avenue, Sierra Madre



FOR LEASE

Updated throughout, 3 bedroom 1 bath home. Includes detached home office and bathroom. \$3,350, call Luther Tsinoglou for more details

2743 Santa Rosa Ave., Altadena



SOLD

It is an updated 1 bed/2bth, 900sf (approx) on a 7,568sf lot. Home has living room w/ fireplace, large kitchen with eating area, private yard. Listed at \$498,000 2763SantaRosa.com



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AROUND SAN GABRIEL VALLEY

JIM MCDONNELL SWORN IN AS LASD SHERIFF: HISTORY IN THE MAKING

By Joan Schmidt

Yesterday my husband and I were honored to attend the Swearing-in Ceremony of Jim McDonnell as the new Sheriff of Los Angeles County. What a wealth of experience he brings with him! I met Jim MANY years ago when he was Assistant Chief of LAPD and attended one of LASD's Clergy Counsel Seminars. Back then as a member of LAPD, he already was working with LASD not only in solving crimes, but in proactive projects. Years passed and I met Jim again when he was Chief of Police of Long Beach and attended the annual LASD Memorial Service in May that honors deputies/officers from ALL county agencies who have died in the line of duty.

The Oath of Office Ceremony was awesome. We were welcomed by Presiding Superior Court Judge, David S. Wesley, Master of Ceremonies. There were three bagpipe players-from LAPD, Long Beach, and LASD-representing where Jim's career has gone. After the Presentation of Colors, Pledge of Allegiance and National Anthem, the Invocation was by Archbishop Jose Gomez, who prayed for the new Sheriff and the department to "grant him the humility to lead with understanding and mercy."

Supervisor Mike Antonovich, Mayor of LA County introduced Jim Mc Donnell... "On behalf of 88 cities and 134 unincorporated areas, we welcome our new Sheriff...he has the experience, tenacity and ability" to take on this position. The Supervisor could not have higher praise in his remarks, and the standing room only audience echoed Antonovich' sentiments by their resounding standing ovation!

McDonnell told us he was born of Irish immigrant parents in the Boston area. He came to southern California thirty years ago "with the dream to protect and serve the people", which he has done quite well.

McDonnell feels privileged to take the helm of LASD as the 32nd Sheriff. He mentioned friend Jackie Lacey, LA County DA and how she has helped him along the way; also many fine members from LASD. He pointed out that LA County-would be the EIGHTH largest state if it



were a state!

He talked of the 18,000 men and women of LASD who "today I commit myself to the LASD future".

What impressed me most are his humility, and his no-nonsense, take charge attitude. There will be no "Passing the buck" I am sure. There will be accountability, and I foresee many positive changes.

I also need to mention John Scott. Long ago, I met him and Sandra Hutchins, Commanders with LASD. They both retired, but Sandy was elected as Sheriff of Orange County and brought John with her as Undersheriff. Everyone has raved about the cleanup they did down there. However after Baca retired as LASD Sheriff, Sandy graciously "loaned" John Scott to LASD until the election, and he has done an awesome job here. There were many changes made and station commanders had to review all activity and then give accounts to higher ups. Everyone I have spoken with is very grateful to John Scott.

Attending the Swearing-in were past/present Temple Station personnel-from Executive Aide Neil Tyler, Assistant Sheriff Richard Barrantes, Chief Roberta Abner, Captain Chris Reed, Captain Donnie Mauldin, Captain Corrone Jacob, Captain Steve Biagini, and Lt. Tom McNeil! I also saw many Chiefs of Police-Burbank's Scott Las Chasse, So Pas Art Miller, Glendora Rob Castro, Pasadena Phil Sanchez, and Irwindale Rudy Lopez.

The festivities ended with a poignant Benediction by Rabbi Abraham Cooper. It was indeed a splendid day and the beginning of a new era.

Breaking News From LA County Sheriff's Department

500 VICTIMS DREAMS ARE SHATTERED AS THEY FALL PREY TO A LOAN MODIFICATION REAL ESTATE SCAM

The Los Angeles Sheriff's Department Real Estate Fraud Team received a call in September 2009, from Pico Sheriff's Station. The station was dealing with a group of individuals (all Spanish speaking) who claimed that they were losing their homes and had paid a company named "Safe Haven" (also known as Your Dreams Come True) to help stop the foreclosure on their properties. Safe Haven posed as a loan modification and foreclosure consultant company, but the entire premiss of their business was a scam.

The Real Estate Team responded to the Safe Haven business office in Pico Rivera and served search warrants which led to the seizure of thousands of fraudulent documents and paper work showing clouded titles on the victim's homes. All the homes were being foreclosed on and all of the victims money had been taken/misused by the suspects.

After the investigation began, the Sheriff's Department notified and worked closely with the Los Angeles County Department of Consumer Affairs, the Los Angeles District Attorney's Office and the California State Bar. The investigation was lengthy and involved more than 500 Spanish Speaking victims, most of whom were lured to the business after hearing an advertisement, on Christian Spanish radio, for the company.

After several years of investigation and numerous search warrants, the case was filed with the District Attorney's Major Fraud, Real Estate Fraud Section on May 10, 2013.

On September 3, 2014, Suspect Alex Canjura accepted a plea agreement and was sentenced to 5 years State Prison which he started serving

immediately. Suspects Alex Jurado, Erika Perez and Oswaldo Flores each entered into plea agreements and were released on bond.

On Friday December 5, 2014, suspects Alex Jurado, Erika Perez and Oswaldo Flores were sentenced in Los Angeles Superior Court for their roles in the "Safe Haven" and "Your Dreams Come True" real estate fraud case. Immediately after sentencing the suspects surrendered themselves and were taken into custody.

Additionally, one of the attorneys involved in the operation, Tanmay Mistray was charged with 13 counts of professional misconduct, with mitigating and aggravating factors and was disbarred from the practice of law.

Suspects Alex Canjura and Alex Jurado each accepted plea agreements to serve 5 years in State Prison, while Erika Perez and Oswaldo Flores each accepted plea agreements to serve 16 months in local custody. Restitution was ordered in the amount of 4.5 million dollars.

Suspect Candy Cabrera, who was also filed upon, fled Canada upon learning of her pending extradition, and is a fugitive in her native country of Nicaragua.

Anyone with information about this incident is encouraged to contact the Los Angeles County Sheriff's Department's Fraud and Cyber Crimes Bureau at (562) 946-7217. If you prefer to provide information anonymously, you may call "Crime Stoppers" by dialing (800) 222-TIPS (8477), or texting the letters TIPLA plus your tip to CRIMES (274637), or by using the website <http://lacrimestoppers.org>.



ANTONOVICH INCOMING COUNTY MAYOR HIGHLIGHTS COOPERATION AND REFORM FOR LOS ANGELES COUNTY

In his first speech as Mayor of the Los Angeles County Board of Supervisors, Mayor Michael D. Antonovich promised to work closely with the new board colleagues, the sheriff and county departments to build upon past achievements while improving and enhancing foster care, public safety, municipal services, streamlining government, enhancing interdepartmental communication and establishing greater accountability.

"While 2015 presents numerous challenges it also provides many opportunities to build upon past successes and chart new trails," said Mayor Antonovich.

The Board of Supervisors serves as the "Mayor and City Council" for the 134 unincorporated communities in Los Angeles County with more than 1.5 million residents.

Children's Services

- Expand dental health programs and promote healthy behaviors that will serve to reduce childhood obesity and the health risks associated with unhealthy lifestyles
- Build upon the county's emancipated youth employment program by challenging our 88 cities, sanitation districts, school districts, the Metropolitan Transportation Authority, Metrolink, AQMD, Southern California Association of Governments, the ports and other government agencies and the business community to initiate similar employment programs for emancipated foster youth countywide.
- Strengthen the countywide safety net to protect children at risk of abuse and neglect through improved information-sharing; reinvigoration of the service integration branch; and improved training for qualified social workers.
- Adequately staff DCFS offices.
- Work with the Los Angeles County Office of Education and the Workforce Investment Board to provide additional training for foster youth with a focus on vocational education and S-T-E-M (science-technology-engineering-math) programs.
- Increase opportunities for youth at the Los Angeles County High School for the Arts.

Public Safety

- Enhance public safety and accountability working with law enforcement to address the recurrent problems of realignment.
- Collaborate with Sheriff Jim McDonnell to implement the new jail plan which will also include treatment for the incarcerated mentally ill.
- Complete the implementation of the remaining recommendations of the Citizens Commission on Jail Violence and improve jail conditions as a whole.

ADVISORY: CITIZENS CAN NOW FILE LIMITED INCIDENT REPORTS WITH SHERIFF'S DEPARTMENT ONLINE, 24/7

Beginning December 2, 2014, the Los Angeles County Sheriff's Department will accept limited property-related reports online. The Sheriff's Online Reporting and Tracking System (SORTS) has been created for the convenience of the public we serve. Citizens can submit these reports via computer or a smartphone 24 hours a day, 7 days a week. Through the use of technology, citizens can submit a report to document limited property-related incidents and receive a copy of the report via email. SORTS is not intended to replace our current tradition of service to the public, but to enhance it by providing an additional option.

No emergency reports or tips will be taken through this system.

All LASD Stations and units will be processing these reports individually. Contact your local Sheriff's Station with questions you may have regarding the use of SORTS.

Go to www.lasd.org and click on the "File a Report Online" icon for more information.

- Continue successful law enforcement programs such as DISARM.
- Increase patrols in unincorporated areas.

Governance and Efficiency

- Improve governance by enhancing our partnerships with the quality and productivity commission and the economy and efficiency commission to achieve future county savings and further streamline our government.
- Reform the governance structure to break down silos, enhance interdepartmental communication and establish greater accountability.

Economic Growth

- Encourage economic growth and development to achieve regional economic vitality and create an environment where business can thrive.
- Support local economic development efforts with national and international partners to bring new businesses to the county as done with BYD electric bus and car manufacturer and railcar manufacturer Kinkisharyo.
- Support inland ports to relieve truck congestion; expanding traffic synchronization; and supporting a regional network of airports including Palmdale, Ontario, Bob Hope and LAX.
- Streamline the county permitting and procurement processes thru technology and e-government, and provide incentives for small businesses to be competitive.
- Create additional employment opportunities for veterans.
- Make Los Angeles County an employer of choice where employee productivity is enhanced thru training and improved workplace programs.

Emergency Services

- Enhance earthquake preparedness
- Add several in-service emergency vehicles to enhance the fire department in fire suppression, emergency medical services and urban search and rescue.
- Health and Mental Health Services
- Improve access to critical trauma care by establishing a trauma center in the San Gabriel Valley
- Fully implement Laura's Law to significantly improve the lives of participants, reduce incarceration and homelessness, and enhance public safety.
- Advocate for mental health programs and laws that provide for individualized care, with emphasis on the homeless and veterans.
- Ensure the Los Angeles homeless services agency and the CEO homeless programs are coordinated.
- Coordinate a cost effective and efficient system of services from the departments of health services, mental health, and public health.
- Expand oral health programs and promoting healthy behaviors that will serve to reduce childhood obesity and the significant health risks associated with the unhealthy lifestyles of the youth.

Animal Shelters

- Improve the condition of all animal shelters throughout the county.



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Looking Up

with Bob Eklund



“EYE OF SAURON” PROVIDES NEW WAY OF MEASURING DISTANCES TO GALAXIES

A team of scientists, led by Dr. Sebastian Hoenig from the University of Southampton, has measured the distance to the NGC 4151 (“Eye of Sauron”) galaxy with unprecedented accuracy, using the W. M. Keck Observatory Interferometer in Hawaii.

The team employed a new technique they developed, which allows them to measure distances to galaxies tens of millions of light-years away with 90 percent precision. The technique is similar to that used by land surveyors on Earth, who calculate distances by measuring the angular—or “apparent”—size of an object of known dimensions.

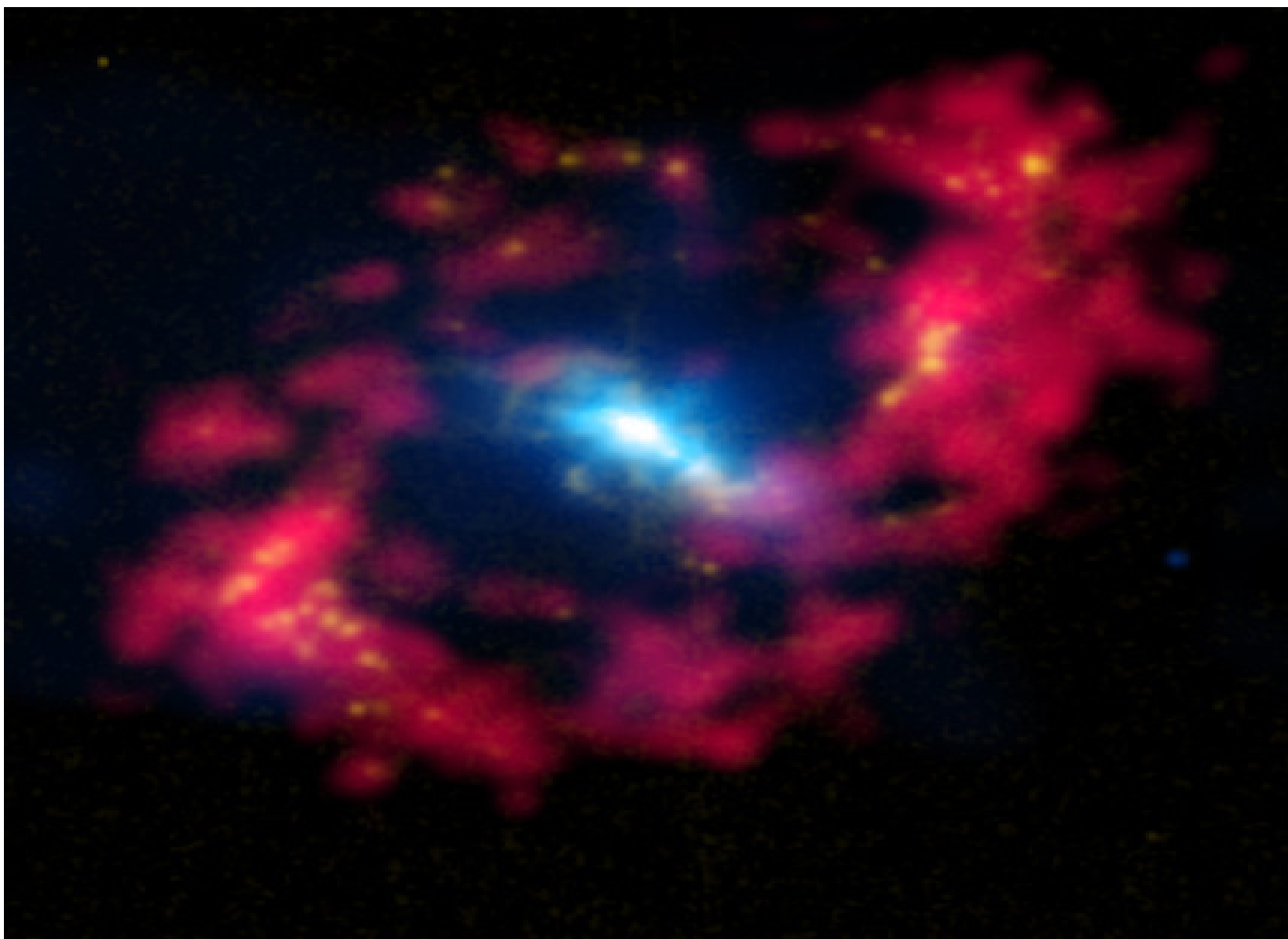
Previous reported distances to NGC 4151, which contains a supermassive black hole, were far from consistent—ranging all the way from 4 to 29 megaparsecs. Using this new, more accurate method, the researchers calculated the distance to the supermassive black hole as 19 megaparsecs (a megaparsec is equal to 3.26 million light-years).

Galaxy NGC 4151 is dubbed the “Eye of Sauron” by astronomers for the similarity of its appearance to its namesake in the film trilogy, “The Lord of the Rings.” As in that saga, a “ring” plays a crucial role in this new measurement. All big galaxies in the universe host a supermassive black hole in their center—and in about 10 percent of all galaxies, these black holes are growing by swallowing huge amounts of gas and dust from their surrounding environments. In this process, the material heats up and becomes very bright—resulting in the most energetic sources of emission in the universe, known as active galactic nuclei (AGN).

This hot dust forms a ring around the supermassive black hole and emits infrared radiation—and the researchers in this study used this dusty ring as their “ruler.” However, the apparent size of the Eye of Sauron’s ring is so small that the observations had to be carried out using the Keck Interferometer, which combines Keck Observatory’s twin 10-meter telescopes—already the largest telescopes on Earth—to achieve a resolving power equal to that of an 85-meter telescope.

To measure the physical size of the dusty ring, the researchers measured the time delay between the emission of light from close to the black hole and the more distant infrared emission. The distance from the center to the hot dust is simply this delay divided by the speed of light.

By combining the physical size of the dust ring with the apparent size measured with the



Keck Interferometer, the researchers were able to determine the distance to NGC 4151.

“One of the key findings is that the distance determined in this new fashion is quite precise—with 90 percent accuracy,” Hoenig said. “In fact, this method, based on simple geometrical principles, gives the most precise distances for remote galaxies. Moreover, it can be readily used on many more sources than current methods. Such distances are key in pinning down the cosmological parameters

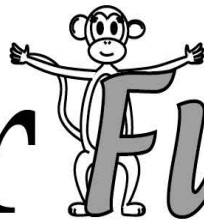
that characterize our universe or in accurately measuring black hole masses. Indeed, NGC 4151 is a key to calibrating various techniques of estimating black hole masses. Our new distance implies that these masses may have been systematically underestimated by 40 percent.”

Hoenig, together with colleagues in Denmark and Japan, is currently setting up a new program to extend their work to many more active galactic nuclei. The goal is to establish precise distances to

a dozen galaxies using this technique—and then use these precise distances as stepping-stones to vastly improve the precision of all distance measurements for the cosmos.

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

Let's all help decorate each others'...



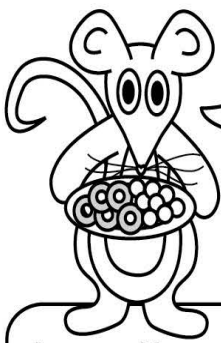
...homes for the holidays this year!

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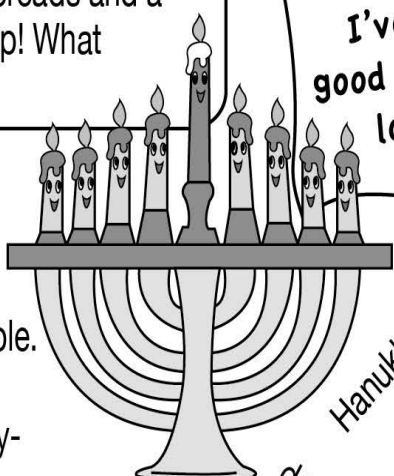
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I have *such* a busy schedule for the holidays. This week I made little doughnuts and honey-covered puffs to take to my classmate's Hanukkah celebration. Next week, one of our teachers is going to tell us about the holiday season of Kwanzaa and some of his traditions. Then, I'm going to help Forest and Glade decorate their home with greens for Christmas. Chatter will bake cookies, breads and a Bûche de Noël – a delicious Christmas log cake – and I'll help! What are **you** and your family doing to celebrate the holidays?

Read the clues to fill in the crossword with holiday fun:

1. Festival of Lights, an 8-day Jewish holiday, honoring the Maccabees' victory over their enemies and the miracle of a small amount of oil that kept burning for 8 days in their temple.
2. Jewish families use this to arrange candles.
3. Families find their recipes for sugared jelly doughnuts, honey-covered puffs and these delicious potato pancakes.
4. Las _____ is a celebration in Mexico for 9 days before Christmas. People act out the journey of Joseph and Mary trying to find shelter.
5. Families make these special treats from a corn dough and a spicy pork or beef filling, all wrapped in corn husks for cooking.
6. Families set up these scenes in their homes: a stable for shelter, the figure of the Christ child in the center with Joseph and Mary looking on, three kings (the Magi), angels, shepherds and townspeople, and some animals.
7. Christian holiday celebrating the birth of Jesus.
8. On Christmas Eve delivers gifts to good children; fills their stockings too!
9. Families _____ their houses, mantels and halls with lights, greens and a tree.
10. A 7-day festival celebrated by African-Americans; a time to think about their lives and families; how they can help to create strong communities.
11. People decorate, set a nice table for a dinner, light _____ and give gifts.
12. Peanut soup, sweet potatoes, rice or chicken dishes are made for a _____.



Holiday Fun & Feasts

I've been very good this year.

Dear Santa, I've been good all year long!

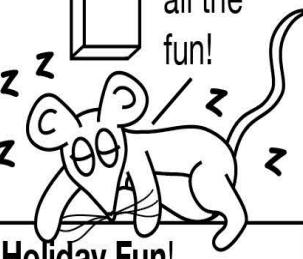


Santa Claus

Christmas 9

feast

I'm so tired from all the fun!



Free Stuff!

Print out free puzzles: **Holiday Fun!**, **Spreading Joy**, **Getting Ready for Wild Weather** and the reading log and certificate set @ www.readingclubfun.com

FAMILY MATTERS

By Marc Garlett



ASHES TO ASHES, DUST TO...DIAMONDS?

They say diamonds are forever. We, however, are not. But through science – I'm not making this up – there is now a way to immortalize ourselves or our loved ones by turning cremated ashes into diamonds.

Always on the lookout for ways to help my clients preserve and pass on their legacies, I came across a recent article in The Atlantic profiling a Swiss company called Algordanza which has perfected the process that turns the carbon from human remains into diamonds. The company receives 800 urns every year, and for a cost ranging from \$5,000 to \$20,000, it turns them into unique diamonds using diamond presses that apply pressure of almost 800,000 pounds per square inch at temperatures of up to 2,500°F. The entire process takes approximately three months to produce a diamond.

Each diamond is unique in color, resulting from the specific combination of trace elements that are present in every person. Many different things can affect color: the presence of metal in the body, remnants of chemotherapy and other variables all have an impact on the final color. Many diamonds turn out blue because of the presence of boron in the human body; if the decedent had blue eyes, this can be especially meaningful to the family.

Algordanza says it does not add any chemicals or other treatments to color the gems artificially: "We do not believe in manipulations. As soon as you have additives, there's something in a diamond that doesn't belong."

Most people elect to have their diamonds set in jewelry, although there are some who have buried them in special places or have even thrown them in a lake at a favorite fishing spot.

LifeGem is an American company that produces diamonds from cremated ashes or even a lock of hair. To make its diamonds, the company harvests the carbon elements from the cremated ashes. Under high heat, the carbon is purified into graphite, which is then placed into a diamond press that exerts high heat and pressure to create a rough diamond.

The rough diamond is then cut and polished by skilled diamond cutters and certified for authenticity. Each diamond is molecularly identical to natural diamonds, with the same brilliance, luster and hardness found in mined diamonds.

If preserving your legacy is important to you, you should also look into the services we provide to clients. For example, we can help you capture and pass on your own story, wisdom, and guidance to your loved ones through a special video we produce for each of our clients as part of our legacy planning process. It's a gift your family will cherish forever!

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

5 COOL TOOLS

It's time for a list of Cool tools that can help you with your on-line marketing. Here are 5 of my favorite tools and what they do:

- Canva is a very easy to use on-line design tool for blog graphics, presentations, Facebook images etc. It's free and very fun to use.
- Snagit is a screenshot program that allows you to capture video or take a snap shot of something on your screen so you can turn it into an image for a presentation or a social media post.
- PicMonkey is an online photo-editing tool. You can remove wrinkles correct color, crop, add special effects and do all kinds of creative things. It's free to use.
- Bit.ly is a tool that shortens long web addresses. Sign up for a free account and you can track how many people click on a link.
- Constant Contact is an all-in-one marketing tool. It

allows you to send group emails, track open rates and click-through rates, create event registration systems, produce surveys and promotional campaigns. Pricing is affordable and starts at \$20 a month. What sets it apart from other email service providers is their all-in-one tool belt and their amazing help line.

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

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When you hear that someone managed to sell a home without representation, it's likely that the sale was to a family member, close friend, or a tenant who was already renting and living there. These exceptional cases are not the norm, and there are powerful reasons why it is so difficult to make a sale "by owner."

The biggest roadblock is that For Sale By Owners (FSBOs) aren't included in the Multiple Listing Service (MLS) that licensed agents and organizations use. A sign in the yard and an ad in the newspaper are no match for the widespread exposure gained from a listing visible on the MLS.

Since the FSBO has no listing agreement providing for a sales commission, many agents won't show these homes with no promise of compensation. Again, this greatly reduces the number of potential buyers exposed to the offering, not to mention the fact that buyers who do express interest will not have been screened by a professional to determine their qualifications.

Perhaps the most hazardous aspect of selling "by owner" is the potential for legal oversights and complications. Real estate transactions are loaded with potential liability for unrepresented and unwitting sellers. One overlooked form or improper disclosure could generate an expensive lawsuit.

Just as you wouldn't enter the courtroom without an attorney, you shouldn't sell your home without professional representation.

LIFE LINES

by Amanda Rogers



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I think the hardest adjustment a new parent has to make when bringing a baby home from the hospital is learning how to live with a narcissist. Some of the most self-centered people I know, quite frankly, are babies. Sure, when they're new to the neighborhood they deserve a proper welcome. I say give them a home-cooked meal or one of those Hickory Farms gift baskets. That should suffice. But really...day after day, night after night attending to their every whim with nary a thank you?

Bottom line – we're all born selfish. It's not until eighteen months that we start to see the transformation from narcissism into humor, empathy and wisdom. Which, let's face it, as a parent, is a whole lot more gratifying than a thank you card.

But just because humans are created with the potential to become empathetic doesn't mean it always happens. An estimated 6.2% of the US population demonstrates what is identified as narcissistic behavior. Let me put it this way...there are twice as many narcissists in this country than redheads!

For anyone in a close relationship with a narcissist the future can look awfully bleak. That's because a narcissist needs to recognize his or her own fallibility to end the narcissism - but the nature of the narcissist is such that

he can't recognize his own fallibility. Huh? Now what?

For me, I think the answer is accepting who they are... and then loving them from afar...like China. You probably won't change them. And let's face it, just because this person has some redeeming qualities, doesn't mean you have to spend your life enduring their arrogant and hurtful behaviors.

Don't get me wrong...we all enjoy receiving affirmation from people. And we all need a certain amount of recognition to inspire us. But at what point does it become dangerous and exploitive to others? When the need becomes compulsive and unscrupulous.

I am exploring the subject of narcissism in light of the Bill Cosby scandal. I am fascinated by the public's reaction to the newly exposed narcissism of such a beloved member of our celebrity culture. There are a lot of angry fans out there. Bill Cosby's audience feels taken advantage of, disrespected, duped. We were sold an image... a façade of light undoubtedly created by his psyche (and his press agent) to compensate for the darkness of his reality. But we bought into the image. Was that naïve of us? Should we learn to be more skeptical about people and their motives? Or do we, with noble defiance, hold tight to a faith in the goodness of people?

I suppose we all have to answer that as individuals from our own experiences dealing with the darker side of humanity. For me, perhaps it's a little bit of both. On one hand, letting go of some naïveté might prove beneficial. As would taking more time to recognize and value the good inside myself, so I won't feel the need to project goodness onto a person I don't even know.

On the other hand, like the new parent, I can't help but maintain some belief that our children are inherently good, until proven otherwise. To continue the conversation, join me at www.amandarogerscoaching.com

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INTEREST RATES REMAIN THE SAME FOR THE FIRST QUARTER OF 2015

WASHINGTON –

The Internal Revenue Service today announced that interest rates will remain the same for the calendar quarter beginning Jan. 1, 2015. The rates will be:

- three (3) percent for overpayments (two (2) percent in the case of a corporation);
- three (3) percent for underpayments;
- five (5) percent for large corporate underpayments; and
- one-half (0.5) percent for the portion of a corporate overpayment exceeding \$10,000.

Under the Internal Revenue Code, the rate of interest is determined on a quarterly basis. For taxpayers other than corporations, the overpayment and underpayment rate is the federal short-term rate plus 3 percentage points.

Generally, in the case of a corporation, the underpayment rate is the federal short-term rate plus 3 percentage points and the overpayment rate is the federal short-term rate plus 2 percentage points. The rate for large corporate underpayments is the federal short-term rate plus 5 percentage points. The rate on the portion of a corporate overpayment of tax exceeding \$10,000 for a taxable period is the federal short-term rate plus one-half (0.5) of a percentage point.

The interest rates announced today are computed from the federal short-term rate determined during October 2014 to take effect Nov. 1, 2014, based on daily compounding.



WE'D LIKE TO HEAR FROM YOU! WHAT'S ON YOUR MIND?

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Mountain Views News

PUBLISHER/ EDITOR
Susan Henderson

CITY EDITOR
Dean Lee

EAST VALLEY EDITOR
Joan Schmidt

BUSINESS EDITOR
LaQuetta Shamblee

PRODUCTION
Richard Garcia
SALES
Patricia Colonello
626-355-2737
626-818-2698

WEBMASTER
John Avery

CONTRIBUTORS

CoCo Lasalle
Chris Leclerc
Bob Eklund
Howard Hays
Paul Carpenter
Kim Clymer-Kelley
Christopher Nyerges
Peter Dills
Dr. Tina Paul
Rich Johnson
Merri Jill Finstrom
Lori Koop
Rev. James Snyder
Tina Paul
Mary Carney
Katie Hopkins
Deanne Davis
Despina Arouzman
Greg Welborn
Renee Quenell
Ben Show
Sean Kayden
Marc Garlett

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Letters to the editor and correspondence should be sent to:

Mountain Views News
80 W. Sierra Madre Bl.
#327
Sierra Madre, Ca.
91024

Phone: 626-355-2737
Fax: 626-609-3285
email:

mtnvnews@aol.com

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

STRIVING TO DEVELOP AN ATTITUDE OF GRATITUDE

Now that Thanksgiving is over, I can sigh a deep, well-deserved sigh of relief. Being thankful for everything is very hard work. During the Thanksgiving season, I pasted a gratuitous smile on my face claiming to be thankful for everything, but deep down inside somewhere there is a streak of rebellion that struggles with this concept of being thankful.

I must admit that I am working on it because the Gracious Mistress of the Parsonage keeps telling me, "You had better be working on that attitude of yours."

And so, I work on my attitude, but I must confess it is rather hard. I admire people, such as my wife, who claim to be thankful for everything that happens in life. I would never want to question her sincerity (at least not in some venue that she could hear me), but I do harbor some doubts about this whole matter of being thankful for everything.

I will grant that there are many things to be thankful for in life. I will be the first to acknowledge that many things that happened to me have created a deep sense of gratitude in my heart. The list could go on forever, but there are a few things that I am really thankful for.

I am thankful to live in a country such as ours. I am thankful to be married to someone who puts up with my idiosyncrasies (idiot for short). (Grant me, that is a big item for thanks.) I am thankful that I have my health. And regardless of what other people say, I am thankful for a level of sanity enabling me to operate day-to-day.

Then there is that infamous list of things I am not thankful for... no matter what anybody says. I have a sneaking suspicion everybody has this list but do not have the courage to let anybody know about it.

Let me list a few things I am really not thankful for... no matter what anyone says. I am really not thankful for the time change that happens every six months. Spring forward, fall backward. All this nonsense only serves to confuse me. I have a hard time remembering where I am let alone what time of day it is. Am I an hour ahead or am I an hour behind?

Another thing I am not really thankful for is music on the telephone when I'm put on hold. This is the most irritating thing I can think of, at least right now. Why do they think I want to hear music of their choosing? This is America, after all, and everybody has the right to choose things. And I like to choose my own music, thank you.

I do not like to be put on hold in the first place, and then tortured with some music defying the meaning of music. If they want to play music, they should have somewhere where I can choose what kind of music I want to listen to while I am on hold. I could be thankful for that.

And while I am on the subject, I really am not thankful for all of those telephone calls soliciting money from me. If I wanted to give them money, I would be the first one to contact them. Unless I contact them and offer to give money, I do not want harassed by a telephone call from someone I cannot understand.

Along with this would go those political calls that are soliciting my vote. If a politician is so desperate that he needs to call me for one last vote, he better be calling me in person and not some recorded message.

As I look over this list of things I am not thankful for; there is one that I cannot omit. No list of mine, no matter how incomplete it might be, could ever overlook one item.

Regardless of the time of the year, I am never thankful for broccoli. In my opinion, God created the New Yorkcheesecake and then to be nasty about the whole thing, the devil threw in a sprig of broccoli.

I do not like broccoli because it looks like a cross between a vertically challenged tree and a toadstool, and we all know what a toadstool is used for. I have every reason to believe that broccoli is a member of the fungus family. Thankfully, it is not a member of my family, which is the only thanks I can offer on the subject.

I do not mind if people eat broccoli as long as they do not eat in front of me or insist that I, "just try a bite and you'll like it." The next time someone says that to me, I may bite them and see if they like it.

This is only a partial list of things I am not thankful but I am trying to work on my "attitude of gratitude." It is not easy and requires a lot of intestinal fortitude on my part.

Maybe an important part of an "attitude of gratitude" has to do with just being content. That could be what Paul was thinking of when he wrote to the Philippians. "Not that I speak in respect of want: for I have learned, in whatsoever state I am, therewith to be content." (Philippians 4:11 KJV).

I am learning gratitude has nothing at all to do with things but rather with personal contentment.

Rev. James L. Snyder is pastor of the Family of God Fellowship, PO Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. Call him at 1-866-552-2543 or e-mail jamesnsnyder2@att.net or website www.jamesnsnyderministries.com.

LEFT TURN

HOWARD Hays As I See It



"If poor people knew how rich rich people are, there would be riots."
- Chris Rock

We're at the halfway mark of the final couple weeks of the lame duck Congress, after returning from the break for elections and before everybody takes off (again) for the holidays. The most we can expect from this last week is to get some idea of what's in store when the 114th Congress convenes in January.

In the House, there's getting back to the business of trying to kill the Affordable Care Act – coming on the heels of over fifty attempts already. Gearing up for the 2016 elections, though, cooler heads might note last month's Gallup Poll of those who enrolled through the ACA exchanges last year.

Of those ACA enrollees, 71% rated their coverage "excellent" or "good", compared to 72% of all those with medical coverage. 75% of enrollees are satisfied with the cost, compared to 61% of all those with coverage. 68% intend to renew their policy and 7% intend to shop for a new one through the exchanges for the coming year.

Nearly a half-million signed up for coverage through the federal exchange during the first week of the current enrollment period which began last month; 48% of them first-timers. In California, over 11,000 enrolled through our state exchange in the first four days; a number it took 15 days to reach last year.

Republicans have floated notions of lawsuits, censure, defunding, impeachment and blocking the State of the Union speech – as their contribution to the debate over immigration policy. They're desperate for a response to the president's executive actions in the matter, which were taken in response to Congress' failure to take any action of its own.

There's talk now of how the priority should be enforcement and border security. In 2013, the House received a bill from the Senate that set a goal of 100% border surveillance with 90% apprehension of would-be crossers within five years. 3,500 additional Customs agents would be hired and the National Guard deployed to construct fencing and checkpoints. The Department of Homeland Security would be allocated \$3 billion for the project, and there'd be no consideration of permanent or provisional status for those here illegally until the project was underway.

When the House got this bill, the Republican leadership wouldn't let it come to the floor for debate, let alone a vote. Now, they're threatening to withhold funding to stick it to the president for his executive actions, even as Homeland Security Secretary Jeh Johnson warns of the threat to our nation's security if we had to depend on month-to-month continuing resolutions to fund it.

Again, cooler heads in the party might note another Gallup Poll, this one showing President Obama's approval among Hispanics rising from 54% to 68% in the two weeks since he announced his executive actions on immigration.

Of course, there's another investigation into Benghazi. This comes after a two-year investigation from the House Intelligence Committee showed what all others have shown; no conspiracies about withholding aid to those under attack, misleading public statements, or whatever else they obsess about over at Fox News.

Ironically, opposition to this current House Select Committee investigation is coming from fellow Republicans; House Committee Chairmen Mike Rogers (R-MI) of Intelligence, Buck McKeon (R-CA) of Armed Services and Darrel Issa (R-CA) of Oversight. They see it as lose-lose; if this new investigation comes up empty-handed, they'll look (even more) stupid. If they do turn up something, it will appear the prior investigations conducted by their own Republican-led committees were incompetent.

With all the political theater surrounding "Obamacare", immigration and Benghazi, one could wonder whether there's any actual legislating getting done. There is; most of it intended to make the rich (campaign donors, corporate benefactors, etc.) even richer. And, heeding Chris Rock's warning quoted above, they figure it might be best not to let too many people in on it. Unlike the three issues dealt with above, you won't hear much about it on the Sunday talk shows.

The first order of business returning from the election break was to come up with the annual package of "tax extenders" – extending or making permanent previously-enacted tax breaks. With Republicans in charge, it's clear who gets favored and who gets stifled.

There'd be extended depreciation for those who own their own racehorses along with tax breaks encouraging corporations to "renounce their U.S. citizenship" and shelter profits overseas. Tax breaks for clean energy would be phased out, while subsidies for Big Oil continued.

Other tax breaks get the ax, like expanded child tax credits for the working poor and the expanded earned income tax credit. The Center for Budget and Policy Priorities estimates the cuts would push "16 million people in low-income working families, including 8 million children into — or deeper into — poverty."

Whether it's rebuilding our infrastructure or even disaster relief, Republicans have insisted programs be "paid for." Not the case with their package of paycheck to billionaire benefactors, however. The rest of us would pay for it by adding \$450 billion to our nation's debt.

Since many Democrats, especially in the Senate, who tried hanging onto their offices by acting like Republicans won't be returning come January, those remaining will be more outspoken and unified behind the president. They've expressed support for his promised veto of the tax-extenders package because, according to a White House statement, "... it would provide permanent tax breaks to help well-connected corporations while neglecting working families."

With Republicans as the majority party in both houses of Congress, the spotlight's going to be more focused on what legislation is actually being produced – regardless of other continuing diversions of Benghazi, "Obamacare", whatever. As more become aware of the efforts to help the already rich become even richer, with the rest of us picking up the tab, it won't be just the "poor people" involved in the riots Chris Rock alluded to.

WIL Durst

STUFF TO BE THANKFUL FOR



You got to love Thanksgiving. You do. It's the law. And be honest; doesn't a little tryptophan poisoning amongst family and friends sound pretty comforting right about now? What with Ebola infested ISIS members slithering across the border carrying photos of Bill Cosby ogling Kim Kardashian's butt?

Besides, this holiday isn't about greasing the wheels of capitalism with the fire hose of consumer debt like that other one just down the road. This one is about gluttony. Pure and simple. And the only attendant religiosity is praying the Cowboys lose.

So allow me to express my gratitude for the 4th Thursday of November: it's annual appearance being one of the little moments that makes life worth living. Right up until the 4th bottle of white Zin, when Aunt Hoogolah informs Uncle Bud how Grandpa characterized his turkey carving and all hell breaks loose. Nevertheless, here's a few more blessed things that prompt this middle- aged, round- headed, political comic to get down on his knees and thank the maker.

Barack Obama. Upcoming 3rd year of his 2nd term promises much bigger, knock-down, drag-out fights with the Republicans. Not to mention... the Democrats.

Chris Christie for so generously providing the comedy community with such a target rich environment including his Macy's Thanksgiving Day Parade Balloon Float- the only one which is actual size.

Anchor Steam Christmas Ale. Especially this year.

Hillary Clinton who since 1992, no matter how much effluvia gets thrown at her, just keeps on keeping on, like the Energizer Bunny on steroids.

Ted Cruz for being crazier than Norman Bates after a dip in a psilocybin bath riddled with corn fungus.

The International Panel on Climate Change for finally just throwing up its hands and playing darts while drinking beer on the patio.

Sarah Palin, because she just can't help herself.

Bill Clinton, because he just can't help himself.

Fox News for incrementally ramping up the vitriol and hyperbole with the obvious goal of eventually featuring giant lizards spitting and clawing at each other.

Kim Kardashian who determinedly refuses to allow any lack of discernible talent keep her from becoming famous.

The entire Toronto Ford family including Rob and brother Doug for making American politicians feel better about themselves.

The airline industry who have driven customers to stow away amongst the landing gear in their never- ending search for legroom.

Donald Sterling who with his lifetime NBA ban should live to be 110.

Black Friday Creep for providing the requisite distraction allowing we gluttons to cop extra portions of pie.

For whoever is marrying Charles Manson. Just because.

For the entire State of Florida. Just because.

Harry Reid, for steadfastly refusing to be part of the solution.

Pope Francis and Pope Benedict, because 2, two, too Popes are better than one.

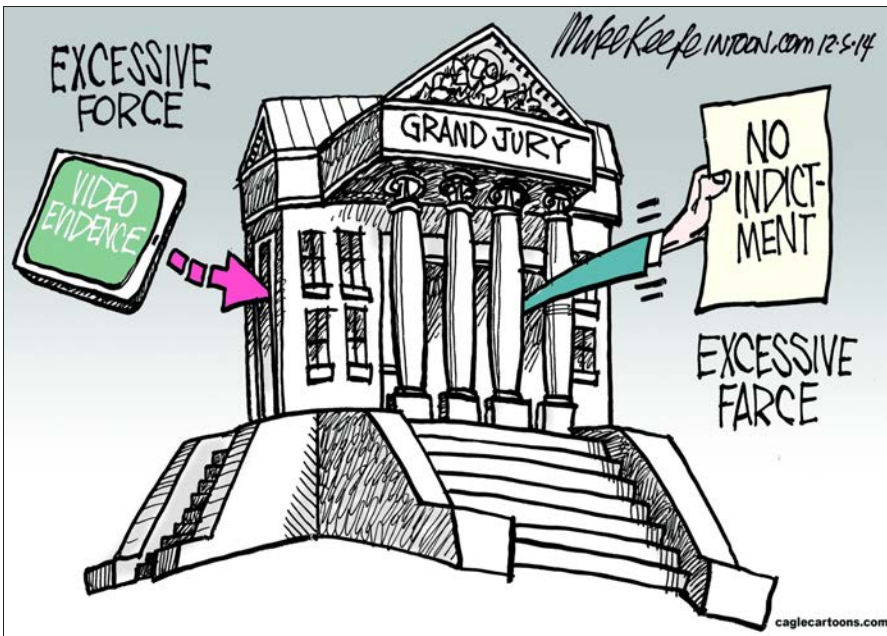
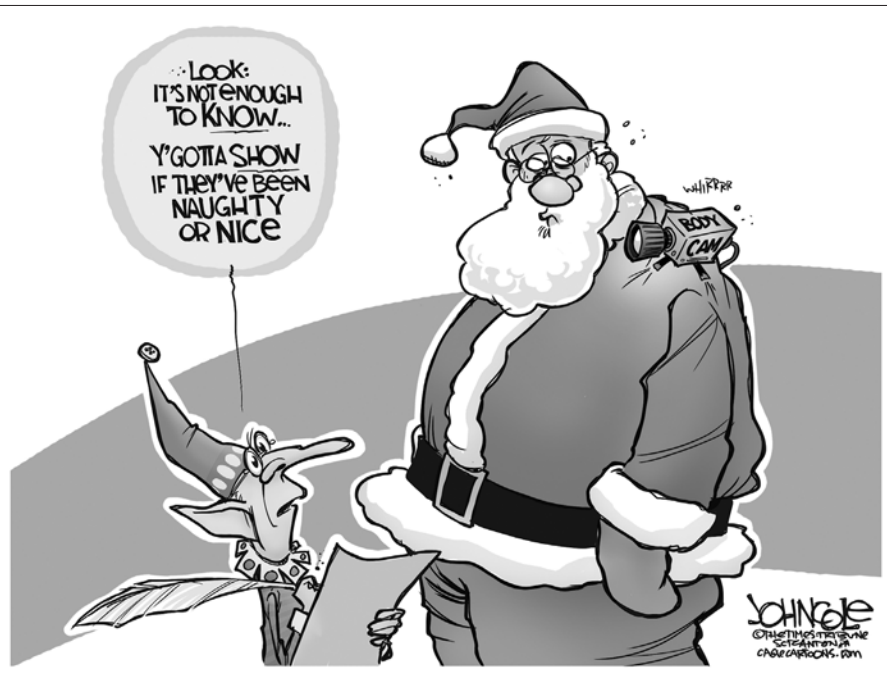
The 22nd Amendment: which, for 67 years, has proudly kept the American people from making the same mistake more than twice.

The GOP, waging an internal war for it's very soul. GOP Soul. Short book. Put it on the shelf right next to Barack Obama Leadership Skills.

The Newly Elected 114th Congress. Because if you liked the 113th Congress, you're going to love these guys. Exponential factor gridlock.

Will Durst is an award- winning, nationally acclaimed political comic. Go to willdurst.com for more about the documentary film "3 Still Standing," and a calendar guide to personal appearances such as his hit one- man show "Boomeraging: From LSD to OMG."

Email Will at durst@caglecartoons.com. Visit to willdurst.com to find about more about his new CD, "Elect to Laugh" and calendar of personal appearances.



Website: www.mtnviewsnews.com



How to make good use of holiday togetherness when you're caring for a senior loved one

Celebrating the holidays together with family is one of the best rewards of the season. If you are caring for an older relative, however, the holidays can be worrisome. You might notice that your loved one seems lonely, feels isolated or is overwhelmed. Or maybe you identify safety issues that signal your loved one needs more assistance than you are able to provide. If so, then the holidays offer you and your family a special opportunity: *to share in the discussion and decision-making about care alternatives for someone you all love.*

At The Kensington, we are getting close to officially opening our doors. In the meantime, especially during this holiday season, we invite you to visit together with family. Learn about our care options and, if you're ready, let us help you lay the groundwork for wonderful change. Bring us your hopes, dreams, memories and traditions. Yours together with ours, along with our unwavering commitment to continual excellence in senior service, make for joyous holidays and a bright future.

We welcome you to visit throughout the holiday season to meet our team, tour our community and tell us how we can help you and a senior you love.

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