

Mountain Views News

Sierra Madre

Arcadia

Pasadena

Altadena

Duarte

Monrovia

Where Your
Community News Comes First

SATURDAY, JANUARY 31, 2015

VOLUME 9 NO. 5

HUNDREDS ATTEND MEET THE AUTHOR EVENT



Jan Reed examining A Foothill Village at the SMHPS table

Photo by Diane Sands

By Diane Sands

Last Saturday, the 24th, 300 visitors packed Pritchard Hall at Sierra Madre Congregational Church to see and hear the most renowned historians and authors specializing in our San Gabriel Mountains. There was a great demand to visit with, and buy signed books from, John Robinson and a dozen other notables.

In addition to Robinson (writer of the definitive books on the history and trails of the San Gabriels and our own Mount Wilson Trail), the authors were Michele Zack (our town's centennial book), Elizabeth Pomeroy (John Muir and San Marino), Nat Read (Don Benito Wilson), Glen Owens (Big Santa Anita Canyon), Christopher Nyerges (whose weekly column graces these pages), Willis Osborne (Mount Baldy and San Antonio Canyon), Paul Rippens (Henninger Flats, Mount Lowe, Saint Francis Dam), Harrison Scott (historian and crusader for the Ridge Route), Chris Kasten (cartography and Sturtevant Camp), Norma Rowley (Forest Service personnel in the Angeles National Forest over the years), and Michael

Patris and Steve Crise (writer and photographer respectively of Mount Lowe and local railways).

Many of these experts sold out of their volumes by the conclusion of the "Meet the Authors" sponsored by the Sierra Madre Historical Preservation Society and First Water Design (designer of books written by four of the authors).

The event that began at 1 p.m. paused for a lively hour-long panel discussion at two o'clock. Jeff Lapides of First Water Design, the event's organizer, moderated and posed questions, some of which came from those in the audience.

Amy Putnam, president of the historical society, thanked the authors and welcomed her special guest, Jan Reed, former editor and publisher of the Sierra Madre News from 1983 to 1997. The historical society sold many copies of the new edition of Reed's 1997 coloring book, A Foothill Village. Putnam presented the authors complimentary jams donated by E. Waldo Ward, and she offered cookies for the event that were baked by Poppy Cake Baking Co.

EMERGENCY DEMOLITION MORATORIUM PASSED

After hours of public comment and discussion among the council members, a unanimous vote enacted a 45 day Demolition Moratorium of any residence in Sierra Madre built before 1940.

With a full chamber of residents both for and against the moratorium, speaker after speaker, united in their desire to maintain the small town character of Sierra Madre, brought forth their differing opinions. Four of the most compelling speakers were the families currently with projects "in the pipeline" that would be halted. All had been working on building their homes for years and the most controversial demolition project, 126 E. Montecito, was only days away from completing the 30 day waiting period before they

could begin the demolition of the house which some have deemed as historical.

Also offering differing perspectives were Former Mayors Clem Bartolai and Glen Lambdin. Bartolai was for the moratorium and Lambdin expressed concerns on its impact on individual property owner's rights.

The Ordinance was proposed in an effort to prevent developers from destroying historic homes and replacing them with structures that do not fit the diverse, yet size and style appropriate residences in Sierra Madre. Reference after reference was made to the "supersized" structures in Arcadia and how no one wanted Sierra Madre to become subject to the same type of development.

However, Gina Felikian, whose property will be delayed by the moratorium, reminded the council that none of the owners of the four homes that were in the 'pipeline' were developers. She stated that it was clear that the town did not want developers but, "But not once did I hear that you did not want families".

In the end, the council unanimously passed the Moratorium with exceptions that will spare two of the four homes that have already submitted applications for permits. The project on E. Miramonte along with the project on Rancho will be on hold for the next 45 days.

The full emergency ordinance can be found on page 14.

S. Henderson/MVNews

HISTORICAL FIRE HORN RESTORED

Starting on Monday, February 2nd, the 75 year-old Fire Horn will once again be heard throughout the community on a daily basis. The Horn, which is located on North Baldwin Avenue within the East Montecito Public Parking Lot, will be blown every day at 5:00pm. During emergencies, the horn will go off in a series of three blasts. When residents hear the three blasts, they should take a moment to become aware of their surroundings, and tune in to the City's Emergency Radio Station AM 1630 for information.

This restoration project is the culmination of an idea from Sierra Madre Kiwanis Club members including Hank Landsburg, George Maurer, and Joe Pergola to enhance the City's emergency communication abilities. In April of 2008, many hillside residents of Sierra Madre were faced with approaching flames of the Santa Anita Fire. The premise was that during a major disaster or emergency, the Fire Horn could be sounded manually and residents would be able to tune into a City low-power AM radio station, which would be powered by emergency generators. The Kiwanis Club, along with community volunteers, began raising the funds and the new emergency radio station, AM 1630, was completed in 2011 and proved to be a valuable communication tool during mudslide events that followed the Santa Anita Fire and the major windstorm event. Currently the radio broadcasts city and community events and programs in the absence of emergency messages.

When computer aided dispatch technology was installed in 1999, the use of the Fire Horn as a secondary system was abandoned and the Horn was no longer tested. Shortly thereafter, and number of residents signed petitions and created t-shirts in support of reactivation of the horn for nostalgic reasons. The campaign was successful, and again the Fire Horn was sounded daily until its equipment became unreliable.

There are countless donors and supporters that are responsible for the Fire Horn's return. The City would especially like to thank the Kiwanis Club, George Maurer, Hank Landsburg, Joe Pergola, Gary Hood, Mark Kennedy and his Post Alarm technicians, Debbie Henderson, Fire Department and Public Works Department for returning the historical Fire Horn back to life on its 75th anniversary.



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SIERRA MADRE LOCALS ARE STANDOUTS AT THIS YEAR'S NAMM SHOW

By Dean Lee

Each January, the Who's Who in the music world make a, metaphorical, pilgrimage like, journey to Anaheim for the NAMM (National Association of Music Merchants) trade show and this year was no different for Sierra Madre residents Tom and Rich Seymour, owners of the legendary Fret House music store in Downtown Covina. Although the show, held at the Anaheim Convention Center, features over 600 exhibitors, everything from DJ equipment to collectable violins to synthesizers, it was the traditional guitars Tom and Rich Seymour were looking for —both acoustic and electric.

"Guitar players are unique, so many of them tradition bound, a lot of them don't want anything that was designed after 1957, period," Rich Seymour said. As an example, Tom Seymour took down, from his store display, a new Fender Stratocaster they had ordered at NAMM. The striking sapphire blue Fender sandblasted ash guitar had a design identical to Stratocasters made decades ago.

"They try to make it new without changing it, sort of," Rich Seymour said. Stratocasters come with either maple or rosewood fingerboards, the pickguard [and body] is the same shape, Tom Seymour said.

At the show, they also said they met with many of the venders, had the opportunity to associate with people in the music business and check in with people they know, including the owners of Taylor Guitars.

"We were Taylor dealers when Kurt [Listug] sold them out of his Volvo station wagon, back in the 1970s," Tom Seymour said. "At that time they were a three man operation based in El Cajon... they are now one of

the largest guitar companies in the U.S." Along with Listug, Bob Taylor founded the company in 1974.

Rich Seymour said Taylor Guitars have always been an innovator and this year was no different, "They have changed the way guitars are built." He said. "They have developed a new pickup system [the Expression System Baby pickup in the line of travel guitars] a design that's



never been used before. The two said the guitars would be available in their store soon.

Outside of guitars, Rich Seymour said this year they planned to upgrade the store's website and computer management systems. They said there were two or three companies showing management software at NAMM including Tri-Technical Systems, author of the AIMSi and Active-e, software.

"This is probably the most complicated small business you can put in a building this

size," Rich Seymour said. "I imagine, on a lot of levels, we are as complicated as a Home Depot, yet we don't have an IT department."

The software would allow them to control inventory and track sales along with repair and service, lesson/appointment scheduling, sales contracts and rentals.

The two longtime Sierra Madre residents said most people in

SERVICES FOR LONGTIME SIERRA MADRE RESIDENT RUTH A. PICKETT TO BE HELD ON FEBRUARY 3RD

Ruth A. Pickett, 97, passed away peacefully in her home January 23, 2015. Ruth was born in Fallriver, Massachusetts in 1918. She then moved with her family to Sierra Madre in 1923, where she lived for a great part of her life. She spent the last 20 years living in Glendora.

In Sierra Madre,

she was a member of the Priscillas organization for 45 years. She was lovingly known as "Little Ruthie". She used to share so many stories of the old days of Sierra Madre, from riding the Red Car, to her marriage to Ken Pickett, to spending time with Lizzie of Lizzie's Trail Inn, to changing linens for her Uncle at Orchard Camp. She always considered Sierra Madre her home town.

Ruth's dad was a fireman in town. She and her husband lived through the depression in Sierra Madre. Her uncle for a time

owned Orchard Camp, and she and her cousin spent many summer weekends up there having the time of their life, never realizing that they were the maids! as they changed linens, helped with meals etc.

Her husband Ken's family had Pickett's gas station that was near or on the property where Taylor's is now. Their first house still exists on Montecito and the Red Car line ended virtually at their back door. They knew Lizzie from Lizzie's trail in and her family had Lizzie over to their house for dinner on occasion.

Ruth leaves behind a son, Gary, grandson Bradley, daughter-in-law Alice and a granddaughter in-law Annette, with a great grandson due in May. She also leaves behind her grandchildren Cooper and Liz and their children. She was so loved by all who had the pleasure of knowing her and fond memories will remain while she is greatly missed.

Memorial Services will be held at Oakdale Memorial Park in Glendora, California. February 3, 2015 at 1:00 pm.



Ruth Pickett, right, with "Lizzie" at 2014 SMHPS Chicken Ravioli Dinner



Maurice Orme and Ruth at Lizzies



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Weather Wise

6-Day Forecast

Sierra Madre, Ca.

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

Forecasts courtesy of the National Weather Service

CITY OF SIERRA MADRE
CALENDAR OF EVENTS

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

NEXT CITY COUNCIL MEETING:
Tuesday, February 10, 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 CITY MEETINGS



City Council

February 10, 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

Wednesday, January 28 2015
Library Board of Trustees, 7:00 pm*

Thursday, February 5, 2015
Senior Community Commission, 3:00pm

Thursday, February 5, 2015
Planning Commission, 7:00pm*

City Hall Hours

Monday - Thursday 7:30am - 5:30pm

Planning & Community Preservation and
Public Works Service Hours

Monday - Thursday 7:30am - 2:00pm

HOLIDAY HOURS

City Hall Closed
Monday, January 19, 2015
Martin Luther King, Jr.'s Day
City Hall
232 W. Sierra Madre Blvd.
Sierra Madre, CA 91024
(626) 355-7135



9 Kersting Court Sierra Madre, Ca. 91024
626-355-1180

EXTRAORDINARY
CUSTOM FLORAL
ARRANGEMENTS

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.

SIERRA MADRE OLDER
AMERICAN OF THE YEAR
NOMINATIONS

Sierra Madre, CA. - The Senior Community Commission and Community Services Department is now accepting nominations for the Older "Sierra Madre" American of the Year. If you know someone who lives in Sierra Madre, has demonstrated outstanding community service, and is 60 years of age or older please be sure to fill out a nomination form, due by Tuesday, February 17th, 2015. Nominations forms are available at the Hart Park House Senior Center, online at www.cityofsierramadre.com or by calling the Senior Services Office at 626.355.7394. The Senior Community Commission reviews each nomination and will decide the 2015 honoree at their meeting on March 5th. The honoree is recognized at a special reception in their honor on Friday, May 8th, 2015 at the Sierra Madre Hart Park House Senior Center. For more information contact Senior Specialist Cherry Liu at cliu@cityofsierramadre.com or by phone at 626.355.7394

TURF REMOVAL REBATE PROGRAM

There is still funding for the Turf Removal Rebate Program! Property owners may be eligible to receive a rebate of \$1.00 per square foot of turf that is removed. The maximum rebate is \$1,000 per property owner.

Applications are available at City Hall, and applications will be processed on a "first come, first served basis." There is a total of \$48,000 in grant funds available. To be eligible, rebates are only available for turf removed from private property yard areas visible from the street. Rebates do not apply to parkways or backyards. The rebates are not retroactive, meaning that the program does not apply to properties where turf has already been removed. There are additional regulations, which are available in full at City Hall and on the City's website.

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

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

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& WEEKENDS**

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Rotary Club of Sierra Madre

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WHEN WE MEET AT 7:45AM. VISITORS ARE ALWAYS WELCOME!
JOIN US, MEET YOUR NEIGHBORS, HELP YOUR COMMUNITY,
AND HAVE SOME FUN!

<http://issuu.com/mtnviewsnews>

45TH ANNUAL FRIENDS OF THE SIERRA MADRE LIBRARY WINE AND CUISINE TASTING

Tickets are on sale now for the 45th Annual Friends of the Sierra Madre Library Wine and Cuisine Tasting. The event will be held on Friday evening, February 20, 2015, at the Alverno Villa, 675 West Highland Avenue, Sierra Madre, CA. The Alverno Villa Del Sol D'Oro, built on 13 acres in the foothills of Sierra Madre was designed by notable Pasadena architect Wallace Neff. Well-known in the Los Angeles area, Neff was the designer of Pickfair, we well as an architect to many of Hollywood's earliest stars. The Villa is a two-thirds scale replica of the Villa Collazzi near Florence rumored to have been designed by Michelangelo. Plan to attend this elegant affair in an historic setting where you will experience a tasting of fines wines from across the state as well as hors d'oeuvres and desserts from local restaurants and gourmet retailers.

Tickets to the Premier Event are \$80 and allow you early admission at 6:00PM. Johnny Stange, the sommelier from Treasury Wine Estates, will give a special wine tasting for those at the Premier Event, a chocolatier will

provide chocolates to be paired with the red wines, and a local restaurant will offer hors d'oeuvres to be paired with the white wines.

Tickets to the Main Event are \$60 and provide admission at 7:00 PM. Throughout the evening you will enjoy live music and Magic Castle magicians as you stroll about the lovely grounds of the Alverno Villa sampling the wonderful wines and appetizers. A silent auction will again be offering lovely artwork, services, tickets to special events, restaurant vouchers, and many other tempting items. Tickets are currently on sale at the Sierra Madre Library, the Bottle Shop, Savor the Flavor, and Arnold's Frontier Hardware.

The Friends of the Sierra Madre Library is a non-profit organization and all proceeds from the February 20, 2015 event will benefit the Sierra Madre Library. For more information visit our website at www.sierramadrelibraryfriends.org, or call the library at 626 355-7186.

CONTRIBUTE A DESIGN FOR THE 2016 SIERRA MADRE ROSE FLOAT

Submissions are due by February 6th, 2015.

Mike Matthiessen, President of the 2016 Tournament of Roses, announced the Official Theme for the Rose Parade on January 15th. The parade theme is: "Find Your Adventure"

"This theme has grown out of a unique relationship between the Pasadena Tournament of Roses and the U.S. National Park Service. The 2016 Rose Parade will help shine light on the centennial celebration of our nation's national parks. As proponents of the American spirit, we encourage people to find beauty in the landscape that builds the backdrop of their lives. From coast-to-coast, we will add stories of adventure to our collection while protecting our unique heritage and looking to the future. The 2016 Rose Parade has grown out of a unique partnership between the United States National

Park Service and the Pasadena Tournament of Roses Association.

Both organizations aim to:

- Celebrate history
- Create awareness
- Encourage individuals to get engaged
- Whether visiting or learning, everyone's definition of "Adventure" can be different:
- Educational
- Environmental
- Wellness & Recreation
- History
- Community

So put on your thinking caps and put your thoughts to paper!!

Go to SMRoseFloat.org and download the forms.

CHOCOLATE CHOCOLATE CHOCOLATE

The Sierra Madre Garden Club invites you and your sweetheart to join them at their meeting on February 9th for the program "CHOCOLATE: A GARDEN OF EARTHLY DELIGHTS."

PAT KROK, a garden club member, and a local foodie, will present the program. It will cover the growing, harvesting, processing of cacao plants and the creation of mouth-watering confections. There will be a simple chocolate tasting followed by a truffle making demonstration. Yes, there will be samples!

MARK YOUR CALENDARS. February 9, 2015. Everyone is invited. Dinner begins at 6:30 P.M.; followed by the program at 7:15 P.M. Catered dinner is \$11; reservations for dinner must be made by February 7th by calling 626-836-4945. There is no charge for attending only the program.

Location: Hart Park House, Memorial Park, 222 W. Sierra Madre Blvd., Sierra Madre. For information call the reservation number or visit www.smgarden.org

2015 WISTARIA FESTIVAL VOLUNTEERS NEEDED

Calling all volunteers. The Sierra Madre Chamber of Commerce is looking for volunteers to help with the 2015 Wistaria Festival to be held on March 15, 2015.

The first volunteer meeting will be held on Thursday, February 5, 2015 at 6:00 pm at the Chamber offices, 19 Suffolk Ave., Ste. A., Sierra Madre 626-355-5111

Walking Sierra Madre...The Social Side

by Deanne Davis

"Just around the corner in every woman's mind – is a lovely dress, a wonderful suit, or an entire costume which will make an enchanting new creature of her."
Wilhela Cushman

And I know exactly where she can go to find that lovely dress, wonderful suit, designer bag or a fabulous leather jacket. It's Ritz Resale! If you haven't discovered Ritz on your own yet, I can guarantee you're going to find yourself checking it out in the next couple of days. Mountain Views News Editor, Susan Henderson, asked me if I'd been there yet and I hadn't. But friends and neighbors, I've definitely been now and I'll be going again.

Jennifer Bekkedal, the owner of Ritz Resale told me that her mother started the business some years ago as the result of an extremely successful garage sale when she noticed that what went the fastest was the clothing. So Jennifer's mom found some friends to partner with and they opened a store on Green Street in Pasadena. Eventually, she parted ways with the partners and opened Ritz Resale on Mentor right by the Ice House. Ritz was a great success on Mentor since 1980. But, alas, the building was sold and Jennifer decided she wanted to come to where she could see the mountains, right across the street from Sierra Madre. Ritz is in the corner suite of that really beautiful yellow building on the west side of Michillinda at the corner of Valley View. You know, just up the hill from the center where Albertson's Market used to be. They're right next to Mathnasium and there are condos on the upper stories.

OK, I've lost all the guys now, so let's take a minute to talk about Deflategate. Seriously, do any of us believe Tom Brady had anything to do with those footballs being a couple of pounds short of a picnic, even if he does like the slightly deflated ball? We admit it, we're Seahawks fan. We like Pete Carroll, no matter where he goes, so we're hoping the Seahawks emerge as Super Bowl winners. And, of course, we're only in it to see the Super Bowl commercials and indulge in our last food extravaganza before cold, hard reality sets in and we realize not only have we not lost the Christmas couple of pounds, but we've added New Year's and Playoff pounds. Seriously, this has to stop!

The first thing you need to do is check out Ritz Resale's website: www.ritzresale.com. Ritz handles designer clothes on a consignment basis and the store is filled with lovely name brand goodies. I saw a Diane Von Furstenberg dress, several Tracy Reese and others. There is a fabulous line – Citron – based in Santa Monica, blouses, jackets, dresses, designed to fit and flatter just about anybody and the fabrics! Oh my gosh! Each piece is a one of a kind item and the design and finishing is exquisite. Jennifer is also a



custom shopper for her clients. If she sees something that will be perfect for one of her regulars, she'll call to let them know. She's even got a pickup service for clients who have a number of designer items for her. The website can tell you everything you need to know about working with Jennifer to do consignment sales.

Jennifer Bekkedal started working with her mom on resale when she was nine years old. Needless to say, she knows the business. They worked together till mom retired about eight years ago. Ritz handles quite a bit of new merchandise, in addition to pre-owned and consignment. They've got jeans and pants, outerwear, dresses, suits, gently used shoes and boots. Jennifer has planned the inventory at Ritz to appeal to all ages. She's got something for everyone. "I want to help people to dress well, I want to make a contribution to people's lives. It makes me feel good."

Ritz handles store closeouts, after-sale items, dressy and casual. She has celebrity items...she once sold a leather coat that was Angela Bassett's! She has jewelry to accessorize your new outfit, and let me mention those designer bags one more time. Jennifer adds exciting new things daily so don't think if you can't find what you want today that you won't find it tomorrow! And the prices! You've gotta check it out!

Ritz Resale is open Tuesday-Saturday from 11:00 a.m. to 6:00 p.m. Here's their phone number: 626-449-3528. Ritz is at 900 Valley View at Michillinda.

Hey Walking Sierra Madre friends....

Check out my book page: Deanne Davis @ Amazon.com My book: "Tablespoon of Love, Tablespoon of Laughter" is a great Valentine's Day gift!

Sierra Madre Police Blotter

During the week of Sunday, January 18th, to Sunday, January 25th, the Sierra Madre Police Department responded to approximately 336 calls for service.

Thursday, January 22nd

At 11:56 am, Sierra Madre Police responded to the 500 block of North Baldwin Avenue regarding suspicious activity. They were informed by the caller, a delivery man, that while he was driving in the neighborhood he stopped at a stop sign. When he looked over toward the victim's home, he saw a Male black wearing a grey hoodie, blue pants and black gloves on both hands. The suspect then noticed he was being watched and hid in a bush on the property. Shortly after, the suspect ran from the bush and into the passenger seat of a charcoal grey Toyota Prius. Upon arrival, Officers investigated the perimeter of the residence and noticed through the window that the master room had been ransacked. Officers contacted the home owners and concluded the suspect entered the residence through an unlocked side gate and an unlocked sliding door outside of the master bedroom. The suspect ransacked several rooms within the home, and had actually dropped several jewelry items outside of the residence as he was leaving. This case has been forwarded to the Detectives Bureau.

At 12:38 pm, Sierra Madre Police responded to the 200 Block of Old Oak Avenue regarding an in-progress residential burglary. Upon arrival, Officers were contacted by the home owner and informed that while he was in the restroom he heard noises coming from his living room. He then heard glass breaking and his alarm system beep twice indicating a door or window had been opened. As the victim exited the restroom and walked down the hallway, he noticed a Male black wearing a dark colored hoodie and dark pants. The victim went to another room to retrieve a large flashlight and upon returning to the location of the suspect, he was gone. The victim noticed his front door was wide open, which was previously locked. While canvassing the area for witnesses, Officers were informed that a nearby resident had witnessed a dark colored Prius circling the cul-de-sac then exit the community. Shortly after he noticed two male subjects walk up to the victim's home, and open the property gate. Moments later

he witnessed one of the suspects run from the residence's front door and down the street. As he exited his home, he noticed the second suspect walking briskly down the street. Both suspects were described a Male black, 6 feet tall with a thin build. This case has been forwarded to the Detectives Bureau.

At 1:47 pm, Sierra Madre Police responded to the area of Sierra Madre Blvd and Rancho Rd regarding a woman being forced into a vehicle against her will. The reporting party informed Officers that she witnessed a pick up truck driven by a heavy set male Hispanic, pull up to a bus stop and force a woman into the truck. By the time Officers arrived to the location, the truck and driven away, presumably with the victim. Later that evening, the victim arrived at the station and informed Officers that while she was sitting at bus stop to go home, the suspect pulled up and demanded she get into the truck. When she refused the suspect grabbed ahold of her and threatened to kill her. The victim continued to fight and as the bus approached the bus stop, she was able to break free and jump on the bus. The victim described the suspect as her ex-boyfriend of 20 years. She recently left him due to his sudden violent and abusive behavior. She stated the suspect would call her all times of the day and would follow her to her work locations demanding to see her. The victim feared for her life. While assisting Officers, the victim helped apprehend the suspect at his residence. The suspect was arrested and booked on multiple charges.

Friday, January 23rd

At 8:00 pm, Sierra Madre Police responded to the 100 Block of Webster Way regarding a theft report. The victim informed Officers that between the 20th and 22nd, she had an open house in an attempt to showcase her house and sell it. While she was away, she left her home in the possession of her realtor. Several realtor agents brought their clients to tour the home. In all about 120 individuals has full access to tour the home. After the tours were over, the victim returned to her home and noticed some of her jewelry was missing. The victim believes her items were stolen during the open house sessions. The estimated loss was valued at \$14,000. This case has been forwarded to the Detectives Bureau.

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Suspect Arrested After Stand-Off

A felony assault suspect was arrested Monday afternoon, following a seven-hour stand-off with Pasadena Police officers —Henry Sinclair Hsieh surrendering himself to SWAT Officers and members of the Crisis Negotiation Team (CNT) after his mother convinced him to give himself up.

“These situations are very complex and dangerous for public safety and the community. Our Patrol, SWAT and CNT officers worked diligently and professionally bringing this potentially volatile circumstance to closure without further incident.” Police Chief Phillip Sanchez said. “We appreciate the residents’ support and cooperation during the elongated event.”

Sanchez briefed the news media Monday at the scene after the arrest was made

According to Sanchez, at approximately 5 a.m., officers attempted to arrest Hsieh who was seen carrying a firearm as he backed into his apartment at 70 Harkness Avenue.

Officers contained the area and evacuated residents, including other occupants inside the suspect’s apartment. The suspect refused to exit the location. SWAT and CNT Officers responded to the scene and attempted for several hours to make contact with the suspect inside the apartment. Ultimately, through a coordinated effort with the suspect’s mother, contact was established. CNT personnel persuaded the suspect to surrender without incident at 11:40 a.m.

Pasadena police dispatchers first received a 9-1-1 call shortly after 1 a.m., from a female yelling that she had been robbed at gunpoint and locked in a room.

Hsieh was arrested for assault with a firearm. He remains in custody in the Pasadena Jail, bail is \$50,000. He is currently on probation for a prior robbery arrest.

No one was injured and the firearm was recovered. No shots were fired by police during the incident.

Pet of the Week



Lucy is a three-year-old brindle and white pit bull with a cute brindle patch on her right eye. She’s very friendly, affectionate and enjoys meeting new people. She’s been out on our Mobile Unit too where she met other dogs and people.

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

Call the Pasadena Humane Society & SPCA at 626.792.7151 to ask about A370728, 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.



Man Gunned Down in Villa Parke

City council to discuss a recent increase in violence in the community Monday night.

One person was killed and another critically injured Tuesday night during a shooting at Villa Parke, just a week after another shooting at Washington Park left two people badly injured —the city council will discuss the issue of safety in city parks Monday night.

According to police at about 10:22 p.m., officers responded to the area of Marengo Ave., and

Villa Street regarding a call of shots fired. On arrival, officers found, Rafael Martin Soto-Aguilar in Villa Parke dead from gunfire.

Police said hours later, a Hispanic Male, approximately 30 years old, showed up, and was admitted into Huntington Hospital Emergency room claiming to have been shot at Villa Parke earlier in the evening. The second victim was rushed into surgery in critical condition.

Pasadena homicide detectives and forensic specialists were at the scene, an investigation is

ongoing police said. The suspect is still at large and no description has been given.

On Monday, Councilmember Victor Gordo asked that the council look at increased security at parks and in neighborhoods. He made the comments in concern of two men shot Jan. 21, in Washington Park.

According to the agenda the council will hear the issue at 6:45 p.m. in the council chambers in City Hall, 100 North Garfield Avenue.

Police Still Looking for Armed Man

Pasadena Police are asking for the public’s help after an armed suspect got away after responded to a call Thursday of “Shots Fired” in the area of Raymond Ave. and Washington Blvd.

According to police, officers encountered a man around 6 p.m. matching the description of the alleged suspect and upon contacting him, the man ran. The officer observed the suspect to be armed with a handgun during the foot pursuit. The officer lost sight of the suspect in the 1400 block of Summit Ave., and a containment of the area was established. After an extensive and systematic search, the suspect was not located.

The Pasadena Police Department wants the public to know that the area is safe to re-enter and the police activity has ceased. We would also like to encourage any members of the public that may have information as it pertains to the shooting or if you know the suspect to please call the Police Department. No one was injured as a result of this incident. Anyone with information should call the police Community Services Section 626-744-4620.

E-Waste Recycling, Document Shredding

Residents and businesses can safely dispose of electronic waste and have personal and business documents shredded at the City’s popular e-waste event from 9 a.m. to 3 p.m., Saturday, Feb. 7, 2015, in Parking Lot I outside the Rose Bowl Stadium near Brookside Park, 360 N. Arroyo Blvd. The event is sponsored by the City’s Department of Public Works.

E-waste items include everything from computers, monitors, to household batteries. Many of these products have parts that can be recycled. Public Works is also helping residents prevent identity theft by providing free paper shredding during the event. The public can bring a maximum of five legal-size boxes for shredding.

For more information about the free e-waste collection and document shredding event, visit www.cityofpasadena.net/PublicWorks or call (626) 744-7311.

Caltech Inventor of the Laser Passes Away at 99

Laser pioneer Charles “Charlie” Townes, a life member of the Caltech Board of Trustees and a recipient of the 1964 Nobel Prize in Physics, died Tuesday —he was 99 years old. Townes, a professor of physics, emeritus, at UC Berkeley, won one-half of the 1964 Nobel Prize in physics for his role in inventing the maser (for “microwave amplification by stimulated emission of radiation”) and its cousin, the laser, in which light is emitted instead of microwaves. He shared the award with Aleksandr M. Prokhorov and Nicolai G. Basov, who independently developed the idea for a maser.

Townes served on many governmental panels, including the President’s Science Advisory Committee from 1965 to 1969. He was the chairman of the Technical Advisory Committee for the Apollo Program until shortly after the first successful lunar landing.

Townes was named a Caltech trustee in 1979 and became a life member of the board in

1987. In 1939 received his PhD in physics from Caltech.

In addition to the Nobel Prize, Townes was the recipient of the National Medal of Science; the National Academy of Sciences Comstock Prize and John T. Carty Medal; the Stuart Ballantine Medal of the Franklin Institute (twice); the Vannevar Bush Medal; the Lomonosov Medal of the Russian Academy of Sciences; the Niels Bohr International Gold Medal; NASA’s Distinguished Public Service Medal; the Karl Schwarzschild Medal of the Astronomische Gesellschaft; and honorary degrees from 25 colleges and universities. In recognition of his lifelong interest in the intersection of science and religion, Townes was awarded the 2005 Templeton Prize. He was a member of the National Academy of Sciences, the National Academy of Engineering, the Royal Society of London, the Max Planck Society, the National Inventors Hall of Fame, and the Engineering and Science Hall of Fame.



Charles H. Townes Credit: From the Caltech Archives image collection.

Police Warn Against Drunk Driving Super Bowl Sunday

The Pasadena Police Department, the California Office of Traffic Safety (OTS), Police, Sheriff and the CHP statewide are urging football fans to choose sides now: “drinking or driving.” If you plan on drinking on Super Bowl Sunday, designate a sober driver to get you home safely.

“Drunk driving is completely preventable,” said Chief Phillip L. Sanchez with the Pasadena Police Department. “All it takes is a little planning. We want fans to remember that it’s a choice. Drink or drive—but never do both.”

The Fans Don’t Let Fans Drive Drunk campaign encourages people to make plans ahead of time that will prevent them from getting behind the wheel of a vehicle after drinking. Everyone should be mindful that if you’re taking medication, whether prescription or over-the-counter, drinking even small amounts of alcohol can greatly intensify the impairment effects. Driving impaired could result in injury or death for you or others on the road.

The Office of Traffic Safety is offering a free mobile app – DDVIP – aimed at thanking the sober designated driver football fans with perks and free offers at area bars and restaurants. Available for iPhone and Android.

According to data from National Highway Traffic Safety Administration, in 2012 there were 10,322 people killed in alcohol-impaired-driving crashes in the United States—31 percent of all crash fatalities in the nation. A driver is considered alcohol-impaired with a blood alcohol concentration (BAC) of .08 or higher, the legal limit in all states.

Designate a sober driver, whether it’s a friend, relative, taxi, or public transportation. For those who plan to drive, refrain from any alcohol. Instead, enjoy the game with food and non-alcoholic drinks. Being a sober, designated driver is a key role on Super Bowl Sunday. You might just save a life.

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

Orientation & Tour

Monday February 2, at 6:00 p.m. - 8:00 p.m.

PCAC Board of Directors - Regular Meeting

Tuesday February 3, at 7:00 p.m. - 8:30 p.m.

Producer Training

Wednesday February 4, at 1:00 p.m. - 3:00 p.m.

Studio Cameras & Floor Manager

Wednesday February 4, at 6:00 p.m. - 8:00 p.m.

Citizen Journalism Training

Wednesday February 4, at 7:00 p.m. - 8:00 p.m.

Mountain Views News

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

SATURDAY, JANUARY 31, 2015

AROUND SAN GABRIEL VALLEY



“What’s Going On?”

News and Views from Joan Schmidt

THIEVES TARGET ALL AREAS: KEEP YOUR EYES AND EARS OPEN!

Last week, our paper ran a very pertinent article: Thieves Target Sierra Madre. Unfortunately this has been happening in ALL areas: cities and county areas. I attended a Monrovia-Arcadia-Duarte Town Council Meeting and noticed a crowded room upon entering. Most residents had shown up because of increased robberies in the Mayflower Village area. What was happening was a well-dressed African American man in a business suit would go up to a door and knock on it. If no one answered, he would go into the backyard and break in through the sliding glass door or a window. Sometimes he would have an accomplice-very well dressed lady who was the lookout. Their vehicle was an upscale car. Besides this situation, there also were vehicle break-ins and the stealing of packages left on the front step.

The Town Council meets once a month. There is ALWAYS representation from Temple Station. Former Commander Captain Nee alerted us to the vehicle thefts over a year ago. People leave their cars unlocked and have lap tops, cell phones and I-pads in full view. Captain Nee and current Captain Jacob keep warning residents to lock their cars and not leave those items in full view.

The theft of Fed Ex/UPS packages is outrageous too. This has been going on for quite a while. There was a woman driving a car and following the delivery trucks. After they left, she was getting the package(s) off the front step. At the town council meeting, we were told of a recent theft of packages-worth about \$4000 from a woman's front steps. This was terrible-a single mom runs her

business out of her home and these were the supplies she needs!

Those attending the Council Meeting were given crime stats. You can go on line to www.crimereports.com for crime stats from Temple Station.

Deputy April Nelson, who has been our liaison for eight years gives crime reports and discusses area issues. At the meeting she introduced Temple Station Commander, Captain Coronne Jacob. Everyone is thrilled about Captain Jacob's return-she also served at Temple as Sergeant and Operations Lieutenant.

Deputy Art Valenzuela, Youth Activities League and Kevin Paris, Youth Probation also gave updates on Pamela Park Activities/Programs. Deputy Valenzuela took a group to Make A Difference Day in Monrovia and worked on a project. On February 7, they'll be at Emerald Isle On Peck Road from 9-12 to assist in a clean-up. Mr. Paris explained his great afterschool and parenting programs.

Dina Malakoff from Live Oak Library and Joanna Gee from Duarte Library told us of great current programs. We also met Louix Escobar-Matute, Regional Administrator of LA County Public Library.

Lastly, Field Deputy Brian Mejia from Supervisor Mike Antonovich's Office told us the Supervisor is working to bring back trauma service to Queen of the Valley Hospital and Pomona Valley Medical Center.

The next Monrovia-Arcadia-Duarte Town Council Meeting will be 7pm at Annunciation Church Hall, 1307 East Longden Ave., Arcadia. Please come to keep abreast of neighborhood news and updates from the Sheriff's, the Supervisor and more. Please visit www.facebook.com/MADTownCouncil.



NEW LEGISLATION GIVES CITY CLERKS STATEWIDE AUTHORITY TO SOLEMNIZE MARRIAGE

Arcadia, CA. - Gene Glasco, Arcadia City Clerk says effective January 1, 2015 the solemnization of marriage couldn't be more convenient as a result of AB 1525 giving elected or appointed City Clerks within California the authority to marry couples anywhere in the State of California. From the Queen Anne Cottage at the Arboretum to the Queen Mary in Long Beach or any venue in between, elected or appointed City Clerks can provide marriage ceremonies for couples who have obtained either a "Public" or "Confidential" marriage license from the Los Angeles County Registrar-Recorder's office. Pursuant to his new duties, Glasco attended a course of study administered by the Los Angeles County Clerk earlier this month authorizing him to perform the Solemnization of Marriages by City Clerks. A marriage license--valid for 90 days from the date of issuance-- must first be obtained from the County Recorder's office and must be in the City Clerk's possession prior to the marriage ceremony. Officials at Arcadia's City Hall have been pensive in their decision to offer this service to their community, but through AB 1525, legislative authority is granted their City Clerk to officiate the solemnization of marriage anywhere in the City of Arcadia or any city within the State of California. Couples wishing to exchange marital vows in a setting of their choice in a simple yet solemn ceremony are encouraged to contact Gene Glasco, Arcadia City Clerk at: (626) 456.4366 for further information and scheduling details.



LOCAL SUPERINTENDENTS TO PRESENT THEIR SCHOOL DISTRICTS' HIGHLIGHTS AT RETIRED TEACHERS' MEETING

It's time to meet, greet, and hear from some of the hard-working superintendents from school districts in the San Gabriel Valley! At the invitation of the California Retired Teachers' Association-SGV Div. #71 (CalRTA #71), five superintendents from the twelve school districts in the CalRTA #71 division will be guest speakers at a retired teachers' luncheon meeting. The other SGV superintendents had prior commitments and plan to come to a future meeting. To show their appreciation for the administrators' dedication to education, CalRTA #71 will give memberships to all twelve of the superintendents in their division.

This will be a cordial, informal meeting. The superintendents in attendance will be David Vannasdall, Arcadia USD; Dr. Terry Nichols, Duarte USD; Dr. Katherine Thorossian, Monrovia USD; Kathy Perini, Temple City USD; and Dr. Mary Labrucherie, Valle Lindo (South El Monte) SD. Dr. Mary Labrucherie has already been a CalRTA #71 member for several years. The superintendents will be seated at different tables (look for their signs!) to enable them to visit with members during the lunch, particularly those who had taught in their districts. After lunch, the superintendents will be given the opportunity to share a few words about their districts' highlights, to tell of their districts' future plans, and to answer questions from the audience.

The CalRTA #71 luncheon meeting will take place on Friday, February 13, at 11:30 a.m. at the Senior Center Building in Arcadia Park (county park), 405 W. Santa Anita Ave., Arcadia, next to the Lawn Bowling Greens. Guests are welcome to come enjoy the luncheon and to hear from the superintendents. The cost of the luncheon for members and guests is \$12. For luncheon reservations, please call John Gera at (626) 286-0714 by the February 6 deadline.

Membership in the California Retired Teachers' Association is open to all retired educators, as well as to current educators, and to any others interested in joining this active group. The local CalRTA #71, San Gabriel Valley Division, now numbers over 500 members. CalRTA's motto is "Your Partner in Pension Protection."

JEWISH FEDERATION INVITES THE COMMUNITY TO ITS OPEN HOUSE



The Jewish Federation of the Greater San Gabriel and Pomona Valleys new location at 114 W. Lime Ave, Monrovia

MONROVIA, Calif., January 26, 2015 – Sunday, February 8 is an exciting day for the local Jewish community. Community members from the greater San Gabriel and Pomona Valleys have a unique opportunity to participate in two events – Super Sunday and the Jewish Federation of the Greater San Gabriel and Pomona Valley's Open House.

Super Sunday is an annual phone-a-thon when Jews from across the area have the opportunity to make a gift to the Jewish Federation that has a profound impact on the local Jewish community. Volunteers from our community come together to help the Jewish Federation raise money to support the vital work done for the community. The money that is raised as part of Super Sunday, as well as throughout the year, helps the Jewish Federation provide the programs and services the Jewish Federation offers, including Jewish Family Resource Services, Jewish Book Festival, Cultural Arts program, Camp Gan Shalom, an Educational Enhancement Grant Program, and much, much more.

When the volunteers take a break from the phoning of Super Sunday, the Jewish Federation is inviting the community to come and tour its new office in Monrovia during its Open House from 2:00 p.m. – 5:00 p.m. Having recently moved into its new offices in Monrovia (114A W. Lime Avenue, Monrovia), this is the first opportunity the community has to see where the Jewish Federation develops programs and serves as the Jewish voice for the community.

New to this location will be a rotating art installation of local Jewish artisans. The first artist featured is Karen Hochman Brown who makes mandala-like works that begin with photographs that she then spins and adorns into colorful digital prints mounted on aluminum.

Sunday, we will also be performing a short service to hang our mezuzah, a parchment inscribed with religious texts and attached in an artistic case to the doorpost of a Jewish home or office as a sign of faith.

Jewish Federation's Board of Governors and staff will be on hand to meet and talk with people about the local Jewish community and how the Jewish Federation strengthens and enhances Jewish life in the greater San Gabriel and Pomona Valleys.

To find out more about the Jewish Federation's Open House or Super Sunday, please contact the Jewish Federation at 626.445.0810 or federation@jewishsgpv.org.

The Jewish Federation of the Greater San Gabriel and Pomona Valleys provides programs and services that meet the needs of our local Jewish community - from Glendale to Rancho Cucamonga and south to Whittier. And, the Jewish Federation provides the Jewish voice and leadership in addressing issues that affect the Jewish community as a whole.

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CITY CLOSES 100 TO 1

By Scott Hettrick, Arcadia's Best

The 100-to-1 cocktails bar, which closed earlier this month, will officially become the property of the City of Arcadia this week following a recent agreement between the City and the property owners.

The City is paying roughly the appraised fair market value of \$1.4 million and will eventually receive proceeds from the sale of the liquor license, according to City Manager Dominic Lazzaretto. Lazzaretto says the City will retain the iconic neon sign (photo at right) and possibly some murals behind the bar, most likely turning them over to the City-owned Gilb Museum of Arcadia Heritage for preservation.

Negotiations began late last year when the City decided to add a median on Huntington Drive in front of the bar, which owner rep Brian Carney complained would eliminate left turns to the property and thus limit access. That work began recently which will also involve some re-configuring of lanes on Huntington Drive between Santa Clara Avenue past San Antonio Road towards Colorado Place.

Simultaneously, the owners of the adjacent Santa

Anita Inn hotel are planning to begin construction later this year on two side-by-side Marriott hotel brands in place of the current building.

Before the agreement between the City and 100-to-1 club, there had been comments between the owners of Santa Anita Inn and the City about Santa Anita Inn potentially considering improving the visual appeal and vehicle access to the new hotels by working with the owners of the 100-to-1 property to improve that property at the triangle corner.

Both properties sit between two unusual splits in Huntington Drive, where eastbound and westbound lanes of Huntington Drive split and Santa Clara Street originates northbound, and the split-off of westbound Huntington Drive into Colorado Place. The City plans to make some curb and lane adjustments on the corner of the 100-to-1 property but there is no solid plan yet as to what the City will do with the rest of that property. Since it's such a small strip of property, it's likely that there will be discussions with the owners of Santa Anita Inn about doing something that would enhance that corner lot and potentially dovetail with the hotel property. If Santa Anita Inn property owners are not interested, City officials say they will likely create another "pocket park" or some other visually appealing green element there.

ARCADIA POLICE BLOTTER

For the period of Sunday, January 18th, through Saturday, January 24th, the Police Department responded to 963 calls for service of which 104 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, January 18:

Just before 9:44 a.m., an officer responded to a residence in the 500 block of North Santa Anita Avenue regarding a stolen vehicle report. The victim parked his Honda Accord near the 600 block of North Santa Anita Avenue on January 17th and noticed his vehicle was missing the following morning. On January 25th, the vehicle was located in Rialto and released to the registered owner. The investigation is ongoing.

At approximately 6:28 p.m., an officer responded to the rear alley of Drive In Liquor, 10 East Huntington Drive, regarding a man who had passed out. The officer discovered the 31-year-old Hispanic male was under the influence of an alcoholic beverage and unable to care for himself. He was arrested and transported to the Arcadia City Jail for booking.

Monday, January 19:

At about 9:08 a.m., an officer responded to Allstate Insurance, 20 East Foothill Boulevard, regarding a burglary report. An investigation revealed an unknown suspect pried open the front door, stole a television and tablet, and fled undetected. No witnesses were located.

At approximately 10:49 p.m., an officer initiated a traffic stop on a motorcyclist in the area of Myrtle

Avenue and Live Oak Avenue for operating a motorcycle without a helmet. The officer searched the 17-year-old Hispanic male for failing to provide identification and located a container of marijuana. The juvenile grew increasingly combative and assaulted officers, resulting in the subject being tased. He was taken to Arcadia Methodist Hospital for medical clearance before being transported to the Arcadia City Jail for booking.

Tuesday, January 20:

Around 11:19 a.m., an officer responded to Motel 6, 225 Colorado Place, regarding a report of possible machinery to manufacture fraudulent credit cards. An investigation revealed a 24-year-old Hispanic male and a 41-year-old Hispanic male were manufacturing fraudulent credit cards, altering checks, and were also in possession of stolen personal identification cards. They were arrested and transported to the Arcadia City Jail for booking.

Just after 7:51 p.m., an officer responded to 24 Hour Fitness, 125 North First Avenue, regarding a battery report. The officer discovered a Hispanic female slapped the victim across the face during an incident of road rage. The suspect fled in a white Toyota. The suspect is believed to be a 41-year-old Hispanic female. The investigation is ongoing.

Wednesday, January 21:

Shortly after 4:51 a.m., an officer conducted an enforcement stop on a vehicle in the area of Fourth Avenue and Ilene Drive for expired registration. Upon contacting the driver, the officer discovered the subject was driving with an expired license

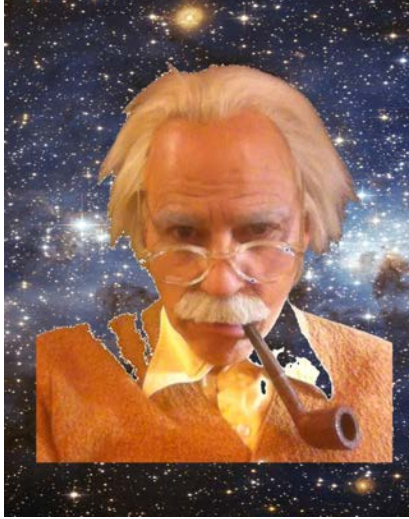
THE RELATIVITY OF ALBERT EINSTEIN

If last year you liked Duffy Hudson performing as the unforgettable George Burns Alive Again, you should love his appearing as the brilliant Albert Einstein!

Broadway and film veteran Duffy Hudson will return to the Cay Mortenson Auditorium at the Arcadia Public Library on Tuesday, February 10, 2015 at 7:00 p.m. to do another one-man show, this time portraying Einstein.

The admission will be free to members of the Friends of the Library and \$10 for non-members. Or better yet, join the Friends on site the night of the performance for a \$10 or more membership fee to support your Library. Then you will gain admission to the show and share the pleasure of being a member with the perks of a quarterly newsletter and a discount at the Friends of the Library Bookstore.

The Arcadia Public Library is located at 20 W.



Duarte Rd., Arcadia. The Library is open Monday through Thursday, 10:00 a.m. until 9:00 p.m. and Friday and Saturday, 10:00 a.m. until 6:00 p.m. You can also follow the Library on Twitter and Facebook.

About the City of Arcadia

Nestled in the foothills of the San Gabriel Mountains, Arcadia is an 11.38 square mile community with a population of just over 56,000. Located approximately 20 miles east of downtown Los Angeles, Arcadia is a full-service charter city governed by a five-member City Council, elected at large.

Recognized for exceptional education and recreation opportunities and beautiful neighborhoods, Arcadia is also defined as the "Community of Homes" and has twice been designated the "Best City in California in which to Raise Kids" by Business Week Magazine.

ARCADIA HIGH SCHOOL IN SUPER BOWL COMMERCIAL

By Scott Hettrick

Arcadia may get yet another national and even global moment in the TV spotlight during the Super Bowl this Sunday. A production crew hired by the NFL filmed some scenes at the Arcadia High School football field and stadium Jan. 11 to potentially be included in one of those rah-rah National Football League commercials during the Super Bowl telecast.

When a marching band was needed, the NFL knew where to go — AHS was selected after a statewide search by the NFL because of AHS's great reputation, the relatively new stadium facilities, and the school district's willingness to work with the production on short notice to make it happen. The production company has done Nike commercials and spots with LeBron James and Derek Jeter, so this was no small-time endeavor.

Although everyone involved with the coordination of the production is under a Non-Disclosure Agreement prohibiting them from discussing any of the specifics about the production that took place late at night under the stadium lights, more than 300 students were involved, as well as their parents. Thus, Arcadia's Best has learned a few morsels of information that might be helpful in advising you what to look for during the game.

First of all, to manage expectations, the entire thing may wind up not being used in the 60-second promotional piece, or at best there will likely only be a couple of seconds — and the way it gets integrated into the spot that filmed at was shot at locations all over the country may make identifying anything at the AHS stadium all but unrecognizable. But here's what we know from some people involved who cannot be identified:

- There are some celebrities in the commercial but none were on location during the production at AHS.
- Students wore their band uniforms with Arcadia signs in the background.
- The production involved a crew of 70-80 professionals on site.
- The NFL made a notable donation to the AHS band program

ARCADIA REPUBLICAN WOMENS CLUB, FEDERATED

The Educational Arm of the Republican Party

On Thursday, February 19th Rebecca Fredericks will be speaking to us about a case she has pending to end compulsory union dues in California for California public school teachers. Rebecca's website is <http://www.cir-usa.org>. You are invited to come and learn and make new friends. We meet in the Sunset room at the Santa Anita Golf course at 10:30am for coffee, a short business meeting at 11:00 and the speaker goes on at 11:30. Lunch is \$18.00. Call Carolyn Papp for more information at 626-353-7443

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AROUND MONROVIA



A restroom roof was damaged in Monrovia Canyon Park during the big windstorm a few years ago. Now it's being fixed.

Photo and Caption by Brad Haugaard, Monrovia Now

MONROVIA POLICE BLOTTER

During the last seven-day period, the Police Department handled 380 service events, resulting in 58 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.

Fraud - Suspect Arrested

January 26 at 12:58 p.m., police received a call from a business in the 300 block of West Huntington, reporting a suspect at their front counter who was attempting to return items with a stolen credit card. The suspect had purchased \$800 worth of headphones the previous day, using false identification and a stolen credit card. Store employees realized the credit card was stolen after the purchase was made and the suspect had left the store. The suspect had now returned to the store and was attempting to return the headphones for cash. Employees recognized the suspect and called police.

Officers arrived at the location and detained the suspect without incident. The suspect was still in possession of the fictitious identification and credit cards. The suspect was arrested and taken into custody for fraud charges. After further investigation, it was learned that this suspect had charged over \$100,000 in stolen merchandise throughout the San Gabriel Valley.

Warrant - Suspect Arrested

January 28 at 8:29 p.m., a female subject called police to report her car was stolen from the 400 block of South Myrtle. An officer was dispatched to the location and he contacted the subject. While he was speaking with her, he noticed signs of intoxication. The officer located the subject's vehicle on Myrtle, just north of where they were standing. A computer check of the subject revealed she had an outstanding warrant for her arrest; she was arrested and taken into custody for the warrant.

STOP GRAFFITI BOUNTY PROGRAM

One of the methods the Monrovia Police Department is using to combat graffiti in the community of Monrovia is the Stop Graffiti Bounty Program. If a citizen reports an incident of graffiti in the City of Monrovia that leads to the arrest of the suspect, the citizen will receive a \$100 bill. Help keep Monrovia looking great!

CIVITAN INTERNATIONAL

Who says there's no such thing as a FREE LUNCH?

We're creating a new Civitan Club . . . in Monrovia

OUR CLUBS HELP LOCAL COMMUNITIES WITH SERVICES TO THOSE IN NEED, ESPECIALLY THE DEVELOPMENTALLY DISABLED.

WANT TO LEARN MORE?

Be our guest for lunch . . .

WHEN: Each Friday in February, 11:30 a.m. – 1:00 p.m.
WHERE: Monrovia Community Center (Multipurpose Room)
119 W. Palm Ave., Monrovia
(No reservation required)

FOR MORE INFORMATION ABOUT CIVITAN, CONTACT:

Linda Colley, 626-791-3967 or sendra@pacbell.net



Photo: John Blackstock

LA SALLE PLAYS SOUTH KOREAN TEAM IN BASEBALL

Pasadena, CA – The La Salle Lancer Baseball team hosted South Korea's Duk Soo High School in a winter league baseball game on January 27 at La Salle's home field at Arcadia County Park. This was the second year playing this friendship game.

After a big six-run first inning, the Lancers held off a Duk Soo comeback to win 7-6. Duk Soo High School produces some very

good athletes who go on to play major league baseball in South Korea.

Both teams were excited to have the experience of a cross continental baseball experience as well as the cultural introductions. The teams are pleased with their new-found friendship and hope to make this game an annual event.

REP. SCHIFF ANNOUNCES 2015 NOMINATIONS TO U.S. SERVICE ACADEMIES

Burbank, CA –Today, Rep. Adam Schiff (D-Burbank) announced that he has nominated eleven students from the 28th Congressional District to U.S. service academies for the class of 2019. Four of the five United States service academies require a Congressional nomination in order to receive an appointment.

"Each one of these students has compiled an outstanding resume of accomplishments, excelled in extracurricular activities and sports, and demonstrated excellence in academics," said Rep. Schiff. "These students are deeply committed to serving our country, and I am extremely proud to have nominated these young men and women for our U.S. Service Academies. I'm confident these students will be among the future leaders of our country."

Below is a list of the students Rep. Schiff has nominated:

- Lucien Brule (Glendale resident, Campbell Hall Episcopal) – Military Academy and Air Force Academy
- Lauren Case-McFate (Sunland resident, Verdugo Hills High School) –Naval Academy and Military Academy
- Kyle D'Ambrosio (La Crescenta resident, Crescenta Valley High School) – Air Force Academy and Naval Academy
- John Howe (Burbank resident, John Burroughs High School) – Air Force Academy
- Hogan Lee (La Crescenta resident, Crescenta Valley High School) – Military Academy
- Michael Ospina (Burbank resident, John Burroughs High School) – Naval Academy
- Arron Pak (Glendale resident,

graduated from Glendale Adventist Academy) – Air Force Academy

- YunSung 'Felix' Park (La Cañada Flintridge resident, La Cañada High School) – Naval Academy and Air Force Academy
- Janel Valerio (Hollywood resident, graduated from Immaculate Heart High School) – Air Force Academy
- Minor Wetzel (La Cañada Flintridge resident, La Cañada High School) – Air Force Academy, Naval Academy and Military Academy
- Thomas Wilson (Burbank resident, John Burroughs High School) – Naval Academy

The four academies requiring a Congressional nomination are the Air Force Academy, the Merchant Marine Academy, the Military Academy at West Point, and the Naval Academy. The fifth service academy, the U.S. Coast Guard Academy, does not require a Congressional nomination. All five academies offer young men and women a free college education at a highly-ranked, nationally-recognized academic institution, while preparing them for an officer's commission in the armed forces.

Students interested in applying to a Service Academy for the Class of 2020, should call Congressman Schiff's District Office at 818-450-2900 or 323-315-5555, or visit <http://Schiff.house.gov> to obtain an application form. The application deadline for next year's class is November 20, 2015.

READ, DISCOVER, CONNECT ART & ESSAY CONTEST AT THE SIERRA MADRE LIBRARY

Students in grades K – 8 are invited to enter the Library Art and Essay contest, starting February 2, 2015. This year's theme is: Read, Discover, Connect @ Sierra Madre Public Library and entries should reflect the theme as closely as possible. Entry forms are available at the Public Library, on the library website, and at schools in Sierra Madre beginning January 31, 2015.

Children in grades K – 2 will create a drawing showing how they Read, Discover, Connect @ the Sierra Madre Public Library. Students in grades 3-8 will write a one-page essay of (250 words or less) on why or how they Read, Discover, Connect @ Sierra Madre Public Library.

Entries are due by February 28 to the Library and the winning entries will be presented on March 24. Winning work will be displayed in the Library and winners will receive a certificate and cash prize at a ceremony in their honor.

Local organizations supporting the Sierra Madre Public Library Art & Essay Contest by funding the cash prizes are: Sierra Madre Rotary Club, the Spero Foundation, Sierra Madre Kiwanis, Friends of the Library, the Sierra Madre Community Foundation, and the Sierra Madre Civic Club.

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



SEE OUR ISSUES ONLINE ON YOUR MOBILE DEVICE!

<http://issuu.com/mtnviewsnews>

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@bcsliions.org
website: www.bcsliions.org

Clairbourn School

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

Foothill Oaks Academy

822 Bradbourne Ave., Duarte, CA 91010
(626) 301-9809

Co-Principals Nancy Lopez and Diane Kieffaber
info@foothilloaksacademy.org
preschool@foothilloaksacademy.org

Frostig School

971 N. Altadena Drive Pasadena, CA 91107
(626) 791-1255

Head of School: Chris Schnieders, PhD

Email: Jackykn@frostig.org

The Gooden School

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

High Point Academy

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

LaSalle High School

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

Monrovia High School

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

Odyssey Charter School

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

Pasadena High School

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

St. Rita Catholic School

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

Sierra Madre Elementary School

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

Sierra Madre Middle School

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

Walden School

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

Weizmann Day School

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

Wilson Middle School

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

PASADENA UNIFIED SCHOOL DISTRICT

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

ARCADIA UNIFIED SCHOOL DISTRICT

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

MONROVIA UNIFIED SCHOOL DISTRICT

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

DUARTE UNIFIED SCHOOL DISTRICT

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

THE REEL DEAL: by Ben Show BIRDMAN REVIEW

I never saw a trailer for this and only actually stared hearing about this film at the beginning of awards season.

Everyone who I talked to was saying that this was a really good film and it started racking up awards as awards season started. So, I decided to try 'Birdman' out.

Riggan (Michael Keaton) is struggling to get his play off the ground. With the help of Jake (Zach Galifianakis), his assistant, they replace one of their injured actors with Mike Shiner (Edwards Norton), a respected stage actor who they discover may be even crazier than Riggan, who has conversations with the Birdman, an old role that he played in a movie, in his 'Birdman' is a strange film.

On the one hand, the acting and cinematography are excellent; the performances are spectacular and the single-shot used to capture them is nothing less than revolutionary. However, things start to fall apart with the story and music. The story is basically one big ego boost for Michael Keaton, who is once again trying to get acting work. The storyline is sloppy, at some times very, very boring, and is filled with strange events that leave you wondering whether or not this is all actually happening. The music was the final nail in the coffin. The incessant drumming seems to tear away at what little you like about the movie until you realize that 'Birdman' is nothing more than a newbie director's attempt to make an interesting, revolutionary movie, but actually comes off as a narcissistic ego trip into the world of the famous Hollywood actors that populate this film.

GOING OUT OF BUSINESS... UNDER NEW MANAGEMENT.... NEW LOWER PRICES....HOW ABOUT WE GOT RID OF OUR LAST COOK AND HIRED A NEW ONE! WE LOWERED OUR BEER PRICES WE FOUND THAT NO ONE WANTED A \$7 BEER.

Here are Super Facts about Sundays Super Bowl Game...

'It has been said, after all, that Americans eat more than 1.2 billion chicken wings, 11 million slices of Domino's pizza, 11.2 million potato chips, 8.2 million pounds of tortilla chips, and all sorts of other delicious but caloric fare, especially

TABLE FOR TWO by Peter Dills
thechefknows@yahoo.com

when their teams lose.'

Um, 11.2 million potato chips? or is that 11.2 million pounds of potato chips? That's still just a pound of potato chips for every 30 Americans - not that impressive. 1.2 billion chicken wings, on the other hand - that's 4 for every American, seems like a lot to me. There are only 2 drumsticks per chicken so that is almost 600 million chickens. That's impossible!! Or is it?

But Hold on I have more, now these are mind-boggling.

We know a lot of beer will be consumed, but how much? So much that we would need five Rose Bowl Stadiums (not to mention bathrooms) to hold all the beer. My research tells me 325 million gallons of beer. Ninety-nine bottles of beer on the wall? How about 30 million bottles at 12 oz! Speaking of Pizza, the 11 million pizza slices would cover the Rose Bowl 22000 times! For me I'll go with Village Pizzeria in Sierra Madre.

Get them early, that is buy your avocados early because we will go through 80 million avocados to make all sorts of Guacamole. I like mine spicy and chunky!

No matter what you decide to eat or drink be responsible, Super Bowl Sunday is also in the top five of DUI arrests.

Stomach ache? You better believe it, anti-acid refief pills sales double the following Monday.

Prediction



Patriots 28 Seahawks 17. You read is here first.

Join me this Sunday at 12 Noon on Radio KLAAM 830 and TV Sunday night at 7 PM Charter Channel 188

LUNCH
Monday - Saturday
11 a.m. - 3:30 p.m.
Quick service lunch

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Friday & Saturday
4 p.m. - 7:30 p.m.

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Twenty-Eight Fifty
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Choice of Chicken Tomato Basil Soup or Rose Petal Vinaigrette Signature Salad

Five Tea Sandwiches:
Pumpkin Bread w/ Cream Cheese, Tarragon Chicken Salad,
Cucumber with Dill Butter, Egg Salad with Olive Spread,
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Our famous Scone with Cream and Jam,
Chocolate Truffle, Lemon bar & Chocolate Covered Strawberry.

Afternoon Tea
Twenty-Two Dollars
Hot Tea, Five Tea Sandwiches, Scone with Cream and Jam,
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One menu item minimum per person. No substitutions.
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IN THE KITCHEN
Our Favorite Recipe of the week

**SLOW COOKER
PULLED PORK
SLIDERS**

INGREDIENTS

- 2 medium yellow onions, thinly sliced
- 4 medium garlic cloves, thinly sliced
- 1 cup chicken stock
- 1 tablespoon packed dark brown sugar
- 1 tablespoon chili powder
- 1 tablespoon kosher salt, plus more as needed
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground cinnamon
- 1 (4-1/2- to 5-pound) boneless or bone-in pork shoulder (also known as pork butt), twine or netting removed
- 2 cups barbecue sauce

DIRECTIONS

- Place the onions and garlic in an even layer in the slow cooker and pour in the stock or broth. Combine the sugar, chili powder, measured salt, cumin, and cinnamon in a small bowl. Pat the pork dry with paper towels. Rub the spice mixture all over the pork and place the meat on top of the onions and garlic. Cover and cook until the pork is fork tender, about 6 to 8 hours on high or 8 to 10 hours on low.
- Turn off the slow cooker and remove the pork to a cutting board. Set a fine-mesh strainer over a medium heatproof bowl. Pour the onion mixture from the slow cooker through the strainer and return the solids to the slow cooker. Set the strained liquid aside.
- If the pork has a bone, remove and discard it. Using 2 forks, shred the meat into bite-sized pieces, discarding any large pieces of fat. Return the shredded meat to the slow cooker, add the barbecue sauce, and mix to combine. Taste and season with salt as needed. Serve with Hamburger Buns or Hawaiian Slider Rolls.

EASY CHEESY DIP

INGREDIENTS

- 1 - 15oz can of no bean chili (Preference Hormel)
- 1 lb. Velveeta Cheese
- 1 Lg Can of Diced Chile's (or Jalapeno's if you dare)
- Tortilla Chips for Dipping

DIRECTIONS:

Place chili and cheese (cubed or shredded) in a microwave safe bowl. Cover and microwave for 4 1/2 to 5 minutes, or until cheese is melted. Let stand 1 minute. Drain chile's and stir into dip. Serve.



SUPER BOWL XLIX: FEB. 1, 2015



Super Bowl XLIX will be played Feb. 1 at University of Phoenix Stadium in Glendale, Ariz. This will be the second time the NFL's championship game will be held in Glendale and the third time in the Phoenix metropolitan area. To commemorate this event, the Census Bureau has compiled a collection of facts examining the demographics of the host metropolitan area, as well as the metro areas represented by the two participants — the New England Patriots and the Seattle Seahawks.

New England (Patriots)

10th

Where Boston ranked on the list of the nation's most populous metropolitan areas. The estimated population of the Boston-Cambridge-Newton, Mass.-N.H., metro area on July 1, 2013, was 4,684,299. The Boston metro area gained 42,204 people from July 1, 2012, to July 1, 2013. At the time of the Patriots' first season in 1960, the 1960 Census population for the city of Boston was 697,197. Source: Census Population Estimates and Decennial Census

44.8%

Percentage of Boston metro area residents 25 and older who had a bachelor's degree or higher in 2013; 91.2 percent had at least graduated from high school. The respective national figures were 29.6 percent and 86.6 percent. Source: 2013 American Community Survey

23.4%

Percentage of Boston metro area residents 5 and older who spoke a language other than English at home. The national average was 20.8 percent. Source: 2013 American Community Survey

\$72,907

Median household income for the Boston metro area. The national median was \$52,250. Source: 2013 American Community Survey

\$363,200

Median home value of owner-occupied homes in the Boston metro area. The national median was \$173,900. Source: 2013 American Community Survey

30.0 minutes

Average amount of time it took Boston metro area residents to get to work; 68.7 percent of the metro area's workers drove to work alone, 6.9 percent carpooled and 12.8 percent took public transportation. Nationally, it took an average of 25.8 minutes to get to work. Source: 2013 American Community Survey

Seattle (Seahawks)

15th

Where Seattle ranked on the list of the nation's most populous metropolitan areas. The estimated population of the Seattle-Tacoma-Bellevue, Wash., metro area on July 1, 2013, was 3,610,105. The Seattle area gained 57,514 people from July 1, 2012, to July 1, 2013. At the time of the Seahawks' first season in 1976, the 1970 Census population for the city of Seattle was 530,831. Source: Census Population Estimates and Decennial Census

39.4%

Percentage of Seattle metro area residents 25 and older who had a bachelor's degree or higher in 2013; 91.7 percent had at least graduated from high school. The respective national figures were 29.6 percent and 86.6 percent. Source: 2013 American Community Survey

22.3%

Percentage of Seattle metro area residents 5 and older

who spoke a language other than English at home. The national average was 20.8 percent. Source: 2013 American Community Survey

\$67,479

Median household income for the Seattle metro area. The national median was \$52,250. Source: 2013 American Community Survey

\$307,900

Median home value of owner-occupied homes in the Seattle metro area. The national median was \$173,900. Source: 2013 American Community Survey

28.6 minutes

Average amount of time it took Seattle metro area residents to get to work; 69.7 percent of the metro area's workers drove to work alone, 9.9 percent carpooled and 9.3 percent took public transportation. (Note: The percentage of workers that carpooled is not statistically different from the percentage that took public transportation.) Nationally, it took an average of 25.8 minutes to get to work. Source: 2013 American Community Survey

12th

Where Phoenix ranked on the list of the nation's most populous metropolitan areas. The estimated population of the Phoenix-Mesa-Scottsdale, Ariz., metro area on July 1, 2013, was 4,398,762. The Phoenix area gained 71,130 people from July 1, 2012, to July 1, 2013. Source: Census Population Estimates

234,632

Population of Glendale, Ariz., location of University of Phoenix Stadium where Super Bowl XLIX will be played. Source: Census Population Estimates

87th

Where Glendale ranked on the list of the nation's most populous cities. Source: Census Population Estimates

29.2%

Percentage of Phoenix metro area residents 25 and older who had a bachelor's degree or higher in 2013, which is not statistically different from the national figure of 29.6 percent; 86.5 percent had at least graduated from high school, which is not statistically different from the national figure of 86.6 percent. Source: 2013 American Community Survey

25.8%

Percentage of Phoenix metro area residents 5 and older who spoke a language other than English at home. The national figure was 20.8 percent. Source: 2013 American Community Survey

\$51,847

Median household income for the Phoenix metro area, which is not statistically different from the national median of \$52,250. Source: 2013 American Community Survey

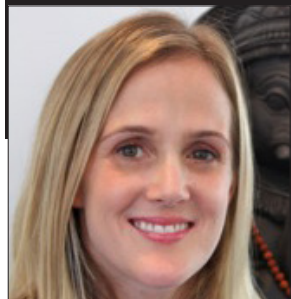
\$177,900

Median home value of owner-occupied homes in the Phoenix metro area. The national median was \$173,900. Source: 2013 American Community Survey

25.8 minutes

Average amount of time it took Phoenix metro area residents to get to work; 76.5 percent of the metro area's workers drove to work alone, 10.9 percent carpooled and 2.6 percent took public transportation. Nationally, it also took an average of 25.8 minutes to get to work. Source: 2013 American Community Survey

THE JOY OF YOGA BACK TO BASICS



Beginning a yoga practice or starting again is an important step in caring for your overall well being.

The physical health benefits from practicing yoga are outstanding. Add in the positive effects the practice has on the mind and spirit, and it's power only grows.

It's important to begin a regular yoga practice at the beginning level, or gentle if that applies to your body. It's vital to learn to breathe as you practice, actually it's probably the most important part! And it's simply not possible to breathe in a fast paced class if you are just learning asana, or poses. The alignment of each pose and the pace at which it is taught is important at first.

As I mentioned, the benefits that await you are

immense. The major systems of the body are all positively affected by our practice. Yoga helps keep our joints mobile, strengthens and tones muscles, moves blood and oxygen to all parts of the body, increases respiration, boost the immune system, tones the nervous system and increases mental clarity and concentration. The list goes on and on! Not to mention, a regular practice of relaxation can help alleviate symptoms of panic and anxiety.

There's no need to move faster than what's right for your body and experience level. In fact, taking a cautious, but curious approach can provide the foundation needed to keep progressing.

With that, see you in class!

Namaste,
Keely Totten
Yoga Madre



Vibrant Living Wellness Center Heathcare the Way Nature Intended

4 TRICKS TO FEELING FULL AND EATING LESS



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

Losing weight tops the list of New Year's resolutions. If only losing weight were as easy as the want to. There are so many challenges to losing weight. Making good food choices, emotional state, taste and hunger all play a part in our attempt to lose weight. We could simply just not eat but that is not healthy nor easy to do. One of the biggest problems I hear from my clients

who are trying to lose weight is feeling satisfied after eating. What if I told you there are ways to fill your stomach so you feel full faster and yet consume fewer calories overall, would you try them? Here are 4 simple yet effective tricks to feeling full while eating less calories.

- First off, consume a lot of fruits and veggies. Why? Fruits and veggies are high in fiber making you feel full faster. Fiber rich foods also lower your risk of heart disease and diabetes. Think of things like

romaine, kale or leaf lettuce. Berries, apples, pears, oranges and grapefruit are good fruit choices.

- Next, consume foods that contain a lot of water. The foods to eat here again are fruits and veggies. Because of their high water content, they will fill you up without the calories. So what do I recommend? Eat a big salad filled with a wide variety of vegetables and fruits or a hot choice, do a broth based chunky vegetable soup.

- Eat slowly and chew your food well. When we eat quickly we tend to over eat. It takes a while from the time food hits our stomach, for the brain to get the signal that we are full. Give your body time to communicate to itself. It takes about 20 minutes for your brain to get the signal that you are full. So enjoy your food in the company of others over pleasant conversation. That tends to slow down how fast we eat.

- Eat on smaller plates and limit the number of food choices. Studies show that if a person is served a big plate of food they are likely to eat it all. Compared to people who ate less on smaller plates, the smaller plate people felt just as satiated.

Try these tips to feeling full and satiated while losing weight. Be purposeful about eating. Make it an event to share with others rather than eating while watching TV or while standing at the kitchen counter. Savoring your food and the company of others will allow you to feel full on much less food!



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CITY OF ARCADIA “PARKINSON'S SUPPORT GROUP”

The City of Arcadia Recreation & Community Services Department – Senior Services Division in partnership with Neurosearch, Inc. of Pasadena provides the Parkinson's Support Group for individuals with movement disorders, their family and friends willing to learning about this disease. The meeting dates are the third Friday of each month at 1:30pm, at the Arcadia Community Center, 365 Campus Drive, Arcadia CA 91007. Come out to receive important information from guest speakers and enjoy light refreshments served. Arcadia Senior Services and its Parkinson Support Group are providing a special presentation.

The lecture will focus on, “ROCK STEADY BOXING” Fight Back Against Parkinson's, featuring Lauren Von Bernuth (Coach): Lauren is excited and proud to be certified in the Rock Steady Training Method. She is a life-long athlete but boxing become her passion. Regardless of fitness or athletic ability, boxing challenges at your own level can become incredibly empowering. This educational presentation is for all individuals affected by Parkinson's disease. If you have a movement disorder, have family members or friends with Parkinson Disease this program

provides information on how Parkinson Disease can be influenced by exercise. Reservations are preferred, walk-ins are welcome. If interested in attending please call Arcadia Senior Services at 626.574.5130. Meeting dates are Fridays: February 20 and March 20. For more information or to register, call Arcadia Senior Services at 626.574.5130.


About the City of Arcadia

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



Sierra Madre Woman's Club

Presents

Lattes & Literature

**Saturday, February 7, 2015
11:00 am - 2 pm**

If you enjoy reading, would like to meet and mingle with local authors, are a writer who would like to find out about publishing, you definitely don't want to miss this event!

Get inside tips and tricks that always deliver "A-List style on low budget dollars" from Stacy Nelson aka The Trash Lassie and best selling author of 10 On-Set Secrets, a style guide series on fast, affordable decorating and easy entertaining.

Find out what it means to "Write from the heart of a dog's eyes" with Carol McKibben, author of Luke's Tale, Riding Through It, and Snow Blood Season 1.

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by Chris Leclerc

At 52 years old, or 52 years young, depending on your perspective, I have come to appreciate true friendship more than ever before in my life. I feel blessed to have as many loyal friends as I do at age 52, and for that I am very grateful. One thing that came to mind for me recently as I reflected on this fact, is that most of my closest and dearest friends are quite a lot different from me in many ways. Some are much older, and some are considerably younger. Many do not look anything like me; they are not the same color, shape or size and they come from a variety of backgrounds. Indeed, several of my dearest friends don't walk like me nor do they speak my language, yet they know me intimately and love me unconditionally.

You might be wondering where and how I could have found such genuine friendships in people with whom I have so little in common. The answer is simple: First of all, I am naturally drawn to diversity in other humans, and secondly, I spend a lot of my time interacting with animals! Fortunately the humans and animals I surround myself with are kind and open-minded enough to accept me just as I am, and I accept them in the same way, so friendship is for the most part, inevitable.

Among my closest canine companions is one that inspired me enough to write about her. I think her example could help do away with one of today's most damaging urban myths about her breed of dogs. The friend I am referring to is an 11 year old girl named "Chata". Chata has a beautiful, shiny golden coat and matching smiling eyes. She is symmetrically near-perfect from one side of her body to the other. She's as fit as a fiddle and healthy as a horse, with not an ounce of spare fat and plenty of tight muscle to fill out her petite stature in all the proper places. Her bone structure is striking with alluring curvature including a dramatically "to-die-for" slim waist (don't I wish!).

Her senses are extremely keen, and her heart is bigger and warmer than that of many humans I have known. Chata lives quite the life of leisure, with her family of 4 humans including 2 small children, and a 6-year-old Chocolate Lab named "Charlie Brown". She is amazingly aware of how lucky she is to have been adopted into a fabulous family that loves and cares for her. When Chata looks directly into your eyes, I tell you she melts your heart. She is truly a charm. What kind of dog is Chata? She is what is most commonly known as a Pit Bull, but her official breed title is American Pit Bull Terrier. So, are you surprised that such a sweet, loving dog could be a Pit Bull? Well, you shouldn't be, and here is why.

Known for their intelligence and loyalty, American Pit Bull Terriers make excellent, loving and very protective companions despite the bad reputation they have gained due to the unfair press they receive. They are commonly confused with the American Staffordshire Terrier, and apparently in the eyes of the United Kennel Club (UKC), they are considered to be the same breed, although there are those who disagree. Some AKC (American Kennel Club)-registered American Staffordshire Terriers are dual-registered as American Pit Bull Terriers with the UKC.

CHARMING CHATA

The AKC, on the other hand does not allow a UKC-registered American Pit Bull Terrier to be registered as an American Staffordshire Terrier. To be dual-registered, the dog must first be an AKC-registered American Staffordshire Terrier and then it can be registered with the UKC as an APBT -- but not vice versa. Having said all of that, I am an individual who would rather steer clear of canine breed titles and labeling altogether. To me, it is much more important that each dog be recognized as an individual, each with his own unique personality characteristics and qualities, the same way we strive to view our fellow human beings.

My beautiful American Pit Bull Terrier friend, Chata defies all negative rumors about the personality traits and behaviors that are "typical" for her breed. She puts you at ease the moment you are in her presence, both with her body language and her eye contact. She respects others more than most humans do, in my opinion and she is a great "nanny" to her baby brother, Charlie and plays gently with the two youngsters she lives with. She displays humility by lowering her head slightly when you first greet her, then she begins her child-like writhing back and forth with her tail swiftly whipping from one side of her groin to the other. She lets out a tiny whimper now and then when she is excited, as if to say "I am so glad to see you".

Contrary to what some people think about her breed, Chata is by far one of the most sensitive and loyal canine companions that I have ever known. As humans beings, we have learned to be very careful not to jump to conclusions about one another, regardless of color, race or creed. In fact there are certain laws that prohibit us from such profiling. Well, I say it's high time that we learned to apply the same moral principals to the way we view and treat man's best friend!

Many rumors have been spread indicating that Pit Bulls are vicious dogs that are likely to attack, but in reality they are quite the opposite, and again let's remember that each dog is an individual. It is well put in the old adage "You Can't judge a book by it's cover". Yes, some Pit Bulls are not friendly, but that is typically because they have been either neglected or abused by the human. The Pit Bull was originally bred to fight, (who's warped idea was that?) but thankfully, breeding dogs to fight has since been outlawed in this country. I say treat every dog equally with kindness and respect, regardless of it's appearance. Don't be ignorant by breed bashing based on rumors. If we assume things about a dog because of it's looks, are we not breaking our own moral law as human beings to refrain from judging one another based on appearances? Keep an open mind, think for yourself and above all, love and let live.



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PET OF THE WEEK

FRANKLIN: ANIMAL ID #A4794154

Meet a sweet little soul, the adorable Franklin (A4794154). Franklin is a manly little 2-year-old fawn male Chihuahua who lived as a stray in Duarte for 1 year before being captured and brought to the Baldwin Park Animal Care Center on January 23rd. Weighing 8 lbs, Franklin, like many dogs who have been forced to survive on the street, can be initially leery of unfamiliar people, but his basic nature is to be curious and gentle. We feel confident that he will be an extremely rewarding little pet for the patient individual or family willing to give him the affection and time he needs to trust them. You can readily tell that Franklin wants to be close to people and is eager to become the loving lap dog he's finally going to get the chance to be. Franklin will be a loyal and loving best friend and will thrive in a caring home. We can't promise that he'll get any handsomer, though, because he's already Brad Pitt quality! To watch a video of Franklin, please visit the following link: http://youtu.be/MC4KPA_132U



To meet Franklin 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 Franklin, please reference his animal ID number: A4794154. 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 Franklin 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/>.

ADVISORY: BOMB DETECTING K9 "BART" MAKES THE ULTIMATE SACRIFICE AFTER A CAREER OF KEEPING LA TRANSIT AND HIS COUNTRY SAFE #LASD #K9

When Los Angeles County Sheriff's Department Transit Policing Division K9 Handler Scott Maus and his family went to the veterinarian's office on Saturday, December 20th, 2014, he said it felt "surreal". He had taken his explosives detection K9 partner "Bart" to this vet many times before, but this time the Maus family would be saying farewell to a member of their clan. Bart had been ill for several days, but his doctors were unable to figure out the problem. As his condition rapidly worsened, Maus continued to look for answers. The vets finally discovered that Bart had terminal intestinal cancer and gave him only days or even hours to live. This trip to the vet would indeed be different for Maus and his family as the decision had been made to relieve Bart of his constant pain. "I've known coworkers and other department members that have been ill and even tragically passed on, but I didn't live with any of them. Bart was the first partner that I ever had that came home with me every night."

Bart, an 8 year old, 80 pound, Transportation Security Administration trained explosives detection German Shepherd, had been paired with Maus since August of 2009. Maus, a 25 year veteran of the LA Sheriff's Department, had been selected to be part of a pilot program within the Sheriff's Transit Policing Division to deploy the highly trained K9's to provide another layer of safety and early detection/prevention for the patrons who use the LA Metro system. Maus and Bart had trained together for 3 months in Texas to see if they were not only compatible, but also to see if Bart could handle the transition from military life to municipal law enforcement. Bart was a veteran of the war in Afghanistan and was an Air Force explosives detection K9 during his 19-month deployment.

Deputy Maus said, "I didn't know how to tell my family that we needed to do the right thing for Bart. He was in obvious pain and could hardly eat or do anything." Bart had become part of the Maus family and was just as at home playing in his backyard as he was searching for explosives or illicit material on the Metro bus and rail system. "He really got along great with his K9 partners and with the public. He loved the attention, but was all business when it came to work. I believe he was one of the better detection K9's on our crew", Maus



says proudly. "He'll always be my first K9 partner and I'll never forget him!"

Deputy Maus has since been keeping busy breaking in his new K9 partner Tthorpe. Tthorpe was named for one of the heroes who died in the 9-11 attacks of 2001. "I think we'll make a good team eventually. We'll have to train and get to know one another, but he's a good detection dog with good instincts." A memorial shadowbox was created for Bart after he was euthanized. Maus said he looks at it every day before he goes to work. "It reminds me to stay vigilant and never forget that you don't know what's around the next corner". Partner to prevent or report crime by contacting your local sheriff's station or police department.

Or, if you wish to remain anonymous, call "LA Crime Stoppers" by dialing 800-222-TIPS (8477), texting the letters TIPLA plus your tip to CRIMES (274637), or using the website <http://lacrimestoppers.org>

Please remember, if you SEE SOMETHING that you believe is suspicious or doesn't look right to you, SAY SOMETHING by calling: (888) 950-SAFE (7233), or your local police department. You can also use the Transit Watch LA App, to report crime or advise of something/someone suspicious. The App can be downloaded at the Apple App Store, or on Google Play for Android Devices. <http://transitwatchla.org/> (remember though, calling is always best!!)

JUST FOR BEST FRIENDS

LOOKING FOR A BEST FRIEND??



Meet Sherbert and Sylvester! Sherbert and Sylvester have been at the shelter for a long time. You might think that is a sad story, but these two boys are a joy to know!

Sylvester, a miniature pinscher mix, is a smart boy with a happy energy that is contagious and will put a smile on your face when you spend time with him. He loves going for walks, but he also might just jump into your lap and give you kisses if he has the chance. He enjoys the company of people, and also gets along well with other dogs. He has had many kennel mates during his time at the shelter, and he seems to have the magic touch that helps his buddies get adopted.

Sylvester's signature move is the "stretch and crawl" that he will be happy to show you. When he goes for a walk and gets to a grassy area, he stretches out on his belly and does a belly crawl for several feet. He has learned that many people find this amusing, and he will do it on command.

Sherbert is a Chihuahua mix with some very big ears that gives him a unique look all his own. He came to the shelter as a four-month old puppy, but he is now about a year and a half. Although many of the staff and volunteers have fallen in love with him, he hasn't met his forever family yet. Sherbert can be shy when meeting new people, but once he gets to know you he is all cuddles and kisses. He is very smart and a quick learner.

Like Sylvester, he has had many kennel mates and loves to romp and play with them. Also like Sylvester, his kennel mates keep getting adopted. He is very friendly with other dogs, and would love

to have a home of his own with another dog or two to keep him company.

With all they have in common, Sylvester and Sherbert have also become good friends. They enjoy spending time together, and their movements are often in sync with each other. They have learned to find joy in each day and look forward to sharing it with those they love. Both these boys wait hopefully for their forever homes where they can flourish and share their happy spirits with their families. Maybe they will bring each other some adoption luck and get adopted as buddies together. It would be wonderful if someone has room in their home and their heart this Valentine season for these two charming boys! What a happy ending that would be!

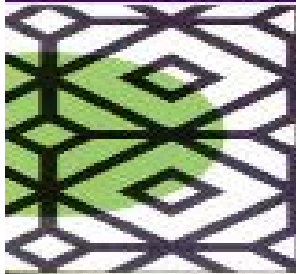
They currently reside at the San Gabriel Valley Humane Society located at 851 E. Grand Avenue in San Gabriel. We are located off San Gabriel Blvd., north of Mission and south of Las Tunas.

To arrange a 'Meet and Greet' with these fun-loving boys, please stop by any time from 10:00am to 4:30pm Tuesday thru Sunday.

Their adoption fee is \$120 a piece which includes their neuter surgery, microchips, first vaccinations and a free wellness check-up at a participating veterinarian. If adopted together as part of the 'Buddy Adoption Program', the cost is \$201. Feel free to call us at (626) 286-1159 for more information on Sherbert and Sylvester.

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

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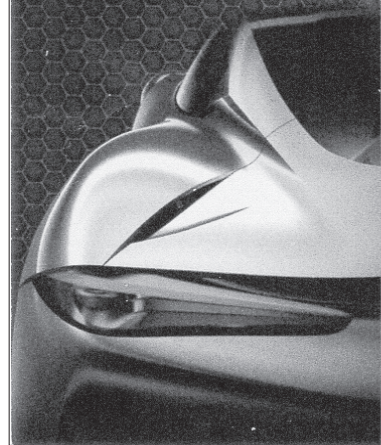
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SEAN'S SHAMELESS REVIEWS: FOUR UPCOMING ALBUMS TO LOOKOUT FOR

By Sean Kayden

The Airborne Toxic Event – “Dope Machines” - One of the songs off the forthcoming record from The Airborne Toxic Event is called “Chains.” It’s a quiet rock tune from the start, but quickly escalates into a full-blown rock anthem. It’s the perfect song to get your year started if you’re still dragging a few weeks in. The band has changed their ways for their latest outing. While considered seasoned pros, The Airborne Toxic Event is embarking upon the year with their fourth studio album due out February 24th via Epic Records. Consistently delivering solid records throughout their career, the group is now echoing the sounds of 80s synth-pop as it coalesces with their signature gritty rock rhapsody. If “Chains” is any indication of what “Dope Machines” will sound like, we will be witnessing the re-imagination of a band that has proven time and time again not to count them out as being this driving rock force in today’s mainstream music.

Geographer – “Ghost Modern” - The third album from San Francisco electro-pop act Geographer is due out in March. This forthcoming record marks Geographer’s first material since 2012’s Myth. Their first single, “I’m Ready” is a warm tune that features honeyed melodies and airy vocals. It certainly brings a whole new degree of awesome to Geographer. The musing tune is a skillful demonstration of delicate arrangements paired with a heartbreaking cello. Geographer isn’t relying on wild, frantic noises but a peaceful, tender structure to captivate the listener. Lead singer Michael Deni’s most powerful instrument is his benign vocals that are utterly distinctive. He passionately announces the words, “I’m Ready,” and this opening track couldn’t

be more apt for a band ready to conquer 2015 in ways they were always meant to do. **Twin Shadow – “Eclipse”** - This is going to be a massive year for Twin Shadow. It’s been over three years since their last record and “Eclipse” marks George Lewis Jr.’s major label debut. One of the songs off the album is called “Old Love/New Love.” The song cuts through multiple genres – synthpop, rock, EDM, afro-pop and much more. It’s purely intoxicating right from the moment you press play. There’s a convincing possibility “Eclipse” may very well be the most epic record 2015 will have to offer. Twin Shadow has already released two other songs off their upcoming third album, but “Old Love/New Love” is brimming with illimitable vitality that feels like absolutely nothing out there at the moment. “Eclipse” is out on March 17th via Warner Bros. Records and will surely be the can’t-miss record to hear.

James Bay – “Chaos and The Calm” - British singer/songwriter James Bay is only 24 years old, but will be making his major label debut in March with “Chaos and The Calm.” The Brighton Institute of Modern Music attendee, Bay has played virtually everywhere that would take him. He steps into the arena with classic influences on his sleeve. A distinctive guitar melody and warm vocals truly put this youngster in a whole new category. Reminiscent of Vance Joy, who went on to have a stellar debut LP this past September. The single, “Hold Back The River” touches upon blues, folk, and pop. Bay’s paints a visceral portrait with sincere lyrics and moving vocals. The true artistry on display is alluring, which makes one genuinely excited for the full-length album in two months. James Bay is shaping up to become the next breakthrough artist for 2015.

ARCADIA PERFORMING ARTS CENTER PRESENTS THE FOUR TOPS



Arcadia Performing Arts Foundation continues its 2015 Season with The Four Tops on Saturday, February 21 at 8pm. The Four Tops is one of soul’s most legendary groups and shaped the Motown sound, as we know it.

The Four Tops has had over 15, top 20 singles in the U.S. including “Baby I Need Your Loving,” “I Can’t Help Myself (Sugar Pie, Honey Bunch),” “It’s The Same Old Song,” “Reach Out, I’ll Be There,” and “Ain’t No Woman (Like The One I’ve Got).”

Tickets, available online by visiting www.Arcadiapaf.org, are \$39.50 to \$109.50 with VIP Meet and Greet Packages available. The theatre is at 188 Campus Drive at North Santa Anita Avenue, Arcadia CA 91007. For more information please call 626-821-1781.

More About The Four Tops

The quartet, originally called the Four Aims, made their first single for Chess in 1956, and spent seven years on the road and in nightclubs, singing pop, blues, Broadway, but mostly jazz—four-part harmony jazz. When Motown’s Berry Gordy Jr. found out they had hustled a national “Tonight Show” appearance, he signed them without an audition to be the marquee act for the company’s Workshop Jazz label. That proved short-lived, and Stubbs’ powerhouse baritone lead and the exquisite harmonies of Fakir, Benson, and Payton started making one smash after another with the writing-producing trio Holland-Dozier-Holland.

Their first Motown hit, “Baby I Need Your Loving” in 1964, made them stars and their sixties track record on the label is indispensable to any retrospective of the decade. Their songs, soulful and bittersweet, were across-the-board successes. “I Can’t Help Myself (Sugar Pie, Honey Bunch),” a no. 1 R&B and Pop smash in 1965, is one of Motown’s longest-running chart toppers; it was quickly followed by a longtime favorite, “It’s The Same Old Song” (no. 2 R&B/no. 5 pop). Their commercial peak was highlighted by a romantic trilogy: the no. 1 “Reach Out I’ll Be There,” “Standing In The Shadows Of Love” (no. 2 R&B/no. 6 pop) and “Bernadette” (no. 3 R&B/no. 4 pop)—an extraordinary run of instant H-D-H classics. Other Tops hits from the decade included “Ask The Lonely,” “Shake Me, Wake Me (When It’s Over),” “Something About You,” “You Keep Running Away,” “7-Rooms Of Gloom” and their covers of “Walk Away Renee” and “If I Were A Carpenter.” The group was also extraordinarily popular in the U.K.

After H-D-H split from Motown, producer Frank Wilson supervised the R&B Top 10 hits “It’s All In The Game” and “Still Water (Love)” at the start of the seventies. The Tops also teamed with Motown’s top girl group, the Supremes, post-Diana Ross. Billing themselves The Magnificent Seven for a series of albums, they hit with a cover of “River Deep - Mountain High.”

When Motown left Detroit in 1972 to move to Los Angeles, the steadfast Tops decided to stay at home, and with another label. They kept up a string of hits with ABC-Dunhill for the next few years: “Ain’t No Woman (Like The One I’ve Got),” a Top 5 hit; the Top 10 “Keeper Of The Castle”; and the R&B Top 10’s “Are You Man Enough (from the movie Shaft In Africa),” “Sweet Understanding Love,” “One Chain Don’t Make No Prison” (later covered by Santana), “Midnight Flower” and the disco perennial “Catfish.” In 1980 the group moved to Casablanca Records. The following year they were at no. 1 again, with “When She Was My Girl,” making them one of the few groups to have hits in three consecutive decades. They also scored R&B Top 40s with the ballads “Tonight I’m Gonna Love You All Over” and “I Believe In You And Me,” the original version of the 1996 Whitney Houston smash. And the Tops were heard in the film Grease 2

with “Back To School Again.” By 1983, riding the wave of the company’s 25th anniversary celebration, the Tops were back with Motown and H-D-H. The reunion resulted in the R&B Top 40 hits “I Just Can’t Walk Away” and “Sexy Ways.”

They signed with Arista later in the decade, and there they racked up their final solo Top 40 hit, “Indestructible,” which was the theme of the 1988 Summer Olympics. That year they also partnered with Aretha Franklin, a longtime friend from Detroit, for the Top 40 R&B “If Ever A Love There Was.” During this period, Stubbs stepped out and gained notoriety for voicing the man-eating plant Audrey II in the film musical Little Shop Of Horrors, for which he sang the cult classic “Mean Green Mother From Outer Space.”

In 1990, with 24 Top 40 pop hits to their credit, the Four Tops were inducted into the Rock & Roll Hall Of Fame. Though they would no longer have hits on record, the group continued to be a hit in concert, touring incessantly, a towering testament to the enduring legacy of the Motown Sound they helped shape and define. Following Payton’s death in 1997, the group briefly worked as a trio until Theo Peoples, a former Temptation, was recruited to restore the group to a quartet. When Stubbs subsequently grew ill, Peoples became the lead singer and former Motown artist-producer Ronnie McNeir was enlisted to fill Payton’s spot. In 2005, when Benson died, Payton’s son Roquel replaced him. For Rolling Stone’s 2004 article “The Immortals – The Greatest Artists Of All Time,” Smokey Robinson remembered: “They were the best in my neighborhood in Detroit when I was growing up (and) the Four Tops will always be one of the biggest and the best groups ever. Their music is forever.”

About The Arcadia Performing Arts Center

The opening of the Arcadia Performing Arts Center, which anchors the northwest corner of the campus of Arcadia High School, on October 18, 2012, was the realization of a long-standing dream for the citizens of Arcadia to have a major center for arts and culture in the community. This 40,000 square foot, state-of-the-art facility includes a main performance hall with seating for 1,150, a stage that holds 200 musicians, tunable acoustics and professional lighting and sound. In addition, the center boasts an orchestra room with practice rooms and music library, a dance studio with sprung wood floors, a professional stagecraft workshop and a Black Box theater with separate control room and flexible seating that can host 125 guests.

The realization of the Performing Arts Center clearly shows the commitment of the Arcadia community to the arts. With this realization comes the need for another commitment – to the future of the building, arts education and arts programming. The Arcadia Performing Arts Foundation is dedicated to maintaining the Performing Arts Center as a nucleus for the arts, education and engagement where the lives of students and the greater community are enriched.

The Arcadia Performing Arts Foundation has currently set a fundraising goal \$10 million that will result in an endowment to provide regular funding for the Performing Arts Center and the district arts programs. The Arcadia Performing Arts Center provides a first-class venue for the San Gabriel Valley where the public can enjoy major concert and performing arts attractions, and where student talent can be fostered and supported with a venue for their work.

The 2015 Arcadia Performing Arts Foundation season sponsors are Alan and Sandy Whitman, Mickey and Lee Segal and Momentous Insurance.

Jeff’s Book Picks By Jeff Brown

MY HEART IS AN IDIOT: ESSAYS

by Davy Rothbart

Named a Best Book of the Year by Vanity Fair, Chicago Tribune, The Huffington Post, and NPR IN 2013. Davy Rothbart is looking for love in all the wrong places. Constantly. He falls helplessly in love with pretty much every girl he meets, and rarely is the feeling reciprocated. Time after time, he hops in a car and tears halfway across America with his heart on his sleeve. He’s continually coming up with outrageous schemes and adventures, which he always manages to pull off. Well, almost always. But even when things don’t work out, Rothbart finds meaning and humor in every moment. Whether it’s confronting a scammer who takes money from aspiring writers, sifting through a murder case that’s left a potentially innocent friend in prison, or waking up naked on a park bench in New York City, nothing and no one is off limits. And it’s all recounted in Davy’s singular, spirited literary voice, “an intriguing hybrid of timeless midwestern warmth and newfangled jive talk,” in the words of Sarah Vowell.

LEAVING BEFORE THE RAINS COME

by Alexandra Fuller

A child of the Rhodesian wars and daughter of two deeply complicated parents, Alexandra Fuller is no stranger to pain. But the disintegration of Fuller’s own marriage leaves her shattered. Looking to pick up the pieces of her life, she finally confronts the tough questions about her past, about the American man she married, and about the family she left behind in Africa. A breathtaking achievement, Leaving Before the Rains Come is a memoir of grace and intelligence. It begins with the dreadful first years of the American financial crisis when Fuller’s delicate balance—between American pragmatism and African fatalism, the linchpin of her unorthodox marriage—irrevocably fails. Recalling her unusual courtship in Zambia—elephant attacks on the first date, sick with malaria on the wedding day, she struggles to understand her younger self as she overcomes her current misfortunes. Fuller soon realizes what is missing from her life is something that was always there: the brash and uncompromising ways of her father, the man who warned his daughter that “the problem with most people is that they want to be alive for as long as possible without having any idea whatsoever how to live. Leaving Before the Rains Come showcases Fuller at the peak of her abilities, threading panoramic vistas with



her deepest revelations as a fully grown woman and mother. Fuller reveals how, after spending a lifetime fearfully waiting for someone to show up and save her, she discovered that, in the end, we all simply have to save ourselves. An unforgettable book, Leaving Before the Rains Come is a story of sorrow grounded in the tragic grandeur and rueful joy only to be found in Fuller’s Africa.

LOVE’S QUIET REVOLUTION: THE END OF THE SPIRITUAL SEARCH

by Scott Kiloby

Scott Kiloby points to the spiritual transformation sometimes called “enlightenment,” where the personal self is seen to be an illusion, leaving an inexpressible unconditional love and peace in its place. This book is essentially about present moment awareness and spiritual liberation.

On the Marquee: *Notes from the Sierra Madre Playhouse*

A seriously funny play about saving the world

A Walk in the Woods

by Lee Blessing

directed by Geoffrey Wade

starring John Prosky & Nancy Youngblut

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HOW TO TAKE CARE OF YOUR KIDNEYS

Dear Savvy Senior,

What can you tell me about kidney disease? My mother died from kidney failure a few years ago at age 76, and I'm curious what my risks are and what I can do to protect myself.

Kidney Concerned

Dear Concerned,
Anyone who has a family history of kidney disease, or who has high blood pressure or diabetes is at risk and needs to have their kidneys tested. Here's what you should know and some tips to help you take care of your kidneys.

Kidney Disease

More than 26 million Americans currently have chronic kidney disease (when the kidneys can't properly do their job of cleaning toxins and wastes from the blood), and millions more are at risk of developing it, yet most people don't realize it. That's because kidney disease develops very slowly over many years before any symptoms arise. But left untreated, the disease can eventually require people to spend hours hooked up to a dialysis machine or get a kidney transplant. Even mild kidney problems can double a person's risk of heart attack and stroke, as well as cause anemia and bone disease.

The reason kidney disease has become so widespread today is because of the rise of obesity, type-2 diabetes and high blood pressure which all strain the kidneys.

Another factor is the increasing number of people who take multiple medications, which can overtax the organs. People over age 60 are especially vulnerable both because they tend to take more drugs, and because kidney function normally declines somewhat with age.

To help you rate your risk of kidney disease, the National Kidney Foundation has a quick, online quiz you can take at kidney.org.

Get Tested

Because kidney disease has no early symptoms, the only way to catch it before it advances is to have a simple blood and urine test by your doctor. So, if you have diabetes, high blood pressure or heart disease, a family history of kidney disease, or are age 60 or older you need to get tested. African, Hispanic, Asian and Indian Americans along with Pacific Islanders are also at increased



risk.

If you're diagnosed with kidney disease you need to know that there's no cure, but there are steps you can take to help contain the damage, including:

Control your blood pressure: If you have high blood pressure, get it under 130/80. If you need medication to do it, ACE inhibitors and ARBs are good choices because of their proven ability to protect the kidneys.

Control your diabetes: If you have diabetes, keep your blood sugar as close to normal as possible.

Change your diet: This usually means reducing the amount of protein and phosphorus you eat, and cutting back on sodium and possibly potassium. Your doctor can help you determine an appropriate eating plan, or you may want to talk to a dietitian. Also see myfoodcoach.kidney.org where you'll find lots of kidney friendly recipes and nutrition tips.

Watch your meds: Dozens of commonly used drugs can damage the kidneys, especially when taken in high doses over long periods – most notably NSAIDs like ibuprofen (Advil, Motrin and generic) and naproxen (Aleve, Naprosyn and generic). Herbal supplements can also be very dangerous. Talk to your doctor about all the prescription, over-the-counter and herbal products you take to identify potential problems and find alternatives.

Exercise and lose weight: If you're overweight and inactive, start an aerobic fitness routine (walk, swim, cycle, etc.) that gets your heart pumping. This will help lower your blood pressure, control diabetes and help you lose excess weight all of which will help your kidneys.

Quit smoking: If you smoke, quit. Heart disease becomes a much greater risk to the kidneys if your smoke. Smoking also doubles the rate of progression to end-stage renal failure.

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



FLYING PENGUINS & OTHER TOUCHING STUFF

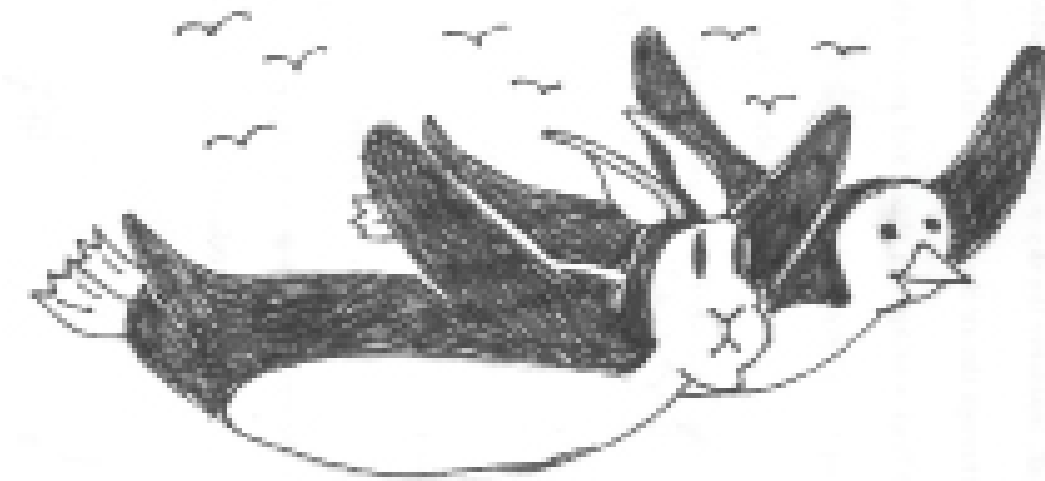
There are two kinds of people --those who cry at sad movies, and those who don't. Usually most of the former group are women, while the latter group are predominantly men. There are a few exceptions. I wouldn't say that my husband goes in for sappy things, like sentimental songs or fluffy greeting cards. I tend to tear up more easily at poignant moments than he does. But all that ends when it comes to movies.

It's become a joke with us that I have a heart of stone when watching tear-jerker films. I can watch Tom Hanks leave Helen Hunt in "Cast Away," Leonardo DiCaprio slip into the Atlantic in "Titanic," and Mel Gibson's last speech in "Braveheart," all with a dry eye. About two minutes into the big cry scene

move me to tears.

Crying at movies is one thing, but crying at commercials is a new low. If you haven't seen the BBC ad with flying penguins, you must find it on YouTube! Watch it and tell me if it doesn't stir something within you. It starts with a reporter approaching a colony of dumpy penguins which he says are unusual in their ability to fly! Then the blubbery birds start "running," launch themselves onto an icy runway, and start flapping like crazy. More of their group join them and eventually they all lift off the ground! Suddenly the sky is filled with penguins streamlined like torpedoes flying through the air.

We see them soaring around glaciers as the narrator explains that these special penguins migrate from the icy wastes of the Arctic to lush,



I'll feel a nudge on my shoulder and hear my teary-eyed husband saying, "You have no heart!" which always makes me laugh.

But it's not true. There are plenty of movies that make me cry, no matter how many times I watch them. I'm a closet old person, so you might not recognize some of these iconic scenes: Ronald Coleman embracing Jane Wyatt after making the harrowing trek to Shangri La in "Lost Horizon." Carry Grant reconnecting with his lost love, Deborah Kerr, and realizes she has become wheelchair-bound in "An Affair to Remember." In "Random Harvest," Ronald Coleman recovers from amnesia, returns home, and recognizes his beloved wife. (You might notice a Ronal Coleman theme in this list.) Yes, these scenes never fail to

tropical rainforests in South America. The final few shots are of pudgy penguins lighting down in fruit trees to the surprise of toucans and other rainforest animals.

Of course, the commercial's intent is for you to order this new BBC series, but I see it as a spiritual analogy. This earth, with its many pains and sorrows can seem like a dead wasteland with no sign of improvement or escape. Yet God takes the most undeserving people (myself being chief among them), promises to transform our lowly bodies into glorified ones, and gives us the hope of coming home to a place of such beauty and perfect happiness that we cannot imagine. BBC probably didn't have this in mind when they made this ad, but I tear up with joy every time I see it!

SENIOR HAPPENINGS

HAPPY BIRTHDAY! ... January Birthdays



Mary Tassop, JudyWebb-Martin, John Johnson, Mary Bickel, Marlene Enmark, Ross Kellock, Ruth Wolter, Sue Watanabe, Sandy Thistlewaite, Bobbi Rahmanian, Fran Syverson, Shirley Wolff, Judy Zaretska and Becky Evans. * 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.

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FAMILY MATTERS

By Marc Garlett



“AND THE ESTATE PLANNING OSCAR GOES TO...”

The film “Black Heirlooms” has not received any Oscar nominations. It was made by 32-year-old Amanda Brown, whose once close-knit family was ripped apart because of her grandmother’s lack of comprehensive estate planning. The film, profiled recently in the New York Times, is “about the extended uncomfortable, intergenerational conversations that we do not have enough of and that her family did not have until it was too late.” Vonley and Edna Mae Royal raised eight children together. Vonley had several businesses that provided a small inheritance for his wife after he died. Following his death, the Royal children tried to get Edna Mae to talk about how she wanted the estate divided after she died. She proved resistant to such a discussion, however, and so her children backed off. “We didn’t want to give her the impression that we were trying to gain some kind of advantage,” said her son Gary. Unfortunately, Edna Mae had a stroke in 2009. Shortly thereafter her children became divided on how she should be taken care of, whether or not she could make decisions for herself, and who should have power of attorney over her affairs. The family eventually wound up in court, exhausting any inheritance they might have had on legal fees and dividing the children. Today, 90-year-old Edna Mae is taken care of by five of her eight children; the other three do not speak to their siblings and rarely see their mother. The inheritance that Vonley and Edna Mae worked

so hard to provide to their children is gone. In the film, Edna Mae’s granddaughter Amanda wonders, “Now that the family is divided, what was the point of working so hard to keep everything intact?” If you have been putting off this type of conversation in your family, we can help. Executing a comprehensive estate plan can be extremely fulfilling, knowing you are providing and protecting an inheritance for your children, making your wishes known and alleviating your family of the burden of guessing the right health care choices for you. If you would like to learn more about estate planning for your family, we can help. We can also assist you with that all-important family discussion (which could just be one of the most important discussions your family ever has). To you family’s health, wealth, and happiness,

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

LIFE LINES

by Amanda Rogers

A teacher of mine once described to me the difference between being brave and being a hero. A brave person will enter a burning building to rescue a baby, while a hero will enter a burning building to rescue a baby ... and then never talk about it. That leads me to believe that true heroism defies ego. Is that why Superman quickly returns to his Clark Kent identity? He’s not looking for accolades, slaps on the back or a new movie from Warner Brothers with his name above the title. What makes Superman different than most of us has very little to do with his lightening speed and superhuman strength. The real difference is that he has arrived. The stories of great heroes tell more about the journey than the act of heroism. The hero’s journey takes the ordinary man from home, across dangerous thresholds and then home again with an expanded consciousness. So departure, struggle and return, the three phases of the journey are really a metaphor for what we all are programmed to do. Our task, our goal, is to evolve from the neurotic

ego through to the healthy ego and then ultimately to the spiritual Self. Departure for Clark Kent might be stepping out of his office and putting on his Superman cape, while for us mere mortals departure is of a different kind. Departure for us means letting go of our attachment to the illusion of being in control and the compulsions to cling to what we falsely imagine will make us happy. Where Superman struggles with any number of enemies, our human struggle is with the neurotic ego. This struggle consists of our learning to take responsibility for our feelings, dealing with fear, anger and guilt, building self-esteem, maintaining personal boundaries, achieving true intimacy and befriending our “shadow self.” And just like our heroic forefathers of fiction, we humans leave the familiarity of our mother’s house believing our journey is to faraway lands, only to find it was a path to bring us back home. Only now, we’ve brought with us the capacity to give and receive unconditional love. And that is what being a hero is.

Faculty Art Show
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Find us on Facebook as “Creative Arts Group Sierra Madre”

**Tips of the Trade:
Real Estate Revealed**
by Luther Tsinoglou
**WHAT TO KNOW
ABOUT ESCROW**

When you buy a home, or just make an offer, you will encounter the term "escrow account." Like making a friendly bet and asking a third party to hold the wager money, the "escrow agent" is the neutral party that holds funds in the interest of the mortgage lender and the borrower.

When the terms of the purchase and loan agreements have been met, the money is released. When your application is approved and the loan takes effect, the lender will likely require money for property taxes and homeowner’s insurance also to be held in escrow. These funds are added to your monthly mortgage payment and disbursed when the tax and insurance bills are due.

This protects the lender by ensuring a lien isn’t placed against your property for non-payment of taxes, and your home (their collateral) is protected against catastrophe. But escrow also benefits borrowers by spreading the large annual payments for taxes and insurance over twelve months.

For example, if your taxes are \$1,600 per year and your insurance is \$800, you’re budgeting a reasonable \$200 per month instead of making two big payments. Escrow accounts do not earn interest, so if you make a large enough downpayment, you may be able to avoid the monthly escrow and pay the bills directly. Ask your agent and your lender about the pros and cons.

**Social Media
Tips, Tricks & Ideas**
by: MJ Finstrom

POST ONCE, POPULATE MANY -
BUILD SYSTEMS FOR YOUR ONLINE MARKETING

Building systems for your social media marketing will save you time and help you get your message out. Here are three simple systems that are easy to set up:

Constant Contact Email System:
When you schedule your next Constant Contact Email campaign, use the Simple Share Feature. As you schedule your email to go out to your subscribers, it will also post to your Facebook, Twitter and LinkedIn accounts.

A Simple Facebook System:
Facebook can act as a distribution hub as well. When you post to your Facebook Page, you can have that post populate Twitter and your web site. To link your Facebook posts to Twitter simply follow the instructions at www.facebook.com/twitter.

You can have Facebook feed directly to your web site via a Facebook Like Box. Get the html code for your Like Box at: bit.ly/likeboxmaker.

This will create a content box on your website which will display your most recent posts. Plus it can give your web site a fresh look every time you post to Facebook. You will need to have designated space on your site for the feed.

Instagram System:
Instagram is a great starting tool in a system. You can take a picture from your smart phone, post it on Instagram

and it will automatically post on Twitter, Facebook and your website. Here are two easy steps that will build a system for your Instagram posts:

- Instagram settings: choose “share settings.” Select Facebook and Twitter and follow the instructions to link to your accounts. You can set up your Facebook feed to go to your personal profile page or to a business page you admin.

- Add a feed to your website: Use a widget maker like Snapwidget.com to create code that you can install on your website. There are several widget format types to choose from (grid, slide show, scrolling etc.) This is a great way to keep images current on your website.

The systems mentioned are pretty basic. You can build on them as you grow your on-line presence. The point is to create systems that work for your business. Systems that will save you time and provide maximum exposure for your valuable content.

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.

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GIGANTIC RING SYSTEM AROUND PLANET J1407B

Astronomers at the Leiden Observatory (The Netherlands) and the University of Rochester (USA) have discovered that the ring system that they see eclipse the very young Sun-like star J1407 is of enormous proportions, much larger and heavier than the ring system of Saturn. The ring system—the first of its kind to be found outside our solar system—was discovered in 2012 by a team led by Rochester’s Eric Mamajek.

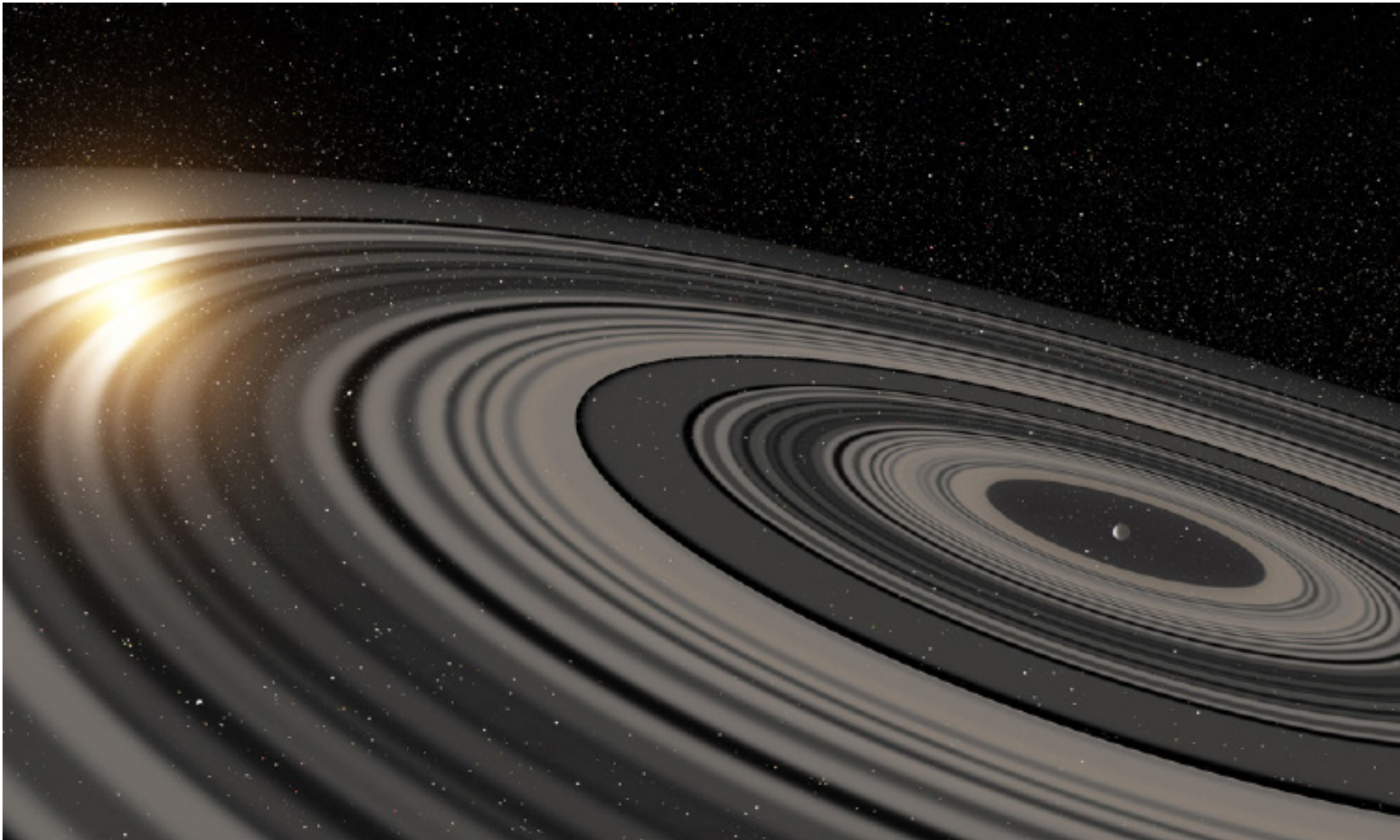
The astronomers analyzed data from the SuperWASP project—a survey designed to detect gas giants that move in front of their parent star. In 2012, Mamajek and colleagues at the University of Rochester reported the discovery of the young star J1407 and the unusual eclipses, and proposed that they were caused by a moon-forming disk around a young giant planet or brown dwarf.

A new analysis of the data, led by Leiden’s Matthew Kenworthy, shows that the ring system consists of over 30 rings, each of them tens of millions of kilometers in diameter. Furthermore, they found gaps in the rings, indicating that satellites (“exomoons”) may have formed. The result has been accepted for publication in the *Astrophysical Journal*.

“The details that we see in the light curve are incredible. The eclipse lasted for several weeks, but you see rapid changes on time scales of tens of minutes as a result of fine structures in the rings,” says Kenworthy. “The star is much too far away to observe the rings directly, but we could make a detailed model based on the rapid brightness variations in the starlight passing through the ring system. If we could replace Saturn’s rings with the rings around J1407b, they would be easily visible at night and be many times larger than the full Moon.”

“This planet is much larger than Jupiter or Saturn, and its ring system is roughly 200 times larger than Saturn’s rings are today,” said co-author Mamajek, professor of physics and astronomy at the University of Rochester. “You could think of it as kind of a super Saturn.”

In another recent study also led by Kenworthy, adaptive optics and Doppler spectroscopy were used to estimate the mass of the ringed object. Their conclusions based on these and previous papers on the intriguing system J1407 is that the companion



is likely to be a giant planet—not yet seen—with a gigantic ring system responsible for the repeated dimming of J1407’s light.

The light curve tells astronomers that the diameter of the ring system is nearly 120 million kilometers, more than two hundred times as large as the rings of Saturn. The ring system likely contains roughly an Earth’s worth of mass in light-obscuring dust particles.

Mamajek puts into context how much material is contained in these disks and rings. “If you were to grind up the four large Galilean moons of Jupiter into dust and ice and spread out the material over their orbits in a ring around Jupiter, the ring would be so opaque to light that a distant observer that saw the ring pass in front of the Sun would see a very deep, multi-day eclipse,” Mamajek says. “In the case of J1407, we see the rings blocking as much as 95

percent of the light of this young Sun-like star for days, so there is a lot of material there that could then form satellites.”

Astronomers expect that the rings will become thinner in the next several million years and eventually disappear as satellites form from the material in the disks.

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

BOOK REVIEW: THE GLASS CASTLE

By Christopher Nyerges

I was recently given a copy of “The Glass Castle” by Jeanette Walls and told “Just read it. You’ll like it. It’s about self-reliance, sort of, and homelessness, sort of, but I think you’ll find it fascinating.”

I took the book and began reading it little by little. It’s Jeanette Walls’ true story of growing up with her siblings, and their life constantly on the move. It was gritty and unpleasant to read about a father who was very skillful and knowledgeable, but exaggerated and drank too much. And the mother was always trying to make the best of a bad situation, and seemed too willing to do too little to resolve a bad situation. As usual, the children get the short end of the stick.

We read how the children figured out how to feed, clothe, and protect themselves under these difficult conditions.

The father, though very talented and skilled, couldn’t seem to hold a job. Due to the father’s fear of authorities, and lack of bill-paying, the family would frequently pack up in the middle of the night and “skedaddle” to a new home. When they had to do the skedaddle, they’d just bring the essentials: a big black cast-iron skillet, the Dutch oven, some Army surplus tin plates, a few knives, the father’s pistol, and the mother’s archery set.

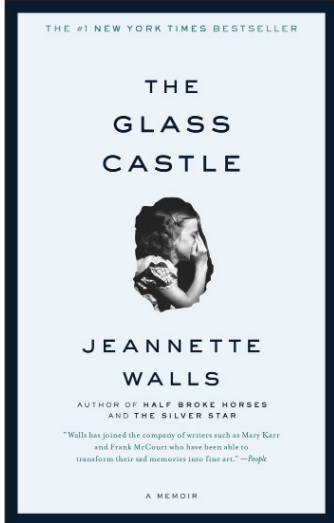
At age four, Jeanette asked her sister, “How many places have we lived?”

“That depends on what you mean by ‘lived.’ If you spend one night in some town, did you live there?” responded her sister Lori. “What about two nights? Or a whole week?”

They determined that they lived somewhere if they unpacked, and though they lost count of how many places they lived after eleven.

And along they way they learned plenty of survival skills. They could go days without eating, and they learned to find food: foraging for cactus and wild plants, in trash cans, gleaning in fields. They learned to deal with extreme heat and cold since their homes never had cooling or heating. They learned how to fight and face down a threat, how to do without when necessary, how to cook, how to build things from scratch. They learned how to sew, but realized it was cheaper to just buy clothes at a thrift store.

In the pages of “The Glass Castle,” we begin to despise a very predictable father, but Jeanette still loves him. It’s her father, after all.



Eventually, Jeanette Walls realizes that her best escape from that world was to go to school, which she did, and to get a job, which she did. She discovered that the “real world” was very different from the isolationist world of fear and alcohol that her father had described to her.

“The Glass Castle” was on the New York Times bestseller list. It made me count my blessings. If I ever thought that I had it rough growing up in suburban Pasadena, this book convinced me that I emphatically did not. Plus, the book is worth reading for the occasional, practical, hard-earned survival tips, in the context of a family’s daily struggle for sheer survival.

Walls explains that her mother taught them to get by on next to nothing. How to use wild edible plants. How to find water where there seemed to be none. How to get by on very little water. How to clean up with just a cup of water. The mother “said it was good for you to drink unpurified water, even ditch water, as long as animals were drinking from it. Chlorinated city water was for namby-pambies,” she said. Water from the wild helped build up your antibodies. She also thought toothpaste was for namby-pambies,” teaching the children to use baking soda instead.

The book will make you laugh in parts, but mostly it will make you cry, and appreciate whatever it is that you have in life. I highly recommend this book. [“The Glass Castle” is published by Scribner, 2005]

[Nyerges has been teaching wild food and survival classes since 1974, and is the author of “Guide to Wild Foods,” “How to Survive Anywhere,” and other books. He can be reached at School of Self-reliance, Box 41834, Eagle Rock, CA 90041]

CITY OF SIERRA MADRE LEGAL NOTICE

ORDINANCE NO. 1360-U

AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF SIERRA MADRE, CALIFORNIA ESTABLISHING AN INTERIM MORATORIUM ORDINANCE PURSUANT TO GOVERNMENT CODE SECTION 65858 ON THE DEMOLITION, IN PART OR IN WHOLE, OF SINGLE-FAMILY HOMES AND DUPLEXES CONSTRUCTED PRIOR TO A DESIGNATED DATE AND DECLARING THE URGENCY THEREOF

WHEREAS, the City of Sierra Madre, which was incorporated over 107 years ago, is proud of its eclectic mix of residential architectural styles reflected in its existing neighborhoods, predominated by the natural terrain and mountain view, which lend to is character as the “village of the foothills;” and

WHEREAS, this existing housing stock—some examples of which have been deemed a historic resource and many of which may be considered potential historic resources—help to create the identify and atmosphere of community, and the City actively encourages historic preservation through the use of Mills Act contracts; and

WHEREAS, the historic and potentially historic quality and character of Sierra Madre’s neighborhoods directly contributes to a healthy and safe life for residents, who walk, congregate, play and want to live in neighborhoods that have character and history; and

WHEREAS, it is estimated that 77% of the existing housing stock within Sierra Madre is 45 years old or older, thus reflecting the community’s value in preservation; and

WHEREAS, in recognition of this resource, the City Council has authorized the request for proposals for the preparation of a “historic resources survey,” by a professional consultant and such historic resources survey is not anticipated to be ready until mid-2015 or early 2016; and

WHEREAS, the City is simultaneously updating its General Plan and reviewing its existing zoning and development codes for protection of its resources, including water given the extraordinary drought conditions, and during this period, no new construction or development on property which does not already have existing water service connections is permitted; and

WHEREAS, the City has observed a trend in the San Gabriel Valley where developers purchase property and demolish the existing home, regardless of the home’s potential historic value, in favor of new construction which, due to its style and lot coverage, does not preserve or reflect the community character and values or its potential historic resources; and

WHEREAS, in 2014, the City of Sierra Madre received applications for 14 demolitions—more than twice the average it has experienced in prior years; and in January 2015, the City has already received four applications to demolish four residential structures, including structures over 100 years old; and

WHEREAS, the City Council intends to review and update the provisions of its development and zoning code to implement new zoning and development requirements and conditions of approval which will enhance protection of its potential and historic resources, such as revisions to Chapter 17.82 regarding historic preservation and Chapter 15.04 regarding building code and permit requirements; and

WHEREAS, The dwindling number of potentially historic buildings in the City and the region, and the risk that more potentially historic buildings will be lost, represent a true danger to the health and safety of the community. If demolition of existing structures which may otherwise be considered potential or actual historic resources is allowed to occur prior to the completion of the historic resources survey and broader review of the development code (including the historic preservation ordinance building code and permit requirements), the loss of these potentially historic resources will be permanent and defeats the purpose of conducting a historic resources survey and intended preservation efforts; and

WHEREAS, these issues constitute a current and immediate threat to the public health, safety, and welfare, within the meaning of Government Code Section 65858; and

WHEREAS, Government Code Section 65858, a provision of the State Planning and Zoning Law, authorizes an interim, urgency zoning ordinance to prevent development which may be inconsistent with a plan under development—such as the City’s intended survey of historic resources and current update of its General Plan and development and zoning codes to enact regulations which are protective of the City’s need to preserve existing housing stock and potential and existing historic resources—pending adoption of that plan.

NOW THEREFORE, THE CITY COUNCIL OF THE CITY OF SIERRA MADRE FURTHER FINDS that the adoption of this Ordinance is necessary to protect the public safety, health and welfare by ensuring well-planned and water efficient development of properties in the City necessary to conserve the finite water resources for all customers and that it should adopt this interim urgency zoning ordinance as authorized by Government Code Section 65858 and

THEREFORE, THE CITY COUNCIL OF THE CITY OF SIERRA MADRE DOES ORDAIN AS FOLLOWS:

Section 1. Notwithstanding any provision of the Sierra Madre Municipal Code or any other ordinance of the City of Sierra Madre, and except as otherwise provided in this Ordinance, no person shall cause the demolition of and no demolition permit or combined building and demolition permit shall be issued for the demolition, in part or in whole, of any single-family dwelling or duplex which was constructed on or prior to December 31, 1940 on any lot in any zone within the City. For purposes of this Ordinance, “demolition” is defined as the destruction and removal, in part or in whole, of the foundation, exterior walls or roof structure, including supporting members of a single-family dwelling or a duplex.

Section 2. The provisions of Section 1 of this Ordinance shall not apply to any of the following:

- Demolition of any interior walls of any structure for the purpose of remodel, repair or maintenance, subject to any required permits;
- Removal and replacement, subject to any required permits, of exterior windows, doors, roof covering, foundation or exterior siding where the materials used for maintenance and replacement do not alter the appearance, size or character of the existing structure;
- Demolition, in whole or in part, where the City Engineer or Building Official or his or her designee makes a written determination that demolition is necessary to immediately abate an imminent hazard to public safety;
- Demolition of up to 25% or less of a structure built prior to 1940 for the purpose of limited remodeling/addition, when all of the following conditions exist:
 - the demolition is required for an addition/alteration to the structure;
 - the addition is permitted at the same time as the required demolition; and
 - neither the demolished portion of the structure nor the addition will be visible from the public right-of-way or any public property.
- Any project for which all necessary discretionary approvals have been granted and for which a demolition permit has been issued by the Building Department before the close of business on the day this Ordinance takes effect;
- Any project for which a demolition permit application and an accompanying development proposal has been deemed complete before the close of business on the day this Ordinance takes effect, when all the following conditions exist:
 - a written historic assessment, completed at the applicant’s cost, by a licensed, certified architectural historian selected from a list maintained by the City, is provided which concludes that the property proposed to be demolished is not a local historically significant resource.

Section 3. Taking. If a person can demonstrate that the application of this ordinance to his or her property would constitute a taking in violation of the federal or California Constitution or would otherwise be unlawful, an exception to this moratorium can be made pursuant to a variance approved under Section Chapter 17.60 of the Sierra Madre Municipal Code. No variance application shall be required if the Director, in consultation with the City Attorney, determines that an exception to this Ordinance is legally required. In such case, an approval may be granted only if the approving officer or body of the City finds that the exception is legally required.

Section 4. CEQA Finding. The City Council hereby finds that it can be seen with certainty that there is no possibility the adoption of this Ordinance, and establishment of a moratorium hereby, may have a significant effect on the environment, because the moratorium will impose greater limitations on development in the City, and protect the aesthetic character of Sierra Madre, thereby serving to reduce potential significant adverse environmental impacts. The adoption of this ordinance is therefore exempt from California Environmental Quality Act review pursuant to Title 14, Section 15061(b)(3) of the California Code of Regulations.

Section 5. Severability. Should any provision of this Ordinance, or its application to any person, parcel or circumstance, be determined by a court of competent jurisdiction to be unlawful, unenforceable or otherwise void, that determination shall have no effect on any other provision of this Ordinance or the application of this Ordinance to any other person, parcel or circumstance and, to that end, the provisions hereof are severable.

Section 6. Effective Date. This Ordinance is adopted by a 4/5 vote of the Sierra Madre City Council, shall take effect immediately upon its adoption as provided by Government Code Section 65858, and shall be of no further force at 11:59 p.m. on March 13, 2015, unless extended or terminated by further action of the City Council.

Section 7. Certification. The City Clerk shall certify to the passage and adoption of this Ordinance and shall cause the same to be published or posted according to law.

PASSED, APPROVED AND ADOPTED, this 27th day of January, 2015 by the following vote:

AYES: Mayor John Harabedian, Mayor Pro Tem John Capoccia, Council Members Rachelle Arizmendi, Denise Delmar, Gene Goss

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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

FOR SALE: ONE LYING BATHROOM MIRROR

Nobody enjoys privacy more than Yours Truly. I confess I am not a very happy camper when that privacy is compromised in any fashion. Recently, I endured a tremendous trespass on my privacy.

One day last week, I got up as usual and tottered off to the bathroom for my accustomed bathroom routine. It was then I got the shock of my life of which I am not over as of yet. I am sure this experience will be with me many years down the road. I am not sure I need counseling, but maybe a day or two at a rehab center just might do the trick.

I confess that I am not at my best early in the morning prior to my bathroom ritual. As far as I am concerned, the bathroom is a sacred place of refuge before facing the world. It is a place where I can prepare myself to meet the world as well as prepare for the world to meet me. It would be a great travesty for me to plunge myself out into the unsuspecting world before going into my bathroom and making certain preparations. I owe the world at least this.

Of course, with all the political nonsense the world has imposed upon me lately, I am tempted to thrust myself out into the world without any preparations whatsoever. That would teach the world to mess with me.

On second thought, too many innocent bystanders would get hurt in the process.

On the day in question, not only was I unprepared to meet the world but I was unprepared to meet my bathroom. Looking back on the situation, I do vaguely remember the Gracious Mistress of the Parsonage mentioning something to the fact that she made certain changes in my bathroom. Obviously, I was preoccupied with other things to be concerned about this wee bit of information she laid upon me at the time. I simply assumed she was talking about waxing the floor or changing the shower curtain. Never in my wildest dreams did I think she would do anything as drastic as she did.

This brings me to an important point; never underestimate the damage a wife can do to the sacred places of her husband.

When I walked into my bathroom and switched on the light, I had the shock of my life. I looked in the mirror, as normal and looking back at me was the most frightful thing I have ever seen. I thought for a moment Stephen King had sabotaged my bathroom.

The face looking back at me was old and haggard, desperately needing a shave. The bags under his eyes looked like sacks of potatoes and what little hair he had looked like the aftermath of a suicide bomber. I wanted to call the police, but I was too

paralyzed with fear.

I must have yelled or something because my wife came running into the bathroom and asked, "What's wrong?"

Then she did something that infuriated me even more than I was at the time.

She laughed.

I do not mind people laughing when I tell a joke or a funny story. However, when I have just been frightened out of my mind, I do not appreciate the levity. Then she explained to me what had happened. My wife took it upon herself to replace the mirror in my bathroom.

For a fleeting moment, murderous thoughts stomped through my mind. Fortunately, for me they were still wearing their bedroom slippers and not their marching boots.

I do not look forward to very much in life, but I do look forward to my mirror in my bathroom. I have had that mirror for as long as I can remember, which may not be a very long time when I come to think of it. I vaguely remember hearing my wife mentioned the fact that the mirror in my bathroom needed to be replaced. I thought she was kidding.

When I get up in the morning, I look forward to going into my bathroom mirror. I have a little ritual I do upon first glance into my mirror. "Mirror, mirror on my wall; who needs a shave the worst of all?" Then we

have a good laugh together.

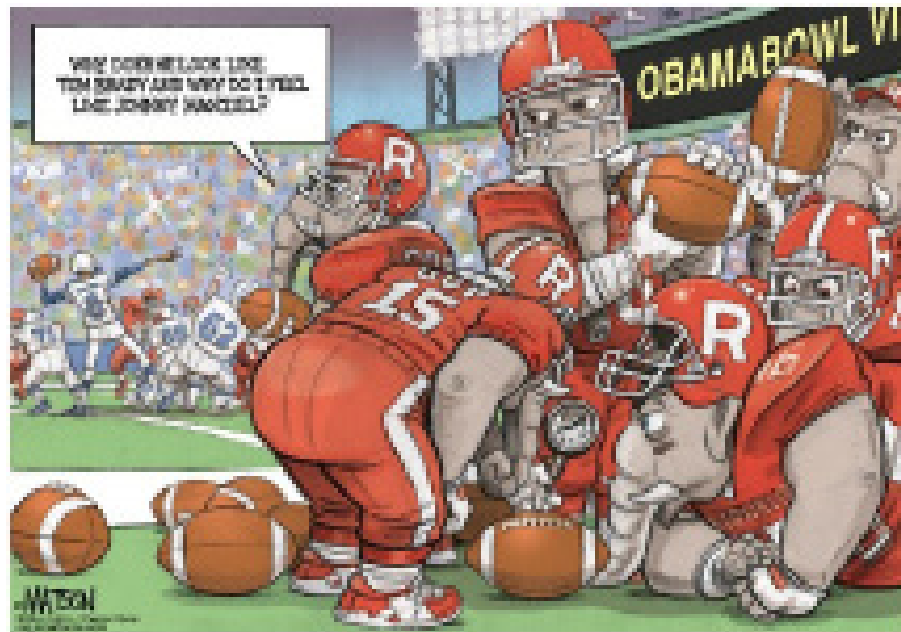
I know that my mirror, my old mirror, that is, was rather old and flawed and the reflection back at me was rather blurry. That is what made it so endearing to me. No matter how hard you tried to clean it the reflection was still very cloudy at best. Then, several years ago an accident occurred producing a small crack in my mirror. I must say it was an improvement I gladly accepted. It accommodated my split personality: Sometimes I feel like a nut, and sometimes I don't feel anything. One morning I could shave on the left side of the crack and the next morning I could shave on the right side.

The thing I loved about my old mirror was how it clouded the truth. The new mirror, however, is very insistent upon the truth.

A verse of Scripture came to mind as I pondered my old mirror. "For now we see through a glass, darkly; but then face to face: now I know in part; but then shall I know even as also I am known." (1 Corinthians 13:12).

If someone would like a mirror that insists on telling the truth, I have one for sale.

The Rev. James L. Snyder is pastor of the Family of God Fellowship, 1471 Pine Road, Ocala, FL 34472. He lives with his wife, Martha, in Silver Springs Shores. Call him at 352-687-4240 or e-mail jamesnyder2@att.net. The church web site is www.whatafellowship.com.



LEFT TURN / RIGHT TURN



TINA Dupuy

CHOOSING WEED POLICY OVER CYBER SECURITY

A cyber attack altered your holiday movie choices last year. Sony Pictures was the victim of a massive security breach. Personal emails were revealed, films pirated and employee data leaked. The corporation immediately kowtowed to the terrorists, rumored to be North Korean-sponsored, killing the theatrical release of the third in a trilogy of Seth Rogan and James Franco bromance movies called, The Interview.

It was terrorism. And it was terrifying. A major motion picture studio had just been brought to its knees groveling for whomever they upset not to do any further damage.

The U.S. has the largest army in the world. We outspend the top 10 militaries in the world combined. We outspend China with the second largest military expenditure by more than three times. Our military budget hovers around \$650 billion a year. Every year. We are armed! We are ready! We are fighting! Yet companies on our shores and our citizens are totally vulnerable—sitting ducks waiting for the next hacker to take us down. Anyone at any time can take our personal information and wreak havoc.

"No foreign nation, no hacker, should be able to shut down our networks, steal our trade secrets, or invade the privacy of American families, especially our kids," said President Obama in his annual State of the Union address. "We are making sure our government integrates intelligence to combat cyber threats, just as we have done to combat terrorism."

So here's a problem with our current situation: The FBI needs people who know the computers and all. And some of these people who are knowledgeable in this cyber hacking stuff, who could maybe thwart another attack promising to "keep our kids safe"—not all of them but some—like to smoke pot.

This came up last year when FBI director James Comey told an audience at the White Collar Crime Institute conference that the agency was having trouble finding computer crime experts who didn't smoke marijuana. "I have to hire a great workforce to compete with those cyber criminals and some of those kids want to smoke weed on the way to the interview," Comey said.

He said he was "grappling" with loosening the current requirement that to even be eligible to work at the FBI you must not have smoked pot in the last three years.

Then anti-drug Senator Jeff Sessions clutched his pearls and admonished Comey during a Judiciary Committee following those comments. "I am absolutely dead-set against using marijuana," then clarified Comey. "I did not say that I am going to change that ban." And according to the FBI's website, as of this writing, the ban hasn't changed. After September 11th, the military was only able to translate at three-quarters capacity. They were unimaginably desperate for Arabic speakers while discharging linguists for being (wait for it) gay. Don't Ask, Don't Tell—#headdesk. So after the largest terrorist attack in our nation's history, when Americans were willing to give up any civil right for the promise of safety, we wouldn't let openly gay translators in the military? Basically. Even in the throes of hysteria and grief, when we came together as one nation standing resilient—we still managed to marginalize homosexuals, declining their expertise and opting for a gap in competent personnel instead. Yes, we did. And now we repeat a dark, self-defeating and completely stupid policy when it comes to personal drug use.

Are we a nation that prioritizes security and stability in our systems or do we want to just finger wag at sinners?

It's puritanical folly that the FBI doesn't just consider candidates who want to serve their country and are good at what they do; they must also be candidates for canonization.

Love it or hate it, the war against pot has been lost. It's mostly decriminalized and now in four state people can buy it without even claiming it's medicine. It's taxed and regulated in those states. It's out in the open. Americans can now admit to smoking marijuana for fun, just like they can drink alcohol for fun. They just can't work at the FBI (among many other employers).

The irony is Seth Rogan and James Franco movies would have no audience whatsoever if not for the consumption of marijuana. So shouldn't the people who could protect their interests be allowed to take if they choose? Yes.



MICHAEL Reagan Making Sense

QUIT WASTING TIME ON MOORE, MAHER & DEAN

Bill Maher called Chris Kyle of "American Sniper" a "psychopath patriot."

Michael Moore called military snipers "cowards" who shoot people in the back.

Howard Dean said "American Sniper" appeals mostly to angry Tea Party types. So what?

Why do we conservatives give two cents about what these lefties and liberals say about "American Sniper" – or anything else?

Nothing they ever say is surprising. Nothing they say ever adds to the debate, has any effect on anything or helps us find a solution to a serious problem.

The predictable – and wrong -- things these liberals and others on the left said about "American Sniper" glorifying killing or whitewashing the Iraq war couldn't stop or hurt that great movie.

Its record \$250 million box-office take in just two weeks says it all.

Spending time or space reacting to anything Moore tweets or Maher says on his barely watched HBO show is a waste of time for conservatives and their media.

Dean's comment (which he later apologized for) was seen and heard by far more people on conservative media outlets than on Maher's show.

Ditto for Moore's garbled tweets, which otherwise would have been seen only by his mindless followers.

So why does the conservative media take the bait, time and time again, and give the inane comments of liberal cranks so much attention and publicity?

Simple. It's great for their bottom lines. Unfortunately, attacking your enemies – even when you can predict what they'll say before they say it – is what the American TV viewing audience wants.

I wish I could change it, but the reality is that it's all about getting higher ratings.

Whether it's on MSNBC, CNN or Fox News, the media boxing ring has been set up for everyone to be always fighting somebody else. It's all about clashing opinions and playing to the opposite corners.

You watch MSNBC to be mad at the right and Fox to be mad at the left and no one watches CNN.

These staged media fights are rarely worth watching and they don't bring any benefit to the country, the conservative cause or the political process.

It's rarely a fair fight. Alan Colmes and Bob Beckel are the Washington Generals of Fox News.

And what good does it do for more than 2 million people to watch four conservatives beat up Beckel every night

on "The Five"?

Beckel, not to mention Fox News, is laughing all the way to the bank.

But the show is a total waste of time for everyone else. You might as well watch an hour of professional wrestling.

I'm looking for straight news, news I can use, not reports on dumb things said by my enemies. But straight news is hard to find on TV these days.

Other people have noticed the news shortage. Last year during D-Day celebrations in Normandy I was talking to some high-ranking members of the 82nd Airborne.

"What news do you guys watch?" I asked.

"Al Jazeera America."

"Al' what?"

"Al Jazeera. Because we're looking for straight news, not opinion. We'll form our own opinion."

Al Jazeera America being touted for its un-spun newscasts by U.S. military leaders is a shocking and depressing thought.

But straight news won't sell to the TV masses in America, where the news media have turned us into a National Inquirer country.

We're not getting the news we need or can use from network and cable TV. We get bad news, gotcha news, sensational news or shock-video of car wrecks.

The conservative media only make things worse when they constantly publicize the stupid things liberals say.

It may be good for ratings. But at some point you have to say to the conservative media moguls, "Guys, there are a lot of important things going on in the world and what Michael Moore and Bill Maher think are not two of them."

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START TRAINING FOR THE 2015 MOUNT WILSON TRAIL RACE

The Mt. Wilson Trail Race Committee is again offering a comprehensive 17-week program to get runners ready for the challenging Mt. Wilson Trail Race, scheduled for Saturday, May 23, in Sierra Madre. This program is free and the public is invited to participate.

Run With Us/Pasadena, with assistance from Invictus Running Academy and the Foothill Flyers, will lead advanced and beginners groups on a series of weekly runs up the Mt. Wilson Trail and along City of Sierra Madre streets. The instructors will also offer an easy to follow training program for runners to train on their own throughout the week. Two local popular races, the Santa Anita Derby Day 5k (April 4) and Fountain to Falls (May 9) will be part of the training program.

Starting on January 31, the group will meet in Kersting Court (at the intersection of Baldwin Ave and Sierra Madre Blvd) at 7:00 am each Saturday. After stretching and instruction, the runners will be on their way and should return by 9:00 am at the latest. On Saturday, May 16, a week before the Mt. Wilson Trail Race, there will be an expert panel prior to the training session, featuring past MWTR champions providing race strategy and advice.

All runners should bring their own water and running watch, as the workouts will involve timed events.

For more information, please call MWTR Chair Pete Siberell at 626.574.6373, Invictus Running Academy Head Coach Simon Cooper at 626.485.8992, or email Victor Martinez of Run With Us at victorm@clubrunwithus.com



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Disney
Peter Pan JR



Friday, January 30 at 7pm, Saturday, January 31 at 7pm
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Oliver Wallace and Ray Kelley

Music Adapted & Arranged and Additional Lyrics by
Eric Svejcar

Book and Additional Lyrics by
David Zellnik
Based on the play by J.M. Barrie and the 1953 Disney Film

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— *Broadway World*

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— *Philadelphia WeeNly*

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— *Olefa Brown-Klaun, singer and musician*

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& prosperous
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Healthy New Year!!!**



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