

Weather Wise



6-Day Forecast

Sierra Madre, Ca.

Day	Forecast	Hi	70s	Lows	50s
Sun:	Sunny	Hi	70s	Lows	50s
Mon:	Ptly Cldy	Hi	70s	Lows	50s
Tues:	Ptly Cldy	Hi	70s	Lows	50s
Wed:	Sunny	Hi	80s	Lows	50s
Thur:	Sunny	Hi	80s	Lows	50s
Fri:	Sunny	Hi	80s	Lows	50s

Forecasts courtesy of the National Weather Service

CITY OF SIERRA MADRE CALENDAR OF EVENTS

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

NEXT CITY COUNCIL MEETING:
Tuesday, 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

Next Regular City Council Meeting
February 10, 2015 - 6:30 pm

City Council Meeting Hot Topics of Discussion:

- Sidewalk Master Plan

- City's Water Conservation and Enforcement Policies

Thursday, February 19, 2015
Planning Commission Meeting, 7:00pm*

Cancellation Monday, February 16, 2015
Community Services Commission meeting

Monday, February 23, 2015
Special Community Services Commission Meeting, 6:30pm

Tuesday, February 24, 2015
City Council Meeting, 6:30pm*

Wednesday, February 25, 2015
Library Board of Trustees, 7:00 pm

City Hall Hours

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

Planning & Community Preservation and Public Works Service
Hours Monday - Thursday 7:30am - 2:00pm

Sierra Madre 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.



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

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

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

KNOW YOUR W'S

NO

WATERING WEDNESDAYS & WEEKENDS

PLEASE CONSERVE

REDUCE OUTDOOR WATERING

SIERRA MADRE WATER DEPARTMENT

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. Call the Chamber Office at 626-355-5111



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We have dynamic speakers each week.
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Mountain Views News

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

SATURDAY, FEBRUARY 7, 2015

AROUND SAN GABRIEL VALLEY



ART ON PALM RAISES \$5,000 FOR THE CREATIVE ARTS GROUP OF SIERRA MADRE

Art on Palm, an Altadena art and fine crafts show, presents \$5,000 to Kristin Naran, Executive Director of the Creative Arts Group of Sierra Madre, in the canyon garden of show hosts, Maryrose Smyth, Mark Pickett and Beth Overhuls.

In 2014, the artists of Art on Palm raised \$5,000 for Creative Arts Group. Art on Palm is a one-day-only show that occurs each spring and fall. The upcoming 2015 spring event is set for Saturday, May 9, 2015.

The Creative Arts Group of Sierra Madre provides free art instructions to the grade school students of Sierra Madre and affordable art classes

to children and adults.

"We choose to support the Creative Arts Group because they enrich our community with quality instruction for students—who otherwise would not receive it—, in addition to presenting; gallery exhibitions and festivals that are lively, engaging, and fun" said Catherine M. S. Cowles, co-producer, Art on Palm.

"Creative Arts is thrilled to benefit from Art on Palm. It is an honor to be affiliated with this high caliber show and their talented, generous artists. We truly appreciate Art on Palm and all those who support art in our community," states Kristin Naran, Executive Director, Creative Arts Group.



MAYOR ANTONOVICH AND BEA COHEN

LOS ANGELES COUNTY — Mayor Michael D. Antonovich recognized Beah Cohen, California's oldest living female World War II Veteran, on her 105th Birthday. An immigrant from Romania, Beah served honorably in the Armed Forces during World War II and is one of a few people who

witnessed the beginning of World War I in 1914. At the start of World War II, she worked at Douglas Aircraft Company, becoming a "Rosie Riveter," before enlisting in the U.S. Army Women's Auxiliary. Her husband Ray, was a prisoner of war, which inspired her to serve our nation's veterans.

CADETS TRAINED IN WILDLAND FIREFIGHTING GRADUATE IN SUNDAY CEREMONY

Explorer cadets trained in wildland firefighting will graduate in a ceremony set for noon Sunday (Feb. 8) at the Biedebach Regional Training Center, 12371 N. Little Tujunga Canyon Road, Angeles National Forest. The event is about five miles north of the 210 freeway.

The 46 cadets of the Angeles National Forest Wildland Explorer Academy #21 have met both physical and academic challenges, completing a rigorous 120-hour program. Training areas included firefighter training, fire behavior, land navigation, live-fire and hose-laying drills, and wildland fire investigation and prevention.

In addition to the Angeles, the cadets represent

the Ventura County Fire Department, Costa Mesa Fire Department, Oxnard Fire Department, Montebello Fire Department, Riverside County/ Cal Fire, Los Angeles County Fire Department and the Kern County Fire Department.

Established in 1995, the Angeles National Forest Explorer Academy for men and women ages 16 to 21 is the only Explorer program in the nation specific to wildland firefighting. The program introduces its trainees to wildland-firefighting techniques and the potential for a career with the Forest Service or similar agencies in Southern California. Graduates have been placed in temporary and permanent jobs all over the nation.



SAN GABRIELS TO THE SEA: HOW HAHAMONGNA FITS IN

Altadena Heritage is excited to offer this public forum that will put Hahamongna Watershed Park — and Los Angeles County's controversial sediment-removal plan for Devil's Gate Reservoir — into a larger context: its significance within the Arroyo Seco River System. Because of Hahamongna's location between the sediment-producing San Gabriel mountains and the lower Arroyo Seco and Los Angeles River, which flows to the Pacific, it plays a vital role in the continued well-being of our most important local river system.

Two dynamic speakers will help us understand the geology, hydrology, history, and important role of this rich regional resource, and how the project as planned will impact the greater environment of Altadena, Pasadena and La Cañada Flintridge.

Dr. Dave Douglass is a geologist who earned his PhD at Dartmouth College and currently serves as a professor and Dean of the School of Science and Mathematics at Pasadena City College. Dr. Douglass will sketch out the geological big picture that is often poorly understood or completely omitted from public discussions of large public works undertakings such as the Devil's Gate

Reservoir Sediment-Removal and Management Project.

Tim Brick is Executive Director of the Arroyo Seco Foundation and former chair of the Metropolitan Water District Board of Directors; he represented Pasadena on MWD's board for 30 years. Mr. Brick will fill us in on his foundation's efforts to mitigate the current plan so that beyond protecting public safety, it also takes into account modern best practices of integrated resource management and taps opportunities to restore our region's natural hydrology. Such an approach would benefit multiple users, communities, and the environment in and around Hahamongna Watershed Park.

There will be ample time for Q&A from the public. Civic and L.A. County Public Works leaders and water agency representatives have also been invited to participate.

This free event — open to the public — is part of Altadena Heritage's continuing Sustainability Series, and will take place Thursday, February 19, at the Altadena Community Center (730 E. Altadena Dr.) from 7 to 9 pm. Light refreshments will be served. You must RSVP: altadenaheritage@earthlink.net.

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Thoughts on the matter: "Someone said drink the water, but I will drink the wine / Someone said take a poor man, the rich don't have a dime / Go fool yourself, if you will, I just haven't got the time / I'll give you back your water, and I will take the wine." O! Blue Eyes Frank Sinatra

Living in the San Gabriel Valley for the past forty-plus years I have seen many restaurants come and go -- some should have left, and others I felt put a real effort into the craft. One restaurant's opening I greatly anticipated was Del Frisco's Grille on Lake Avenue. Pasadena's newest steak sensation, Del Frisco's started

I'll visit this wine region for sure. Next in my adventure came the Kale & Quinoa salad - it was spectacular, and went very well with my taste of Flora Springs Chardonnay. And then came the reason for our review: the steak! I had the 8 oz. (you don't need more) filet mignon with a side of mac and cheese (did I say "truffled"?) If you've heard my radio show, I often talk about steaks and my contention that I can make a great steak at home. This one is as good as it gets, and sommelier Sharra Nagelberg paired it with a wine I reviewed recently, the Decoy Cabernet Sauvignon. But wait! There's more! The night was completed with their Coconut Cream Pie - this was so good we went back the next night and got it to go.

TABLE FOR TWO by Peter Dills
thechefknows@yahoo.com

in Louisville Kentucky over twenty years ago by Audrey Lapp. Now based out of Texas, Del Frisco's has built their reputation on a menu that features all prime beef.

What they have here in Pasadena is a great location, an incredible wine list, and a top-notch filet mignon. My assignment was to enjoy a pairing of fine wine with Del Frisco's popular menu, aided by Del Frisco's sommelier. Although not every restaurant has the luxury of having a sommelier, this is a fun way to go through a meal. I started off with the Ahi Tuna Tartare with avocado and a spicy citrus mayo. Ahi tuna tacos have become a popular appetizer in restaurants, and I enjoyed it paired with a Paco & Lalo white wine from Spain, one of the most popular wines from the region of Rias Baixas. I've never been to Spain, but when I go



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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

**DEEP DARK CHOCOLATE
COCONUT CAKE**
VALENTINE'S DAY SPECIAL

INGREDIENTS

CAKE

1. One 7-ounce bag sweetened shredded coconut (2 cups), finely chopped
2. 1/2 cup sweetened condensed milk
3. 1 large egg white
4. 2 cups all-purpose flour
5. 1/2 cup unsweetened cocoa powder
6. 2 teaspoons baking powder
7. Scant 1/2 teaspoon baking soda
8. Scant 1/2 teaspoon salt
9. 1 1/2 sticks (6 ounces) unsalted butter, softened
10. 1 cup plus 2 tablespoons sugar
11. 3 large eggs
12. 3 ounces bittersweet or semisweet chocolate, melted and cooled
13. 2 1/4 teaspoons pure vanilla extract
14. 1 1/2 cups plain nonfat yogurt

GLAZE

1. 1/2 cup sugar
2. 1/4 cup water
3. 1 tablespoon unsweetened cocoa powder
4. 1/2 teaspoon pure vanilla extract

DIRECTIONS

1. MAKE THE GLAZE Preheat the oven to 350°. Butter and flour an 8-cup Bundt pan. In a small bowl, mix the chopped coconut with the condensed milk and egg white. Transfer the coconut mixture to a large sheet of plastic wrap. Using your hands, roll the coconut into an 18-inch rope. Wrap and refrigerate until slightly firm, at least 20 minutes.
6. In another small bowl, sift the flour with the cocoa, baking powder, baking soda and salt. In a large bowl, using an electric mixer, beat the butter until creamy. Add the sugar and beat until light and fluffy. Add the eggs, 1 at a time, beating well after each addition. Add the melted chocolate and the vanilla and beat until the batter is smooth. Beat in the dry ingredients in 3 batches, alternating with the yogurt.
7. Scrape the batter into the prepared pan and smooth the surface. Unwrap the coconut rope and join the ends to form a circle. Lay the coconut rope on the cake batter, centering it in the pan. Press the coconut into the batter until it is submerged in 1 inch of batter. Bake the cake for 1 hour, or until a toothpick inserted in the center comes out clean. Let cool in the pan for 10 minutes, then invert onto a rack to cool completely.
8. In a medium saucepan, combine the sugar and water and bring to a boil; stir to dissolve the sugar. Whisk in the cocoa and vanilla and let cool. Brush a thin layer of the glaze over the cake and let dry slightly. Repeat 3 more times, letting the glaze dry slightly before brushing the cake again. Refrigerate until the glaze is set and slightly cracked before serving.

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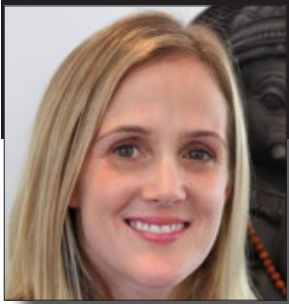
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THE JOY OF YOGA MEDITATION VS. MEDITATIVE



There was a funny blurb going around about two dogs who were talking about meditation. One dog said to the other, "The trick is

that you have to STAY..." Ha!

For many years, I considered meditating as an activity I could do anywhere, anytime. I'd be driving, for example, and place all of my attention on the Divine. I thought this was "meditating". Or I'd do something I loved to do, golf, attend a yoga class or hike. I felt serene while doing these things. My heart was full. I'd call this my "meditation". You may have your own activities that you love--gardening, hiking or possibly knitting. The stress relief can be amazing and healing. These activities can be called meditative. They put you closer to your inner self, with conscious placement of your energy.

It was not until learning actual meditation techniques, and experiencing a number of sessions of seated meditation did I feel and know the difference.

Meditation, or devotion to the Divine, is sustained concentration on a single object, mantra, or simply hearing the breath. It's usually done while seated comfortably. Meditation also involves stillness and steadiness, or what's called Kaya Sthira. You may reach a point when the mind becomes one pointed and enters the state of Samadhi, or total bliss with complete spiritual absorption. This experience could last a few seconds or longer depending. Getting still in meditation is important and part of the learning process. It's hard to stay still! Even sitting with a sustained internal focus (head busy or not), just breathing is meditating.

One of the many great things about meditation is its availability! Rain or Shine, injury, no injury, it's available and free. You still get to enjoy and love doing all the wonderful active things that make life full and rich. A great setup in fact, for some time sitting in Meditation.

See you in class!
Namaste friends,
Keely Totten
Yoga Madre



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DON'T BE A TICKING TIME BOMB



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

High blood pressure in American is all too common. Blood pressure is determined from the amount of blood your heart pumps and the amount of blood flow resistance in your arteries. The more blood your heart pumps and the narrower your arteries, the higher your blood pressure. When the force of the blood against your artery walls gets high enough, it may eventually cause health problems such as heart disease. You can have high blood pressure

and not have any symptoms which is why heart disease is called the silent killer. I am often asked what can be done to lower blood pressure naturally besides diet and exercise. Here are my recommendations:

- Flaxseed: 30 g/day milled.
- Garlic: Eat 2 fresh chopped cloves on salad or veggies.
- Beets: Regularly consume beets (the effects are accentuated by sunlight exposure).
- Cocoa: Eat 85% chocolate, 2/3 oz. per day.
- Green tea or Hibiscus tea: Consume 2 to 3 cups a day.
- Salt: Reduce to 3 g/day and increase potassium
- Berries: Consume a serving of strawberries, blueberries or raspberries every day.

Combine these foods with diet and lifestyle changes, such as losing weight, getting enough quality sleep and lowering alcohol intake and you will begin to lower your blood pressure naturally. Talk to your healthcare practitioner for other herbal options.

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COMMUNITY EMERGENCY RESPONSE TEAM TRAINING

FREE Training Overview:
 Wednesday Nights
 April & May 2015
 6:00-9:00pm
 Duarte Community Center
 1600 Huntington Drive, Duarte

The County of Los Angeles Fire Department's Community Emergency Response Team (CERT) program is coming to Duarte! The training provides safety and life saving skills to the general public for use during emergency situations.

The course curriculum covers the following:

April 15: Disaster Preparedness	May 8: Fire Suppression
April 22: Terrorism Awareness & Disaster Psychology	May 13: Disaster Medical PART 1
April 29: Team Organization & Light Search & Rescue	May 20: Disaster Medical PART 2
	May 27: Review, Drill, and Graduation

C.E.R.T. training is free of charge
 To enroll, contact:
 CSR, Alicia Mejia, LACoFD - (626) 732-3531
 OR
 A.Meja@fire.lacounty.gov
 Enrollment Deadline: March 20, 2015

*Participants must complete all hours of the course to receive a Certificate of Completion.
 Note: All participants must be at least sixteen years of age OR 13-15 with a parent in attendance.

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.

Learn what it takes to get published from Adrienne Marie Hall, President and CEO of Anthurium Publishing LLC and the author of Thresholds, The Keys To Getting Published and The Adult Bedtime Chronicles (available in spring 2015).

Hear about local history and first hand paranormal experiences from Frances Chavez, author of Old Mission Cemetery Tales.

Come visit with our guest authors, pick up a few new books, collect some autographs, and enjoy coffee, tea and nibbles at the historic 1914, Essick House located at: 550 W. Sierra Madre Blvd. Sierra Madre, CA 91024

\$20 with RSVP call 626-355-8977 no later than Friday January 30, 2015
\$25 without RSVP on February 7th

This is a collaborative event with Sierra Madre Woman's Club, Anthurium Publishing LLC, and Authors Tour USA. Proceeds support Sierra Madre Woman's Club Charities.

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

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BE YE KIND TO THE CANINE

Over the course of the four years that I've been writing this column, I've used quite a bit of it's printed space to share my feelings about how animals should be treated more kindly by the human. Although what I have written has been based on facts as I know them, and while my motive has been pure in terms of hoping to encourage change for the better, I realize that my writing has at times turned to ranting and raving on a subject that is, for the most part, hard to hear and difficult to deal with.

This week I decided to focus my article on all of the good things humans have done to help protect animals and enhance their quality of life. So many positive changes have been made through new legislation, volunteerism, philanthropy and donations - all on the part of the human, and all on behalf of the animals. There is much more work to be done to ensure that all animals, both wild and domestic are given a fair shake in life, but we've come a long way, baby! So let's celebrate our success!

Here are a few examples of the positive changes that have come about for the animals over the past several years. This is a short list, but it gives you an idea of the direction our country has taken in terms of our relationship with animals.

In 1966, The Animal Welfare Act was signed into law, making it the first in the United States that regulates the treatment of animals in research, exhibition, transport, and by dealers. Other laws, policies and guidelines before or after may include additional species coverage or specifications for animal care, but today all refer back to the Animal Welfare Act as the minimum acceptable standard.

In May of 2006, Ohlone Dog Park in Berkeley, CA became the first known of it's kind in the world. Since then, dog parks have been popping up by the hundreds in numerous cities within the US, and throughout the globe. This proves that all those millions of dog owners truly care about their pets, and want the very best for them. Off-leash play in a social setting with other canines is one of the kindest things you can offer your dog. If you haven't visited our own dog park here in Sierra Madre, you should. It is located behind the Rec. Center pool, next to the tennis courts in Recreation Park. There are also a few other dog parks nearby with fenced areas designated for both small and large dogs to play off leash. Use common sense and go by the rules to ensure a positive experience.

In February, 2012 LA County agreed to allow dogs to accompany their humans for dinner on restaurant patios. Now your four-legged friend can really be a part of the family, by joining you for an evening outing rather than waiting at home anxiously until you arrive. With LA county being the forerunner and followed example, this law carried over to several other counties in California as well. It was amended later to prevent restaurant owners from being cited by the Health Dept., opening even more doors to four-footers.

In October of 2012, The LA City Council voted 12-2 in favor of a law that would require pet stores to sell only rescued animals. In addition to reducing euthanizations, the law seeks to put an end to puppy and kitten mills that keep animals in poor conditions and then ship them to pet stores for profit.

Pet ownership in the United States, Great Britain and Australia is on the rise! According to a recent census, the number of dog owners in these three countries has grown by several millions from the 1990's to the 2000's and the number of dogs per household has increased as well. We humans are obviously becoming much more willing to forego another toy or trinket, in order to love and care for someone besides ourselves! Pets are great teachers.

In the early 1990's, pet supply stores started showing up all over the place

in the US, coast to coast. Nearly every sizable city now boasts at least one PetCo or PetSmart store along with a variety of neat boutique mom-and-pops where you are sure to find anything and everything you may want to pamper your pet. Is this not a true sign of our growing affection for Fido? After all, our money typically follows our heart.

Countless animal rescue organizations have formed over the past few decades. Best Friends is a prime example of kind humans helping animals in need. Their efforts have reduced the number of euthanized pets to a proportionate fraction of what it used to be and numerous other organizations have followed their lead by placing rescued animals and advocating spay and neuter to all pet owners.

Which brings me to another positive praise point for the human's love toward animals. Many licensed veterinarians in the United States now offer affordable spay and neuter services to those who are financially strapped. Several non-profits network with veterinarians who share their desire to stop accidental breeding, and are willing to provide such services at their own cost. Do the research to find the right vet for your pet, and discuss your financial status frankly with him/her. You may be surprised at how helpful your vet will be when you tell them your desire is to prevent pet pregnancy.

Last but certainly not least, there is a growing trend in our present society, to adopt and not shop. This relatively new concept that was started by animal rights advocates, was mostly made popular by celebrities who agreed with the philosophy. Now it seems just about every animal lover is on the band wagon. It thrills me to hear people say, "My dog is a rescue from a local animal shelter, and I wouldn't have it any other way." So now, adopting is not only a win-win for the animal, it is also a cool trend that has caught on like wildfire. I think this trend is here to stay, and will continue to grow.

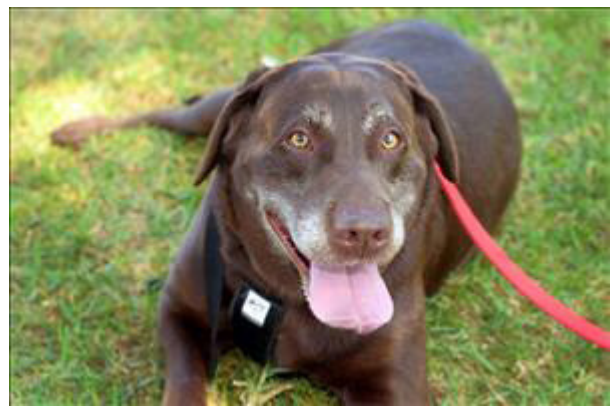
Like I said, this list is limited to only a few of the many great things that are happening in our society, on behalf of the animals. More than ever before, we humans are realizing how precious our pets really are. They are genuinely grateful for the care we give them. They love us unconditionally, and for some people, it may be the only one they have that kind of relationship with. I benefit every day, from the time I spend with my little Molly. And, I am blessed with the added benefit of spending time with my clients' pets as well. There is nothing like being greeted at the door by a dog who is elated to see you. No other boss I have had in the past could make me that happy to do my job.

Kudos to all the humans who recognize the value of the animals and show them the respect they deserve. Thank you selflessly paving the way to a better life for them. May we all try to focus more on the good things being done to make changes for the better, and let's keep up the good work! Love and let live.

"The greatness of a nation and its moral progress can be judged by the way its animals are treated."
~ Mahatma Gandhi

LOOKING FOR A BEST FRIEND??

To share a valentine with? Stella is a beautiful chocolate Labrador retriever mix who came to the shelter as a stray. It is hard to believe no one was looking for this gorgeous girl, but she has gone unclaimed for a few months. She needs and deserves a comfortable, loving home to spend the rest of her life, and is available for adoption.



bark, inviting a visit or asking for a treat. If someone stops to see her, she will do a happy dance with a smile on her face and a wagging tail.

Stella needs a loving home with a big yard where she can run and work off her energy, as well as regular exercise. She needs a family who can handle a large, strong dog, and who

is willing to give her the training she needs to become the wonderful, devoted companion she would love to be.

Please come in to meet Stella who will happily sit for a treat! She currently resides at the San Gabriel Valley Humane Society located at 851 E. Grand Avenue in San Gabriel. We are located off San Gabriel Blvd., north of Mission and south of Las Tunas.

To arrange a 'Meet and Greet' with Stella, please stop by any time from 10:00am to 4:30pm Tuesday thru Sunday. Her adoption fee is \$135 which includes her spay surgery, a microchip, first vaccinations and a free wellness check-up at a participating veterinarian. Feel free to call us at (626) 286-1159 for more information on Stella. She is eligible for our reduced-fee 'Senior For Senior' adoption program.

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

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PET OF THE WEEK

Peanut: Animal ID #A4793654

Meet Peanut, a ton of fun in a petite package! Peanut (A4793654) is a dancing 6-year-old white-and-brown male Short Haired Chihuahua mix who was found in Azusa and brought to the Baldwin Park Animal Care Center on January 21st. Weighing 9 lbs, Peanut is a tiny performer: he likes to dance around (a mini Fred Astaire) and, as his handler said, show off (and why not? He's a hottie with smooth moves!). He's great on a leash but could use a little more training to be a perfect canine citizen; any training should be a cinch for him and his person, however, since he's very treat motivated. He's also friendly with other dogs and with humans. He currently has a growth on his left rear leg that he's sensitive about—he doesn't want it touched—so a trip to an outside vet is in order to have this looked at. Given his present sensitivity about his leg, we feel this captivating little guy would be best as an indoor pet and companion for a single adult or a family of adults, although this adult-only suggestion certainly could change



once his leg is evaluated. To watch a video of Peanut, please visit the following link: <http://youtu.be/3YhIVOu7SL8>

To meet Peanut 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 Peanut, please reference his animal

ID number: A4793654. 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 Peanut 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/>.

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SEAN'S SHAMELESS REVIEWS: HBO'S TOGETHERNESS SEEKS PURPOSE

By Sean Kayden

Together, the new HBO dramedy series, paints the portrait of soon to be 40 year olds framed in the married life. While other TV shows focusing

on life in your 20s and early 30s tend to be driven solely by comedy, Togetherness is more on the cusp of dramatic elements doused in lightheartedness. Ubiquitous filmmakers/brothers Mark and Jay Duplass created the half hour sitcom, which features eight episodes. They are responsible for writing, directing, and producing ever-single episode of the first season, which debuted several weeks ago. Mark also stars in FX's The League, while Jay is in Amazon's award winning series, Transparent. The two siblings have had major success on the independent level while creating and/or producing several films over the years such as Cyrus and Jeff Who Lives At Home. They recently struck a four-picture deal with Netflix. However, in this series, which was already renewed by HBO for a second season, the Duplass brothers pursue to retell the old and somewhat tired story of a married couple trying to obtain the luster once found in their long-term relationship. Their attempts, nonetheless, are surprisingly refreshing.

In addition of creating the series, Mark also stars in Togetherness as Brett Pierson, a sound editor looking to rediscover himself. Brett's wife, Michelle, is portrayed by Melanie Lynskey (Hello, I Must Be Going, Happy Christmas). She is resisting the inevitability of adulthood. She's a mother and wife, but appears unmotivated for both roles. In the beginning of the pilot episode, Brett tries to have sex with his wife, but Michelle only wants to catch up on much needed sleep. It's kind of the cliché scenario, but still told considerably well. As you might have guessed, their sex life is

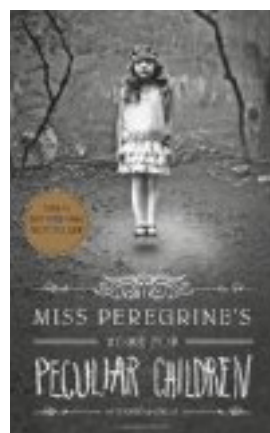
nonexistent. Michelle simply isn't into it anymore and doesn't know why. Lynskey brings a raw and real sensibility to her character. In fact, all the actors in the show, while playing particular "types" of characters honestly portray them like authentic people. Whereas the main storyline focuses on these two and their personal desires and therefore lack of desires toward one another, the other side to this series are having Michelle's sister Tina and Brett's best friend Alex temporarily move in with them. The wonderful Amanda Peet plays Tina, the wildish sort seeking a man to take care of her. Alex, the out of work/out of shape actor recently evicted from his apartment is represented by the humorous Steve Zissis. These two strike up an awkward, but sincere friendship. However, Alex, unsurprisingly, starts to have a thing for Tina. Hence the show's title, the foursome is dealing with their own personal issues as they find themselves living beneath one roof trying to figure out which path to walk down.

The Duplasses bring an indie-film sensibility to Togetherness. After the first three aired episodes, I notice the show has more intrigue than its predecessor. The brothers aren't reinventing this tale, but their approach is fresh and different. Togetherness isn't laugh out loud funny, but the characters are magnetic to watch. It's a show that should spark interest for those willing to give it a chance. While the deliberately slow paced nature could be a turn off for some, Togetherness seems to be more grounded than other shows of recent memory attempting to illustrate a musty married life on the small screen. It's not entirely pitch-perfect, but just like the individual lives on display pursuing the right or what seems to be the privilege of habitual happiness is undeniably absorbing to watch.

Jeff's Book Picks By Jeff Brown

THE MAN WHO TOUCHED HIS OWN HEART: TRUE TALES OF SCIENCE, SURGERY, AND MYSTERY by Rob Dunn

The Man Who Touched His Own Heart tells the raucous, gory, mesmerizing story of the heart, from the first "explorers" who dug up cadavers and plumbed their hearts' chambers, through the first heart surgeries-which had to be completed in three minutes before death arrived-to heart transplants and the latest medical efforts to prolong our hearts' lives, almost defying nature in the process. Thought of as the seat of our soul, then as a mysteriously animated object, the heart is still more a mystery than it is understood. Why do most animals only get one billion beats? (And how did modern humans get to over two billion-effectively letting us live out two lives?) Why are sufferers of gingivitis more likely to have heart attacks? Why do we often undergo expensive procedures when cheaper ones are just as effective? What do Da Vinci, Mary Shelley, and contemporary Egyptian archaeologists have in common? And what does it really feel like to touch your own heart, or to have someone else's beating inside your chest? Rob Dunn's fascinating history of our hearts brings us deep inside the science, history, and stories of the four chambers we depend on most.



It all waits to be discovered in Miss Peregrine's Home for Peculiar Children, an unforgettable novel that mixes fiction and photography in a thrilling reading experience. As our story opens, a horrific family tragedy sets sixteen-year-old Jacob journeying to a remote island off the coast of Wales, where he discovers the crumbling ruins of Miss Peregrine's Home for Peculiar Children. As Jacob explores its abandoned bedrooms and hallways, it becomes clear that the children were more than just peculiar. They may have been dangerous. They may have been quarantined on a

deserted island for good reason. And somehow impossible though it seems they may still be alive. A spine-tingling fantasy illustrated with haunting vintage photography, it will delight adults, teens, and anyone who relishes an adventure in the shadows.

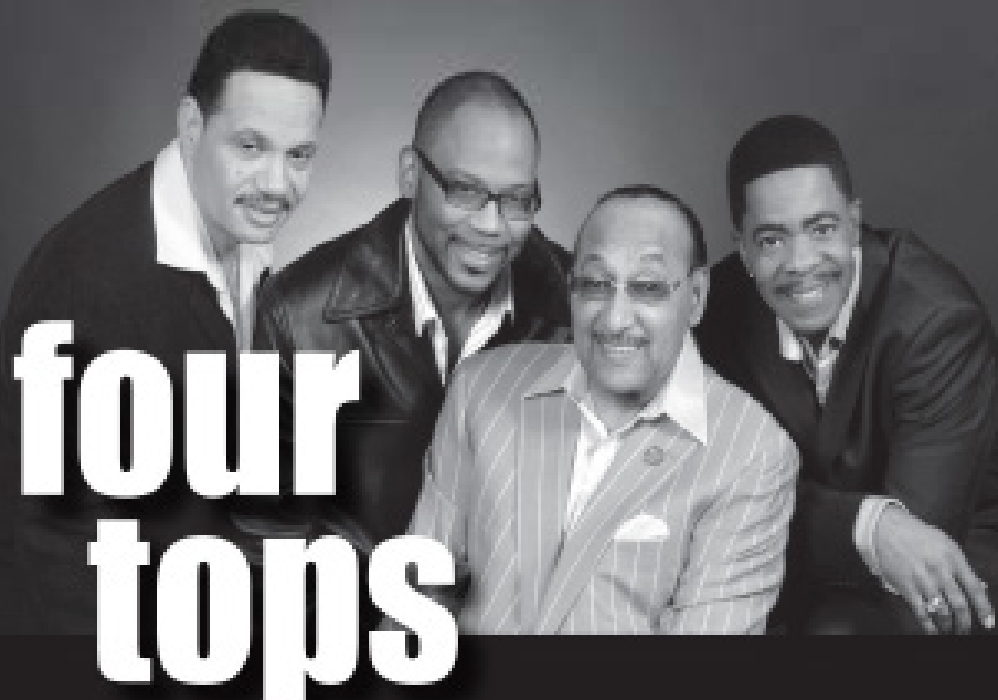
THE WINDS OF WAR by Herman Wouk

A Masterpiece of Historical Fiction-The Great Novel of America's "Greatest Generation" Herman Wouk's sweeping epic of World War II, which begins with The Winds of War and continues in War and Remembrance, stands as the crowning achievement of one of America's most celebrated storytellers. Like no other books about the war, Wouk's spellbinding narrative captures the tide of global events-and all the drama, romance, heroism, and tragedy of World War II-as it immerses us in the lives of a single American family drawn into the very center of the war's maelstrom.

MISS PEREGRINE'S HOME FOR PECULIAR CHILDREN by Ransom Riggs

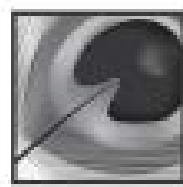
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45TH ANNUAL FRIENDS OF THE SIERRA MADRE LIBRARY WINE AND CUISINE TASTING

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 fine 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.

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HOW TO MAKE YOUR BATHROOM SAFER

Dear Savvy Senior,
What tips do you recommend for making a bathroom safer and more functional for seniors. My 79-year-old mother slipped and fell getting out of the shower last month, and I'd like to modify her bathroom a bit with some safety features that can help protect her.

Searching Daughter

Dear Searching,
Because more accidents and injuries happen in the bathroom than any other room in the house, this is a very important room to modify for aging in place. Depending on your mom's needs, here are some tips for each part of the bathroom that can make it safer and easier to use.

Flooring: To avoid slipping, a simple fix is to get non-skid bath rugs for the floors. Or if you want to put in a new floor get slip-resistant tiles, rubber or vinyl flooring, or install wall-to-wall carpeting.
Lighting: Good lighting is also very important, so install the highest wattage bulbs allowed for your mom's bathroom fixtures, and get a plug-in nightlight that automatically turns on when the room gets dark.

Bathtub/shower: To make bathing safer, purchase a rubber suction-grip mat, or put down adhesive nonskid tape on the tub/shower floor. And have a carpenter install grab bars in and around the tub/shower for support.

If your mom uses a shower curtain, install a screw or bolt-mounted curtain rod, versus a tension-mounted rod, so that if she loses her balance and grabs the shower curtain the rod won't spring loose.

If your mom has mobility issues or balance problems, get her a shower or bathtub seat so she can bathe from a seated position. In addition, you may also want to get a handheld, adjustable-height showerhead installed that will make washing while sitting down easier.

Another, pricier option is to install a walk-in-bathtub or a prefabricated curbless shower. Walk-in tubs have a door in front that provides a much lower threshold to step over than a standard tub. They also typically have a built-in seat, handrails and a slip resistant bottom, and some have therapeutic spa features with whirlpool water jets and/or bubble massage air jets.



Curbless showers have no threshold to step over, and typically come with a built-in seat, grab bars, slip resistant floors and an adjustable handheld showerhead. Prefabricated curbless showers and walk-in-tubs typically cost anywhere between \$2,500 and \$10,000 installed.

Toilet: Most toilets are about 14 to 16 inches high which can be an issue for many people with arthritis, back, hip or knee problems. To raise the toilet height, which can make sitting down and getting back up a little easier, you can purchase a raised toilet seat that clamps to the toilet bowl, and/or purchase toilet safety rails that sit on each side of the seat for support. Or, you can install an ADA compliant toilet that ranges between 17 and 19 inches high.

Faucets: If your mom has twist handles on the sink, bathtub or shower faucets, replace them with lever handle faucets. They're easier to operate, especially for seniors with arthritis or limited hand strength. Also note that it only takes 130-degree water to scald someone, so turn her hot water heater down to 120 degrees.

Entrance: If your mom needs a wider bathroom entrance to accommodate a walker or wheelchair, install some "swing clear" offset hinges on the door which will widen the doorway an additional two inches.

Emergency assistance: As a safety precaution, purchase a waterproof phone for the bathroom or get a medical alert device (SOS emergency call button) that your mom could wear in case she falls and needs to call for help.

You can find all of the products suggested in this column at either medical supply stores, pharmacies, big-box stores, home improvement stores, hardware and plumbing supply stores as well as online.

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



IF YOU GIVE A CAT A STEROID...

It was summer, 1982. Regan was President, the longest baseball game at Wrigley Field lasted 22 innings, and the lowest August temperature in Cleveland was a cool 38°F. But such was not the case in southern California. Rather than being remembered for this trivia, the summer of 1982 was remembered as a particularly bad flea season. However, the fleas didn't bother me. I was six months away from being born, so I was well insulated.

My grandma went to visit family in Michigan, and she left my mom in charge of watching Boots, her cat. Being pregnant and having other distractions, my mom did not immediately realize that my grandma's house had become infested with fleas! They had taken up residence in the long shag carpet (the was the 80's, remember). One day when she went to feed Boot's, my mom found him languished on the carpet, his bloodless body nearly dry to the bone. (Think Terry Thomas in "The Abominable Dr. Phibes.")

She and my dad took quick action and brought Boots to his vet in Arcadia. He prescribed steroid treatments that were administered in a series of shots. Boots gradually recovered, and by the time Gran returned from her trip with a small kitten named Squeaky, he had filled out to his pre-drained plumpness. But unbeknownst to everyone, "The Madness of Boots" had begun.

Squeaky was, as the name implies, a small, timid female cat. Boots took an instant over protective attitude toward her, and was often thrown into fits

of jealous rage. My grandma's living room had a large floor-to-ceiling window that looked out over the quiet street she lived on. If Boots happened to see another cat outside he hurled himself against the window, practically frothing at the mouth. But, not being able to fight off his "invader," Boots lashed out at the closest living thing, which was typically Gran's legs.

It was around this time that Boots also developed small bony protrusions circling the top of his head, like little horns. Gran tried to keep his anger at bay, but it was not always possible. I was about four by this time, and Gran would often watch me while my mom worked. It was on one of these days that Boots went into a particularly violent fit, and sank his fangs deep into Gran's ankle. With Gran down, I was left in his pathway. But seconds before he lunged at me, Gran dove between us and quickly pulled me into the safety of the closet.

When my mom arrived that afternoon, she found "what looked like a crime scene!" The white carpet was streaked with bloody footprints leading toward the front door. She heard a muffled sound coming from the closet, "Mary! We're in here!" By now Boots' bloodlust had ended, and he was placidly munching Kibbles & Bits.

The life and times of Boots ended a few years later when my mom and dad found him stiff behind the loveseat. We never learned what, exactly, caused his mania. Did his near brush with death push him over the edge? Was he given hormones? Whatever was to blame, the lesson of the story is to be very careful if you give a cat a steroid...



SENIOR HAPPENINGS

HAPPY BIRTHDAY! ... February Birthdays



Hilda Pittman, Anne-Marie Stockdale, Ann Luke, Susan Henderson, Jan Reed, Peter Lippincott, Georgia Lippincott, Allie Attay, Ursula El-Tawansy, Gladys Moser, Sylvia Lorhan, Jan O'Day, Ana Ptanski, Winifred Swanson, Marian DeMars, Vickie Vernon, Mary Beth Knox, Sharon Lefler, Gordon Caldwell. * To add your name to this distinguished list, please call the paper at 626.355.2737. YEAR of birth not required but you must be over 60.



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.

LUNCH & LEARN PRESENTATION – HEART HEALTH

Wednesday, February 18th, 2015 beginning at 12:00 pm

February is American Heart Month, a time to show yourself the love. Learn about your risks for heart disease and stay "heart healthy" for yourself and your loved ones.

A representative from The Kensington will teach us about nutrition on how to eat a healthy diet and also activities that can help us maintain a healthy weight and lower cholesterol and blood pressure.

If you would like to have lunch during the talk, please make a lunch reservation with the Senior Lunch Café at 626-355-0256 or you may bring your own.

SEASONAL FUN AT THE SENIOR CENTER

Valentine's Day Craft: Give flowers on Valentine's Day that won't need water or trigger pollen allergies. Come and join us on Thursday, February 12th, in making tissue paper carnations. Craft making will begin at 11:00 am. All supplies will be provided.



UPCOMING EXCURSIONS:

HISTORIC RESIDENCE OF SAM MALOOF AND THE MALOOF DISCOVERY GARDENS (ALTA LOMA)

Date: Friday, February 27, 2014 Time: 9:30am - 3:30pm

Meeting Location: Hart Park House Senior Center Cost: \$20 (Does not include lunch)

Guided tour of the home of American woodworker Sam Maloof and furnished with his signature furniture. The house is also a showcase of 20th century studio craft and fine art. Following the tour, take a self-guided tour of the Maloof Discovery Garden and then visit the Museum shop stocked with crafts and Maloof publications. Please note there are 12 steps up to a mezzanine level in the historic home. Not able to accommodate wheelchairs in the historic home, but can accommodate walkers. Patrons are required to leave their handbags and other large belongings in a locked coat check room prior to touring the home. Lunch is scheduled for a restaurant

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FAMILY MATTERS By Marc Garlett



FIGHTING DOES NOT FEEL GOOD

James Brown recorded 16 number-one singles on the Billboard R&B charts including his signature song, "I Feel Good." Unfortunately, no one is feeling good about the nearly decade-long battle still raging over his estate which began after his death on Christmas Day, 2006.

The majority of Brown's estate - estimated to be in the tens of millions of dollars - was distributed via his will to the I Feel Good Trust. Brown set up the trust to provide scholarships to underprivileged children in South Carolina and Georgia. To date, none of his estate proceeds have been distributed, however, due to ongoing litigation between Brown's fourth wife, Tomi Rae Hynie, his seven children, and his trust.

Brown's estate has devolved into a huge mess for his family. He has seven children and during the estate battle several more people stepped forward claiming they were Brown's children as well. The legality of his marriage to Hynie has been called into question. Two sets of trustees have already been removed from the case.

Over the last few years the South Carolina Attorney General attempted to broker a deal between the parties and the South Carolina Supreme Court even got involved. The latest twist was a decision in January of 2015 by a South Carolina judge granting a journalist's Freedom of Information Act request to gain access to emails that include appraisals of Brown's assets and discussions about Hynie's diary as well as how much the estate should pay a local law firm involved in the fight over the estate.

As you might imagine, all of this is terribly expensive. Brown's estate has to foot the bill along with paying millions to creditors, lawyers and other debtors. But not one single dollar has been given to the scholarship program Brown envisioned.

While a challenge to Brown's will may not have

been avoidable considering the number of relatives he left behind, properly transferring his assets to the trust before his death may have prevented much of the litigation and provided the education funds for the children he wanted to help. And since a trust is private, unlike a will, it would have avoided the public scrutiny over his private affairs. This is a common error made by estate planning lawyers, even those hired by wealthy people like James Brown. Unfortunately, whether someone has significant financial wealth or not, the impact on their family is the same -- if the assets are not titled properly in a trust at the time of death, the family members left behind will end up in Court. That's guaranteed.

If you would like to chat about how an estate plan can help protect your family from the time, expense, and emotional pain of court, call our office today to schedule a time for us to talk. If you already have a plan and want to make sure it doesn't have mistakes (such as not titling your assets correctly), call us and ask for an estate plan review. The next two callers who mention this article will receive these services free of charge. 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.



Tips of the Trade: Real Estate Revealed

by Luther Tsinoglou

A CHORE NEXT DOOR

While not a very common problem, if you've got it, it can have a terrible impact on your listing: The Messy Neighbor. If you live next door to a "neglected" property, you might lose up to 20% of your home's market value, particularly with buyers looking for any excuse to reduce their offer.

It's technically not your problem, but ask not for whom the bell tolls. It's well worth your time and effort to resolve this situation amicably. Always be respectful, and don't let your emotions get the best of you.

Unless you believe your neighbor is "unhinged," you should begin with a visit to their home and a positive attitude - no name-calling or finger-pointing. Don't grab everyone on the block and gang up on your neighbor - you'll get better results if you go alone or with one other person.

If you find your messy neighbor is unwilling to take care of their maintenance, it may still be in your best interest to do the work yourself or with the help of other neighbors. No, it's not fair, but if you want a fair sales price, this may be your only option.

As a last resort, you could file a complaint with your property owners association or city government. You could be referred to a mediator who will help settle your disagreement cordially.



Social Media Tips, Tricks & Ideas



by: MJ Finstrom

TIMING YOUR EMAIL CAMPAIGNS

When deciding on the best time to send an email campaign, consider 2 things:

1. Studies show the majority of emails are read within the first 4 hours after sent: Even though someone can save your email and open it later, most people don't. It's important to consider the time and day you send your emails. For example, if you market to Moms, avoid sending emails between 6am and 9am, Monday - Friday. Most Moms are busy taking kids to school, making lunches, etc. and don't have time to look at your email. Get to know your audience and play around with timing. You might do a split test and divide your email list in thirds and test different days and times to find your sweet spot. You can also use social media and listen to your audience to find out what's important to them and take note of when they are most active.
2. Is there a current event or holiday you can leverage: I like to follow the big boys and see how

they leverage holidays and current events. For example, I think Papa Johns does a great job with their promotions. If the Lakers are playing, they will send out an email announcing the game and start time with a coupon for 50% off game day. What current events can you take advantage of that fit with the flavor of your brand? Think outside of the box. We know a fun restaurant downtown that runs a promotion on Elvis' birthday. Is there a quirky holiday you can play with?

AboutMJ: 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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BUSINESS TODAY

The latest on Business News, Trends and Techniques

By La Quetta M. Shamlee, MBA



MIND YOUR BUSINESS

Establishing and maintaining a successful business begins and ends with an entrepreneur's state of mind. "The Little Engine That Could" is one of the most famous children's stories, extolling the benefits of what is possible when someone simply dares to believe they can accomplish something that may seem out of reach.

Everyone who has any inkling of entrepreneurial aspiration must seize the moment at some point and take action in order to create the product or business they envision. The mind is defined as the part of a person that can think, reason, feel and remember. It is commonly thought of as the activity of the brain, which is an appropriate springboard to emphasize that activity or action aligned with aspiration is what distinguishes doers from mere dreamers.

Mind your business is used here as an expression to emphasize the importance of how entrepreneurs can use their own thought process to forge ahead toward achieving goals. The following mnemonic can be used as a guide to move forward and keep going in the direction of your business interests.

Make Up Your Mind

The first step is to get clarity about your vision, your dream to start a business. Do you want to earn extra income or build your idea into your primary livelihood? Do you want a small, easy-to-manage business or are you thinking of building a thriving enterprise? Either one will need to generate revenue and be profitable. It is important to determine the income goal as a certain amount per month, year or other timeframe. Finally, it is imperative to commit to a date by which you expect certain goals to be attained.

Invest Your Time & Resources

Everyone on the planet is granted with 24 hours in a day, and those who have relished in the success of building a profitable understand that time is a commodity more valuable than money. Both should be used wisely, but unlike money, time wasted can never be recaptured. Take time to layout the gameplan, the roadmap as you understand it, to reach your goal.

Never Give Up

Follow the example of The Little Engine That Could and press forward, even when going uphill makes it a little more difficult.

Distinguish Yourself With Discipline

Executing your plan will build the bridge between your goal and your vision. Consistency fosters discipline, which results in a mastery of knowledge and skills that fuels the type of confidence that can help an entrepreneur to keep going when times get challenging.

Move beyond thinking about starting a business, or if you're already in business, move beyond simply thinking about what you can do to expand and move to the next phase you envision. Make up our mind to have the level of success you desire as a business owner and go for it.

"The mind is everything. What you think you become." - Buddha

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Looking Up
with Bob Eklund

THROUGH THE MILKY WAY

A new image taken with ESO's VISTA survey telescope reveals the famous Trifid Nebula in a new and ghostly light. By observing in infrared light, astronomers can see right through the dust-filled central parts of the Milky Way and spot many previously hidden objects. In just this tiny part of one of the VISTA surveys, astronomers have discovered two unknown and very distant Cepheid variable stars that lie almost directly behind the Trifid. They are the first such stars found that lie in the central plane of the Milky Way beyond its central bulge.

As one of its major surveys of the southern sky, the VISTA telescope (<http://www.eso.org/public/teles-instr/surveytelescopes/vista>) at ESO's Paranal Observatory in Chile is mapping the central regions of the Milky Way in infrared light to search for new and hidden objects. This VVV survey (standing for VISTA Variables in the Via Lactea, http://en.wikipedia.org/wiki/Vista_Variables_in_the_Via_Lactea) is also returning to the same parts of the sky again and again to spot objects that vary in brightness as time passes.

A tiny fraction of this huge VVV dataset has been used to create this striking new picture of a famous object, the star formation region Messier 20, usually called the Trifid Nebula (http://en.wikipedia.org/wiki/Trifid_Nebula) because of the ghostly dark lanes that divide it into three parts when seen through a telescope.

The familiar pictures of the Trifid show it in visible light, where it glows brightly in both the pink emission from ionized hydrogen and the blue haze of scattered light from hot young stars. Huge clouds of light-absorbing dust are also prominent. But the view in the VISTA infrared picture is very different. The nebula is just a ghost of its usual visible-light self. The dust clouds are far less prominent, and the bright glow from the hydrogen clouds is barely visible at all. The three-part structure is almost invisible.

In the new image, as if to compensate for the fading of the nebula, a spectacular new panorama comes into view. The thick dust clouds in the disc of our galaxy that absorb visible light allow through most of the infrared light that VISTA can



see. Rather than the view being blocked, VISTA can see far beyond the Trifid and detect objects on the other side of the galaxy that have never been seen before.

By chance this picture shows a perfect example of the surprises that can be revealed when imaging in the infrared. Apparently close to the Trifid in the sky, but in reality about seven times more distant, a newly discovered pair of variable stars has been found in the VISTA data. These are

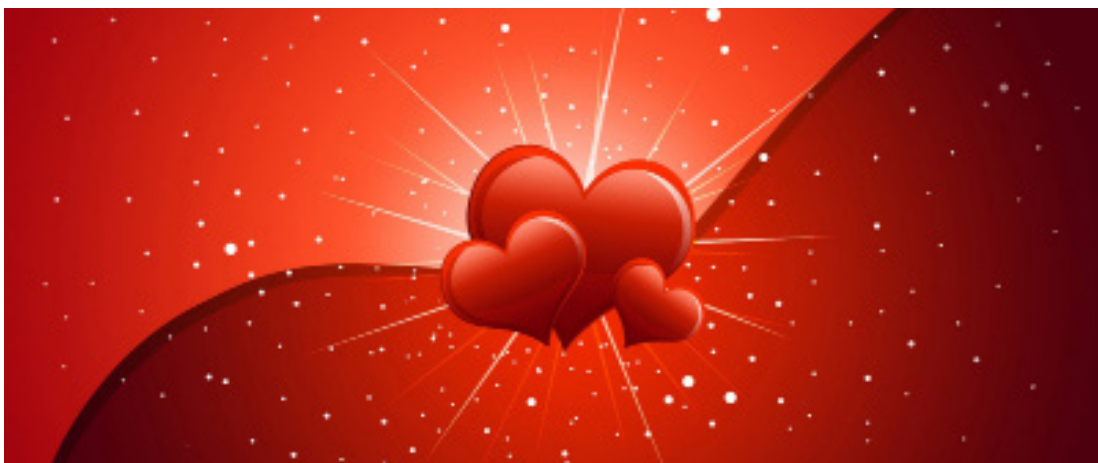
Cepheid variables (http://en.wikipedia.org/wiki/Cepheid_variable), a type of bright star that is unstable and slowly brightens and then fades with time. This pair of stars, which the astronomers think are the brightest members of a cluster of stars, are the only Cepheid variables detected so far that are close to the central plane, but on the far side of the galaxy. They brighten and fade over a period of eleven days.

The Trifid Nebula lies about 5,200 light-years

from Earth, the center of the Milky Way is about 27,000 light-years away, in almost the same direction, and the newly discovered Cepheids are at a distance of about 37,000 light-years.

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

THE LUPERCALIA ROOTS OF VALENTINE'S DAY



By Christopher Nyerges

In the pre-Christian era, there was a celebration in honor of Lupercus, a pastoral god, sometimes identified with Faunus or Pan. Faunus is depicted as having the body of a man but the horns, pointed ears, tail, and hind legs of a goat. That is, Faunus is more or less identical with the satyr, who was said to be lustful, and always ready to party.

The pre-Christian observance of this day was called Lupercalia, which fell on February 15. On Lupercalia, cards were given (often with subtle or overt sexual offers and overtones), and men reportedly chased women through the streets. Wow! Sounds somewhat like Mardi Gras, or Disneyland's "Pirates of the Caribbean."

OK, fast forward to 2015, and the stores of Sierra Madre are full of red and pink hearts, and lovers and sweethearts are looking for something to give that special person. Why? Because February 14 is the day set aside to commemorate a real historical person named Valentine, the day we now call "Saint Valentine's Day." And who was Valentine? With just a little bit of research, we learn that this Valentine person was stoned, clubbed, and beheaded in about the year 270 A.D. He was violently killed by an unruly mob. But why? And how have we come to associate Valentine with chocolates and hearts and lovers and all the festivities of Lupercalia?

It turns out that there were at least two people called Valentine – possibly more – who lived in the 2nd and 3rd Centuries. One – who the Catholic Church now called Saint Valentine – was beheaded in 270 A.D.

Another Valentine lived about a century earlier and founded one of the most important sects of Gnosticism. He was born in Egypt and educated in Alexandria. He settled in Rome during the reign of Pope Hyginus and taught there for more than 20 years. He attracted a large following to his beliefs, due in part to his intelligence, his eloquence of speech, and his impeccable arguments.

But the teachings of this Valentine differed in some ways from the Christian church of that time, and when the office for the Bishop of Rome opened up, he was not selected. Valentine decided to split off from the Christian church, left Rome, and continued to develop his doctrines as he saw fit.

Unfortunately, there are no original surviving documents from the teachings of Valentine. So, if you want to discover what he actually believed and taught, you have to study fragmentary quotations found in the writings of his orthodox Christian opponents.

Through research, we learn that Valentine was influenced by Plato (the main source of the teachings of Socrates), Zoroastrianism, and Christianity. Valentine also spoke of a spiritual realm which he called Pleroma, which consisted

of "emanations" evolving from an original divine being. These have been described as the layers of an onion, with each layer being a wholly complete reality. It's all very interesting, though it's all a bit second-hand because whatever Valentine wrote was apparently "lost" or destroyed by opponents. The term Gnosticism came from the word "gnosis," defined as spiritual knowledge. Those who followed this line of study were called the Gnostics, and many were referred to as Christian Gnostics. But by the third century, the more orthodox Christian church (and the political power of the day), decided to oppose and persecute the Gnostics. By the end of the third century, Gnosticism as a distinct movement had largely disappeared.

Now, here's the quiz: Where in all this did you hear anything about chocolates, hearts, greeting cards, bunnies, jewelry, roses, or lace underwear? Plus, there doesn't appear to be any historical connection with any of the individuals named Valentine with the date of February 14.

It is difficult to ascertain why the commemoration of Valentine was used to supplant, uplift, and supersede the already-existing commemoration of Lupercus, but that's what happened. Yet, very little of the trappings of modern St. Valentine's Day have anything to do with the historical Valentine.

And that's really a shame, since Valentine was as important as perhaps Socrates or Pythagoras, and yet most of us only associate him with the silly commercialism of Lupercalia's remnants. Certainly it's possible that the Church engineered this substitution so that men would quit chasing women through the streets on this day.

There's really nothing wrong with telling your loved ones that you love them! In fact, we need to do that more often. But you might also benefit by taking a little time and study a bit about this great teacher Valentine. This is also a good time to contemplate the meaning of "love," and how we can improve our ability to be loving with everyone. One excellent book in this regard is Eric Fromm's "Art of Loving." Once you get into this book, you may discover – as I did -- that much of what Fromm wrote is very relevant today, and very relevant to Valentine's Day.

NOTE: Every Sunday outdoors under a large banyan tree in Highland Park, there is a spiritual studies presentation on topics of current interest, such as the meanings of the holidays. The presentations are sponsored by WTI (see www.wtinc.info for details and schedule of upcoming talks.

[Nyerges is the author of several books. He can be reached via School of Self-reliance at Box 41834, Eagle Rock, CA 90041, or www.ChristopherNyerges.com, where by re one can view his various blogs.]

ARCADIA HONORING MUSICIAN & AHS ALUM JOE RAMSEY

The Arcadia community is coming together to honor well-known musician and beloved AHS alum Joe Ramsey, who died recently at the age of 58, following a years-long battle with health problems.

On Saturday, Feb. 21, from 7 pm to midnight, the Arcadia High School Alumni Association is presenting a benefit memorial concert at Santa Anita Park in Mr. Ramsey's honor. Santa Anita is also dedicating the day's last thoroughbred horse race in his memory, and the City of Arcadia has proclaimed Feb. 21 Joe Ramsey Day. Mayor Pro-Tem Gary Kovacic will present the proclamation in the Winner's Circle immediately following The Joe Ramsey Memorial Race.

As a founding member of the rock groups The Prime Movers and Dread Zeppelin, both of which featured fellow Arcadia musicians, Mr. Ramsey rose to prominence as a bass player, guitarist and vocalist during the heyday of Southern California's rock scene in the late 70s and 80s. His musical roots were firmly planted in Arcadia, forming bands while at Dana Jr. High with his young buddies and continuing through high school with local rock acts such as HiFi, Chance, Foul Play, The Item and The Cyclones. He was graduated from AHS in 1974 and attended Pasadena City College. In the late 70s, Mr. Ramsey partnered with several friends to open The Marquee West, a popular rock and roll club in Arcadia.

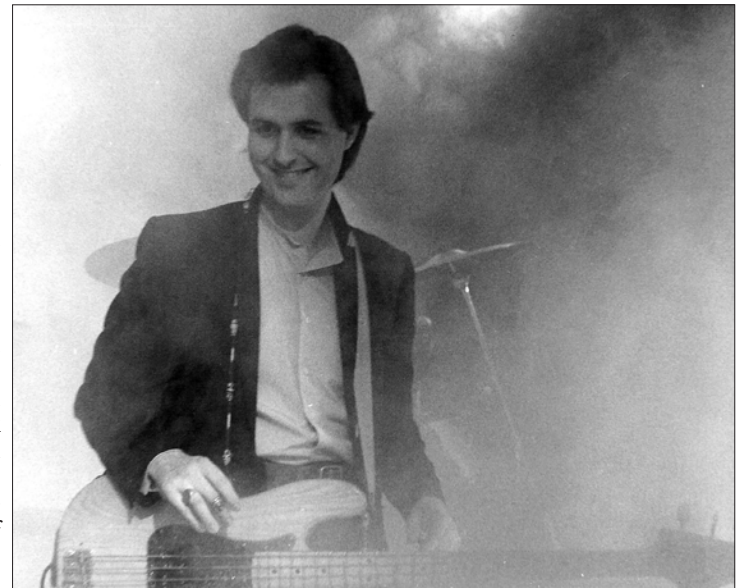
More recently, he was co-owner of Resistor Records store in Monrovia, where he lived with his wife Allison and daughters, ages 6 and 4.

Mr. Ramsey died Dec. 29 at Arcadia Methodist Hospital following a nearly decade-long struggle with cancer and heart problems, and a recent stroke.

The Joe Ramsey Rockapalooza Benefit Concert will feature a selection of friends, former band mates, local artists and loved ones taking the stage in his honor. Confirmed performers include Stan Ridgway and Pietra Wexstun; Keith Slettedahl and Adam Merrin from The 88; John Curry, Scott Lasken, Dennis Walsh and Nick Hanick from Four Eyed Four; The Third Man, featuring Gary Putman and Curt Lichter of The Prime Movers; and, special guest, Allison Ramsey.

Suggested donations are \$30 or more, and will go to cover the cost of staging the event. Any proceeds will be donated to the AHS Alumni Association's Joe Ramsey Memorial Scholarship and to the Ramsey family to help defray medical expenses and sudden loss of income.

Tickets are available at http://www.arcadiaapaches.com/aboutus/ahsreunions_info63.htm Questions about the event can be directed to alumni@arcadiaapaches.net



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FICTITIOUS BUSINESS NAME STATEMENT File No. 2015-027348... The following person(s) is (are) doing business as: HILARIO MAINTENANCE, 2125 AZUSA AVE., AZUSA, CA 91702...

Dates Pub: Feb. 07, 14, 21, 28, 2015

FICTITIOUS BUSINESS NAME STATEMENT File No. 2015-032020... The following person(s) is (are) doing business as: ARUN LAVINGIA, 21880 HAWTHORNE BLVD, #364, TORRANCE, CA 90503...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2015-032020... The following person(s) is (are) doing business as: ARUN LAVINGIA, 21880 HAWTHORNE BLVD, #364, TORRANCE, CA 90503...

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the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2015-024930... The following person(s) is (are) doing business as: 633 E. 1st, 162 COVINA AVE., LONG BEACH, CA 90803...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2015-024930... The following person(s) is (are) doing business as: 633 E. 1st, 162 COVINA AVE., LONG BEACH, CA 90803...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2015-024930... The following person(s) is (are) doing business as: 633 E. 1st, 162 COVINA AVE., LONG BEACH, CA 90803...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2015-019955... The following person(s) is (are) doing business as: ACTION TEAM MARKETING, 1317 S. DIAMOND BAR BLVD., #5336, DIAMOND BAR, CA 91765...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2015-032357... The following person(s) is (are) doing business as: MARISSA'S FLOWERS & PARTY RENTAL, 323 E. COMPTON BLVD., COMPTON, CA 90221...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2015-032357... The following person(s) is (are) doing business as: MARISSA'S FLOWERS & PARTY RENTAL, 323 E. COMPTON BLVD., COMPTON, CA 90221...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2015-025431... The following person(s) is (are) doing business as: MONDRAGON CONSTRUCTION & ASSOCIATES, 2737 W. CHERRY AVE., FULLERTON, CA 92833...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2015-019946... The following person(s) is (are) doing business as: AMAYA'S RENTALS, 37965 LASKER AVE., PALMDALE, CA 93550...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2015-019946... The following person(s) is (are) doing business as: AMAYA'S RENTALS, 37965 LASKER AVE., PALMDALE, CA 93550...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2015-024333... The following person(s) is (are) doing business as: BAY'S FASHION BOYS, 12738 CRENSHAW BLVD., HAWTHORNE, CA 90250...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2015-022237... The following person(s) is (are) doing business as: BELTRAN TRANSPORT, 699 E. BURNETT ST., LONG BEACH, CA 90806...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2015-022237... The following person(s) is (are) doing business as: BELTRAN TRANSPORT, 699 E. BURNETT ST., LONG BEACH, CA 90806...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2015-022237... The following person(s) is (are) doing business as: BELTRAN TRANSPORT, 699 E. BURNETT ST., LONG BEACH, CA 90806...

BLINDS PLUS, 2148 E. CORTEZ ST., WEST COVINA, CA 91791... This Business is conducted by: AN INDIVIDUAL. Signed: XAVIER ALEJANDRO MORIA...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2015-019842... The following person(s) is (are) doing business as: CAROL'S FASHIONS, 407 E. PICO BLVD, #403, L.A., CA 90015...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2015-023553... The following person(s) is (are) doing business as: CLAROS DELIVERY, 124 E. 69th ST., L.A., CA 90003...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2015-023033... The following person(s) is (are) doing business as: CLAROS DELIVERY, 124 E. 69th ST., L.A., CA 90003...

FICTITIOUS BUSINESS NAME STATEMENT File No. 2015-023033... The following person(s) is (are) doing business as: CLAROS DELIVERY, 124 E. 69th ST., L.A., CA 90003...

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FICTITIOUS BUSINESS NAME STATEMENT File No. 2015-023033... The following person(s) is (are) doing business as: CLAROS DELIVERY, 124 E. 69th ST., L.A., CA 90003...

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—Kara Wells, *Assistant Secretary of English National Ballet*

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"I've reviewed over 3,000 shows. None can compare to what I saw tonight."
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—Chi Cao, *lead actor in Mao's Last Dancer*

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—Broadway World

"Absolutely the greatest of the great! You can not describe it in words; it must be experienced."
—Christine Walevska, *"Goddess of the cello"*

"Inspired. ... These beautiful, gifted people are expressing something that's both pure and good."
—Philadelphia *Weekley*

"It was a very spiritual experience and it moved me and I cried. I kept thinking, this is the highest and the best of what humans can produce."
—Oleva Brown-Klajn, *singer and musician*

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JAN 27-28 Northridge Valley Performing Arts Center	FEB 3-5 Thousand Oaks Civic Arts Plaza	FEB 26-27 Bakersfield Rialto Bank Theater	ShenYun.com/LA 800.880.0188

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of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law...

FICTITIOUS BUSINESS NAME STATEMENT FILE No. 2015-014013 The following person(s) is (are) doing business as: JUAN LAGUNA TRACTOR SERVICES, 209 S. WARD AVE., COMPTON, CA 90221.

FICTITIOUS BUSINESS NAME STATEMENT FILE No. 2015-018251 The following person(s) is (are) doing business as: DRUSARROLL, 6111 PACIFIC BLVD. STE 204, HUNTINGTON PARK, CA 90255.

FICTITIOUS BUSINESS NAME STATEMENT FILE No. 2015-015592 The following person(s) is (are) doing business as: PHONG NGHEM, 7838 LONG BEACH BLVD., SOUTH GATE, CA 90280.

FICTITIOUS BUSINESS NAME STATEMENT FILE No. 2015-017076 The following person(s) is (are) doing business as: HENG IT UP PHOTOGRAPHY, 11619 205th ST., LAKEWOOD, CA 90715.

FICTITIOUS BUSINESS NAME STATEMENT FILE No. 2015-015549 The following person(s) is (are) doing business as: LA FUENTE DE ORO MARKET, 6740 S. COMPTON AVE., L.A. 90001.

FICTITIOUS BUSINESS NAME STATEMENT FILE No. 2015-014645 The following person(s) is (are) doing business as: IMAGEN MODERNA BEAUTY SALON, 40315 LAWTHORNE BLVD., LANKERSHIM BLVD., #347.

FICTITIOUS BUSINESS NAME STATEMENT FILE No. 2015-017112 The following person(s) is (are) doing business as: LATIN AMERICAN SOCCER, 6240 LONG BEACH BLVD., LONG BEACH, CA 90805.

FICTITIOUS BUSINESS NAME STATEMENT FILE No. 2015-016644 The following person(s) is (are) doing business as: INK CONNECT, 4821 LANKERSHIM BLVD. #F347, NO HOLLYWOOD, CA 91601.

FICTITIOUS BUSINESS NAME STATEMENT FILE No. 2015-015248 The following person(s) is (are) doing business as: LE MIRAGE QUALITY & BEAUTY, 8051 FLORENCE AVE., DOWNEY, CA 90238.

FICTITIOUS BUSINESS NAME STATEMENT FILE No. 2015-017479 The following person(s) is (are) doing business as: INSECTA PEST CONTROL, 1447 W. 70th ST., L.A., CA 90047.

FICTITIOUS BUSINESS NAME STATEMENT FILE No. 2015-018602 The following person(s) is (are) doing business as: LOTUS VAPOR LUNED, 12754 LA MIRADA BLVD., LA MIRADA, CA 90638.

FICTITIOUS BUSINESS NAME STATEMENT FILE No. 2015-014599 The following person(s) is (are) doing business as: J.R. & RBK USA JEANS, INC., 1129 S. MAPLE AVE., L.A. CA 90015.

FICTITIOUS BUSINESS NAME STATEMENT FILE No. 2015-019627 The following person(s) is (are) doing business as: MAGNA ESCROW A NON-INDEPENDENT BROKER ESCROW, 627 S. FIRST AVE., COVINA, CA 91723.

FICTITIOUS BUSINESS NAME STATEMENT FILE No. 2015-015294 The following person(s) is (are) doing business as: JAMAY PROMOTIONS, 108 E. 69th ST., L.A., CA 90005.

FICTITIOUS BUSINESS NAME STATEMENT FILE No. 2015-016537 The following person(s) is (are) doing business as: MARY'S GIFTS & DECORATION, 1842 N. BULLIS RD., L COMPTON, CA 90221.

FICTITIOUS BUSINESS NAME STATEMENT FILE No. 2015-018583 The following person(s) is (are) doing business as: JANNAJ JEANS, 910 E. 61st ST., L.A., CA 90001.

FICTITIOUS BUSINESS NAME STATEMENT FILE No. 2015-017222 The following person(s) is (are) doing business as: MATHIS & MATHIS INCOME TAX SERVICES, 111 W. OCEAN BLVD. #400, LONG BEACH, CA 90802.

FICTITIOUS BUSINESS NAME STATEMENT FILE No. 2015-017670 The following person(s) is (are) doing business as: ICM INVESTMENTS, 9872 RUSH ST., SO EL MONTE, CA 91733.

FICTITIOUS BUSINESS NAME STATEMENT FILE No. 2015-017143 The following person(s) is (are) doing business as: MAXFADL'S, 1001 TOWNE AVE. STE 212, L.A., CA 90021.

FICTITIOUS BUSINESS NAME STATEMENT FILE No. 2015-013545 The following person(s) is (are) doing business as: JOE LEO PRODUCTION, 9434 RALPH ST., ROSEMEAD, CA 91770.

FICTITIOUS BUSINESS NAME STATEMENT FILE No. 2015-013598 The following person(s) is (are) doing business as: MIREYA PEREZ GONZALEZ, 502 E. 47th ST., L.A., CA 90011.

The following person(s) is (are) doing business as: MI BURRITO MEXICAN GRILL, 16026 BIONEER BLVD., NORWALK, CA 90650.

The following person(s) is (are) doing business as: MIKI YOKUYAMA ARTS, 1523 DELTA AVE., ROSEMEAD, CA 91770.

The following person(s) is (are) doing business as: MIREYA'S FLOWERS, 824 SAN JULIAN ST. SPC 121, L.A. CA 90014.

The following person(s) is (are) doing business as: MONTEREY AVE. POMONA, 2108 E. MONTEREY AVE., POMONA, CA 91768.

The following person(s) is (are) doing business as: ORELCO ELECTRICAL CONTRACTOR AND LIGHTING SERVICES, 10849 NOBLE AVE., MISSION HILLS, CA 91345.

The following person(s) is (are) doing business as: P MOBILITY, 306 S. SAN GABRIEL BLVD. #E, SAN GABRIEL, CA 91776.

The following person(s) is (are) doing business as: PEPPER LAND, 2938 HUSTON ST., POMONA, CA 91767.

The following person(s) is (are) doing business as: P MATHIS & MATHIS INCOME TAX SERVICES, 111 W. OCEAN BLVD. #400, LONG BEACH, CA 90802.

The following person(s) is (are) doing business as: RALPH ST., SO EL MONTE, CA 91733.

The following person(s) is (are) doing business as: ROSEMEAD, CA 91770.

The following person(s) is (are) doing business as: ROSEMEAD, CA 91770.

1012 N TURNER AVE UNIT 242, ONTARIO, CA 91764. This Business is conducted by: A LIMITED LIABILITY COMPANY. Signed: NAVARRO S. JAMERSON.

ROYAL PRESTIGE NANCY VARGAS, 7444 E. BRENNE AVE. STE 120, COMPTON, CA 90221.

SCOTT'S FAMILY RESTAURANT, 15334 WHITTIER BLVD. STE 5, WHITTIER, CA 90603.

MARRIAGE COUPLE TO REMAIN OSCAR RAFAEL AGUILERA, 8636 SAN CARLOS AVE., SOUTH GATE, CA 90280.

MARCEL COUPEL TO REMAIN OSCAR RAFAEL AGUILERA, 8636 SAN CARLOS AVE., SOUTH GATE, CA 90280.

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MARCEL COUPEL TO REMAIN OSCAR RAFAEL AGUILERA, 8636 SAN CARLOS AVE., SOUTH GATE, CA 90280.

WEST COAST MECHANICAL & PIPING, 2662 W. 234th ST., TORRANCE, CA 90505.

WEST COAST MECHANICAL & PIPING, 2662 W. 234th ST., TORRANCE, CA 90505.

ALEX ALEXANI, 306 N. STICKER ST. #C, GLENDALE, CA 91207.

ALBERTO GARCIA COLOTA, 9140 BROOKSHIRE #231, DOWNEY, CA 90240.

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and Professions Code) Publish: Mountain Views News Dates Pub: Jan. 17, 24, 31, Feb. 07, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-013018
The following person(s) is (are) doing business as: VP SOLUTIONS, 3201 BARTDON AVE. #2, INGLEWOOD, CA 90303. Full name of registrant(s) is (are) ELSA FLORAN NAVA, 3201 BARTDON AVE. #2, INGLEWOOD, CA 90303. This Business is conducted by: AN INDIVIDUAL. Signed: ELSA FLORAN NAVA. This statement was filed with the County Clerk of Los Angeles County on 01/15/2015. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 01/01/2015. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News Dates Pub: Jan. 17, 24, 31, Feb. 07, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-012965
The following person(s) is (are) doing business as: WHITE HUMMINGBIRD WELLNESS ASSOCIATION, 15507 S. NORMANDIE AVE. #257, GARDENA, CA 90247. Full name of registrant(s) is (are) ROGELIO MACLOVIO BATRES, 7335 E. BERNE ST., ROSEMEAD, CA 91770. This Business is conducted by: AN INDIVIDUAL. Signed: ROGELIO MACLOVIO BATRES. This statement was filed with the County Clerk of Los Angeles County on 01/15/2015. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News Dates Pub: Jan. 17, 24, 31, Feb. 07, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-008896

The following person(s) is (are) doing business as: WHITEBOY ENTERTAINMENT, 490 PINE AVE. #401, LONG BEACH, CA 90802. Full name of registrant(s) is (are) COREY DAYVON LEYTHAM, 490 PINE AVE. #401, LONG BEACH, CA 90802. This Business is conducted by: AN INDIVIDUAL. Signed: COREY DAYVON LEYTHAM. This statement was filed with the County Clerk of Los Angeles County on 01/12/2015. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 01/01/2015. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News Dates Pub: Jan. 17, 24, 31, Feb. 07, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-006696
The following person(s) is (are) doing business as: WILSON GREENS, 654 OHIO ST. #3, LONG BEACH, CA 90814. Full name of registrant(s) is (are) JOE KEVIN WILSON JR., 654 OHIO ST. #3, LONG BEACH, CA 90814. This Business is conducted by: AN INDIVIDUAL. Signed: JOE KEVIN WILSON JR. This statement was filed with the County Clerk of Los Angeles County on 01/09/2015. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 01/01/2015. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News Dates Pub: Jan. 17, 24, 31, Feb. 07, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-012884
The following person(s) is (are) doing business as: WONDER-MAID, 2347 E. 119th ST., L.A., CA 90059. Full name of registrant(s) is (are) JOSE IGNACIO ALCALA, 2347 E. 119th ST., L.A., CA 90059. This Business is conducted by: AN INDIVIDUAL. Signed: JOSE IGNACIO ALCALA. This statement was filed

with the County Clerk of Los Angeles County on 01/15/2015. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News Dates Pub: Jan. 17, 24, 31, Feb. 07, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-007699
The following person(s) is (are) doing business as: YOUR MARKET #1, 2105 W. PICO BLVD. STE A8, L.A., CA 90006. Full name of registrant(s) is (are) MARIA CRISTINA SERPAS, 2105 W. PICO BLVD. STE A8, L.A., CA 90006. This Business is conducted by: AN INDIVIDUAL. Signed: MARIA CRISTINA SERPAS. This statement was filed with the County Clerk of Los Angeles County on 01/09/2015. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on 08/01/2007. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News Dates Pub: Jan. 17, 24, 31, Feb. 07, 2015

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2015-011178
The following person(s) is (are) doing business as: YOUR TRUST PROPERTY MANAGEMENT, 8077 FLORENCE AVE. #204, DOWNEY, CA 90240. Full name of registrant(s) is (are) HUMBERTO LOPEZ, 8610 5th ST. UNIT D, DOWNEY, CA 90241. This Business is conducted by: AN INDIVIDUAL. Signed: HUMBERTO LOPEZ. This statement was filed with the County Clerk of Los Angeles County on 01/14/2015. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A

new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News Dates Pub: Jan. 17, 24, 31, Feb. 07, 2015

FILE NO. 2015-009063
STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME
The following person(s) SHAHEEN PARRAY, 13463 MURPHY HILL DR., WHITTIER, CA 90601, 13463 MURPHY HILL DR., WHITTIER, CA 90601, has/have abandoned the use of the fictitious business name: GLOBAL PANACEA CONSULTANTS, 13463 MURPHY HILL DR., WHITTIER, CA 90601. The fictitious business name referred to above was filed on 06/06/2011, in the county of Los Angeles. The original file number of 2011043333. The business was conducted by: A GENERAL PARTNERSHIP. This statement was filed with the County Clerk of Los Angeles on 01/12/2015. The business information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false, is guilty of a crime.) SIGNED: MAJID BUTT/PARTNER. Publish: Mountain Views News Dates Pub: Jan. 17, 24, 31, Feb. 07, 2015

FILE NO. 2015-011194
STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME
The following person(s) FLOR D. VASQUEZ, 2204 INEZ ST., L.A., CA 90023, has/have abandoned the use of the fictitious business name: LA FAMILIA STORE, 2473 WHITTIER BLVD., L.A., CA 90023. The fictitious business name referred to above was filed on 04/22/2011, in the county of Los Angeles. The original file number of 2011013819. The business was conducted by: AN INDIVIDUAL. This statement was filed with the County Clerk of Los Angeles on 01/14/2015. The business information in this statement is true and correct. (A registrant who declares as true information which he or she knows to be false, is guilty of a crime.) SIGNED: FLOR D. VASQUEZ/OWNER. Publish: Mountain Views News Dates Pub: Jan. 17, 24, 31, Feb. 07, 2015

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Kids: color stuff in!

Happy Valentine's Day!

Good Fun and Good Business too!

Whew! I've been delivering Valentine surprises all day long. I'm tired, but happy because it's nice that so many people care about other people and want to send them nice Valentines!

Read these clues to fill in the crossword to discover the most popular gifts given on Valentine's Day:

- Poetry and fun Valentine stories will fly off store and library shelves.
- The first box, introduced by Richard Cadbury, had a painting of his daughter holding a kitten on its cover. Later, he created the first heart-shaped box.
- These used to be made by hand and delivered in person. Now they are machine-made and about one billion are mailed all over the world.
- These snuggly birds, along with doves, have been popular to give or use in designs for Valentine's Day. Fort Worth Zoo in Texas is offering to let people add a "wild child" to their family by buying a Valentine's Day (owl, penguin) or other adoption package. The money raised goes to care for the animals.
- People will sell a lot of pizza, doughnuts and other food items in this shape.

- Red roses are thought to be the most romantic and the most popular kind given on Valentine's Day.
- The first kind of this gift may have been made out of shells and bones. Ancient Egyptians gave this gift made out of gold with precious stones to kings.
- Some people will go to plays or comedy _____.
- These sugary messages were invented by Oliver Chase in 1847. Today, the Necco company makes about 100,000 pounds of these a day!
- People will create special memories attending parent/child or other family _____.
- Bakeries will sell cakes, cupcakes and Valentine _____.
- The oldest of these is thought to be the one discovered on a clay tablet written about 4,000 years ago (from a priestess to a king).
- People will enjoy this meal out.
- People will buy tickets to listen to romantic _____ at concert halls.

Can you find and circle 12 or more words that have 3 syllables as in the word "Val-en-tine"?

Free Stuff!

Print out free puzzles: **Happy Valentine's Day, All About Reading, Presidents of the U.S.**, and our reading log set @ www.readingclubfun.com



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