

Mountain Views News

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Community News Comes First

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SIERRA MADRE NEWS BRIEFS

OVERNIGHT PARKING PERMITTED

Just a reminder to all Sierra Madre residents, beginning tomorrow December 20th, and continuing through January 4th 2015, overnight parking will be exempt for the Holiday season! Please be sure to help spread the word! Happy Holidays!

BE CAREFUL - BE CAUTIOUS- BE AWARE!

Recent rash of vehicle and residential burglary. Be aware! Lock and secure vehicles! Sierra Madre has experienced a recent rash of auto and residential burglaries. With each incident, an unfortunate trend seen in most of them is the victim failing to LOCK and SECURE their vehicle. Each night as you lock and secure your home, take a minute to lock your vehicle and remove any items of value from the car. Remember, if you See something, Say something!

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.

NOMINATE THE CITIZEN OF THE YEAR!

The Sierra Madre Chamber of Commerce is seeking nominations for the 2014 Citizen of the Year. To be eligible, a person must be a resident of Sierra Madre. The accomplishment(s) or project(s) for which they are being nominated must have been of benefit to the community of Sierra Madre and its citizens during 2014. They must have served without remuneration on the project for which they are being nominated, and members of the Chamber of Commerce Board of Directors are not eligible.

Completed forms should be mailed to Sierra Madre Chamber of Commerce, 19 Suffolk Ave, Unit A, Sierra Madre, 91024 by Jan. 6th. The winner will be selected by members of the Chamber Board of Directors, and will be honored at the annual Citizen of the Year/Board of Directors Installation Dinner to be held in January 31, 2014. Nomination forms are available either online at www.sierramadrechamber.com or by calling the Chamber Office at 626-355-5111.

SATURDAY, DECEMBER 27, 2014

VOLUME 8 NO. 52

GATEWAY COACH TO OFFER TRANSPORTATION TO RALPH'S HASTING RANCH

The City of Sierra Madre in partnership with First Transit is adjusting the Gateway Coach Round-A-Bout fixed route transportation line beginning January 5, 2015. In place of the previous Albertsons stop, the Gateway Coach will now make a scheduled stop at the Ralphs in Hastings Ranch. The other stops along the route will remain the same.

The Gateway Coach operates Monday through Friday from 11:00am-1:30pm and stops at various locations throughout the City. The transportation service is offered at no cost for all ages. For more information on stop location and times, please contact the Community Services Department at 626-355-7135.



The SIERRA MADRE ROSE FLOAT ASSOCIATION is pleased to announce an opportunity for you:

TWO (2) TICKETS TO THE 2015 ROSE BOWL GAME WITH PRE-GAME TAILGATE AND INCLUDING VIP PARKING (A \$650 Value)

CALL DAVE AT 626-260-4762 for details.

FROSTY COMES TO KERSTING COURT TO HELP SIERRA MADRE CELEBRATE AND REMEMBER



By Bill Coburn and Susan Henderson

Every year since 1988, except 2010, a snowman has been built in Kersting Court. Originally, he was on Sierra Madre Blvd. up near the west end of the park by the crosswalk, and for some time now he's been on Baldwin Ave. He has arrived on different days - on Christmas Eve, on the night of the Candlelight Walk, on New Year's Eve, but he's always arrived, again, except 2010. And there were three people that were responsible for it, though not all three participated every year. Andrew Graper, Dave Forrester and Brian "Oggie" Eck. These guys, with help from others, no doubt, but generally you were going to see, one, two or all three of them, year after year bringing Frosty to life in Sierra Madre.

Used to be that the snow always came down off the mountain, but now sometimes the snow is actually zamboni shavings from local ice rinks. Which is to say, that while things stay the same, they also change.

This year there was a big change. Oggie passed away on December 2nd. Andrew and Dave carried on the tradition, and this year the snowman is dedicated in Oggie's name, as evidenced by the scarf that keeps his neck warm. (See picture and inset above).

While Andrew and Dave were again the providers of the snow and much of the labor, Dave's Mom Betty made the aforementioned scarf and Oggie's long time friend Tonia Biely Patino sewed on the patch that Bob Goudy supplied, and Tonia also provided the carrot nose, the corn cob pipe and the buttons on his chest.

So thanks for all your years of bringing Frosty to town, Oggie. And thanks to Andrew, Dave, Tonia and Betty and the other snowman builders for their efforts to carry on the tradition without him.

Shown above with Frosty are Former Mayor Glenn Lambdin and his wife Liz who is really happy to see Frosty.

Photo submitted to MVNews.

Inside this week:

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SIERRA MADRE ROSE FLOAT ASSOCIATION'S WORK IN PROGRESS

The day is fast approaching when the Sierra Madre Rose Float Association will submit its completed entry to judges for the 2015 Rose Parade. The float, "I Think I Can", is already a masterful display of creativity, ingenuity, and mechanical wizardry. Since early 2014, the volunteers of the association have been working on making this dream come true. Now, with the parade less than a week away, all the parts are coming together.

The finished product (rendering on right) can easily be visualized if you visit the float barn now. In the picture taken by Illona Linden in early December, you can get an in depth view of the wire frame that provides the 'skeleton' for the train.

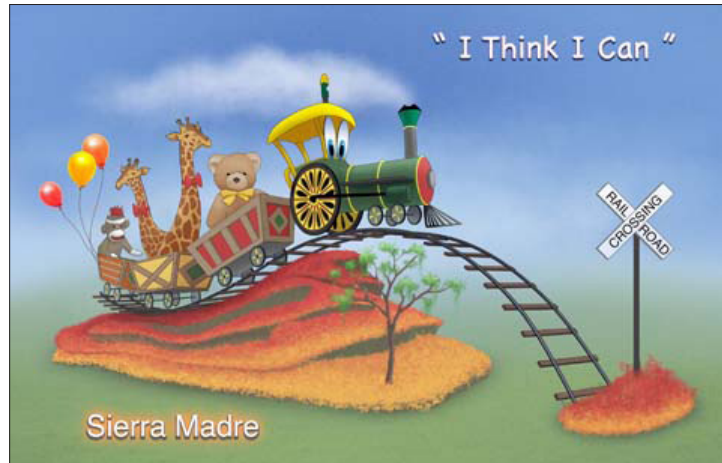


On Friday, the photo below was taken of the almost complete train resting on the 'tracks'. In the next five days, "Deco Week", the flowers and finishing touches will be attached.

Volunteers are still needed, however, especially those who can spare time in the evening. Go to www.smrosefloat.org and sign up on iVolunteer.

ROSE PARADE TICKETS OPPORTUNITY DRAWING FOR TWO (2) TICKETS TO THE 2015 ROSE PARADE INCLUDING PARKING

Drawing at 5:00 PM - DECEMBER 29TH The tickets are for location 150 S. Orange Grove Blvd., Aisle 1 - Row D SEATS 5 & 6. Ticket Donation - \$1 each or 6 for \$5 Tickets are available at the Float Barn where the drawing will be held.



DON'T FORGET: THE DROUGHT IS NOT OVER! EVERY DROP STILL COUNTS!

KNOW YOUR W'S: NO WATERING WEDNESDAYS & WEEKENDS

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

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

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

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



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Weather Wise

6-Day Forecast

Sierra Madre, Ca.

Sun:	Sunny	Hi 60s	Lows 40s
Mon:	Sunny	Hi 60s	Lows 40s
Tues:	Sunny	Hi 60s	Lows 40s
Wed:	Sunny	Hi 50s	Lows 30s
Thur:	Ptly Cldy	Hi 50s	Lows 30s
Fri:	Ptly Cldy	Hi 50s	Lows 30s

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:
Special Meeting Tuesday, January 6, 2015
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 HOLIDAY
PARKING REGULATIONS:

Beginning on December 20th and continuing through January 4th 2015, overnight parking will be exempt for the Holiday season. Sierra Madre Police wishes you a safe and stress free Holiday season! Please be sure to like and share to help share with residents!

SIERRA MADRE CITY
MEETINGS

City Council

Special Council Meeting

General Plan

Moratorium on the Demolition of
Older Homes

January 6, 2015 - 6:30 pm

The final agenda and staff reports will be available online no later than Friday night. Enter the date "01/06/2015" 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.

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
Breakfast created by Chef Mario at
The Park Hart House,
222 W. Sierra Madre Bl.,
Sierra Madre, CA 91024,
Tuesdays, 7-8:30 a.m.
We have dynamic speakers each week.
For more info go to Facebook or Meetup

SIERRA MADRE ROSE FLOAT
ASSOCIATION NEEDS YOU!

We are scheduling Volunteers using an online program for the month of December and especially for DECO week (December 26th to 31st).

Walk up volunteers are still welcome, but, if crowded, preference will go to those signed up at <http://smrfa.ivolunteer.com/>



Sierra Madre Rose Float
Association
Visit our WEB site at

SMRoseFloat.org

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.

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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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HARD-BOILED DETECTIVE PHILLIP MARLOW HANGS HIS HAT AT THE SIERRA MADRE PUBLIC LIBRARY IN FEBRUARY 2015

Sierra Madre, CA. –Raymond Chandler's LA Noir classic, *The Long Goodbye* is Sierra Madre's One Book One City choice for 2015. Published in 1953 and featuring his famous detective, Philip Marlow, Chandler called the novel "my best book". The One Book One City Committee has planned a month of exciting events celebrating Chandler and the LA Noir genre. All events will take place at the Sierra Madre Public Library.

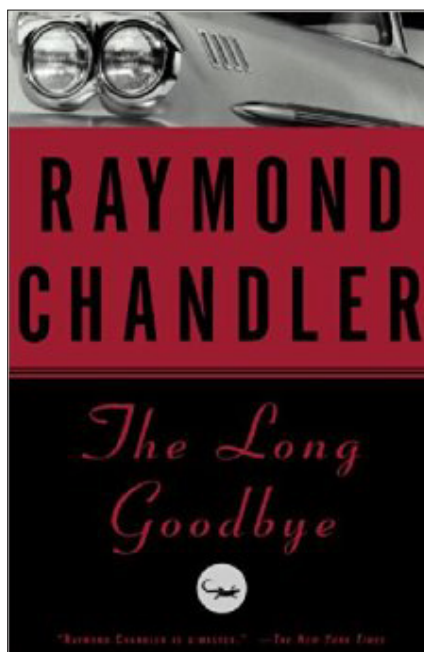
Speaker Sybil Anne Davis, Sierra Madre resident, who spent her formative years with Chandler, will kick off the events on Saturday, January 31, 2015 at 1:00 pm. Her talk is entitled "*Just call me Ray: personal reflections on my life with Raymond Chandler*". Also on Saturday, January 31, the Teen History Docents will guide visitors through a digital storyboard tour, "*Joyride*" looking at local transportation including the famous Red Cars at 2 p.m.

Two fun contests start on January 31, 2015. For those who aspire to be sleuths in the Philip Marlow tradition, a scavenger hunt will have you tracking clues throughout Sierra Madre to qualify for some fun prizes. To celebrate the iconic first-person narrative style of Raymond Chandler, a "Write Like Chandler" contest is scheduled through February 13th. The winner receives a dinner for two at a local restaurant and the finalist entries will be published in "*The Mountain Views News*."

A lively panel discussion on Chandler, LA-Noir, and Los Angeles in the 1940s, is set for Thursday, February 5, 2015, at 7:00 pm. Panelists will include prominent mystery writers and editors from southern California. Two weeks later, on February 19th at 11:00 am, the Library's Third Thursday Book Group will be discussing *The Long Goodbye* and all are invited to attend. And what would a celebration of the hardboiled, hard drinking Philip Marlowe be without a Scotch tasting? Sponsored by Bill Sullivan and the Bottle Shop, the event will be on Friday, February 13, 2015, at 7:00 pm in the Library. Tickets are \$15 and will be available at the Library or the Bottle Shop for those 21 and over.

Bloody Oranges! a murder mystery readers' theater farce by Phoebe Conn, will star guests at this next event. Join the crowd on Saturday, February 28, 2015, at 7:00 pm. The event is free, but reservations must be made by February 24, 2015, to guarantee a spot at the affair.

Read, Discover, Connect @ Sierra Madre Public Library The Sierra Madre Public Library is located at 440 W. Sierra Madre Blvd., Sierra Madre 91024. Our telephone number is 626-355-7186 or visit us online at www.cityofsierramadre.com.



Walking Sierra Madre...The Social Side

by Deanne Davis



"Have yourself a merry little Christmas, let your heart be light.
From now on, our troubles will be out of sight."

Ralph Blane & Hugh Martin

Remember that? Judy Garland singing to Margaret O'Brien in the 1944 movie, "Meet Me In St. Louis." You probably do as this is a perennial Christmas favorite movie, along with "Miracle on 34th Street" and "It's a Wonderful Life." Of course, we all love "Charlie Brown's Christmas" and the original version of Dr. Seuss' "How the Grinch Stole Christmas," and "Frosty" and "Rudolph."

We hope you've had 'a merry little Christmas' this year, and that your heart has been light. As we were out walking Sierra Madre a few days ago, my Christmas light connoisseur walking buddy, John, and I, found a piece of paper on the sidewalk and this is what it said:

A Child's Prayer of Thanks

Dear God,
I'm thankful for all You give,
For food,
For love,
A place to live,
I thank You for my family too,
And I want You to know
That I love You.
Amen.

I have kept this out in my kitchen ever since and think that it expresses pretty much everything for which we can be thankful, for which I am thankful. We live in such a beautiful place, with our own personal mountains available for good long 'look' moments. We have friendly people who smile and say Hello! when you pass them on the street. We have beautiful homes on

every street, so many trees, roses blooming even now, and a fabulous Christmas tree and crèche in Kersting Court. There are fantastic folks who have driven in from all over the place to work on our Rose Parade float, and "I Think I Can!" will be another prize winner on New Year's Day.

Like you, I've had opportunities to share with others this Christmas, one of my favorites being Angel Tree children. I love Angel Tree, where small people, many of whose parents are incarcerated, are able to ask for their heart's desire Christmas gift. I got a little girl who is eight who wanted "anything Frozen." Fantastic! I love all this frozen stuff that's everywhere currently. She will be adorable in a sparkly Frozen shirt and leggings with studs all down the legs. Her brother wanted "Legos, please" and I discovered that Legos now come with age ratings! How cool is that! Toys For Tots bins are everywhere and there was a Salvation Army bell-ringer guy out in front of Ralph's playing "Feliz Navidad" on his trumpet.

While making Christmas Jam and about a million cookies, I had my Child's Prayer of Thanks out where I could see it...and even managed not to get cookie dough all over it!

Like you, we've dined with friends, had a splendid lunch at Sierra Brigante, enjoying a nice glass of something yummy and...of course...taking a good long look at our personal mountains. We have truly had "a merry little Christmas" this year and are looking forward to blessings and joy in the year to come.

There's a new Christmas Kindle book out on Amazon.com, "Star of Wonder – A Christmas Story" that will lift your heart and make you smile. Well, yeah, I wrote it, but I know you'd like it.

And now, our faces are turned toward the future, bright days to come in 2015! Happy New Year, dear Walking Sierra Madre friends!

Sierra Madre Police Blotter

During the week of Sunday, December 14th, to Sunday, December 22nd, the Sierra Madre Police Department responded to approximately 335 calls for service.

Tuesday, December 16th

At 10:14 am, a civilian entered the station lobby to turn in a cellphone that was found in the street at Park Ave. and Orange Grove Ave. The phone was locked and was unable to provide any information pertaining to who the owner may be. The phone has been booked into the property room for safe keeping.

At 11:47 am, Sierra Madre Police responded to the station lobby regarding a petty theft report. The victim informed Officers that a large bag containing a dog jump training set was stolen from her carport in her condo complex. The victim stated the item was left unsecured placed in front of her vehicle for some time. This case has been forwarded to the Detectives Bureau.

Friday, December 19th

At 7:56 am, Sierra Madre Police responded to the 300 Block of East Alegria Ave. regarding a theft report. The victim informed Officers that prior to notifying the police, she approached her vehicle to take her son to school when she noticed her driver's door was slightly ajar, as well as the trunk of her other vehicle. After investigating her vehicles, the victim only accounted for two cellphone chargers missing. The victim informed Officers that she believed she did not lock and secure her vehicles the night before. This case has been forwarded to the Detectives Bureau.

At 8:45 am, Sierra Madre Police responded to the 300 Block of East Alegria Ave. regarding a theft report. Upon arrival, the Officers were informed by the victim that earlier that morning he came out to notice both his vehicles has been broken into and ransacked. The victim observed that both vehicles had their glove boxes emptied and had all the paper work scattered on the passenger seat. The victim believed the vehicles were broken into around 4:00 am, when his wife notified him that one of the security sensor lights had been triggered. Both vehicles were left unlocked and unsecured. Upon investigating further, the victim determined various change and a diver's knife was taken from the vehicles. This case has been forwarded to the Detectives Bureau.

At 2:15 pm, Sierra Madre Police responded to the 1100 Block of East Grandview Ave. regarding a residential burglary. Upon arrival, the victim informed Officers that at around 9 am that morning, she left her home locked and secured to go do some errands. At around 2:00 pm, she received a call from her handyman that stated he went into her residence to finish some repairs when he noticed that the home had been ransacked. The handyman notified the police shortly after. Upon investigating Officers discovered one of the doors had been open by blunt force as the door frame was damaged and debris of dry wall and the wooden door frame were scattered on the ground. The victim stated her iPad, several jewelry rings, and about \$25 of cash was stolen from her residence. This case has been forwarded to the Detectives Bureau.

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Pasadena
News Briefs

**Metro to Offer
Special Free Fares
New Year's Eve and
New Year's Day**

Metro will once again offer a special holiday free rides on all Metro Bus and Rail lines operating on New Year's Eve.

The free rides will be in effect between the hours of 9 p.m. and 2 a.m. on the nights and early morning hours of Dec. 31 to Jan. 1. Customers boarding a Metro Bus, including the Metro Orange and Silver Lines, or the Metro Red, Purple, Blue, Expo, Green or Gold rail lines during the designated hours will receive a free ride to their destination.

Metro Rail, Orange and Silver Lines will operate all-night service on New Year's Eve for those staying out extra late and to encourage easy travel to the Rose Parade, however, free fares only apply until 2 a.m. Those traveling after 2 a.m. will need to TAP to ride. Metro Day Passes are valid until 3 a.m.

Enhanced Metro Rail service will be provided for Grand Park's New Year's Eve event and for the Rose Parade and Rose Bowl Game.

**Police Look for
Bank Robber
Dressed as Santa**

Police were still looking Wednesday for an armed man who used a fake beard and Santa hat as a disguise to rob a bank in East Pasadena late Monday afternoon —an undisclosed amount of money was taken before the man fled according to reports.

Police said the bank robbery took place at the U.S. Bank, Sierra Madre Vons Branch at 2355 East Colorado Boulevard, around 4:30 p.m.

According to an FBI spokeswoman, the Santa imposter demanded the teller make a donation before displaying a handgun. The teller complied and the robber left on foot.

Police described the man as a 6 foot, 50-year-old white male. Anyone with information is encouraged to call police.

Pet of the
Week



Maxine is a friendly 9-year-old female brown tabby Norwegian Forest Cat mix. She's a sociable, relaxed, and quiet cat who would love to find a forever home this holiday season.

Because she is 5-years-old, Maxine qualifies for the Seniors for Seniors program which waives the adoption fee for adopters age 60 and up. The mandatory microchip fee of \$20 still applies.

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 GETS READY FOR THE BIG DAY



Pictured (top) Shriners Hospitals for Children "A million Stories of Hope and Healing" and other various floats being built at the Rose Palace on Raymond Ave. (upper left) Western Asset Management Company "The Power of Imagination. . (upper right top) the opening theme float, "Inspiring Stories." (upper right) satellite floats for Trader Joe's "Bedtime Stories." (Below) the front of "the Bible... God's Story."



Get a Pre-
Parade
Glimpse of
The Floats

Get a backstage view of the floral floats, starting today, in their final stages of preparation at three locations. You will see a variety of fruit, seeds, bark, grasses and of course, flowers being applied to the floats by experienced professionals and hardworking volunteers. Locations: Rosemont Pavilion: 700 Seco St., Brookside Pavilion (accessible to disabled visitors) and 1001 Rose Bowl Dr., Pasadena (Lot I, south side of Rose Bowl Stadium)

Cheeseburger Week Returns

Forty eateries celebrate the invention of the cheeseburger during Cheeseburger Week from January 11 to January 16, honoring Lionel Sternberger's the genius behind being the first to put cheese on a hamburger and serve it at the Rite Spot in Pasadena in 1924.

Forty of Pasadena's favorite restaurants, lounges and burger joints will offer their signature burgers, some special creations and a deals during Pasadena Cheeseburger Week. Green Street Restaurant, El Portal, La Grande Orange, Lucky Baldwin's and Whole Foods Market-Arroyo are among those offering specially created burgers for Cheeseburger Week.

Special events are planned for Cheeseburger Week, as well. Look for a special wine-pairing event as well as the Dog Haus Slider Eating Contest that kicks off Cheeseburger Week 2015.

Who makes your favorite lunch counter burger? Who serves your favorite turkey burger? Who makes your favorite veggie burger? Who

Rose Palace: 835 S. Raymond Ave., Hour today are noon to 5 p.m. then Sunday through New Year's Eve, starting at 9 a.m. For more information visit tournamentofroses.com/events/float-decorating.

Other pre events include, Equestfest a family-friendly event showcasing many of the equestrian units that will participate in the Rose Parade. Equestfest is Monday at 11 a.m. to 3 p.m. at the Los Angeles Equestrian Center, located at 480 Riverside Dr., Burbank.

Over the course of two days, Bandfest presented by REMO will feature the outstanding bands selected to participate in the 2015 Rose Parade, Three Bandfest events will take place at Pasadena City College, times vary. Visit store.sharpseating.com for more info.



serves the best beverage with a burger? You decide during Cheeseburger Week, January 11th through January 16th. For more information visit www.pasadenarestaurantweek.com.

5th Annual
Lunar New
Year Festival

USC Pacific Asia Museum's 5th annual Lunar New Year Festival celebrating Year of the Sheep takes place Saturday, January 31, from 11 am to 5 pm, with performances, crafts, a puppet show, artist demonstrations and access to the museum galleries. Admission is free and open to the public. A full schedule is available at pacificasiamuseum.usc.edu.

The museum welcomes a delegation of 42 performers and traditional artisans from the Guangdong Province in China, and will also showcase the cultures of Korea, Cambodia and Vietnam who all celebrate the Lunar New Year as well. Performances and demonstrations will take place under a large tent in the museum's parking lot, while activities and crafts are available in the courtyard and auditorium. Food trucks around the parking lot provide a varied selection all day long.

This program is made possible in part by Guangdong Province and the Ministry of Culture of the People's Republic of China, the Consulate General of the People's Republic of China in Los Angeles, Beauty Media Inc. and ICN TV Network. Special thanks to media sponsor KPCC.

Overnight
Parking
Permits to
Expire

The public is reminded that annual overnight and daytime parking permits issued by the Pasadena Department of Transportation (DOT) expire Wednesday, Dec. 31, 2014.

Residents are encouraged to renew permits and place new decals on their vehicles by Thursday, Jan. 1, 2015, to avoid being cited.

The public can conveniently renew permits online at <https://pasadenaparking.t2hosted.com/cmn/index.aspx> or visit the Parking Office at 221 E. Walnut St., Suite 199.

FORMER TEACHER JOINS ACTOR
JACK BLACK ON PARADE FLOAT

Actor Jack Black will be joined by Debbie Devine, 24th Street Theatre's artistic director and Black's former teacher, atop the Farmers Insurance annual float entry in the iconic Rose Parade on Jan. 1.

The "Dream Big: World of Possibility" float is set to honor teachers across the country for the endless dreams and possibilities they inspire within students on a daily basis. Black and Devine will be joined by the five winners of Farmers' Thank A Million Teachers Dream Big Teacher Challenge, in a symbolic culmination of the insurer's inaugural Thank A Million Teachers program. Launched by the company in early 2014, Thank A Million Teachers invited America to say thank you to teachers across the

country for their tireless work and dedication to make us all smarter. In return, Farmers committed up to \$1M in funding for educators in 2014. Black helped Farmers launch the program by offering up the first thank you to Devine and sharing the profound impact she made on his life, ultimately shaping who he is.

With a mission to engage, educate, and provoke its diverse community and city with an eclectic array of high quality artistic programming, 24th Street Theatre serves over 15,000 people annually: 9,000 children and youth, and 6,000 adults, the majority of whom are low-income.

For more information, contact 24th Street Theatre at (213) 745-6516 or go to www.24thstreet.org.



Farmers Insurance "Dream Big: World of Possibility"

MUSEUM ADDS NEW DEPT.
OF PUBLIC ENGAGEMENT

USC Pacific Asia Museum announced Monday two new changes with its internal operations.

The museum's former Education department has been restructured to become the Department of Public Engagement in order to better serve its visitors and to support new initiatives related to the recent merger with the University of Southern California in Los Angeles, California. The Department of Public Engagement will include Education; public programming; docent program, school tours, and volunteer program, as well as communications, visitor services, and new media projects. Two new programs have already been created for 2015; a distinguished speaker series conversations@pam, and a performing arts series performances@pam.

Other recent changes include a newly formed academic advisory committee. An expansion is also planned for the Silk Road Family Gallery with a new reading corner and interactive elements. The Department of Public Education seeks not

only to educate the museum's visitors, but to engage with them in a long-term and meaningful way that will ultimately increase their understanding of and knowledge of the arts and culture of the Pacific Asian region. "This department thinks very deeply about the visitor museum experience, both onsite and online, and how to create an experience that is informative, impactful, and enjoyable for all different types of visitors," says museum director Dr. Christina Yu Yu.

Susana Smith Bautista will lead this department as the museum's first Director of Public Engagement, starting January 1. Dr. Bautista has worked at the museum since December 2013 as Interim Deputy Director, and helped lead the museum through its transition to now become a university art museum under the aegis of USC. Dr. Bautista states, "I have been working closely with our new museum director, Christina Yu Yu since her arrival last August, and I am very excited to remain working at the museum in this new permanent position."

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

With the opening of the new Pasadena Media studios at 150 S. Los Robles Ave, they are offering free television-training programs for producers. Plan to attend an orientation to discover the right classes for you. Producers' Training teaches how to produce shows for The Arroyo Channel. Studio Production/ Equipment

Class offerings days and nights weekly
Station Schedule

Closed - Studio and Administration Office

Through Sunday January 4, 2015 11:00 a.m.

Orientation & Tour

Monday January 5, at 6:00 p.m. - 8:00 p.m.

PCAC Board Of Directors - Regular Meeting

Tuesday January 6, at 7:00 p.m. - 8:30 p.m.

Studio Cameras & Floor Manager

Wednesday January 7, at 6:00 p.m. - 8:00 p.m.

Citizen Journalism Training

Wednesday January 7, at 6:30 p.m. - 8:00 p.m.

PROFILE AMERICA FACTS:
THE 2014 HOLIDAY SEASON

This festive season, or simply the holidays, is a time for gathering and celebrating with family and friends, gift giving, reflection and thanks. To commemorate this time of year, the U.S. Census Bureau presents the following holiday-related facts and figures from its collection of statistics.

Rush to the Stores
\$24.4 billion
Estimated retail sales by the nation's department stores (including leased departments) in December 2013. This represents an estimated 40.9 percent jump from the previous month when retail sales were estimated at 17.3 billion. No other month-to-month increase in department store sales last year was as large. Source: U.S. Census Bureau, Monthly

Retail Trade Survey
13.9%
The estimated percentage of total 2013 sales for department stores (including leased departments) in December. For jewelry stores, the estimated percentage was 19.1 percent. Source: U.S. Census Bureau, Monthly Retail Trade Survey
22.8%
The estimated growth in inventories by our nation's department stores (excluding leased departments) from Aug. 31 to Nov. 30, 2013. Source: U.S. Census Bureau, Monthly Retail Trade Survey

\$44.5 billion
Estimated value of retail sales by electronic shopping and mail-order houses in December 2013 — the highest total for any month last year. Source: U.S. Census Bureau, Monthly Retail Trade Survey

30,185
The number of electronic shopping and mail-order houses in business in 2012. These businesses, which employed 365,508 workers in the pay period including March 12, are a popular source of holiday gifts. Source: U.S. Census Bureau, 2012

County Business Patterns
Christmas Trees and Decorations
\$1.0 billion
The value of U.S. imports of Christmas tree ornaments from China between January and

September 2014. China was the leading country of origin for such items. Similarly, China was the leading foreign source of artificial Christmas trees shipped to the United States (\$137.5 million worth) during the same period. Source: U.S. Census Bureau, Foreign Trade Statistics
Where the Toys are ... Made
563

The number of locations that primarily produced dolls, toys, and games in 2012; they employed 7,481 workers in the pay period including March 12. California led the nation with 95 establishments. Source: U.S. Census Bureau, 2012 County Business Patterns

Holiday Names
Place names associated with the holiday season consist of a dozen places named Holly including Mount Holly, N.C. (population 13,904) and Holly Springs, Miss. (7,558). There is Snowflake, Ariz. (5,576), Santa Claus, Ind. (2,501), North Pole, Alaska (2,214), Noel, Mo. (1,809) and — if you know about reindeer — Dasher, Ga. (944) and Rudolph village, Wis. (436). There is also Unity, N.H. (1640), and Peace, N.D. (28).

Source: U.S. Census Bureau, Population Estimates
52.3%
Estimated proportion of the nation's potatoes produced in Idaho and Washington during the fall of 2013. Potatoes are a popular dish served during the holidays. Source: National Agriculture Statistics Service,

\$1.6 billion
The estimated value of product shipments of candles in 2012 by U.S. manufacturers. Many of these candles are lit during Diwali (Oct. 23), Hanukkah (Dec. 16-24) and Kwanzaa (Dec. 26-Jan. 1) celebrations. Source: U.S. Census Bureau, 2012 Economic Census, Industry Series

Nearly 450 million to 470 million
Packages of mail the U.S. Postal Service expects to deliver between Nov. 17 and Christmas Day. This is a 12 percent increase from last year. Source: U.S. Postal Service

CALIFORNIA STATE PARKS 2015 ANNUAL PASS
PROGRAM BRINGS BACK AN OLD FAVORITE,
INTRODUCES TAHOE REGIONAL PASS



SACRAMENTO, Calif.—California State Parks is launching the Annual Park Pass Program, bringing back the popular “Golden Poppy” and introducing a new Tahoe area regional pass.

The Annual Park Pass Program consists of four different passes with a variety of admissions to parks statewide, and price points designed to meet visitor's individual needs. Specifically, the 2015 annual passes include:

- “California Explorer” Annual Pass (\$195.00): Offers vehicle entrance to 134 state parks, including the Southern California beaches along the Orange, Los Angeles and San Diego Coasts.
- “Golden Poppy” Annual Pass (\$125.00): This popular pass is making a comeback, and includes vehicle entrance to 112 state parks.
- “Tahoe Regional” Annual Pass (\$75.00): This new regional pass was created this year specifically for one of the jewels of the state, the Lake Tahoe region. The pass includes admission to D.L. Bliss State Park, Ed Z'Berg Sugar Pine Point State Park, Emerald Bay State Park, Kings Beach State Recreation Area and Donner Memorial State Park.

· “Historian Passport” (\$50.00): Includes admission for up to four people to State Historic Parks that generally charge a per-person admission fee. Pass holders will be able to tour a California missions, see where the gold rush happened and experience Native American culture.

· “Off Highway Vehicle” Day Use Annual Pass (\$50): unchanged from last year.
Beginning Tuesday December 23, 2014, the Annual Passes are available in the following:
· California State Parks Online Store
· Park Pass Sales Office at 1416 9th Street, Room 144 in Sacramento

On Monday January 5, 2014, passes will be available at state park units where fees are collected. All of these passes are valid for a floating 12-month period from the date of purchase.

The 2014 Annual Passes (Surf Explorer, 150th Commemorative, California Park Experience), are available for purchase until December 31, 2014 at walk-in locations, and will be honored for a full year after the date of purchase. Sales of the 2014 passes will be discontinued on January 1, 2015.



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.

Call 626-355-5700 to schedule.



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ShopAtHoopla@gmail.com ShopAtHoopla.com

ARCADIA

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia



(Photo by Walt Mancini/Pasadena Star-News) Golden Donut Place shop two doors west of Subway in the retail strip mall on southeast corner of Foothill Blvd and First Avenue.

\$24 MIL. LOTTO TICKET SOLD IN ARCADIA

By Scott Hettrick
A \$24 million winning SuperLotto Plus lottery ticket was sold last week to a customer of the Golden Donut Place at 104 E. Foothill Blvd. in Arcadia.
Golden Donut Place shop two doors west of Subway in the retail strip mall on southeast corner of Foothill Blvd and First Avenue. Golden Donut Place owners Sovanno Houth and husband Nahuoy Ghea
The person holding the winning ticket drawn Saturday night, Dec. 20, with all six correct numbers (7, 5, 21, 33, 31 and the Mega Number 12) has six-months to claim the prize.
Regardless of whether that winner ever steps forward, selling the winning ticket in their store triggered a \$120,000 payday for the owners of the doughnut shop, 54 year-old Sovanno Houth of Temple City, and his wife Nayhuoy Ghea, according to the San Gabriel Valley Tribune.
Another winning ticket was sold at the same store that matched the five drawing numbers, but not the Mega Number. That payoff is a mere \$10,866.
Lottery officials say the odds of matching all five numbers and the mega number are one in 42 million.
Winners are advised to sign the backs of their tickets, keep them in a secure place and contact their local Lottery District Office as soon as possible.

ARCADIA POLICE BLOTTER

For the period of Sunday, December 14th, through Saturday, December 20th, the Police Department responded to 931 calls for service of which 135 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, December 14:
Just before 12:35 a.m., an officer conducted an enforcement stop on a vehicle in the area of Tenth Avenue and Live Oak Avenue for having an obstructed view through their windshield. Upon contacting the driver, the officer detected a strong odor of alcohol emitting from inside the vehicle. The driver had a blood alcohol content of 0.10%. The 21-year-old White female was arrested and transported to the Arcadia City Jail for booking.
At approximately 9:50 a.m., officers responded to a location in the 200 block of East Foothill Boulevard regarding a man who had been struck with a metal pipe during an altercation with his girlfriend. An investigation revealed the two were arguing when the 22-year-old Hispanic female struck her boyfriend with a metal pipe and a metal barbeque lid. She was arrested and transported to the Arcadia City Jail for booking. The 21-year-old White male refused medical attention.

Monday, December 15:
At about 3:59 p.m., officers responded to Sports Chalet at the Westfield Shopping Town, 400 South Baldwin Avenue, regarding a suspect in custody for theft. Surveillance footage revealed the 23-year-old Hispanic male put on two ankle braces and concealed them by pulling his socks over them. He also attempted to leave the store with a basketball. He was arrested and transported to the Arcadia City Jail for booking.
At approximately 6:52 p.m., officers responded to the area of Huntington Drive and Golden West Avenue regarding a blown transformer that caused a tree to catch fire. Residents reported hearing two or three loud explosions and saw a nearby power pole on fire, however, the fire was extinguished by the time officers arrived at the scene. Arcadia Fire extinguished the fire and Southern California Edison restored power to the surrounding area and traffic signals.

Tuesday, December 16:
Around 11:54 a.m., officers responded to a residence in the 1800 block of Wilson Avenue regarding a burglary report. An investigation revealed unknown suspect(s) pried open the front door, ransacked the residence, and stole a purse and a pair of shoes. No suspects were seen and no witnesses were located. The investigation is ongoing.
Just after 6:57 p.m., an officer was dispatched to a parking lot adjacent to Macy's at the Westfield Shopping Town, 400 South Baldwin Avenue, regarding a vehicle burglary report. The officer determined an unknown suspect(s) punched out the driver's door lock of a GMC Yukon before attempting to steal the in-dash DVD player. No suspects were seen and no witnesses were located. The crime occurred over a span of 40 minutes.

Wednesday, December 17:
Shortly after 7:07 a.m., a Los Angeles County Probation Officer and Arcadia officers performed a probation compliance check in the 800 block of West Huntington Drive. One of the conditions of the 49-year-old Hispanic male's release was to submit to a drug test. A drug test

revealed the subject had recently used methamphetamine. He was arrested and transported to the Arcadia City Jail for booking.
At about 1:25 p.m., officers responded to Macy's at the Westfield Shopping Town, 400 South Baldwin Avenue, regarding a suspect in custody for theft. The suspect selected various items throughout the store and exited the store failing to make payment. The 37-year-old Hispanic male was arrested and transported to the Arcadia City Jail for booking.

Thursday, December 18:
At approximately 12:55 a.m., an officer initiated consensual contact with a woman sitting alone in a vehicle parked in front of Motel 6, 225 Colorado Place. While talking to the woman, the officer noticed signs of drug use. During a consensual search of her purse, the officer located a glass meth pipe. The 34-year-old White female was cited and released in the field.
Around 9:34 p.m., an officer responded to JCPenny at the Westfield Shopping Town, 400 South Baldwin Avenue, regarding a female in custody for theft. An investigation revealed the suspect, an employee of the store, had been manually discounting items being sold to her mother and friend. The estimated loss was in excess of \$1,050.00. The 22-year-old Black female was arrested for grand theft and transported to the Arcadia City Jail for booking.

Friday, December 19:
Just after 2:46 p.m., an officer responded to a residence in the 100 block of Santa Cruz Road regarding a burglary report. The officer discovered the victim had his registration sticker stolen from his vehicle and a \$12,000 electronic device stolen from his unlocked and open garage. No suspects were seen and no witnesses were located. The investigation is ongoing.
At about 10:14 p.m., an officer conducted an enforcement stop on a vehicle in the area of Golden West Avenue and Arcadia Avenue for driving with their high beam headlights on. Upon contacting the driver, the officer discovered the 38-year-old Hispanic female was never issued a license. She was cited and released in the field. Her vehicle was left legally parked.

Saturday, December 20:
Just after 7:00 a.m., an officer conducted a traffic stop on a vehicle coming out of the Santa Anita Inn parking lot, 130 West Huntington Drive, for an illegal turn. A records check revealed the driver was on parole and the passenger, a 22-year-old female of unknown race, was on probation. A consensual search of the passenger resulted in the officer locating a small bag of methamphetamine. During a consensual search of the female's hotel room, officers located a 31-year-old White male in possession of an illegal baton and drug paraphernalia. Both subjects were arrested and transported to the Arcadia City Jail.
At approximately 5:08 p.m., an officer responded to the front counter of the Arcadia Police Department in regards to a theft report. The resident stated he placed a decorative light tower in the area of First Avenue and Wheeler Avenue for a Christmas event and sometime between December 13th and December 20th, the item was stolen. No suspects were seen and no witnesses were located. The total loss was valued at \$7,500.00. The investigation is ongoing.

MONROVIA - DUARTE

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia



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

CELEBRATING MONROVIAN BOB BARTLETT: A GREAT MAYOR, HUMANITARIAN AND FRIEND

December 19th was a very special day in the City of Monrovia. There was a celebration of a truly great man, humanitarian, and former Councilman/Mayor Bob Bartlett. When I moved here in '87, it was a “county” area, but I still knew of Monrovia City Mayor Bob Bartlett. He was always doing something positive to improve his City and surrounding areas.

For this special program, Council Member Larry Spicer was chosen as Master of Ceremony. A very appropriate choice as Larry is a good friend of Bob's, and attends all important Monrovia events. Current Mayor Mary Ann Lutz, another dear friend of Bob's as well as Mayor Pro Tem Becky Shevlin, and Council Members Tom Adams and Alex Blackburn also attended.

The event was wonderful. Mr. Spicer gave the following extensive background/bio of Bob Bartlett: Bob was born and raised in Monrovia, attended the local high school and lived on Royal Oaks Avenue. He was elected to the City Council in 1974 and also served as Mayor. Bob decided to run for office because he saw his hometown floundering while other cities were progressing. Bob was the major force behind the city's extensive redevelopment and in 1976 became the city's first African American Mayor. Many residents cite Bartlett's strong leadership and vision as the key to Monrovia's transformation from a blighted, gang-infested location to the prospering city it is today. He retired from office in 2001.

Mr. Spicer also shared the many boards and commissions Bob served on-President of the California League of Cities, Southern California Association of Governments, Transportation and Infrastructure Committee for the National League of Cities, Major Role in creating the Foothill Transportation Zone and the San Gabriel Valley Council of Governments, and the Foothill Unity Center. Awards included Life Changers Achievement Award from the San Gabriel Valley Gospel Expo, Civic Award from the NAACP, and the Foothill Unity Center's Heart in Hand Humanitarian Award.

Pastor Melanie Mays of the Monrovia Bethel AME Church gave the beginning Invocation, offered a blessing of the street (Royal Oaks Ave. between California and Shamrock Aves., and gave the closing Benediction. There was no shortage of speakers with accolades of Bob, “Mr. Monrovia”. A few included Mayor Lutz, Council Members, former Monrovia Mayor Lara Blakely, Town Council Member Terry Williams, and Foothill Unity Center's Betty Mc Williams.

There were two “temporary signs” that attendees left special messages on. It was such a wonderful way to honor this great man who once said, “It's not only redeveloping the buildings and edifices that's important, but you have to change the hearts and minds of people.”

A VERY SPECIAL THANKS to Mr. Spicer for providing me with the information and photos to share with my readers, and the City for honoring Mr. Bartlett in such a memorable manner.

MONROVIA POLICE BLOTTER

During the last seven-day period, the Police Department handled 369 service events, resulting in 68 investigations. To see a complete listing of crimes reported, go to <http://www.crimemapping.com/map/ca/monrovia> for crime mapping. For Police Department news and information, visit our website and follow us on Twitter.

Injury Traffic Collision
December 16 at 4:06 a.m., a traffic collision was reported in the 700 block of East Huntington Drive. The female driver of the vehicle had just left work, fell asleep at the wheel and struck a power pole. She was not badly injured, but there were downed power lines. Southern California Edison was advised.

Attempt Theft From a Vehicle
December 16 at 5:40 a.m., a resident in the 300 block of West Lime heard noise to the front of her residence. She noticed a male subject dressed in dark clothing trying to get into her car. She called police, who arrived at the location and saw the suspect run north. Containment was set up, but the suspect was not located. The investigation is continuing.

Vehicle Burglary
December 16 at 7:23 a.m., a vehicle burglary was reported in the 700 block of West Huntington. Unknown suspect(s) smashed the rear window and took a black backpack with an iPad and an Apple Computer in it, as well as credit and identification cards. A credit card was used at a Walmart in Rosemead a short time later. The investigation is continuing.

Residential Burglary
December 16 at 1:47 p.m., police responded to the report of a residential burglary in the 100 block of North Madison. While the victim's were away, the home was broken into and ransacked. Point of entry was a sliding glass door that was smashed and items of jewelry were stolen. The investigation is continuing.

ALL ARE INVITED TO CITY OF DUARTE'S TRANSIT OPEN HOUSE

Residents are invited to attend an open house on January 15, 2015 from 4:00-8:00pm at the Duarte Senior Center, located at 1600 Huntington Drive, to learn about the transit system and share ideas with staff about how to optimize performance. Food and beverages will be provided.
Residents will have the opportunity to hear about the results from the recent Duarte Transit Survey. The survey was distributed for several months and all residents, including transit riders and non-riders, were encouraged to provide feedback to help City staff evaluate the transit system's current and future performance needs. The survey is part of a study to help the City identify ways to coordinate with the future Gold Line service and to enhance residents' travel opportunities in more efficient and cost effective ways.
Residents can meet Duarte Transit staff members and get the latest City Transit schedules. Residents will also learn about the Gold Line Foothill Extension construction from Foothill Gold Line staff. Residents will be invited to leave comments and suggestion for the study's recommendations.
For additional information visit the City website at <http://www.accessduarte.com> or contact staff at 626.357.7931.
About the City of Duarte
The City of Duarte was incorporated on August 22, 1957. With integrity and transparency, the City provides exemplary public services in a caring and fiscally responsible manner with a commitment to our community's future. For more information visit www.accessduarte.com or call (626) 357-7931. Follow the City of Duarte on Twitter @CityofDuarte.



From left to right: Former Mayors Lara Laramendi Blakely and Bob Bartlett and current Mayor Mary Ann Lutz

PASADENA UNIFIED SCHOOL DISTRICT NOTICE OF VACANCIES ON THE CITIZENS' OVERSIGHT COMMITTEE

The Pasadena Unified School District (PUSD) is seeking applicants to fill current vacancies on the Citizens' Oversight Committee, which is responsible for ensuring accountability of work funded by Measure TT, the school improvement bond approved by voters in November 2008. The committee meets regularly to review spending, financial and performance audits, and the efforts of District staff to maximize bond revenues and minimize costs.

Under California's Proposition 39, school bonds like Measure TT are required to establish Citizens' Oversight Committees. The committee must consist of at least seven members who serve without compensation and are appointed by the Board of Education for no more than three consecutive two-year terms. School officials or employees, consultants, vendors or contractors of the District cannot serve on the committee. The oversight committee must include the following:

- One member representing the business community
 - One senior citizens organization member
 - One active member of a bona fide taxpayer association
 - A parent or guardian of a child enrolled in PUSD
 - A parent or guardian of a child enrolled in PUSD. This parent must be active in a PTA or school site council
 - Other members as desired
- You may download an application at www.measurett.org. Completed applications must be submitted no later than 4:00 p.m. on January 6, 2015 to:

John Pappalardo, Chief Finance Officer
Pasadena Unified School District
740 W Woodbury Rd., Pasadena, CA 91103

TIPS FOR SMART MEDIA USE FOR KIDS

(StatePoint) From TV to smart phones to social media, our lives are dominated by 24/7 media exposure. Despite this, many children and teens have few rules around their media use.

While media consumption by itself is not the leading cause of any health problem in the U.S., it can contribute to numerous health risks, say experts. At the same time, kids can learn many positive things from "pro-social" media. The key is to teach children to make healthy media choices.

"It is time for a renewed commitment to change the way we address media use," says Dr. Thomas K. McInerney, president of the American Academy of Pediatrics (AAP). "In the same way you may need to guide children on how to eat nutritiously, you can foster a healthy media diet."

In a digital world ever in flux, the AAP is offering some key tips for families looking to make smarter media choices:

- Make a media use plan, including meal-

time and bedtime "curfews" for media devices. Media use plans take into account not only the quantity, but the quality and location of media use. Screens should be kept out of kids' bedrooms.

- Excessive media use has been associated with obesity, lack of sleep, school problems, aggression and other behavior issues. Limit entertainment screen time to less than one or two hours per day.

- For children under 2, substitute unstructured play and human interaction for screen time. The opportunity to think creatively, problem solve and develop reasoning and motor skills is more valuable for the developing brain than passive media intake.

- Take an active role in your children's media education by co-viewing programs with them and discussing values. You may consider having your own profile on the social media sites your children use. By "friending" your kids, you can monitor their online presence.

- Keep the computer in a public part of your home, so you can check on what your kids are doing online and how much time they are spending there.

- Look for media choices that are educational, or teach good values -- such as empathy, racial and ethnic tolerance -- and interpersonal skills.

- If you're unsure of the quality of the "media diet" in your household, consult with your children's pediatrician on what your kids are viewing, how much time they are spending with media, and privacy and safety issues associated with social media and Internet use.

More healthy media tips for families can be found at www.healthychildren.org.

A healthy media diet balances the risks of too much media on your child's growth and progress with some of the pro-social benefits media offer. Be mindful of how your children interact with media and take steps for healthful choices.

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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We like winter fun: ice skating... sledding and building snow bears. Kids: color stuff in!

Newspaper Fun!

www.readingclubfun.com Animills LLC © 2014 V11-54

I should be hibernating, but Mom and Dad let me have one weekend in the snow! I love skiing, snowboarding, ice skating, rolling giant snowballs to make snow bears, and building snow forts and igloos. It's a beautiful winter wonderland out here! I also want to eat "winter foods": thick, hot, potato or chicken noodle soups, beef stews, casseroles of bubbly, golden macaroni and cheese, chicken pot pies and, for dessert, bread pudding!

Can you find the two snowflakes that are the same? DUCK!

Read the clues to fill in the puzzle with winter words:

1. how much colder the wind makes the air feel
2. Santa rides in this
3. fingered hand warmers
4. warm chicken
5. unique crystal
6. make snow
7. keep your hands extra warm
8. packed, made to throw for fun
9. keep your feet warm and dry
10. pointy, frozen, hanging
11. warmest winter clothing
12. neck wrappings
13. gliding on ice
14. coal-eyed "person"
15. wool
16. head warmers
17. snow, protection from snowballs
18. hot, warm drink
19. blustery snowstorm
20. downhill sliding on tubes and toboggans

Free Stuff!

Print out free puzzles: Winter Word Fun, Cheer for a New Year @ www.readingclubfun.com

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THE 10 COMMANDMENTS OF 2015 FOR PETER DILLS

- 1. I resolve to drink more water when I drink. - Translation – add more ice to my drinks
- 2. I resolve to send back cold food, even if I'm starving. Translation – No Mr. Nice Guy
- 3 I resolve to ask to be moved if there are screaming kids next to me. Translation – “Two things I can't stand crying women and crying babies.”
- 4. I resolve to send back my meat if its not cooked to my liking. Translation – I want more perfection in 2015

TABLE FOR TWO by Peter Dills
thechefknows@yahoo.com

- 5. I resolve to order a Grande at Starbucks instead of a Venti to save money. Translation – Watch out Starbucks a big dip in the stock in 2015
- 6. I resolve to smoke more cigars this year. Translation – I always smoke with my friends.
- 7. I resolve to ask the dumb question, is it really a Champagne Brunch or a Sparkling Wine Brunch? Translation – It is always a Sparkling Wine Brunch

- 8. I resolve to ask, is it really World Famous? Translation – Never World Famous, often people in the neighborhood don't know the place.

- 9. I resolve to tip 10% if the service warrants it. Translation - Yeah right - I know I am a coward when it comes to stiffing these waiters, even when they deserve it.

- 10. I resolve to cook one meal a week at home. Translation – One more than I am now!

Bonus When ordering to-go food I will have my order ready before getting on the phone!

Please listen to Dining w/Dills Sunday at 12 Noon AM 830 KLAA and follow his blog www.peterdills.tumblr.com



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**Peter Dills
KLAA 830 AM Sunday**



INGREDIENTS:

BREAD DOUGH:

- 1 cup Whole Milk
- 3 Tbsp (or 1 Packet) Active Yeast
- ¼ cup Sugar
- 1 tsp Salt
- 2 Eggs, well beaten
- 3½ cups Flour
- ¼ cup Melted Shortening, not oil
- Cooking Spray

BUTTERSCOTCH TOPPING:

- 4 Tbsp Butter
- 1 cup Brown Sugar
- ½ cup Light Corn Syrup
- 1 cup Chopped Pecans, chopped

FILLING:

- 2 Tbsp Butter, melted
- ½ cup Brown Sugar
- 2 tsp Cinnamon

DIRECTIONS:

1. Heat whole milk in the microwave for 1 minute. In the bowl of a stand mixer fitted with a bread hook, or a large mixing bowl, place yeast, sugar and salt, stir. Add hot milk and allow to sit for approximately 10 minutes, or until yeast has activated, bloomed and smells fragrant.
2. Stir in well beaten eggs and then half of the flour. Mix with the bread hook until mixture is fully incorporated and dough drapes off of the hook. You can also use a large wooden mixing spoon. Stir in melted shortening and then remaining flour. Continue to knead with the bread hook or hands until dough is smooth and elastic, approximately 3-5 minutes.
3. Roll dough into a ball and place into a large, well buttered mixing bowl. Turn once to cover all exterior with butter. Cover with a damp kitchen towel and set aside to rise for 30 minutes. Dough will double in size.
4. While dough rises, make the butterscotch topping. Place butter, brown sugar and corn syrup in a small sauce pan. Melt over low heat, sitting occasionally. It is very important that the mixture does not reach a boil, or even a simmer. Stir until brown sugar is dissolved and fully incorporated. Spray a 9x13 rectangular baking dish or two 9-inch circular pie plates with cooking spray. Pour mixture evenly into the bottom of the dish(es). Sprinkle with pecans. Allow butterscotch topping to cool while you roll the dough.
5. Turn dough out onto a lightly floured surface. Roll into a rectangle, approximately 14x22 inches. Mix brown sugar and cinnamon in a small mixing bowl. Brush melted butter over dough and sprinkle evenly with cinnamon-sugar mixture.
6. Roll dough tightly from the short end. Using a sharp knife, cut into 12 equal slices. Place slices directly on top of butterscotch topping (either all 12 in the 9x13 or 6 and 6 in pie plates). Cover with a damp kitchen towel and allow to rise for an additional 30 minutes.
7. Preheat oven to 375 degrees. Bake uncovered for 30 minutes. If the tops start to brown, loosely lay a piece of aluminum foil over top.
8. Remove and allow to cool for 5 minutes. Now is the tricky part, you have to flip this bad boy onto a large platter. Choose a serving dish that is larger than your cookware. Be careful not to burn yourself. Serve immediately and enjoy your Old Fashioned Butterscotch Pecan Rolls (Sticky Buns).

HELPFUL TIPS:

Note: If you get the butterscotch topping on your counter tops, floor, etc, allow to cool and you should be able to easily peel it off. Not that I know from experience or anything.... Heirloom recipes are held near and dear to everyone's heart. This recipe hails from my great Aunt Beverly. If you mention Great Aunt Beverly to either, their first association is these glorious, pecan crusted sweet rolls and the response always contains a hint of nostalgia.



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SAVING STURTEVANT'S CAMP



Most locals who have lived here, in Sierra Madre for any significant period of time are probably familiar with, or have at least heard of a very cool, cabin-camping getaway spot located in the forest right behind us, called Sturtevant's Camp. However, even those who are somewhat familiar with this remarkable back-woods gem, may not know much about it's history; how and when it came about, and what, if anything goes on there today.

Sturtevant's Camp was established in 1893 and was one of five resort camps in the Big Santa Anita Canyon (Chantry Flat area) during the great hiking era of the early 1900's. Today, more than a century later, it is the last remaining camp and the only place where you can rent cabins for you and your family or for a big group of 40+. The camp site is accessible via a short day hike from the Adams Pack Station parking lot.

The camp has been functioning under the ownership of the United Methodist Church (UMC) since 1945, but has never been successfully self-supporting without the funds provided by the church to keep it alive. In 2010, all camps were required to become self-supporting and at that time the camp managers of 20 years, Chris Kasten and his wife Joan were laid off. It was then that a dedicated group of individuals known as the "boot squad" began tirelessly maintaining the camp, but due to a lack of marketing and recent lack of water the business has been dismal.

Fortunately, Friends of the San Gabriels, a non-profit organization whose goal is to support and enhance the San Gabriel Mountain range as a recreational, environmental and historic resource through volunteer efforts in fund raising, promotion, educational programming and maintenance, recently entered into an agreement with the United Methodist Church to purchase Sturtevant's Camp. But, whether the purchase will be a success depends upon whether they are able to raise the support necessary to carry it out.

Friends of the San Gabriels has a core team of enthusiastic, experienced canyonites (Sue Burgess, Deb Burgess and Brad Bryce) who are dedicated to the project, and have planned a three-pronged approach to fund this important endeavor.

Brad Bryce, cabin owner and long-time canyon volunteer, will live at the camp and manage it for the first 1-2 years. In a non-paid capacity to provide for stability in operations and keep the camp open to weekday guests.

A heavy marketing campaign will include emailing and phone-calling to their contact list of interested individuals as well as to groups such as Scouts, So Cal hiking groups,

environmental groups and equestrian groups.

Scheduled weekend events for a flat fee, including all expenses. So far they are planning a hand-quilt making weekend, Scout merit badge weekends, board (and/or) chess game weekend, live music weekend, Thanksgiving at Camp, art camp weekend, etc., and they are open to any suggestions for other weekend events as well.

Friends of the San Gabriels is appealing to the local community for help to make this project a success. There are a few different ways you can assist in preserving this rare wonder of history and nature. Monetary contributions are welcome and much appreciated, and Friends of the San Gabriels is offering a few fun incentives to potential donors.

For donations of \$5,000 or more, a guest cabin will be named after you or an honoree of your choice! Plus, you would have the privilege of reserving the Retreat Cottage for yourself and up to 5 friends twice a year for two years.

For donations of \$1,000, you can adopt a cabin (you get a plaque in the cabin) and you can reserve the Retreat Cottage for yourself and up to five friends during 2015.

For donations of \$500, you can be one of many to adopt the Ranger Cabin or another building and reserve the Retreat Cottage.

For donations of \$100, you can enter to win a full weekend in the Retreat Cottage for yourself and up to five friends. Parking included.

For donations of \$25 or more, we will treat you to lunch at the pack station on a music Sunday. Finally, all donors above \$100 will be listed on a donation wall and receive a free t-shirt. (unless you prefer to remain anonymous).

Donating to this very worthy cause is as easy as one-two-three. Just log on to friendsofthesangabriels.org to click and pay using a credit card or PayPal account, or mail your check to Friends of the San Gabriels, 46685 Orchard Drive, Miramonte, CA 93641. What better way to start the new year, than to invest a bit of yourself in an historic forest treasure and you and so many others will continue to enjoy?



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LOOKING FOR A BEST FRIEND??

To welcome in the new year? Buster is about 2 years old and weighs around 11 pounds. He is being called a Jack Russell terrier mix. His coat is short and easy to care for, and is a beautiful soft white with black patches. His face is mostly black with some white highlights. He is a very handsome boy.

Buster can be shy when you first meet him, but he warms up quickly. He doesn't mind being picked up and held, but watch out! He likes to give kisses and he is pretty quick at it. He is a real people lover!

Buster likes going for walks and does well on the leash. He has the cutest prancing pace, which seems to confirm his Jack Russell ancestry. He has been friendly with other dogs he has met at the shelter, and gets along well with his kennel mates. He can be quite playful, but he also enjoys getting pets and attention.

Buster has been taken to off-site adoption events, and behaves very well in public. He would make a wonderful family pet with just the right mix of affection and playfulness. Please come meet Buster and you just might fall in love with him! He is waiting to find his forever home. Maybe he can be your new best friend?

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 Buster, 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 Buster.

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

PET OF THE WEEK

Jesso: Animal ID #A3591759

Meet the cutest pup in town, Jesso (A3591759)! Jesso is a loving 10-year-old white-and-tan altered male Shih Tzu whose owners left him at the Baldwin Park Animal Care Center on December 10th because they felt Jesso was "too old." Jesso may be a senior, but that's no real drawback: Seniors make outstanding pets! Weighing 16 lbs, Jesso has many of the desirable assets typical of senior dogs: He already knows how to walk perfectly on leash, is well-socialized with people and other dogs, and has a calm, relaxed energy. Jesso loves to be out and about to meet new people and dogs, and is also happy to spend the day lounging at home. He does seem to have dry eyes that should be evaluated by a vet to see if he needs eye drops. Jesso will be a fantastic indoor pet and best friend for anyone looking for a calm, wise pet, and he will repay you for giving him the good life in his golden years with his wonderful loyalty and humorous antics. To watch a video of Jesso, please visit the following link: <http://youtu.be/SBm3p9b9e2Q>

To meet Jesso in person, please see him at the Baldwin Park Shelter, located at 4275 N. Elton, Baldwin Park, CA 91706 (Phone: 626-430-2378 or 626-962-3577). He is available now. For any inquiries about Jesso, please reference his animal ID number: A3591759. The shelter is open seven



days a week, 12 pm-7 pm Monday-Thursday and 10am-5pm Friday-Sunday. This is a high-intake shelter with a great need for adoptions. For more information about Jesso or the adoption process, contact United Hope for Animals Volunteer Adoption Coordinator Samantha at Samantha@hope4animals.org. To learn more about United Hope for Animals' partnership with the Baldwin Park Shelter through its Shelter Support Program, as well as the many dogs of all breeds, ages, and sizes available for adoption in local shelters, visit <http://www.unitedhope4animals.org/about-us/shelter-support-program/>.

THREE STEPS TO PROTECT YOUR PETS

(SPM Wire) Your pet is part of the family. So when it comes to disaster preparedness, keeping pets safe should enter into the equation.

Here are three simple ways pet owners can prepare for emergencies and prevent accidents:

- The American Red Cross recommends taking a Pet First Aid Class to learn such basics as how to administer medicine, treat wounds, care for injuries and prepare for disasters. Whether you're at home or on the road, these skills can save lives.

- Depending on the type of emergency situation you're faced with, your home may become an unsafe place to stay. Evacuation plans should include pets. Know in advance if you have friends or family with whom you and your pet can stay. If that's not possible, keep a list of boarding facilities or hotels that accept animal companions.

- Ensure toxic chemicals in your home, such as cleaning supplies, are inaccessible to pets. Additionally, be sure any medications are sealed and out of reach of curious paws. If you suspect your pet has consumed a poisonous substance, contact the ASPCA poison hotline at (888) 426-4435. The hotline operates 24 hours a day.

With a little knowledge and preparation, you can be a more responsible pet owner.



CELEBRATE Safely

FIVE TIPS FOR PROTECTING YOUR HOME FROM FIRE THIS HOLIDAY SEASON



COOK Safely

Be careful in the kitchen by keeping oven mitts, towels, and wooden utensils away from stoves and ranges.



OBSERVE Safely

Never leave burning candles unattended and keep your Christmas tree hydrated.



DECORATE Safely

Choose decorations that carry a UL or CSA label, indicating they have been tested for fire safety. The American Red Cross recommends placing Christmas trees and holiday decorations at least three feet away from heat sources.



PLAY Safely

Make sure kids don't play with matches and lighters by keeping these materials out of reach.



ENTERTAIN Safely

Let guests know about fire exits and ensure smoke detectors are spaced throughout your home and functioning properly.

(Source: American Red Cross and National Fire Protection Association)

FOR MORE INFORMATION GO TO: www.celebratesafelycampaign.com


www.rebuildingtogether.org

www.americanchemistry.com

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



SEAN'S SHAMELESS REVIEWS: THE THREE BEST FILMS OF 2014

By Sean Kayden

While there are many Oscar contenders/well regarded films I haven't seen this year, the following three motion pictures are my favorite films of the year. With that said, I've written this before viewing such desired films like "Foxcatcher," "The Gambler," "American Sniper," "Inherent Vice," and "Rosewater." Despite that, I still feel quite strong these would still remain what I believe to be the three best American films of 2014.

BOYHOOD - Filmed intermittently over the course of 12 years, "Boyhood" is the extraordinary tale of one ordinary boy's life. Using the same cast the entire time, Richard Linklater started the project in the summer of 2002 alongside actors Ellar Coltrane as Mason Jr., Patricia Arquette as his mother Olivia, Lorelei Linklater as Mason's sister Samantha, and Ethan Hawke as Mason Sr. The film chronicles Mason's life from age 6 to 18. At a running time of two hours and forty-four minutes, the film is epic in technical scope, but never the less an entirely intimate portrait of what life was/is during adolescence for the majority of us. "Boyhood" doesn't rely on any trickery or the use of "big moments" to capture your attention (and heart). It's a steady stream from start to finish, but the results are clear. "Boyhood" is a thing of beauty. However, its true avowal is it allows for one to believe that life itself is the real thing of beauty. It's amazing to see the transformation of how people become older, some wiser, nearly right in front of your eyes for two and a half hours plus. It's as if you're watching a real family journey through these twelve years. Arguably, these twelve years could be considered the most crucial, imperative years in a young man's life. Newcomer Ellar Coltrane was absolutely pitch-perfect for the role. He was convincing, sharp, and magnetic on screen. Both Patricia Arquette and Ethan Hawke are sublime. I've noticed a lot of acclaim for Arquette, even as going as far as touting her as a best supporting actress nominee for next year's Oscars. Hawke, at least for me, stole the show in his snippets throughout the course of the movie as a 30-something year old guy kind of wandering through life in the beginning, to ultimately reaching his own version of adulthood by middle age. He's never been so real, so heartfelt, and undeniably solid as Mason's weekend dad. "Boyhood" makes you realize no matter what age you are, 17 or 40 or older, life is a series of events and mysteries that no one could ever be completely equipped for as they come your way. It's a superlative motion picture for all ages, young and old, on the meaning of life. And as we all know, the definition of life is distinctively unique to each and every one of us.

BIRDMAN - One of the more original films of 2014 comes in the form of Alejandro González Iñárritu's "Birdman." Michael Keaton stars as Riggan, a one-time A-list movie star that's attempting to recapture his glory from twenty years ago with

his own Broadway production. He's washed-up and is trying to overcome his ego and family distress as his play, which he adapted, directed and starring in is about to be underway. A colorful list of actors round up the cast including Zack Galifianakis, Naomi Watts, Emma Stone, Amy Ryan, and Edward Norton. On paper, "Birdman" may not seem all that original, but you have to see it to believe the true wonder of it all. Supplying one of the finest ensembles of any motion picture this year as well as the best camera work I've seen all year, "Birdman" truly sets itself apart from the majority of films released this year. The one-two mighty punch of the Michael Keaton and Edward Norton combo alone is easily worth the price of admission. Fortunately, there's so much more than just that to astound you. The way the movie was filmed gives the illusion it was one continuous shot. I've never seen such a film with so many close-ups on the actors. You honestly feel right there behind the scenes of a real Broadway play. As for the ending, the film leaves the audience to their own interpretation. Love it or hate it, it should still be considered an all around original conclusion to a superbly crafted motion picture. The film is also quite humorous, dark, and surprisingly heartfelt. Beautifully shot, spectacularly acted, marvelously executed from screenplay to screen, "Birdman" takes flight right from the beginning and soars its magical wings for the entire two-hour duration.

WHIPLASH - Miles Teller portrays the gifted young drummer who enrolls at a merciless music conservatory where his dreams becoming the best are mentored by a vicious instructor (J.K. Simmons), who will stop at nothing to realize a student's potential. Up and coming writer/director Damien Chazelle delivers not only one of the finest indie films of the year, but one of the few superlative motion pictures this year had to offer. The next big thing in young Hollywood can be found within Miles Teller. He's the everyday (young) man because he isn't some heartthrob. His authenticity and range is clearly presented in both this film and 2013 indie hit, "The Spectacular Now." In "Whiplash," he slips effortlessly into the role of a college student willing to risk anything and everything to be number one. He works incredibly hard and pushed beyond his limits by his unforgiving instructor played by the ultra talented J.K. Simmons. In what I would declare the true breakout role for veteran supporting actor J.K. Simmons, he is on absolute fire in this movie. He's brutal, frightening, and utterly relentless as he accepts only the best from his young group of jazz musicians. "Whiplash" is the sports film for non-sports fans. It's the story of one young man's journey to be the best drummer there is and nothing, not even an uncompromising instructor will stand in his way. Both actors, especially J.K. Simmons deserve much admiration and acclamation. "Whiplash" turned into one of those rare indie Sundance films with much buzz surrounding it that delivers all the goods and beyond so.

Jeff's Book Picks

By Jeff Brown

THE CODE BOOK: THE SECRET HISTORY OF CODES AND CODE-BREAKING

by Singh, Simon

Ever since humans began writing, they have been communicating in code. This obsession with secrecy has had dramatic effects on the outcome of wars, monarchies and individual lives. With clear mathematical, linguistic and technological demonstrations of many of the codes, as well as illustrations of some of the remarkable personalities behind them – many courageous, some villainous – The Code Book traces the fascinating development of codes and code-breaking from military espionage in Ancient Greece to modern computer ciphers, to reveal how the remarkable science of cryptography has often changed the course of history. Amongst many extraordinary examples, Simon Singh relates in detail the story of Mary, Queen of Scots, trapped by her own code and put to death by Elizabeth I; the strange history of the Beale Ciphers, describing the hidden location of a fortune in gold, buried somewhere in Virginia in the nineteenth century and still not found; the monumental efforts in code-making and code-breaking that influenced the outcomes of the First and Second World Wars. Now, with the Information Age bringing the possibility of a truly unbreakable code ever nearer, and cryptography one of the major debates of our times, Singh investigates the challenge that technology has brought to personal privacy today. Dramatic, compelling and remarkably far-reaching, The Code Book will forever alter your view of history, what drives it and how private your last e-mail really was

PROFESSOR ASTRO CAT'S FRONTIERS OF SPACE

by Dominic Walliman and Ben Newman (Age Range: 8 - 11 years)

Every child deserves to learn moon facts from a space-cat wearing a tiny fedora. Written by physicist Dominic Walliman, with pictures by award-winning illustrator Ben Newman, Professor Astro Cat's Frontiers of Space explains everything kids need to know about our universe

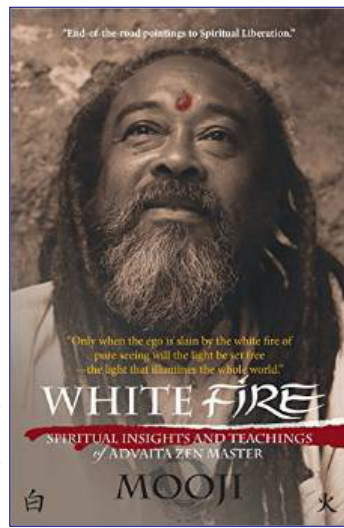
and how we explore it. Ever wonder how rockets work, how spacesuits evolved, or just how big Earth is compared to our neighboring planets? Professor Astro Cat breaks it down with clever diagrams and ingenious comparisons.

(If Earth were a cherry tomato, Mercury would be a peppercorn and Jupiter, a watermelon!) Best of all, like any good scientist, Walliman doesn't claim to have all the answers. Sections on the future of space travel and the possibility of extra-terrestrial life leave the mysteries of deep space open for future scientists to unravel.

WHITE FIRE: SPIRITUAL INSIGHTS AND TEACHINGS OF ADVAITA ZEN MASTER MOOJI

by Mooji

White Fire is a collection of some 800 sayings which encapsulate and compress Mooji's essential spiritual teachings into pill form. These end-of-the-road pointings, when swallowed, are like divine grenades that wipe out suffering and delusion thus revealing one's true nature as perfect and timeless being. "Fire burns everything leaving only ashes. But there is a fire so fierce it burns even ashes -- White Fire. Burn me like this, O White Fire, Grace of God, until nothing remains but You." Although White Fire is full of wise, direct and encouraging guidance, it is not for the faint-hearted seeker who is only looking to reinforce a spiritual identity or projections. For those who come with openness and a Yes in their heart for Truth, may the white fire in this book ignite within your heart, leaving only the clear space of pure seeing and being.



Happy Holidays

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Events

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

December 17
Lessons and Carols
7:00 pm
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January 10
Open House -
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THE JOY OF YOGA TRANSITIONING

Oh, the excitement! The holidays take us many places, and give us much to do. There is an atmosphere of frenzy to the world, mostly joyful, but sometimes stressful. I had a friend say to me, "If I have one more thing on my plate, I may explode." Ha! I think this statement basically sums up the impact of the "supercharged" holiday schedule. Of course, we often end up skipping vital nutrients, like yoga class, or our regular exercise, due to the time crunch. When the big events are over, there's relief, but also a void where all the busy-ness existed.

Not to worry though, yoga can help relieve tension, stress, and reduce over-excitement. Your practice is a perfect stabilizer during this time of transition. First things first, make time for you--come to class. Let go of any expectations of yourself, in advance. It's quite possible you may not do that extra vinyasa in between each pose. Or,

you may decide to attend a Gentle class instead of a Mixed level class. Check in with yourself prior to practice to determine what you need, then indulge and honor the answer.

It's important to note, that feeling stable and grounded may feel boring or "down", especially coming off a busy time in your life. Relish feeling rooted and supported, and continue with your practice. Slowly, the accumulated tension will melt away. As the tension and fullness release, space is made for different, new things in life. Not only do we create space for the unknown, we also provide a venue to deepen our inner connection to the Divine.

Who knows what the New Year will bring? Likely, a brand new experience of Joy, Peace, Love, Forgiveness and Freedom!

Namaste,
Keely Totten
Yoga Madre



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5 FOODS FOR A GOOD NIGHT'S REST



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

The National Sleep Foundation says 60% of Americans have problems with their sleep. It is very frustrating to toss and turn all night and a sleepless night can cause health issues including weight gain. Failure to get enough sleep puts stress on the body. Sleep is the time our bodies do repair and maintenance. If our bodies are deprived of this critical time of repair and maintenance night after night, chronic

health issue can arise. A healthy diet may hold the key to sleep restoration. The following foods will contribute to a restful night's sleep.

If you are one of the many people that have difficulty sleeping due to restless leg or leg cramps, you may want to try eating a banana. Bananas are full of potassium and are a quick and easy way to pump up your potassium intake. Other excellent sources of potassium include sweet and white potatoes, papaya or lima beans.

Cruciferous vegetables have great sleep inducing properties. They are high in both calcium and potassium. Kale is an excellent cruciferous veggie that promotes a peaceful night's sleep. To get the most benefits, have kale for dinner or as a pre-bedtime snack. If kale is not one of your favorite foods, try one of the other green veggies such as spinach and Swiss chard as both contain a healthy dose of potassium too.

A small handful of almonds right before bedtime can help promote sleep. This is because they contain proteins that help stabilize blood sugar especially at night. This makes it easy to switch from a stage of alertness to drowsiness.

Chickpeas, also known as garbanzo beans, are great in helping us to relieve stress and they elevate your mood because of their high levels of vitamin B-6. They also help us to produce melatonin naturally. Melatonin is a hormone that is secreted in response to darkness, and has been linked to the regulation of circadian rhythms. Humans have a circadian rhythm which is to go to sleep a few hours after dusk and arise shortly after sunrise. So chickpeas for dinner can help promote a better night's sleep.

Lastly oatmeal is a rich source of all three minerals, calcium, potassium and magnesium which help you to fall asleep easily. Just don't top it with sugar as that will negate the benefits!

So one recommendation for getting a good night's sleep is to begin with a sleep-inducing evening food!

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FIVE QUICK TIPS TO HELP YOU KEEP YOUR NEW YEAR'S WEIGHT LOSS RESOLUTION

(StatePoint) New Year's Resolutions are easier to make than to keep, especially when it comes to dieting. While life can often seem at odds with your health and fitness goals, there are plenty of ways to avoid common pitfalls this New Year and stay on the weight loss track.

- **Snack and drink smart:** When you're one-the-go, easy protein-packed snacks will help you stay on track. Try beef jerky, low-fat string cheese, or 100 calorie packs of almonds. Fiber-rich whole-grains, fruits and vegetables can also help keep hunger at bay.

Calories from drinks add up fast. Stick with dry wines, as they often have fewer calories than sweeter varieties. Light beers, with approximately 100 calories for every 12 ounce serving, are also a good choice. If you prefer cocktails, use calorie-free mixers, such as seltzer with 1.5 oz. of spirits.

- **Make it easy:** Dieting should be easy. Most people often complain they fail at diets because they need to constantly count calories, or weigh and measure foods.

Look for programs that help you stick to your goals by offering convenience and support. For example, Nutrisystem helps with the hard part -- the counting, weighing and measuring -- by offering pre-portioned and personalized meal plans designed to fuel individuals with the right amount of calories for how their metabolism burns, as well as satisfy individual taste. And with their Fast 5+ kit, you can jumpstart your weight loss, since it promises to help you lose five pounds plus an inch off your waist in your first week of dieting. You'll see results quickly, giving you motivation to keep going.

There's no better time than now to start your weight loss journey and make your pledge to lose. To learn more, visit www.Nutrisystem.com or the Nutrisystem Facebook page to #pledgetolose today.

- **Eat out, right:** Eating out is sometimes unavoidable. Just be sure to check out a restaurant's nutrition information online before you go, so you can make wise choices.

Make substitutions like salad, with dressing on the side, instead of fries and don't be afraid to ask if a menu item can be modified. Also, be mindful of portion sizes. Take half your meal home and enjoy it for tomorrow's lunch.

- **Facing the scale:** Weight fluctuates throughout the day. Weigh yourself at the same time of day in similar weight clothing to get the most accurate readings. Remember though, the number on the scale won't always reflect your hard work. Focus instead on healthy, positive changes and how you feel.

- **Aim for 30:** Squeeze 30 minutes of activity into your day. Walk during lunch, jump rope during your favorite nightly TV show or turn on music and dance around the house.

Remember, everyone falls off the wagon from time to time, but the New Year is the perfect time to commit to your weight loss goals.

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RESOLVE TO LEARN MORE ABOUT WINE IN 2015

(StatePoint) Have you always wanted to learn about wine? In 2015, consider expanding your knowledge of wine as a great New Year's resolution.

Christopher Silva, CEO of St. Francis Winery in Sonoma, CA, offers the following tips for wine newbies and enthusiasts alike to get started on getting to know wine better in 2015:

- **Join a club.** A wine club, either through specifically one winery or company that features an international selection, is a great way to have a variety of hand-picked, quality wines delivered to your doorstep. Whether you decide to stick with one varietal or try many, a wine club can cater to your wishes or help you expand your horizons wisely.

- **Take notes.** Sipping on some vino? Record your impressions of the flavors in a "wine diary." Remember to clear your palate first with something neutral, such as crackers. You'll know whether to revisit the wine in the future, as well as learn to become more mindful of what you're drinking.

- **Seek variety.** For a broad overview of wine, it's important to become familiar with the major varietals, which for white wines include Chardonnay and Sauvignon Blanc, and for red wines, Merlot, Cabernet Sauvignon and Zinfandel. Here are three new wines to try this year:

Versatile as an aperitif or with a variety of seafood and light meats, St. Francis Sonoma County Sauvignon Blanc 2013 is a refreshing vintage wine with a clean, crisp structure and aromas of citrus, kiwi and mango with a touch of lime.

Next up, St. Francis Sonoma County Cabernet Sauvignon 2011 has a rich, complex flavor and body. The wine's firm structure, generous tannins and depth of color complement classic aromas and flavors of black currant, cassis, dusty cocoa and tobacco. This wine is an excellent companion to aged blue cheese, braised or grilled beef and roast pork with fruit.

Looking for an American classic? Try Zinfandel and St. Francis Sonoma County Old Vines Zinfandel 2012, which is made from dry farmed old vines to ensure concentrated flavor. Aromas of boysenberry, clove and cinnamon are followed by flavors of mixed berries, red licorice, tobacco leaf and mulling spices. Pair with barbecued ribs and pasta Bolognese.

- **Travel.** Go right to the source and consider planning a trip to wine country. Many vineyards host tours, have tasting rooms and offer education programs. A winery is also a great place to find top notch wine pairings. For example, the St. Francis' Wine & Food Pairing program, awarded the "Number One Restaurant in America" by OpenTable, is a seated, multicourse pairing hosted by wine experts. Find out more at www.stfranciswinery.com.

By resolving to explore the world of wine, you can make everything from casual weeknight meals to festive parties, more delicious in 2015.



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HOW TO KEEP TABS ON AN ELDERLY PARENT WHEN YOU CAN'T BE THERE

Dear Savvy Senior,
Can you recommend any caregiving devices or technology products that help families keep an eye on an elderly parent that lives alone? Over the holidays, my sister and I noticed that my dad's health has slipped, so we would like to find something that helps us keep closer tabs on him when we're not around.

Concerned Son

Dear Concerned,

There are many different assistive technology products available today that can help families keep an eye on an elderly loved one when they can't be there. Depending on your dad's needs and how much you're willing to spend, here are some good options to consider.

Personal Emergency Response Systems

If you're primarily worried about your dad falling and needing help, one of the most commonly used and affordable products for seniors living alone is a personal emergency response system (PERS) – also known as a medical alert device.

For about a dollar or two a day, these systems provide a wearable pendent button – typically in the form of a necklace pendent or wristband – and a base station that connects to the home phone line.

At the press of a button, your dad could call and talk to a trained operator through the system's base station receiver, which works like a powerful speakerphone. The operator will find out what's wrong, and will notify family members, a neighbor, friend or emergency services as needed.

Some PERS today even offer motion-sensitive pendants that can detect a fall and automatically call for help. And some offer GPS mobile-alert pendants that work anywhere. Some top companies that offer all levels of services include Philips Lifeline (lifelinesys.com, 800-380-3111), Medical Alert (medicalalert.com, 800-800-2537) and MobileHelp (mobilehelpnow.com, 800-992-0616).

Sensor Monitoring

If you want to keep closer tabs on your dad than what a PERS offers, consider a sensor monitoring system. These systems use small wireless sensors (not cameras) placed in key areas of your dad's home that



can detect changes in his activity patterns, and will notify you via text message or email if something out of the ordinary is happening. For instance, if he went to the bathroom and didn't leave, it could indicate a fall or other emergency.

You can also check up on his patterns anytime you want through the system's website. And for additional protection, most services also offer PERS call buttons that can be placed around the house, or worn.

Some good companies that offer these services are GrandCare Systems (grandcare.com, 262-338-6147), which charges \$300 for their activity sensors, plus a \$50 monthly service fee. And BeClose (beclose.com, 866-574-1784), which runs \$399 for three sensors, and a \$69 monthly service fee if paid a year in advance.

If you're interested in a more budget-friendly option, consider Lively (mylively.com, 888-757-0711), which costs only \$50 with a \$35 monthly service fee. Lively uses small motion sensors that you attach to movable objects like a pillbox, refrigerator door, front door, etc. These sensors will track your dad's movement/activity and let you know of any abnormalities in his routines. For example, if he didn't pick up his pillbox to get his medicine, or he didn't open the front door to go out and retrieve his morning newspaper, you would be notified and can check on him. Lively also offers a PERS "safety watch" in case he falls or needs to call for help.

Another affordable option to check out is Evermind (evermind.us, 855-677-7625), which lets you keep an eye on your dad by monitoring his frequently used electrical appliances through small plug-in sensors. So, for example, if your dad doesn't turn on the coffee maker in the morning, or if he's not watching his favorite television program before bedtime, you would be notified. Evermind costs \$199 for the three sensors, plus a \$29 monthly service fee.

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

KATIE Tse.....This and That GOOD NEWS!



It seems like yesterday that we were celebrating the start of 2014, but it's gone by like a flash and New Years is upon us once again. I considered resubmitting the New Years article I wrote last year titled, "Something Better." In it I wrote about how the good news of the Gospel overcomes the inherent melancholy associated with New Years. I realized, however, that good news doesn't mean much unless you're aware of the bad news with which to contrast it. A lot of people aren't interested in knowing God personally because they're happy, life is good, and they don't see the need for a relationship with God. But the bad news is that there are two inconvenient truths we must each face, whether or not we are ready for them. The first is death, and the second is hell.

People don't like to talk about hell. The people who don't believe in hell don't want to talk about it because they believe hell doesn't exist, so why should they discuss it? The people who do believe in hell don't want to talk about it either, because many of them (myself included) don't like making their unbelieving family and friends uncomfortable. The degree of discomfort is directly proportional to the closeness of the relationship. For example, I know many brilliant, kind, morally upright people who are currently headed for eternal damnation. Imagine telling your friends and colleagues "I defer to your judgment on every question except that which is most important --how you will spend eternity. On that one you're wrong." However, if I truly love the person I must warn them, no matter how uncomfortable the conversation may be. The stakes are too high to ignore.

The inconvenient truth is that the moment of death is not the time to discover if your ideas about the afterlife are correct. It is not the time to find out if your good deeds are hefty enough to outweigh the bad. At that point it will be too late to change your vote on where you will spend eternity. The most important decision you make is how you will respond to Jesus. Neutrality is not an option. Don't get caught up in philosophical questions about how God is going to deal with people who never heard the Gospel. God has ways beyond our understanding of revealing Himself to all people, and He will not demand more than what He has made available to them. You won't be answering for them on Judgment Day, but you will be answering for yourself.

So make the decision today to take hold of the salvation that Jesus is offering you. All ways do not lead to heaven. If salvation had been possible any other way would God have sent His one and only Son to die for us? When Pastor Dick Anderson came to Sierra Madre Congregational Church in 1968 his first sermon was titled "Jesus is a Gentleman." He stands at the door of your heart knocking. His greatest desire is that you would allow him to scoop you out of the gaping mouth of hell into His

loving embrace. That is the Good News! But He will not force Himself upon you. Jesus has already completed all that is necessary to save you from eternal torment and secure your place with Him in heaven. But you must open the door. Don't delay another moment --this moment is a gift, and the next is not guaranteed. Today is the day of salvation!

If you choose to accept Jesus as your savior you can pray this prayer and He will come into your heart and give you peace with God --today and forever!

"Dear Lord Jesus, I know that I am a sinner, and I ask for Your forgiveness. I believe You died for my sins and rose from the dead. I turn from my sins and invite You to come into my heart and life. I want to trust and follow You as my Lord and Savior. In Your Name. Amen."

HAPPY 2015 TO ALL OF YOU!

Katie

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

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

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

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SENIOR HAPPENINGS

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

Los Angeles Central Library (Los Angeles)

Date: Friday, January 23, 2015 **Time:** 9:30am to 3:30pm

Meeting Location: Hart Park House Senior Center - Cost: \$5.00 (does not include lunch) A visit to the Los Angeles Public Library's state of the art Central Library located in Downtown. A docent led tour will introduce you to the art and architecture of the Goodhue Building with its distinctive sphinxes and rooftop pyramid followed by a walk through the high-tech Bradley Wing, designed by famed architect Norman Pfeiffer, where participants will gaze at the 8-story atrium and whimsical chandeliers. Finish the tour learning about the library's comprehensive book, magazine, audio and videotape collections as well as its extensive network of formational databases. Lunch will be on your own at Grand Central Market where you can enjoy tasty treats or a leisurely meal from a variety of local vendors. Participants should bring money for lunch and souvenirs. Last day to register is Monday, January 12th. Level of walking: Medium to High

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HOURS OF OPERATION
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Hart Park House Office closed from
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except December 24 & 25 and January 1st

TIPS TO PREVENT SLIPS AND FALLS IN YOUR BATHROOM

(StatePoint) Roughly 234,000 injuries occur in the bathroom annually, according to the Centers for Disease Control and Prevention. And while children and adults over 70 are most at risk, more than half of all injuries involve people between ages 25 and 64.

A few safety prevention measures can make your bathroom safer:

- Grab bars: Gripping things like shower doors or towel bars can lead to injury. Reduce your risk of failing in the tub or shower by installing a grab bar.
- Seats: For those with balance concerns, a seat, chair or bench in the shower can be a good idea, as shower floors can become particularly slick. Also, remember to use a shower mat.
- Toilet safety: Elevated toilet seats can help those with mobility issues ease onto the seat. Safety bars are another smart addition.

If aesthetics are a priority, check out manufacturers who put a premium on design, and whose products meet American with Disability Act safety requirements. For example, Moen Home Care offers safety fixtures in varying styles and finishes like chrome, brushed nickel and old world bronze. More information can be found at www.Moen.com/homecare.

With a few additions to your bathrooms, you can make them serene, stylish and safe.

53% OF BATH INJURIES INVOLVE PEOPLE BETWEEN THE AGES OF 25 AND 64.

Annually, children younger than five account for **43,000 slips and falls** in the bathroom. That's one accident every 12.5 minutes!¹

74% of bathroom injuries among children less than 15 years old are caused by falls.²

Women are more likely to be injured in the bath or shower than men.²

Gripping things like shower doors or towel bars instead of a grab bar **can lead to injury.**



Every day, **120 U.S. kids** visit the emergency room due to slips and falls.³

Roughly **234,000 injuries** occur annually in the bathroom.²

Adults over 70 and kids under five have the highest rates of falls in the home.⁴

1 Center for Injury Research and Policy of The Research Institute at Nationwide Children's Hospital 2 Centers for Disease Control and Prevention 3 Journal of Pediatrics, 2007 4 Home Safety Council

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FAMILY MATTERS

By Marc Garlett



WHAT'S YOUR NEW YEAR'S RESOLUTION?

My wife started a "tradition" our first New Year's Eve as a married couple. We each wrote down our resolutions for the coming year. That was in 2003. On New Year's Eve in 2004, we pulled them out to see how we'd done. New Year's resolutions are not something I would have ever done on my own, at least not in so formal a manner, but that's just one of the countless ways my wife has broadened my horizons.

We've done this now each and every year for eleven years – writing our resolutions for the upcoming year and reviewing our resolutions from the previous one. And each year our resolutions always center on being better spouses to each other and better parents to our children. I love looking ahead to how I can improve in those areas over the next year. But even more, I love looking back at how well I was able to accomplish my goals during the prior year. It's always an opportunity to reflect, learn, grow, and have an honest and intimate conversation with my wife.

This year again, my resolutions will certainly be focused on making things better for my family. And even if you're not as formal about New Year's resolutions as my wife and I are, I'm willing to bet one of your major goals for 2015 is to make things better for your family, too.

I can tell you from personal experience that if getting your estate planning in order is one of those things you've been putting off for years, you'll feel incredible actually getting it done. It's one of the best things you'll ever do for your family. And believe it or not, it's also one of the best things you'll ever do for yourself. The sense of satisfaction, peace of mind, and accomplishment are deeply fulfilling.

I'm not telling you this simply to try to get your business. To be honest, not everyone who needs estate planning is a good fit for my firm. And my firm isn't always the right fit for everyone who walks into my office. I don't take every client who's willing to pay. The right fit is much more important than money.

I am telling you this because if estate planning is something you've been putting off, there's no better time than the present to take care of it. Your family will thank you (if not now, they certainly will later when they realize you've given them the gift of making things as easy as possible for them after you're gone) and you will have lifted a great weight from your shoulders.

To encourage you to not only make estate planning a part of your resolutions this year, but to help you follow through, I'm offering a complimentary Family Estate Planning Session to the first five people who mention this article when making a January appointment with my office.

A Family Estate Planning Session is a no pressure, no obligation conversation designed to educate you about your options and answer all your questions. If there's a good fit between you and my firm, great. If not, we'll be glad to refer you somewhere that may be a better fit.

If you have a family like I do, I know getting your planning handled weighs on you each year. But it doesn't have to any longer. Make this the year to get it done. Resolve to do it in 2015 and count it as already accomplished before the end of January. I know you'll be thrilled you did.

Happy new year to you and yours,

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.



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

HOW TO BUY LIKE A SELLER

If you're in the market to buy a home, take a counter-intuitive tip and imagine the day you'll be selling it. That's right - whether you're a first time buyer, or relocating, this home probably won't be your last, so look for features that will pay off when the day comes to move again.

North, south, east or west, the biggest amenity the next buyer will look for is central air conditioning. In the Deep South, over 90% of buyers rank central air as critically important, and three-quarters of buyers everywhere else put it high on the list.

Another often-overlooked feature is storage. Over half of buyers desire a two-car garage and a walk-in closet for the master bedroom. Ample closets and storage space just can't be stressed enough.

If at all possible, avoid costly upgrades and offer incentive down the road by purchasing an energy efficient home with newer windows, pervasive insulation, and Energy Star appliances. If the home is already wired for cable, satellite, and high-speed Internet, so much the better.

Finally, it's still all about location, location, location. It's the one thing you can't change about the home you buy, so look for good schools (even if you don't have children) and proximity to shopping and recreation. Just ask your agent about the most popular features in your area and take heed!

HAPPY NEW YEAR

BUSINESS DIRECTORY SCAMS: INFORMATION? PUH-LEEZ.

By Lisa Lake

Consumer Education Specialist, FTC

Listing your business in a directory can be an effective way to advertise the products or services you offer potential customers. But be sure you know what you're getting for your money... and that you even asked for the listing in the first place.

The FTC recently filed a case against Your Yellow Book, Inc. (YYB), a company that marketed an online directory to businesses and nonprofit organizations nationwide. According to the FTC, YYB charged businesses nearly \$500 for listings they never agreed to. They created realistic-looking invoices — even using the well-known "walking fingers" logo. Because the invoices looked so legitimate, some businesses paid them, despite never buying a listing. In all, YYB racked up over \$700,000 by deceiving businesses and nonprofits with these bogus charges.

What's more, says the FTC, actual paying clients of YYB got next to nothing for their money. Directory listings were not featured prominently in online search results. And if people found the directory website, the FTC says it was difficult

to navigate. The so-called prominent placements were virtually useless to the businesses who paid for them.

If you run a small business, here are some steps you can take to protect yourself from scammers: Read the FTC's information on small business scams, which outlines how con artists target businesses. Share it with your staff, including receptionists and administrative personnel, to help them spot and stop a business scammer.

Designate a point person for office supplies, directory listings, subscriptions, and other things you buy periodically. Tell your staff that all purchasing calls should go through that person, and keep a central file of your usual suppliers.

Use your company's social networks to educate others about the telltale signs of a business scam. Encourage professional associations or local business groups to issue a warning to members.

Take a minute to share this information in your community — fraudsters often target churches and other nonprofits that depend on volunteers.

And, be sure to report business directory and other scams by filing a complaint with the FTC.



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Social Media Tips, Tricks & Ideas



by: MJ Finstrom

A 12- STEP PROGRAM FOR YOUR 2015 MARKETING

People generally need to visualize and get organized before they can implement.

Baking a cake takes a recipe and a cupboard of ingredients. Building a house requires a blueprint and a crew of skilled craftspeople. Marketing your business requires a plan plus the tools and know-how to make it happen.

With 2015 steps away, it's time to embrace the clean slate offered by the New Year and create a month-by-month marketing action plan for the entire year.

That may sound overwhelming, but let's start with a few easy steps:

- Review your previous marketing efforts and list what worked well and what could stand some improvement or needs to be shelved
- List and prioritize your goals for the coming year
- Divide those goals and place them into 12 bite size actions – one for January – December
- Print out a blank calendar for each month and write down your plan to promote the goal for each month.

Tip: Leave some room on your calendar or use the

back of the page to make notes and jot down ideas for email marketing campaign subject lines and social media content. This will help you develop an editorial calendar and spawn ideas for your supporting content.

Adding your social media posting and email marketing dates to the calendar will help you stay focused on your goals, upcoming events and milestones.

This simple road map for the coming year will help you stay focused and on track. Remember it's a basic guide and will most likely be adjusted as you move forward, but it will provide direction.


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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VENUS EXPRESS GOES GENTLY INTO THE NIGHT

The European Space Agency’s Venus Express has ended its eight-year mission after far exceeding its planned life. The spacecraft exhausted its propellant during a series of thruster burns to raise its orbit following the low-altitude aerobraking earlier this year.

Since its arrival at Venus in 2006, Venus Express had been on an elliptical 24-hour orbit, traveling 66,000 km above the south pole at its furthest point and to within 200 km over the north pole on its closest approach, conducting a detailed study of the planet and its atmosphere.

However, after eight years in orbit and with propellant for its propulsion system running low, Venus Express was tasked in mid-2014 with a daring aerobraking campaign, during which it dipped progressively lower into the atmosphere on its closest approaches to the planet.

Normally, the spacecraft would perform routine thruster burns to ensure that it did not come too close to Venus and risk being lost in the atmosphere. But this unique adventure was aimed at achieving the opposite, namely reducing the altitude and allowing an exploration of previously uncharted regions of the atmosphere.

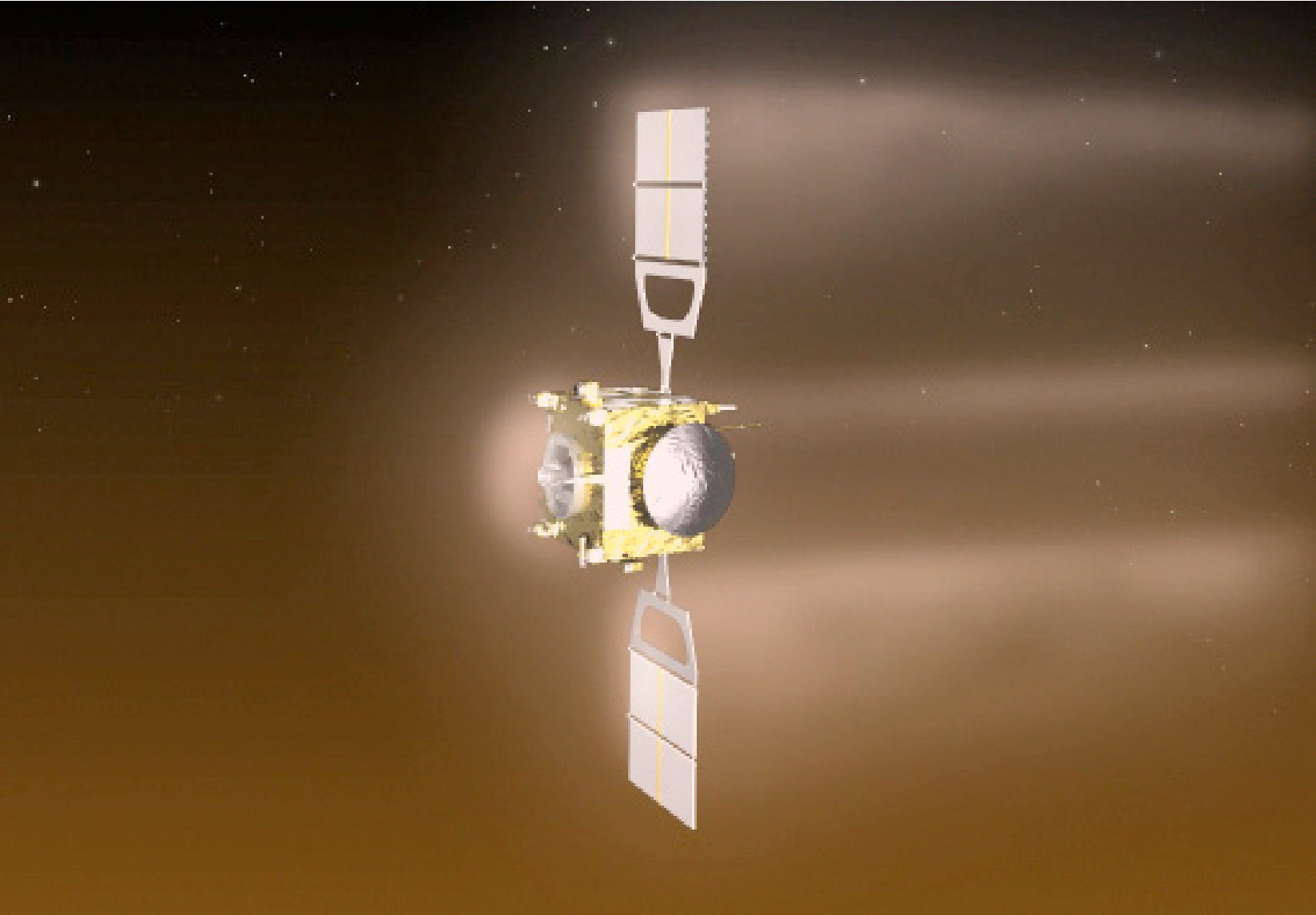
“During its mission at Venus, the spacecraft provided a comprehensive study of the planet’s ionosphere and atmosphere, and has enabled us to draw important conclusions about its surface,” says Håkan Svedhem, ESA’s Venus Express project scientist.

Venus has a surface temperature of over 450°C, far hotter than a normal kitchen oven, and its atmosphere is an extremely dense, choking mixture of noxious gases.

One highlight from the mission is the tantalizing hint that the planet may well be still geologically active today. One study found numerous lava flows that must have been created no more than 2.5 million years ago—just yesterday on geological timescales—and possibly even much less than that.

Indeed, measurements of sulfur dioxide in the upper atmosphere have shown large variations over the course of the mission. Although peculiarities in the atmospheric circulation may produce a similar result, it is the most convincing argument to date of active volcanism.

Even though the conditions on the surface of Venus are extremely inhospitable today, a survey of the amount of hydrogen and deuterium in the atmosphere suggests that Venus once had a lot of water in the atmosphere, which is now mostly



gone, and possibly even oceans of water like the Earth.

Studies of the planet’s ‘super-rotating’ atmosphere—it whips around the planet in only four Earth-days, much faster than the 243 days the planet takes to complete one rotation about its axis—also turned up some intriguing surprises. When studying the winds, by tracking clouds in images, average wind speeds were found to have increased from roughly 300 km/h to 400 km/h over a period of six Earth years.

At the same time, a separate study found that the rotation of the planet had slowed by 6.5 minutes since NASA’s Magellan measured it before completing its five-year mission at Venus 20 years ago. However, it remains unknown if there is a direct relationship between the increasing wind speeds and the slowing rotation.

HOW TO SEE VENUS. Venus is just coming back into view in our evening sky, after spending several months as a “morning star.” It first became visible soon after sunset in mid-December, just 4 degrees above the southwest horizon, and is steadily gaining elevation each night. By January 6, it will be 9 degrees above the horizon in mid-twilight. And you can continue to enjoy Venus as an “evening star” in the western sky for the next several months.

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



COULD A THIRD-GRADER BUILD NOAH’S ARK? By Christopher Nyerges

[Nyerges is the author of various books and leads field trips to the local mountains. He can be reached at www.SchoolofSelf-Reliance.com or Box 41834, Eagle Rock, CA 90041]

When I was in third grade, the teacher came up with a class project to make a model of Noah’s ark, and all the people and animals that would go inside. Each student had some assignment, ranging from making small people or a pair of monkeys or birds, or planks. I was assigned the project of making the ark.

She gave us the assignment in late September and asked everyone to get to work on it right away. She began to ask for updates in about two weeks. Most of the class had made some progress with their parts. I didn’t have a clue how to make an ark. I didn’t even know how to get

started. And due to fear or embarrassment or not knowing what to ask, I never told the teacher that I didn’t know what to do. As September turned into October, and October rolled along, I said that I had found the cardboard that I could use, which was true. I did have cardboard. I also said that my father had some tape, which was true. But in actual fact, I had made no progress whatsoever since I didn’t know how to proceed. My teacher accepted my scant updates as if I had reported on real progress, and I breathed a sigh of relief, and wondered what I would say the following week. A few students had already begun to bring various small cardboard animals into the classroom, setting them on shelves throughout the classroom.

Halloween came and October turned to November. In early November, my third grade teacher suddenly died over the weekend. The whole school attended the funeral and Catholic Mass for our departed teacher during the following week. There was so much excitement about her death and a new teacher that no one ever brought up the ark assignment to the new teacher.

And then, that year in late November, President Kennedy was assassinated. Kennedy was adored by all the Catholic nuns, and so we all went to many Masses and said many Rosaries after the assassination. Thanksgiving followed, and soon Christmas vacation. One student asked me if I was going to bring in the ark, and I just shrugged. No one else in the class seemed particularly interested, and it was never brought up again.

The fact remained that I had never made the ark, and somehow, by a strange quirk of fate, I got out of that assignment. I felt glad back then in third grade since I didn’t want to build the ark and I didn’t know how to do it. It was one of the first school assignments that I ever worried about.

Years passed and I doubt if I ever thought about it once.

Then, starting in the late 1970s, I began to commemorate my birthday by doing what is called a Birthday Run. I would go to a local high school or college track and run one lap for every year. I would mentally review my life during each lap. While running lap number four, I would review from January to December whatever I could remember about year four. While running lap number five, the same thing, and so on.

You’d be surprised to hear the sorts of memories that would come back every year when I did this birthday run. If a birthday gathering was planned, I generally shared some of the details of my run with the assembled guests.

Well, for a few years during my Birthday Run, I began to think about that undone assignment of building the ark. I thought about what it symbolized. First, that I was to be the ark-builder, and second, that I did not build that ark. Perhaps I had been reading too much Joseph Campbell, but I saw my role as a type of modern Noah, having the potential and the duty to create and build an ark of sorts. To me, a symbolic ark meant anything that helped us to survive a major catastrophe -- not necessarily a flood. It could be economic collapse, plague, breakdown of society, who knows. Others looked to me to build that ark, and I did nothing. That bothered me. I did not like that memory of myself, of having the duty to create an ark and not doing it. But perhaps I was thinking about it too much. Perhaps I should not dwell on the past, but simply forget about it and move forward.

However, each year when I did my birthday run, that ark memory gnawed at me. So I settled upon what I thought would be a way to balance that past undone. I purchased two punch-out kits from a book publisher which enables you to create Noah’s ark and many of the animals. Most of the work was already done. You buy the book, punch out the pieces, stick them on heavy backing, and set it all up in your classroom or on your pool table. For various reasons, it took me about a year to finally obtain those two books.

So I finally drove them over the to my old grammar school, ready to knock on the door and present them to the third grade teacher. I could already picture her surprise and delight at my story, and I considered that she’d probably invite me to her class to retell the story to the students. As I walked up to the school gate, I wondered to myself if I would accept the invitation.

However, things had changed. The main gate to the school was now a locked barricade and there was no way to get in. I went around to the yard gate, but that was heavily padlocked. Students in the yard did not stop their game to see what I wanted. I went around to another side gate and I was asked if I have a pass or a reservation.


Across the street from the school was the church parish, so I walked over there to where the nuns and priests lived. Surely they would invite me in to hear my story. A large man opened the door and said hello. I explained what I was doing there, and he looked at me for awhile.

“The nuns are busy and the third grade teacher is not here now,” he informed me. He paused and added, “Did you call first?” Of course, I hadn’t. He offered to take my two punch-out-the pieces Noah’s ark books and place them into the mail slot for the third grade teacher. I thought about it and realized all that it took to get me to that spot, and I didn’t want to just take the books back home with me. I gave him the two books, he promised to put them into the third grade teacher’s mail slot, and he closed the door.

It seemed somewhat anticlimactic of an ending, but I felt that I had fulfilled my old obligation to the third grade class. They eventually got two kits for building arks, and even though I never got to tell the story to an enraptured third grade, it all felt resolved within me.


There must have been a reason why the feeling of needing to complete this old task persisted. Certainly, it impressed upon me the enormity of the task of Noah-ness, and imbued me with a touch of humility. And on an even simpler level, I had given my word and had not fulfilled it. Once I passed along the make-the-ark punchout books to the school, I felt that I had finally fulfilled my word.

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Mountain Views News has been adjudicated as a newspaper of General Circulation for the County of Los Angeles in Court Case number GS004724: for the City of Sierra Madre; in Court Case GS005940 and for the City of Monrovia in Court Case No. GS006989 and is published every Saturday at 80 W. Sierra Madre Blvd., No. 327, Sierra Madre, California, 91024. All contents are copyrighted and may not be reproduced without the express written consent of the publisher. All rights reserved. All submissions to this newspaper become the property of the Mountain Views News and may be published in part or whole.

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Mountain Views News 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

DO CHRISTMAS TEMPTATIONS REALLY COUNT?

All my life I have been careful about succumbing to the temptations of life. I have not always been successful and have fallen into some. Oscar Wilde famously said, "I can resist anything except temptation." We all know the end of his life.

Temptation is the hardest thing in life to resist. I have watched myself and in spite of watching myself, I have succumbed to temptation. Just when I think I have overcome everything and have stepped beyond temptation, I find myself tempted.

It is not being tempted that is difficult, because everybody is tempted. The hymn writer said, "Yield not to temptation, for yielding is sin." So the temptation is not sin, it is how I react to that temptation.

I must say I have had some abundant help from the Gracious Mistress of the Parsonage whose major role in life is to keep me from yielding. She has kept me from who knows how much yielding I will never know. I do know this, I do not want to yield to some temptation and then have to face her. Enough said.

But this is the holiday season, celebrating Christmas and everything that goes with it. One major activity that goes with this kind of holiday is eating.

Now eating is something we do all the time; at least I do. It is not the eating; it is what I am eating that poses some problems. The Christmas holiday offers so many cookies and cakes and pies that I cannot eat them all, but I try. Oh boy, do I try.

"Don't you think you have had enough cake?" She always asked me in the middle of eating a piece of cake. If my mouth was not full with cake, I would like to tell her, "No, I don't think I have had enough cake and when I do I'm certainly not going to tell you."

You all know where that will get me! What I want to know is simply this; how much cake or cookie or pie is really too much? It is a simple question and I would like to have a simple answer.

Where I get into trouble is when my wife and I go to some Christmas party. I feel as a responsible partygoer I need to taste all of the cake and cookies that the gracious host has provided for us. That's just the way I think about it. I believe it would be insulting to go to a party and not eat all of the party vittles, at least sample them.

My wife, as you may guess, has an altogether different view of it. She has this strange notion that when I go to a party, particularly when she is accompanying me, the less I eat the more I honor the hostess.

According to her, I should leave a party hungry.

My idea is simply that if it is a holiday party with Christmas cakes and cookies the calories are on holiday and do not count. At least I am not counting them. I think at Christmas time bookkeeping should be put aside and the enjoyment of the season should be foremost.

If the host comes to me in the middle of a party and asks me how I liked her cake, I feel I have the responsibility to give a very educated critique of the cake. I owe it to her. After all, she took the time to bake it and I should take the time to eat it and enjoy it and critique it. Giving my honest opinion about the Christmas vittles is a very important part of who I am.

It is after the party that I encounter the greatest difficulty. That is, explaining to my wife why I ate so much cake and cookies and pie.

She does not very much accept the, "I just do not want to be rude," explanation.

This is one of the few places in life that we differ or I should say that I stand up and differ. I know that while I am at the party indulging in the delicacies all I will get is a poke in the rib and one of her "looks." I can handle that. After all, Christmas delicacies are worth it.

It is when I get home that I have to deal with the Christmas temptations I yielded to at the party.

For several years and I plan to use it this year, I always respond by saying, "I'm going to make a New Year's resolution not to eat cake anymore for the rest of the year."

How I get away with this New Year's resolution is that I make it two days before the end of the year. And so, for the rest of the year, which includes two days, I will eat no cake or cookies or pie while the world stands.

Temptation is not a serious thing unless backed into a corner and forced to yield to that temptation.

The Bible Says, "There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it" (1 Corinthians 10:13).

Temptations never count unless for some reason I yield to the temptation.

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 jamesnyder2@att.net or website www.jamesnyderministries.com.

RICH Johnson NEW YEAR TRADITIONS



Of course, the advent of the New Year always heralds the often failed attempt at making resolutions. Lose weight, stop smoking, I have discovered some resolutions in the ether referred to as the internet. However, before we discuss resolutions, let's look at strange traditions. Realbuzz.com offers up rather strange traditions.

If you are in Ecuador and feel like banishing ill fortune, set fire to a scarecrow at midnight on New Year's Eve. While you're at it burn photographs of things that represent last year.

People in Denmark have a way of venting their frustration on New Year's Eve. Unused plates are saved up during the year and then hurled at the front doors of friend and family in what is described as a strangely vandalistic display of affection. I wonder if they do that up in Solvang, a mostly Danish populated town up the California Coast.

Well I've never been to Spain. But if I'm ever there at midnight on New Year's Eve I am going to do this. When the clock strikes 12 midnight, Spaniards start stuffing their faces with 12 grapes, one for every ring of the bell on the clock. If you succeed you are guaranteed good luck for the coming year.

Stay out of Peru this time of year. If you are there you might get caught up in the Takanakuy Festival. Sounds pleasant enough. But what Takanakuy entails in facing off in a ring for a round of bare-knuckle brawling. It is overseen by local police. Get this: It's all in "good" fun and represents a fresh start for the new year.

Japan has a Buddhist tradition that takes place at midnight. When the clock strikes 12 the bell doesn't ring 12 times. It rings 108 times. This is believed to banish all human sins. I think the ringing bells might be the same sound the Takanakuy festival participants experience in Peru. Also, in true eastern mysticism, it is good luck to be smiling or laughing as you go into the new year.

If you want your fortune to be focused in a particular direction, go to South America. Do you want to find love? Dress in red underwear on New Year's. Riches require you to wear yellow jockeys or boxers. And if peace is your only goal, show up in white knickers. That will do the trick nicely.

The folks at RealBuzz also had some unusual New Year's resolutions. They include:

- Get your photo taken in five interesting places (geographically that is)
- Learn a decent party trick
- Make a new friend a month
- Learn something you never learned as a child
- Try a new food each week; each month (let's not go overboard)
- Do something nice for others every day (go overboard)

I will give you an example of the last resolution in action. I was recently in line at a Krispy Kreme. What was I doing there? Hmmm. I actually only wanted a drink. A young couple were in front of me and very graciously invited me to go ahead of them. Later, as I was heading out I passed the couple seated near a window enjoying their doughnuts and drinks. Reminded of their good nature I pulled out a \$20 bill, put it on their table, and said they were so... gracious to me in the line that the next box of doughnuts they bought was on me. I know I made their day. Yay! I also know that type of giving is contagious. It grows and grows. I think someday when we are in heaven we will be given a glimpse of how far reaching simple little acts of generosity expand geometrically. See you in 2015! - *Originally Published 2014*



LEFT TURN/RIGHT TURN

HOWARD Hays As I See It



"I look to the future because that's where I'm going to spend the rest of my life."

- George Burns

Fifteen things I'd like to see in 2015 (if not sooner):

1. I'd like to see less reliance on euphemisms to soften the horrible. It's not "enhanced interrogation techniques"; it's torture. Waterboarding is not "simulated drowning"; it's drowning - stopped short of death. And it's torture.
2. I'd like to see less reliance on private contractors to shield public servants from accountability. Even John Woo, author of the infamous "torture memos", concedes the acts of these contractors went beyond the boundaries approved under Justice Department guidelines. I hope he sees, as does the rest of the world, that the acts were nonetheless committed in our name. (What I don't ever want to see again is a former vice president of the United States on national TV defending something called "rectal feeding".)
3. I'd like to see a Supreme Court acknowledging that corporations are not people, money is not speech, and "religious freedom" does not extend to allowing employers to deny employees benefits they're otherwise entitled to.
4. I'd like to see those blaming their mayor and their president for the murder of two NYPD cops refrain from accusing others of incendiary rhetoric.
5. I'd like to see those now focusing their blame on their mayor, their president, protesters, Al Sharpton, whomever for the murder of two NYPD cops focusing instead on Arrowhead Pawn Shop in Jonesboro, Georgia - where an individual with an extensive felony and mental health record bought a semiautomatic handgun he'd be unable to legally obtain in his home state, brought it north up the well-traveled "iron pipeline" and used it to kill two NYPD cops. I'd like to see a focus on that 1.2% of the nation's gun dealers which, according to the feds, provide 57% of the guns recovered from crimes.
6. I'd like to see Democratic office-seekers who base their campaigns on distancing themselves from President Obama refrain from blaming their losses on the unpopularity of the president.
7. I'd like to see more concern about the growing wealth gap and destruction of the middle class. I'd also like to see recognition that those who have no concern about the disappearance of private-sector unions and employee pensions are often those who have none at all about the growing wealth gap and destruction of the middle class.

8. I'd like to see Walmart workers organized for better wages, rather than Walmart managers organizing in-house food drives and relying on public assistance (\$6.1 billion in 2013, according to Americans for Tax Fairness) so its workers can get by on poverty wages.

9. I'd like to see - with 5% economic growth, the Dow at 18,000, 11 million jobs created and unemployment getting to the low-five-percent - more concern about Republicans wanting to return to the economic policies that brought us the Great Recession in the first place. I'd like to see all Americans concerned about the provision in the last budget that Wall Street again be allowed to engage in unregulated derivatives trading, with taxpayers once again on the hook to bail them out if their bets don't pay off.

10. I'd like to see Republican governors more concerned with the health of their citizens than in sticking it to the president. There are still 22 states that have refused to expand Medicaid in accordance with the Affordable Care Act. In states that expanded Medicaid, uninsured among those below the poverty line dropped from 28% to 17%. In states that haven't, it's stayed around 36%.

11. After over fifty failed attempts, I'd like to see Congress try actually governing rather than trying yet again to get rid of the Affordable Care Act - which looks soon to pass the 10 million enrollees mark. With hearings on the IRS "scandal" and Benghazi coming up empty, actually trying to pass legislation might be the way to go.

12. I'd like to see school curricula guided by educators; not by agenda-driven local boards who maintain the jury's still out on evolution. I'd like to see legislation guided by science; not by donor-driven congressmen who maintain the jury's still out on climate change.

13. I'd like to see recognition of the fact that no matter how frustrating and time-consuming peace talks and nuclear disarmament negotiations can be, they're still better than the alternative.

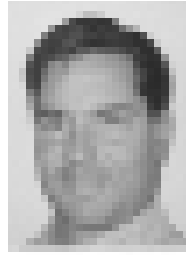
14. I'd like to see more realization that for immigrants in this country, "documented" or not, it's better that they have access to healthcare, are licensed and insured when they get behind the wheel, can put their kids in school and are paying taxes on their income than if they're not.

15. On local issues, I'd like to see our leaders follow this procedure: When an issue comes up, think of the things you love about Sierra Madre and the reasons you'd rather live here than anywhere else. Then think of what impact your decision might have on those things and those reasons - and act accordingly.

Happy New Year.

GREG Welborn

A CHRISTMAS MESSAGE FOR 2014



Christmas is here once again, and I truly hope that all of our readers will be able to enjoy time with loved ones and to experience the meaning of this special season. How uplifting it is to know that during our chaotic times we can celebrate and take strength from the birth of the One who will be called "Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace".

As we reflect on that, we must acknowledge that our times seem anything but peaceful. We sing songs about peace on earth and goodwill toward our fellow man, yet it seems out of place given all that has happened this year. We have seen resurgent and bloody conflict in the Middle East and Afghanistan, Russian aggression in Ukraine, the outbreak of Ebola and its footprint on our shores, racial tension in Ferguson and a cold blooded revenge murder of two policemen in New York. In the midst of all those, there still remain thousands of U.S. military personnel serving bravely and facing hostility in several of the world's far-flung corners.

How do we reconcile the turmoil and the suffering with the Christmas message of joy and peace? It can seem impossible, and yet, Christmas is the story of God breaking through turmoil and suffering every bit as severe as we have experienced in present times. At the time of Jesus' birth in Bethlehem, Israel had been suffering under the brutal domination of Roman oppression. People then were hurting, afraid and weary. There was pain, separation, cruelty and death - often times in severity we cannot even imagine from our 21st Century American perspective. Long ago, they longed for a savior - a messiah - who had been promised them in their most sacred texts and who would lift them out of their misery.

We know the story; an Angel foretells to Mary the coming of this savior of man, and then just 9 short months later other Angels announce to the world through Shepherds and a star that the savior had arrived. The humble and proud, rich and poor alike, traveled to this manger to witness the miracle.

But the miracle was not as they expected. A messiah was supposed to be a mighty warrior - a great earthly king in the lineage of David - who would conquer their oppressors. What they found was a "lowly" descendent born in a backwater of both the Roman Empire and Israel. How could it be that such a birth could be foundational to our celebration of Christmas except for the fact that this birth was the manner in which God Himself took on the form of a man and thus entered into our chaotic, cruel and impersonal world?

The point of the story is that God kept His promise to rescue us, but did it in a different and far grander manner than we could ever have imagined. A military victory over the Romans would have been of short-lived significance in history. Other empires had come and gone, and the Romans would eventually be defeated. We know these

things to be historical realities, but they have no significance - other than to a handful of historians - to our everyday lives. Even the miracles of Jesus, as great as they were for those who received them, would surely have faded in historical significance were it not for the fact that they beautifully foretold of a greatness which would be exhaustively spent on our behalf.

Jesus came to pay a price we all owe but none can fully pay. Without Him, we would all be continuously found wanting against the righteousness demanded by God. Before Him, men offered imperfect sacrifices in attempts to atone for sins against the perfection of God's standards. No matter how many, how expensive, or how ornate the sacrifices, there would always be the question, "is it enough?" And there would always be the whispered answer in the recesses of our conscience, "no, it is not enough."

So God entered into a world every bit as chaotic, cruel, hurting and painful as the one in which we now live to save us all from our sins. The Jews wanted a savior for their small nation. God gave a savior for all mankind!

The Jews wanted a savior who would bind the wounds of physical oppression. God gave a savior who binds the wounds of spiritual oppression. They wanted something inherently temporal and short-lived. He gave something transcendent and everlasting!

This is why historians - both secular and sacred - can say that Jesus of Nazareth has had the greatest impact on the world of any historical figure, bar none. This is why we celebrate Christmas. This is why today, in the midst of the chaos, we can reconcile turmoil and suffering with joy and peace. It is man who causes the suffering, but no matter how severe its affliction, it is God who offers joy and peace.

I offer a special prayer for a sense of peace and comfort to the families of NYPD officers Liu and Ramos, and one as well for the families of soldiers who will not be home for Christmas, for those who suffer the loss of loved ones to more "normative", but nonetheless painful, causes such as disease, age and accidents, and lastly to all of us who still live in a fallen world. Our realities here will never achieve the perfection of heaven, but He who lives there came here to comfort and console, to save us from our sins, and to guide the way to our eventual and eternal home.

Merry Christmas!

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

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