

SIERRA MADRE ARTIST LEW WATANABE DIAGNOSED WITH PANCREATIC CANCER; WIFE OF 53 YEARS, JOYCE, ‘IN SHOCK’

Photo and Story By Terry Miller, Sierra Madre Weekly
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Longtime Sierra Madre artist Lew Watanabe is in the hospital in Wildomar battling pancreatic cancer, according to Arturo Garcia, longtime assistant to Lew. Watanabe was a fixture in Sierra Madre for decades and had designed numerous waterfalls and other stunning works of art like the one Memorial Park.

14 years ago, Watanabe was working on an installation when he fell and was ultimately confined to a wheelchair. This, however, did not deter the enthusiastic, energetic, and eclectic artist from continuing to work. Watanabe was greatly sought after in the art world and perhaps best known for his waterfalls and his beloved Japanese Gardens at Sierra Madre Elementary School.

We spoke briefly with Joyce Watanabe Monday evening. She asked that his friends in Sierra Madre just pray for him. They are hoping to celebrate their 53rd Wedding anniversary this June. Lew is 82 and has lost a great deal of weight, Joyce says. “He’s just not eating...” she said, holding back the tears.

Joyce Watanabe told Sierra Madre Weekly that the doctors wanted to do a pancreatic biopsy which is highly invasive and some doctors suggest Lew may not survive the operation. Watanabe said she would pass on the biopsy. Lew failed the swallowing test, which is not a good sign. Ultimately the doctors said they’ll insert a stomach tube and perhaps later this week Lew will go home with hospice care.

We asked what the residents and friends of Lew Watanabe could do to help. Firstly, Joyce said, “Pray for him...” She then added that hopefully someone will help keep the Goodwill Gardens at Sierra Madre Elementary School in good shape. This has been one of Watanabe’s major projects through the years and one that is deeply personal to Lew. If anyone donates money to the school, Joyce Watanabe suggests you write “For Maintenance of Goodwill Garden” on the check, otherwise the money will go into a general fund used for anything but the garden.

Japanese Goodwill Gardens-Watanabe Legacy: The rediscovery of the Japanese garden (circa 1993-94) and how the students got into restoring the lost treasure that was destroyed as a result of bigotry and hatred of Japanese Americans during the post Pearl Harbor days, was brought to life through teacher Helen Pontarelli who hopes the garden will continue to be an unexpected, emergent curriculum at the school.

While the stories vary on the amount of vandalism and the conjecture about anti-Japanese sentiment at that point in history, the fact remains that it was damaged and left unattended for many years after the war.

Enter Helen Obizowa, a former student at the school and resident of Sierra Madre, who decided it would be a good



Lew Watanabe at the Goodwill Gardens a few years ago.

idea to resurrect the garden in 1992. Obizowa, who recently passed away at 96, is credited for the original concept and then approached Watanabe with her idea. Watanabe granted her wish without a moment’s hesitation.

The original Japanese garden built in 1931, was the effort of the parents of Japanese American students at the school. The carefully constructed and peaceful garden was then vandalized and completely destroyed by those who over-reacted to the Japanese attack on Pearl Harbor.

The sixth grade class of 1995 read about this part of Sierra Madre’s history and discovered an article in the Los Angeles Times (Oct. 1994) documenting the history of what was once a garden at their school, according to Natalie Sandoval who was a student in Helen Pontarelli’s class then. Upon reading the article, Natalie and the students of Sierra Madre School decided to restore it, undertook a massive fund-raising and labor effort to do just that.

Watanabe became a central figure for the ambitious project and as a landscape gardener, he designed the new garden and led the reconstruction. On Sunday, Feb. 4, 1995, the Japanese Garden was officially dedicated.

It is that very garden that Lew Watanabe hopes will continue to be maintained.

Joyce also asked if anyone in Sierra Madre could help with the 94 Dodge Caravan which has been converted to help get Lew around. The vehicle is apparently plagued with mechanical problems and the Watanabes cannot afford the necessary repairs with all the medical bills. If you can help, please contact this newspaper or email nobrickwalls@yahoo.com.

CITY SIGNS TEMPORARY AGREEMENT WITH LA COUNTY SHERIFF FOR EVENING AND OVERNIGHT PATROLS

On Tuesday, the Sierra Madre city council approved a temporary contract with the LASD to provide evening and overnight patrols in Sierra Madre.

The coverage will begin on Sunday, February 28th. LASD will be in charge of handling patrol responses between 6pm and 6am until further notice. Sierra Madre Police will resume normal duties in the City from 6am to 6pm. There have been conflicting reports as to whether or not the SMPD station will be open overnight.

This measure was taken as a result of the departments inability to replace those officers recently lost due to attrition and those officers who have left due to the uncertain future of the department. Given the city’s current budget crisis and the diminishing revenue base, keep-

ing and attracting officers has been difficult. Those who might be interested in joining the department are reluctant to do so until the city is on more sound financial ground. Should the department dissolve and police services be contracted out, there is no guarantee that the Sheriff’s Department will take on existing officers.

Currently, general fund revenues are set to decrease effective July 1, 2016. However, should the Utility Users Tax Measure that is on the April 12, 2016 ballot pass, the city will have an immediate reprieve from the budget deficit and would be in a position to maintain all existing city services, including the police department.

In the meantime, the Temple City Sheriff’s Station will patrol the streets of Sierra Madre at night.

SIERRA MADRE USING 100% WELL WATER - NOT SUBJECT TO MWD OUTDOOR WATERING BAN

Residents of Sierra Madre will be exempt from the temporary 15 day outdoor watering ban imposed by the Metropolitan Water District for Pasadena and Altadena simply because Sierra Madre is back on its own water supply.

The city does have an agreement to purchase water from MWD and has been purchasing water for spreading in the basin. However, according to Sierra Madre Water Department Manager Jose Reynosa, because our wells have reached sufficient levels, we are relying on them 100% . Water that is being purchased from MWD is being spread into the basin to ‘percolate’ for use should our levels drop again. That process will also allow for the chemicals in the MWD water supply to be removed before going into the SM water supply. (See <http://mntviewsnews.com/v09/htm/n48/index.htm>)

During the 15-day ban, the city will not purchase any more water from MWD which will have no impact on Sierra Madre. Conservation is still a requirement as the state is still in a drought and with whether or not El Nino will have any significant impact on Southern California remains to be seen.

According to MWD, The ban was issued to conserve water while the make necessary improvements to the Weymouth Water Treatment Plant.

The outdoor watering ban will remain in effect for Pasadena and Altadena until March 10.

JUST SOLD | by Jan Greteman

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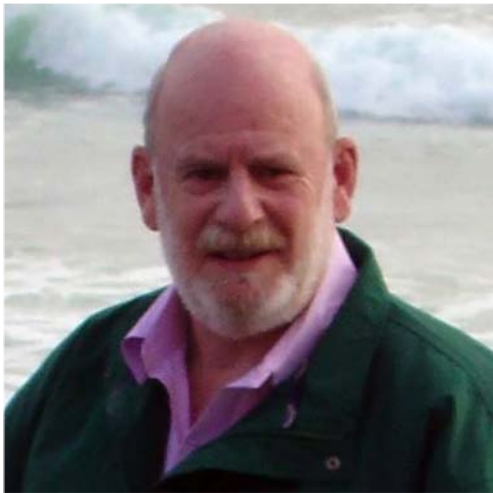
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FIRST WRITE IN CANDIDATE IN MORE THAN 25 YEARS TO RUN FOR CITY COUNCIL

Outspoken Resident Barry Gold Launches ‘Write In’ Campaign



Barry Gold, disappointed that no one was challenging the incumbents, has thrown his hat in the ring.

By Susan Henderson

Those who follow city council meetings either in person or electronically, will recognize Barry Gold from his frequent visits to the podium sharing his concerns and opinions about how the city should be managed. He has served on the city’s UUT Oversight Committee and the UUT Revenue Committee. He is also active in the Preserve Sierra Madre movement and is opposed to Measure UUT.

When asked why he did not file the necessary documents before the initial filing deadline, Gold admitted that he thought there would be more candidates for the two open council seats. Before his entry into the race, Mayor John Capoccia and Former Mayor John Harabedian were running unopposed. The candidates for City Clerk and City Treasurer are also running unopposed. Gold wanted more choices

and was “disappointed” that no other residents were willing to run for office.

Gold is of the belief that the city cannot afford its own Police Department and should contract with the Sheriff’s Department.

Gold and his wife Judy have lived in Sierra Madre a little over four years but he feels that his professional and personal experiences will be an asset should he be elected.

As with all elections, the Mountain Views News will give the candidates the opportunity to submit an article about their campaigns so they can articulate their platform. Readers will be able to learn more about Gold at that time.

In the meantime, you can meet him in person this Sunday, February 28th at his home, 441 Ramona, Sierra Madre, between 12 noon and 5:00 PM

Inside this week:

CALENDAR	Pg. 2
SIERRA MADRE NEWS	Pg. 3
AROUND SAN GABRIEL VALLEY	Pg. 5
PASADENA/ALTADENA	Pg. 6
ARCADIA NEWS	Pg. 7
MONROVIA/DUARTE	Pg. 7
EDUCATION & YOUTH	Pg. 8
BEST FRIENDS	Pg. 9
HEALTHY & FOOD	Pg. 10
THE GOOD LIFE	Pg. 11
THE ARTS	Pg. 12
BUSINES NEWS & TRENDS	Pg. 13
THE WORLD AROUND US	Pg. 14
OPINION	Pg. 15
LEGAL NOTICES ELECTION NOTICE	Pg. 17/19



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Weather Wise

6-Day Forecast

Sierra Madre, Ca.

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Mon:	Sunny	Hi 80s	Lows 60s
Tues:	Sunny	Hi 80s	Lows 60s
Wed:	Sunny	Hi 80s	Lows 60s
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 REGULAR CITY COUNCIL MEETING:
Tuesday, February 23, 2016
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
Regular City Council Meeting

Tuesday, February 23, 2016 - 6:30 pm

The final agenda and staff reports will be available online no later than Friday night. Enter the date "00/00/0000" 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 and Events

Monday, February 22, 2016, 6:30PM
Community Services Commission Meeting

Wednesday, March 2, 2016, 7:00PM
Mayor's Annual State of the City Address

Tuesday, February 9, 2016, 6:30 pm
City Council Meeting

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

SIERRA MADRE COMMISSION AND BOARD VACANCIES

The City encourages its residents to apply for positions on City commissions and boards. This is a great opportunity for Sierra Madre residents to get involved in the community.

There are six commissioners or board members that will complete their terms on June 30, 2015; leaving vacancies. Applications for these commissions or boards are available at City Hall or on the City's website at www.cityofsierramadre.com. Completed applications should be submitted to the City Manager's Office at City Hall.

The following vacancies will be available on July 1, 2016:

- Community Services Commission – Two (2) Vacancies
- Community Services Commission – One (1) Youth Vacancy (Open to ages 13-17 only)
- Senior Community Commission – Two (2) Vacancies
- Library Board of Trustees – One (1) Vacancy



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JOIN THE DISCUSSION -
CITY TO HOST BUDGET WORKSHOP

Sierra Madre, CA. – February 23, 2016 - The City of Sierra Madre invites residents to join the discussion at the Budget Workshop taking place on Saturday, March 5, 2016 from 10 am – 12 noon at the Fire Station, 232 W. Sierra Madre Blvd. The event is designed to be interactive and will provide residents with an opportunity to ask questions and discuss details regarding the City's budget. Topics of the workshop include the City's current fiscal outlook, revenues and expenditures, and options for balancing the budget.

The General Fund budget will be highlighted at the workshop because of the potential fiscal impacts of the City's Utility User Tax (UUT). The UUT rate is currently 8% and the UUT revenues comprise 22% of the City's General Fund revenues. On April 12th, voters will consider a measure to increase the UUT to 10% beginning on July 1, 2016. The rate will decrease to 6% on the same date if the measure fails.

City staff and elected officials will be in attendance at the workshop to gather views from the public and answer questions regarding the City's finances. Residents interested in learning more about the General Fund and UUT are encouraged to visit the City's website at: www.cityofsierramadre.com/uut.

WILD & SCENIC FILM FESTIVAL IN SIERRA MADRE

The City of Sierra Madre will be hosting a series of beautiful and inspiring short films on surfing, climbing, cycling, skiing, skateboarding, water, and other environmental and recreational topics in partnership with the Mono Lake Committee's Wild & Scenic Film Festival L.A. 2016. The event is organized by the Natural Resources Commission and will be held on March 12, 2016 at the City Council Chambers in City Hall, 232 W. Sierra Madre Blvd., Sierra Madre.

There will be two viewing events; 2:00pm to 3:00pm will be targeted for kid's topics and then from 7:00pm to 9:00pm the target will be more general audiences. Tickets will be limited and can be purchased in advance; \$10.00 for general admission and \$8.00 for student admission. The children's show admission is \$3.00 for all.

Food is not allowed in the City Council Chambers, however attendees are encouraged to visit the local restaurant and eateries along W. Sierra Madre Blvd., and N. Baldwin Ave. which are all walking distance from the event.

More information and ticket sales can be accessed at www.monolake.org/wildandscenic.

For additional information, call the Department of Public Works at 626-355-7135.

GUARD AGAINST MOSQUITO BITES

The types of mosquitoes believed to carry the Zika virus are members of the genus Aedes, an invasive and especially resilient breed of mosquito. They have an established presence in Los Angeles County which has been increasing for some time. While there is no evidence of mosquitoes carrying Zika in California, residents should take steps to avoid bites, including removing standing water from around their home and wearing insect repellent when necessary.

For more information on Zika virus disease and other mosquito-borne illnesses, please visit the California Department of Public Health Zika virus information webpage.

SMPD ALERT: IRS SCAM IS IN EFFECT YET AGAIN
DON'T FALL VICTIM. DON'T GIVE ANY INFO.

Several of our residents have received calls from unknown numbers claiming to be from the IRS. Please be advised this is a scam. Do not give any personal information or bank information to anyone over the phone. The IRS is aware of the scam and encourages everyone to report the incidents directly to them.

Tax scams take many different forms. Recently, the most common scams are phone calls and emails from thieves who pretend to be from the IRS. They use the IRS name, logo or a fake website to try to steal your money. They may try to steal your identity too. Here are several tips from the IRS to help you avoid being a victim of these tax scams:

The real IRS will not:

Initiate contact with you by phone, email, text or social media to ask for your personal or financial information.

Call you and demand immediate payment. The IRS will not call about taxes you owe without first mailing you a bill. Require that you pay your taxes

a certain way. For example, telling you to pay with a prepaid debit card.

Be wary if you get a phone call from someone who claims to be from the IRS and demands that you pay immediately. Here are some steps you can take to avoid and stop these scams.

If you don't owe taxes or have no reason to think that you do: Contact the Treasury Inspector General for Tax Administration. Use TIGTA's "IRS Impersonation Scam Reporting" web page to report the incident.

You should also report it to the Federal Trade Commission. Use the "FTC Complaint Assistant" on FTC.gov. Please add "IRS Telephone Scam" to the comments of your report.

If you think you may owe taxes:

Ask for a call back number and an employee badge number.

Call the IRS at 800-829-1040. IRS employees can help you.

In most cases, an IRS phishing scam is an unsolicited, bogus email that claims to come from the IRS. They often use fake

refunds, phony tax bills, or threats of an audit. Some emails link to sham websites that look real. The scammers' goal is to lure victims to give up their personal and financial information. If they get what they're after, they use it to steal a victim's money and their identity.

If you get a 'phishing' email, the IRS offers this advice:

Don't reply to the message.

Don't give out your personal or financial information.

Forward the email to phishing@irs.gov. Then delete it.

Don't open any attachments or click on any links. They may have malicious code that will infect your computer.

Stay alert to scams that use the IRS as a lure. More information on how to report phishing or phone scams is available on IRS.gov.

If you found this Tax Tip helpful, please share it through your social media platforms. A great way to get tax information is to use IRS Social Media. You can also subscribe to IRS Tax Tips or any of our e-news subscriptions.

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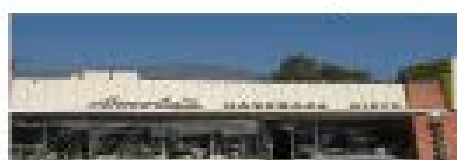


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SHARE SOME GOOD NEWS!

"The Kindness of Strangers" feature encourages readers to share their stories. I can assure you, they will be uplifting especially in contrast to all the challenges and issues we have to deal with daily. So, if you have something you would like to share, please submit it to: editor@mntviewsnews.com. It doesn't matter where you

were or when it happened. Share your good experiences in hope that it might bring a little joy and/or inspire someone.

-Susan Henderson, Editor/Publisher MVNews

Walking Sierra Madre...The Social Side

by Deanne Davis

*"There's no place like home..."
Dorothy in the Wizard of Oz*

She had a point, friends and neighbors. We all love to travel to someplace different, like Texas, for us, to see Jessie and Emily, but then when we get off the plane and roll the suitcases back into the house, we're so glad to be home!

It's getting easier and easier to just stay home in Sierra Madre for an fine night out. For instance, John and I, daughter Leah and son-in-law, Chuck attended the matinee performance of Deathtrap at the Sierra Madre Playhouse last Saturday and if you didn't get yourself tickets to see it, you really missed something neat. The set was fantastic, the cast was stellar and we are delighted that our new Artistic Director, Christian Lebrano, is able to tap into resources for truly professional working actors with solid credits. Not only was the cast perfect for each role, but they engaged in some really rugged looking fights. Now that the play has ended its run, I don't need to worry about spoiler alerts! The Fight Choreographer, Ken Merckx, has choreographed fights and taught actors theatrical combat for film, television, theatre and universities across the country. He got those guys looking like they really were going to kill each other! Deathtrap is a great play and if you missed it at the Playhouse, you can probably pick up the movie on Netflix. Have to say, though, won't be as good as being there!

Coming up next at the Playhouse is Charlotte's Web, which is already selling out all over the San Gabriel Valley with schools booking field trips to take kids to school-day matinees to see live theater. Christian has 3,600 kids already booked to see what might very well be their first theater production. Saturday and Sunday matinees will be available for general audiences. After that, The Glass Menagerie, by Tennessee Williams, which I have never seen, and can't wait to see!

After the show, we walked across the street to Zugo's Café, which has new management, new menu, new attitude and is simply super. Owner Ricky Budiono (pictured here holding a nice glass of something, with bartender, Tommy Brockmeyer) has created a friendly, comfortable dining atmosphere and great food. We had, among us, the meat lasagna, the salmon pesto penne, the butternut squash ravioli and we were all delighted. Also had a very nice merlot and a piece of cheesecake to share. Our server, Giuliana, could not have been more attentive and we'll be back soon. I was terribly torn between the grilled chicken and the salmon, but salmon will always get my final vote, I'm afraid. The flat iron steak served with a green peppercorn sauce, mixed greens with vinaigrette and French fries looked awfully good, too. There is tiramisu and a chocolate mousse for dessert that looked really



Owner Ricky Budiono with bartender, Tommy Brockmeyer

tempting.

Zugo's is well worth a trip downtown for lunch or dinner. See what I mean? Entertainment at our Playhouse, dinner across the street, and when it gets a little warmer, sitting outside at Zugo's with their spicy shrimp appetizer and a glass of that aforementioned merlot will be delightful. The large open windows make the whole of Zugo's feel like al fresco dining. There are burgers, too, and a risotto that will make you ditch your diet. Speaking of al fresco dining, I wandered by there Monday afternoon about 2:30 and there was a cute young couple sitting outside, gazing into each other's eyes, and all sorts of folks inside enjoying a late lunch!

Zugo's is open daily, serving lunch from 11:30 to 5:00 then continuing on with their dinner menu. Plans are in the works for breakfast and a Happy Hour is coming soon, too. Zugo's is at 74 W. Sierra Madre Blvd. You can see their complete menu at www.zugoscafe.com. Phone is 626-836-5700.

We're well into the Lenten season, with Easter being March 27. Most people think of Lent as the time to give up something: coffee, chocolate, daytime TV, texting 24/7...whatever. I ran across a little thing that suggested that instead of using Lent as a "don't" that we use it as a "do" as in do something for someone else. Say something kind when it might take an extra effort...just saying.

Have you seen all the flowering cherry trees...I think they're cherry trees...anyway, they're certainly flowering all over town. There's an especially beautiful one in front of Lizzie's Trail Inn. Spring is on the way, even the deciduous trees are putting out little tiny green fuzzy buds. But more rain would be a welcome gift. Have a great week. Rest in peace, beloved friend, Fay Angus.

Check out my book page on Amazon.com:

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TRIPLE CROWN CHAMP VICTOR ESPINOZA WINS 2016 SANTA ANITA GEORGE WOOLF MEMORIAL JOCKEY AWARD

Sierra Madre resident and Mexico City native selected by Jockeys Nationwide



ARCADIA, Calif. As America's first Triple Crown Champion jockey in 37 years, Victor Espinoza helped Thoroughbred racing project a positive image far beyond the confines of the Thoroughbred industry throughout 2015, thus elevating the sport's exposure and acceptance to a level perhaps not seen since the 1970s. Accordingly, Espinoza, a 43-year-old native of Mexico City, has been selected by a vote of jockeys nationwide as the winner of Santa Anita's highly coveted 2016 George Woolf Memorial Jockey Award.

"It's quite an honor for any rider to be selected by his peers as the winner of such a prestigious award," said Terry Meyocks, National Manager of the Jockeys' Guild. "And I would like to congratulate Victor on this great achievement." In addition to numerous national television appearances through the 2015 Triple Crown and last fall's Breeders' Cup World Championships, Espinoza also remained tireless in his efforts on behalf of cancer-stricken youth, donating 10 percent of his winnings to support pediatric cancer research at City of Hope, in nearby Duarte. With the Bob Baffert-trained American Pharoah providing the horsepower, Espinoza gleefully proclaimed himself "The luckiest Mexican on earth," on national television following their win in

the Belmont Stakes June 6.

In addition to winning the Kentucky Derby, Preakness and Belmont, Espinoza and Santa Anita-based American Pharoah won last year's Grade II Rebel Stakes, Grade I Arkansas Derby, Grade I Haskell Invitational and, in a performance for the ages, the \$5 million Breeders' Cup Classic by 6 ½ lengths on Oct. 31—all the while elevating the profile of jockeys nationwide and generating tremendous ratings on a consistent basis.

Born on a dairy farm near Mexico City, Espinoza is the 11th of 12 children. A three-time ESPY Award winner, Espinoza has three career Kentucky Derby wins, three Preakness victories, three Breeders' Cup wins and he's taken 11 Southern California riding titles.

First presented by Santa Anita in 1950, Espinoza is the 67th winner of the Woolf Award, which seeks to honor riders whose careers and personal character earn esteem for the individual and Thoroughbred racing. The remaining four finalists for this year's award, which can only be won once during a rider's career, were Joe Bravo, Javier Castellano, Gerard Melancon and Joe Steiner.

Espinoza will be presented with the 2016 Woolf Award trophy in a Winner's Circle ceremony on Sunday, March 13.



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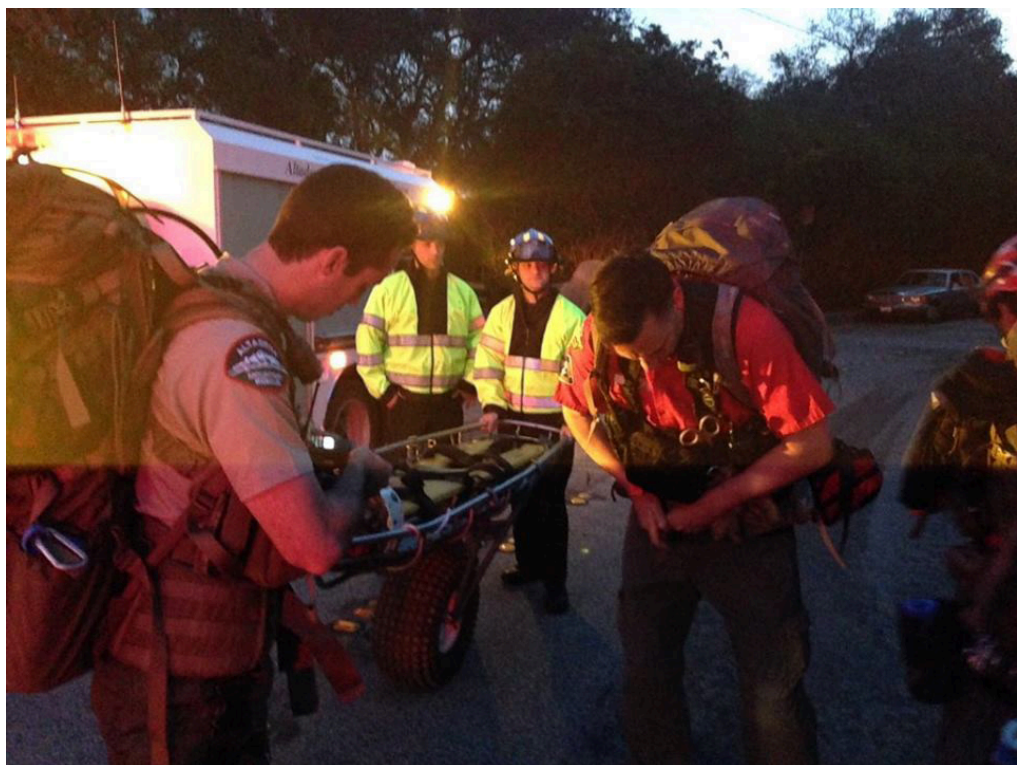
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LOS ANGELES MAN RESCUED AFTER FALLING 40 FEET IN EATON CANYON



A 24 year old man is currently being treated by hospital staff after suffering injuries from 40 foot fall from a canyon wall in Eaton Canyon on Thursday, February 25, 2016. Fortunately, His hiking partner witnessed the fall and called 9-1-1 for help.

At 5:45pm, the Altadena Mountain Rescue Team was activated to assist the Los Angeles County Fire Department in rescuing the man who had lost his footing during a climb and had fallen 40 feet, landing at the base of the lower Eaton Canyon Waterfall in the Angeles National Forest. Altadena Mountain Rescue crews, along with Los Angeles County Fire Engine 66 and Squad 11, reached the hiker After hiking for approximately 25 minutes.

The injured hiker was bleeding from his head and complained of back, hip and head pain. The hiker was awake and alert, but due to his injuries, a fire department helicopter airlifted the injured hiker to a local hospital for treatment. Deputy Paige, the Altadena Mountain Rescue Team coordinator said, "It's always a great feeling when we can reach someone and render aid. Fortunately in this situation, there was someone with him who could call for help. Planning for a day hike is just as important as planning for a vacation, and

hiking with a partner increases the chances you will receive help when you need it, please plan accordingly."

Enjoy Nature - Plan your Hike by filling out the Sheriff's Department's Hiking Plan Sheet:

Hiking/Camping is a fun way to get family and friends together to enjoy the outdoors, and to get some physical activity. However, you should always be prepared for the unexpected. You should tell family and friends what your plans are and provide a list of who will be going with you. That's why the Los Angeles County Sheriff's Department would like to remind the residents of Los Angeles County that having a hiking / camping plan is crucial to survival in case of an emergency.

Before you leave, please fill out Los Angeles County Sheriff's Department Search and Rescue - Hiking Plan sheet and provide to a loved one to hold onto just in case something happens to a member of your hiking/camping expedition. You can download the form by visiting: http://file.lacounty.gov/lasd/cms1_163961.pdf If you would like more information on how to prepare for your hiking / camping trip, please visit the Center for Disease Control's camping website at: <http://www.cdc.gov/family/camping/>

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News From Your Community



Altadena

For Your Community

Human Remains Found Near Echo Mountain, Altadena

Los Angeles County Sheriff's Department Homicide detectives responded Sunday night to Chaney Trail near Echo Mountain, Altadena, to investigate the finding of human remains.

According to officials, Los Angeles County Sheriff's Homicide investigators and members of the Los Angeles County Department of Medical Examiner-Coroner have recovered bones, at approximately 9:50 p.m., which were found by two hikers earlier in the afternoon. The hikers were on the Chaney Trail near above Altadena when they discovered two bones which appeared to be human. They left the bones where they found them, but took pictures of them to show the deputies and coroner's office personnel police said.

Due to the late hour and darkness setting at the time of the discovery of the bones, homicide investigators and coroner's office investigators waited until this morning to recover the bones and look for other bones. According to coroner's office investigators, the bones appear to be human and it looks like they may have been there for several years.

The area the bones were found is a popular hiking destination in the Angeles National Forest investigators said.

Homicide Bureau and coroner's office investigators will now attempt to identify the person by researching missing persons reports and possibly dental records.

The investigation is on-going and there is no additional information available at this time.

Anyone with information about this incident is encouraged to contact the Los Angeles County Sheriff's Department's Homicide Bureau at (323) 890-5500.

Pet of the Week



Juliet (A391447) is a four-year-old, spayed female, black and white Staffordshire bull terrier mix. She has a very sweet and mellow personality and loves being with people. Juliet has been out on the PHS Mobile Unit and was popular with everyone she met. This clever girl has learned her "sit," "down" and "stay" commands, which has earned her a Blue Ribbon from our behavior staff. Her Blue Ribbon reduces her adoption fee to only \$100.

The regular dog adoption fee is \$125 which includes the spay or neuter surgery, microchip, vaccinations, and a free follow-up health check at a participating vet.

New adopters will receive complimentary health and wellness exam from VCA Animal Hospitals, as well as a goody bag filled with information on how to care for your pet.

Call the Pasadena Humane Society & SPCA at 626.792.7151 or visit at 361 S. Raymond Ave. in Pasadena. Adoption hours are 11-4 Sunday, 9-5 Tuesday-Friday, 9-4 Saturday. Pets may not be available for adoption and cannot be held for potential adopters from phone calls or email. Directions and photos of all pets can be found at www.pasadenahumane.org.



NASA Social Media Event

Part two, a behind the scenes look at the JPL campus, including mission control.

By Dean Lee

As part of NASA Social, a nationwide event earlier this month, about two dozen participants got a firsthand tour of Pasadena's Jet Propulsion Laboratory including what the space agency calls the "Center of the Universe" as part of the Spaceflight Operations Facility.

"I continue to be impressed with how much power social media has," JPL Chief Engineer Brain Muirhead said. "How you can bring a story to the public, in a great way, and the rest of the media follows you. I really do appreciate how often that does happen."

At the event Feb. 9, participants included, bloggers, social media experts from USC, UCLA, to movie directors to software engineers.

The tour started at the birthplace of JPL a square area

where rockets were tested in the 30s and 40s, as part of what a JPL tour guide called the "suicide squad."

Inside mission control, Spaceflight Operations Facility Manager Jim McClure gave a history of the place, registered as a historic landmark.

"In 1961 then President Kennedy, in his speech, challenged the American people to put a man on the moon by the end of the decade," McClure said. "This building was a response to that and was built in 1964."

He said the first moon landing, an unmanned spacecraft "Surveyor 1" was operated from the room in 1966. This led to the Apollo missions and the first human Moon missions in 1969 he explained.

McClure said all spacecraft communication beyond the moon, including foreign space agencies is monitored through a series of ground based antennas called the Deep Space Network. Inside the facility is a hole in the ground with a plaque that reads, "Center of the Universe."

"We're [been] getting data from Saturn, Jupiter, Voyager 1 out there, outside the solar

system, and Mars, this must be the center of the universe," McClure said of the story he had been told.

The group then suited up to visit the cleanroom of the Spacecraft Assembly Facility.

"Mars 2020 is the first of the sample return missions," Mission Systems Manager Jennifer Trosper said standing in front of the heat shield, part of the mission. "We have a robotic arm that, unlike Curiosity, the arm goes out and we say do we want this sample to take back to earth?"

There was also a tour of the Dawn Mission Support Area and the Earth Science Center where Climate scientist Josh Willis told the group not to count El Nino out, just yet.

"This El Nino is so big, it's actually still spread-out... so all of the storms that would be hitting Southern California have been pushed farther north," Willis said. "But as this El Nino dissipates, and the warm water begins to shrink, the storm track will probably push back down..."

Youth Soccer Day Parade

The public is invited to celebrate the start of soccer season at the inaugural parade and exhibition games for Pasadena's Villa-Parke Recreational Youth Soccer League today.

The parade will take place from 10 a.m. to 2 p.m. on the soccer field adjacent to Villa-Parke Community Center, 363 E. Villa St.

Players and coaches representing 70 youth soccer teams will march in uniform to make their season debut.

Free youth and adult soccer exhibition games will begin once the parade concludes.

Contact Bill Davis, Recreation Coordinator, at (626) 744-6530 or bdavis@cityofpasadena.net for more event info.

In conjunction with the parade, Councilmember Victor Gordo will host a District 5 block party from 11 a.m. to 5 p.m. on Summit Avenue between Villa and Maple streets. The gathering will include live music, food trucks and giveaways. For more info about the District 5 block party call (626) 744-4741.

Assembly District Holds Open House

Honoring Local Unsung Hero and Women of Distinction

Join Assemblymember Chris Holden for the 41st Assembly District Open House on March 3rd, from 4:30 to 6:30 p.m. to honor the District's Unsung Hero and Women of Distinction. There will be an opportunity to discuss legislative and community issues with your fellow constituents. Program starts at 5:30 p.m.

This year, Danny Bakewell, Sr. is being honored as the 41st Assembly District's Unsung Hero for his work and service in the Civil Rights Movement.

Holden will also recognize centenarian Marilee Scaff, Ph.D. of Claremont as the 2016 Woman of Distinction for the 41st Assembly District. Honorees from throughout the district include Ruth Hopkins (Altadena), Valerie Bires (Alta Loma), Deborah Lieberman, Ph.D. (La Verne), Janie Duncan (Monrovia), Cynthia Olivo, Ph.D. (Pasadena), Theresa Bruns (San Dimas), Kristine Lowe (Sierra Madre), Dr. Marina Khubesrian (South Pasadena), and Wendy Dean (Upland).

41st Assembly District Office is at 600 N. Rosemead, Suite 117 Pasadena.



Christina Baker Kline

of Virginia. Kline lives in an old house in Montclair, New Jersey, with her husband, David Kline, and three sons.

Pasadena Public Library's annual One City, One Story program is designed to broaden and deepen an appreciation of reading in Pasadena by engaging the community in dialog around a single literary work. For more information on this year's One City, One Story activities, visit www.onecityonestory.com or call (626) 744-7076.

Crime Blotter for Altadena

Sunday, February 14th

2:47 AM – Trinidad Rodriguez, 35 years old of Altadena was arrested in the area of Fair Oaks Avenue and Ventura Street for domestic violence.

Monday, February 15th

12:16 AM – A vehicle was reported stolen from the 10 block W. Las Flores Drive. The vehicle was described as a black 2007 Kia Sorrento. *Vehicle still outstanding.

4:00 PM – A vehicle burglary occurred in the 4000 block of Chaney Trail. The suspect(s) entered the vehicle by shattering the rear window. Stolen: black tool bag, hand tools, golf shoes, golf discs, vehicle fuse, vehicle oil, gloves.

4:00 PM – A vehicle was reported stolen from the area of Sacramento Street and Marengo Avenue. The vehicle was described as a blue 2016 Hyundai Accent. *Vehicle recovered by Azusa Police Department.

Tuesday, February 16th

7:30 AM – A vehicle vandalism occurred in the 2100 block of Yucca Lane. The suspect(s) shattered the driver side window and windshield.

2:26 PM – Steve Speck, 58 years old of Los Angeles was arrested in the 2600 block of Fair Oaks Avenue for assault with a deadly weapon (hands).

Wednesday, February 17th

6:55 PM – A prowling incident occurred in the 3400 block of Fairpoint Street. The victim heard rocks hitting the side of the residence and proceeded to investigate. As the victim

approached the sliding door, he observed the suspect wearing a skeleton mask and peeping into the residence. While the victim called the police, he observed (2-3) additional suspects wearing black hooded sweatshirts and black pants standing in front of a neighbor's door. The suspects were last seen westbound on Fairpoint Street.

Thursday, February 18th

11:55 PM – Cristian Funes, 33 years old of Pasadena was arrested in the 2100 block of N. Lincoln Avenue for domestic violence.

Friday, February 19th

8:35 PM – Ismael Lopez, 22 years old of El Monte was arrested in the area of Lincoln Avenue and Altadena Drive for being under the influence of a controlled substance and possession of a controlled substance.

Saturday, February 20th

4:03 AM – Manuel De La Garza, 25 years of San Bernardino was arrested in the area of Lincoln Avenue and Figueroa Drive for possession of a controlled substance and possession of narcotics paraphernalia.

5:03 PM – Harvey Anthony, 30 years old of Pasadena was arrested in the area of Sacramento Street and Lake Avenue for being under the influence of a controlled substance.

11:52 PM – Gregory Drake, 53 years old of Pasadena was arrested in the area of Lake Avenue and Washington Boulevard for possession of narcotics paraphernalia.

Popular Spring Egg Bowl, Festival Returns



Celebrate the start of spring by leaping through Pasadena's largest Egg Bowl and Festival Saturday, March 26, at the historic Rose Bowl Stadium.

More than 6,000 people are expected to attend the second annual event featuring over 60,000 colorful eggs, food, arts and crafts, live entertainment and plenty of other adrenaline-pumping activities.

The fun will begin with a special VIP Bunny Brunch at the Terry Donahue Pavilion, Stadium Club Lounge from 9-11 a.m. Enjoy pancakes, eggs, sausages and more for \$20 per person ages 9 and older and \$12 for ages 8 and younger. Admission is free for kids 4 and younger who are accompanied by an adult with a paid ticket. Bring your camera to capture memorable moments with the bunny. Brunch attendees will gain VIP access to the first egg hunt of the day starting at 11 a.m.

Advance tickets for the Bunny Brunch will be available online at www.cityofpasadena.net/reserve or in person at the community centers listed below starting Monday, Feb. 29. Tickets will also be sold at the event if available. The public is encouraged to purchase advance tickets. Last year's event sold out! After the VIP Bunny Brunch, jump into the spring festival

featuring live musical performances, bunny ear contests, face painting, for-sale food and more from 11 a.m. to 3 p.m.

More than 60,000 eggs will cover the Rose Bowl's massive field where children 12 and younger will search for the lucky GOLDEN EGG, redeemable for a coveted gift basket full of goodies. Remember to bring your best egg hunting basket or purchase a \$3 bucket. All egg hunts are the same this year, so kids can hunt in their age groups during the 11 a.m., 12:15 p.m. or 1:30 p.m. egg bowl!

No registration is required for the Egg Bowl and Festival, and admission is free. There is a nominal fee for various attractions and food.

Free rides to and from the Egg Bowl and Festival will be offered from 7:30 a.m. to 4 p.m. on Pasadena Transit Route 51 Saturday buses. Route 51 buses will operate every 22 minutes, and 11 minutes between 10:30 a.m. and 2:30 p.m.! The stadium is a 5-minute walk from the nearest Pasadena Transit bus stop. View the route map and schedule at www.pasadenatransit.net. Free parking will be available in Lot F for people who drive to the event.

For more info about the spring Egg Bowl and Festival, visit www.cityofpasadena.net/eggbowl.

Symphony Director David Lockington Takes the Stage

On the heels of yet another sold-out performance at Ambassador Auditorium, the Pasadena Symphony brings you Mozart's Symphony No. 40 on Saturday, March 19 with both matinee and evening performances. These concerts mark a rare occasion with Music Director and cello virtuoso David Lockington performing Philip Sawyers' Cello Concerto alongside the masterful baton of Principal Guest Conductor Nicholas McGegan. This is a rare opportunity to hear the Pasadena Symphony's Music Director as soloist and experience the brilliance of Mozart through McGegan's

expert performance practice.

This special performance will open with Beethoven's powerful and poetic Overture to Egmont, followed by Lockington taking the stage to perform Sawyers' Cello Concerto. Performances take place at both 2:00pm and 8:00pm and are accompanied by a pre-concert discussion with Nicholas McGegan and David Lockington one hour before curtain.

The Ambassador Auditorium is located at 131 South St. John Avenue, Pasadena, CA. Ticket prices start at \$35 and may be purchased online at www.pasadenasympphony-pops.org or by calling (626) 793-7172.

Free March Events at Pasadena Senior Center

There is something for everyone in March at the Pasadena Senior Center, 85 E. Holly St. All events listed are free.

You do not have to be a member to attend. Some events require advance reservations as noted.

Coloring for Adults – Monday, February 29, at 1 p.m. Six of the top best-selling books on Amazon are coloring books for adults. Experience for yourself how this fun activity can help reduce stress, train fine motor skills and improve focus. Reservations are required at the Welcome Desk or by calling 626-795-4331 to ensure there will be ample materials for everyone. Presented by Alice Foster of Bliss Tubs.

Parkinson's Education Group – Tuesdays, March 1, 8 and 15, from 1 to 2:30 p.m. This three-week support group will explore diagnosis, treatment, mobility and quality of life. Speakers will include occupational, physical and speech therapists. Registration is encouraged by calling 626-685-6730. Walk-ins will be welcomed. Presented by Huntington Hospital Outpatient Rehabilitation Department.

Stay Connected with Social Media – Tuesdays and Thursdays, March 1 to 31, from 9 to 11 a.m. Learn how to keep in touch with family and friends via email, Skype, Facebook and other forms of social media during a 30-minute, one-on-one meeting with an instructor. You'll choose which applications you want to learn. Bring a laptop or use one of the onsite computers. If you have an

email address, bring it and your password. Sign up with Edison at the Welcome Desk.

Smart Phones, Tablets and Computers – Any Questions? – Tuesdays and Thursdays, March 1 to 31, from 10 to 11 a.m. Get the answers you need about technology devices, whether you own them already or are considering a purchase. Learning how to text, check voicemail, set an alarm, navigate the Internet and download apps is easier than you may think!

Tax Time – Wednesdays and Fridays, March 2 to April 15, from 9 to 10:45 a.m. Representatives from the AARP Foundation's Tax-Aide program will assist low-to-middle-income seniors ages 50 and older in preparing their federal income tax returns. Appointments are required: 626-795-4331.

Everyone with Diabetes Counts – Thursday, March 3, at 10 a.m. If you or someone you love has diabetes, learn all about the disease, how it affects health and how quality of life can be improved with a few changes. You'll also learn about the Diabetes Empowerment Education Program that will be offered in late March.

Friday Movie Matinees – March 4: Meet the Patels (2014, PG) starring Chandar Abboy and Rishika Advani. An Indian American man about to turn 30 starts looking for a wife in the traditional Indian way with the help of his parents and extended family.

For more information visit www.pasadenaseniorcenter.org or call 626-795-4331.

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MAC NAIR NEW ARCADIA CHAMBER CEO

Karen Gutierrez-Mac Nair has been named the new CEO Of the Arcadia Chamber of Commerce effective Monday, Feb. 29, 2016.

Karen is Executive Director of the [Santa Anita Family YMCA](#) in Monrovia, where she has been employed for more than eight years. She is very familiar with the area since Santa Anita Family YMCA services Arcadia, Monrovia and Duarte. Her daughter attended Arcadia Christian School from pre-school through eighth grade and they were part of Arcadia Girls Softball association for many years. Mac Nair has also recently been a member of the Arcadia Rotary Club.

Karen replaces Arcadia Chamber CEO Scott Hettrick, who was appointed to the Arcadia Chamber Board of Directors in 2007 and named CEO in March 2011. Scott announced his resignation in January effective Feb. 25 to move with his wife Betty to the Omaha, Nebraska area, where their daughter Brittany and her husband Matt had their first baby (a girl) on February 5; the first grandchild for Scott and Betty. "It has been an honor and privilege to lead the 95 year-old Arcadia Chamber the past five years," Scott said. "We have the best business and community members, and the City and Chamber leaders have been nothing but supportive of the many changes we have made to improve our effectiveness and value. While Betty and I will greatly miss the city or



Above - Karen Gutierrez-McNair
Left: Scott Hettrick and wife Betty with Mayor Gary Kovacic

new start in life in Nebraska and we wish them all the very best. Meanwhile, the Arcadia Chamber Executive Committee has been working hard to find a new CEO. After much deliberation and with a unanimous vote, the Arcadia Chamber of Commerce is pleased to introduce and welcome new CEO Karen Mac Nair, who comes to the position with an excellent insight as to how to push the Arcadia Chamber of Commerce even further into the future. Her wealth of knowledge and experience will be gladly accepted and utilized."

"Farewell Scott, and hello Karen."

In her job at the Santa Anita YMCA, Karen has overseen a \$1 million budget and 100 employees. Her job entailed many similarities with her new responsibilities at the Chamber, answering to a large board of volunteer directors and Executive Committee, creating and managing a budget, raising funds, developing relationships and working with officials from cities, schools, and organizations, producing events, and creating new programs. As an example, she developed, coordinated and managed Healthy Kids Day in conjunction with the City of Monrovia's Spring Egg Hunt, which served more than 3,000 families each year, and she successfully coordinated the City's "Friday Night Live" program for three years to provide activities for youth on Friday nights in Library Park.

"I am so excited to step into my role here as the CEO of the Arcadia Chamber of Commerce," Karen says. "It is so wonderful to be able to join an organization that is led by so many great volunteers and staff. It shows how they care so much about our community. Scott has done such a wonderful job over the past five years and I want to keep the focus of moving our community and Chamber forward to spur the economic growth of this great city."

family adopted 25 years ago and all the wonderful people and so many friends, we are looking forward to this new chapter in our lives with our newly-extended family. And I leave with great comfort that the Chamber is being left in very good hands with Karen being a dynamic and forward-thinking leader." Mayor Gary Kovacic and the City of Arcadia recently honored the couple with a proclamation declaring February 16 as Scott and Betty Hettrick Day in Arcadia, followed on Feb. 18 by a send-off reception from about 60 Chamber board members and city officials.

Said Arcadia Chamber President Andrew Gregson of the Executive Factor: "Over the past five years the Arcadia Chamber of Commerce has experienced changes at a whole other level. Producing larger events, offering a greatly expanded array of services to its business members that assists in their growth; and significantly increasing Chamber income to provide this additional value. Overseeing these changes has been the Arcadia Chamber's CEO, Scott Hettrick whose guidance and dedication has been impeccable." "However, change is inevitable," Andrew continued. "Scott and his wife Betty are moving on and making a



CITY OF ARCADIA CELEBRATES THE OPENING OF THE METRO GOLD LINE EXTENSION

ARCADIA, Calif. --- The countdown has begun to the opening of the much-anticipated Metro Gold Line Extension. The City of Arcadia is ready to welcome the first passenger train as it pulls up to the Arcadia station with a fun-filled, community celebration on Saturday, March 5, from 11 a.m. to 3 p.m. at the Arcadia Transit Plaza on the corner of Santa Clara St. And First Ave.

Everyone is invited to join Arcadia in a brief ribbon cutting by the Arcadia City Council, followed by a celebration featuring live music from the popular band, "Cold Duck," food vendors from local eateries, model train exhibit, and activities for kids such as face painting, balloon art, and kids train ride. The Transit Plaza will also be filled with community booths such as the Arcadia Historical Society who will be offering tours of the Thoroughbred Racing Walk of Champions in Downtown Arcadia, which recognizes the greatest contributors to California horse racing with bronze plaques along Huntington Drive. Not to mention, everyone will love seeing Arcadia's finest with Arcadia Police and Fire expected to take part in the day's festivities with their cars, trucks and gear. Many local businesses and the City of Arcadia will be offering a variety of giveaways and raffles for items such as bicycles, free meals and Metro one-month transit passes.

With the Metro Gold Line coming to town, there is no better time to get to know Arcadia and the Downtown Arcadia area with all it has to offer – restaurants, entertainment, dining.

ARCADIA TRANSIT INTRODUCES NEW SHUTTLE SERVICE IN CONJUNCTION WITH METRO GOLD LINE OPENING

ARCADIA, Calif. --- The City of Arcadia is excited to welcome the start of Metro Gold Line service to Arcadia. With a large number of people expected to use the Gold Line to reach Arcadia and locations within the City, Arcadia Transit introduces a new fixed route/fixed schedule shuttle service that will operate seven days a week, connecting visitors to some of the more popular destinations.

Shuttle service will run from 7:10 a.m. to 6:20 p.m. during the week and 9:20 a.m. to 6:35 p.m. on the weekends, making fixed stops at Santa Anita Park, Methodist Hospital, Westfield Santa Anita and the LA County Arboretum. This is a free service through June 15, 2016.

The current dial-a-ride, on-demand reservation system will still be available to the general public. However, as of June 16, 2016, it will only be accessible to seniors and those with disabilities. At that time, the shuttle service will be expanded to cover different areas of Arcadia. The general public is encouraged to use this new fixed route/fixed schedule service. Please see the City website for the new shuttle service information at www.ArcadiaCA.gov.

POETRY IN MOTION: MASTER POETRY WORKSHOPS - FREE!

Learn a new style or technique of writing poetry, get feedback for your poems, and learn how to perform with confidence with a different poet master each week! Thursday, starting February 25, 2016 through April 14, 2016 in the Creative Center at the Arcadia Public Library. The workshops start at 4:00 p.m. and end at 5:30 p.m.

Weekly registration is required at the Arcadia Public Library Jerry Broadwell Children's Room desk. This program is exclusively for students in grades 6 through 12. Participants may choose to have their poems written during the series published and/or may perform them at the upcoming Poetry in Motion Youth Showcase for prizes held on April 15, 2016.

February 25, 2016 – Open to Interpretation with Murray Thomas
March 3, 2016 – Page to Stage: Creative Memoir with Christine Jordan
March 10, 2016 – Humorous Poetry with Lynne Bronstein
March 17, 2016 – Limericks with Jessica Wilson

Cardenas
March 24, 2016 – Cinematic Poetry with Kelly Grace Thomas
March 31, 2016 – Riding the Bus of Life with Luis Villalobos
April 7, 2016 – Family Portraits with Don Kingfisher Campbell
April 14, 2016 – Embrace the Stage with Eric Eztli

This program is generously provided by Nuvein Foundation for Literature and the Arts and is being curated by Kimberly Cobain.

For more information, please visit the Library's website at <http://www.ArcadiaCA.gov/library> or call 626.821.5566. The Jerry Broadwell Children's Room provides collections, programs, and services for children and their families from birth through eighth grade. The Arcadia Public Library is located at 20 W. Duarte Rd., Arcadia. The Library is open Monday through Thursday, 10:00 a.m. until 9:00 p.m. and Friday and Saturday, 10:00 a.m. until 6:00 p.m. You can also follow the Library on Twitter and Facebook.

MONROVIA - DUARTE

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

MONROVIA POLICE BLOTTER

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

Attempted Arson February 18 at 2:25 p.m., officers responded to the 400 block of South Violet regarding an attempted arson. The victim reported he saw a former female roommate outside his residence. He watched her exit her vehicle and walk over to his vehicle. She opened the driver's door to his vehicle and began pouring gasoline throughout the interior of his vehicle from a red gas can she was carrying. He ran outside and confronted her.

As he approached, it appeared she was preparing to toss a lit cigarette into the vehicle, but she saw him and fled to her vehicle. She left the area without lighting the vehicle on fire. The investigation is continuing.

Hit & Run Traffic Collision February 18 at 6:35 p.m., officers were dispatched to the 400 block of South Violet regarding a traffic collision. The victim was unloading her vehicle, which was parked on the street. An unknown vehicle traveling south on Violet struck the left rear door of the parked vehicle and fled the scene. The investigation is continuing.

Pursuit/Stolen Vehicle Recovered – Suspect Arrested February 19 at 3:41 p.m., an officer located a stolen vehicle in the area of Myrtle and Duarte. A pursuit ensued that went from Myrtle to Huntington, east on Huntington, then south on Mountain. The suspect sideswiped a vehicle at the 210 Freeway underpass on Mountain and continued south. The suspect vehicle became blocked by traffic on Mountain at the railroad tracks. Officers blocked the suspect in and approached the vehicle. The suspect would not follow verbal commands and resisted the officers, but was eventually removed from the vehicle and taken into custody.

Warrant/Possession of a Controlled Substance – Suspect Arrested February 19 at 8:45 p.m., an officer stopped a vehicle for a vehicle code violation at Primrose and Chestnut. The driver was found to have an outstanding warrant. During an inventory search of the vehicle prior to storing it, methamphetamine was found inside.

Traffic Stop/Evading a Police Officer February 19 at 11:21 p.m., an officer attempted to stop a vehicle in the area of Euclid and Shamrock for a vehicle code violation. The driver fled in the vehicle, heading south on Flagstone, where the vehicle came to an abrupt stop. Both occupants then jumped out of the vehicle and fled on foot. The passenger appeared to be holding something in his waistband as he ran. A search for the suspects was conducted, but they were not found. The Los Angeles Sheriff's Department helicopter assisted at the scene. The vehicle was impounded as it matched the description of a vehicle involved in a recent crime that occurred in Duarte.

The investigation is continuing.

Petty Theft/Violation of Court Order – Suspect Arrested February 21 at 12:08 p.m., an officer responded to a business in the 100 block of west Foothill regarding a shoplifter in custody. The suspect entered the store, concealed bottles of beer on his person, and left the store without paying. The suspect is an active gang member and was in violation of Monrovia's gang injunction. He was arrested for shoplifting and violation of the court order.

Fraud/Scam – Suspect Arrested February 21 at 2:15 p.m., the victim of fraud called police to report the scam. He reported an ad on Craigslist regarding tickets for sale for Disneyland. The victim said he met with the suspect and bought the tickets, only to find out that they were fraudulent. He had a friend call the suspect requesting to buy additional tickets and they agreed to meet in Monrovia. The victim asked if police could help him recover his money.

Although the first incident did not occur in Monrovia, it was similar to a Monrovia case that occurred earlier that week. An officer was dispatched to the location at the time they agreed to meet and the suspect was detained. The suspect admitted he had taken gift cards from a local grocery store and advertised on Craigslist. He admitted selling three gift cards that were never activated. Two incidents possibly occurred in Monrovia. The first incident occurred in Arcadia, and the victim was advised to file a police report with Arcadia. The suspect also had four outstanding warrants. He was arrested and taken into custody.

Vandalism – Suspect Arrested February 21 at 7:05 p.m., dispatch received a call reporting suspects vandalizing a school in the 100 block of West Duarte Road. Two young male subjects were seen by witnesses spray painting a wall at the school. Officers arrived and detained two juveniles near the school. A field show up was conducted with three witnesses. All three witnesses positively identified the suspects. Both suspects were arrested for vandalism and taken into custody. They were booked and released to their parents with a citation to appear in court on the charges.

Commercial Burglary/Identity Theft – Suspects Arrested February 22 at 11:44 a.m., a business in the 500 block of West Huntington called police to report a burglary. Two female subjects walked into a business in the city of Arcadia and tried to purchase merchandise using an altered store credit card. The purchase was rejected and the females left the store. Loss prevention notified the Monrovia store in case they tried again. The same subjects made a purchase at the Monrovia location and were seen leaving the store. Officers responded to the area and located the suspects still in the shopping center. The suspects were arrested and in their possession officers found various items of identity theft, which was added to their charges.

Robbery February 22 at 12:02 p.m., two subjects were

DUARTE CELEBRATES SPRING BREAK WITH FUN FILLED COMMUNITY ACTIVITIES

DUARTE, CA, February 23, 2016 – The City of Duarte invites community members of all ages to partake in a series of fun filled activities during the upcoming Spring Break!

Bring the family to Breakfast With the Easter Bunny! On Saturday, March 27th, start the day off by enjoying a delicious pancake breakfast from 7:30 - 9:30 a.m. at the Duarte Community Center, 1600 Huntington Drive. The breakfast is hosted by Duarte Rotary Club and the cost for adults is \$4, and \$2 for children 10 years and older.

After breakfast, head over to Beardslee and Royal Oaks Parks for a free Easter Egg Hunt. Beardslee Park is located at 2000 Buena Vista St. and Royal Oaks Park is located at 2627 Royal Oaks Dr. The hunt starts at 10am sharp and is open to children ages 3-4, 5-7 and 8-10 years old. At the hunts, children will be able to collect candy and special prizes will be given to the lucky ones who collect the "Golden Eggs!" Baskets or bags will not be allowed and parents will be asked to stay off the hunting grounds. For additional information, contact the City of Duarte Parks and Recreation department at (626) 357-7931.

On Tuesday, March 29th, go to Six Flags Magic Mountain with the Duarte Teen Center! Teens 9th to 12th grade will depart from the Teen Center at 8:30 a.m. and will return at 7:30 p.m. The cost per person

is \$45 and registration is required as space is limited. Interested teens can register by calling the Duarte Teen Center at (626) 303-0863.

Teens and children 8 – 17 years old can join in on the fun as the Recreation Department is organizing a trip to Knott's Berry Farm on Wednesday, March 30 from 9 a.m. to 7 p.m. for only \$34. For additional information, contact the City of Duarte Parks and Recreation department at (626) 357-7931.

Teens, between the ages of 15-18, are invited to the Duarte Teen Center on Wednesday, April 6th to a free Youth Employment Workshop from 3:30 to 5:00 p.m. During the seminar, teens will learn how to write a resume, complete a job application, practice interview skills and more. Local employers will be on site to share employment opportunities. Interested youth must RSVP by calling the Duarte Teen Center (626) 303-0863.

About the City of Duarte

The City of Duarte was incorporated on August 22, 1957. With integrity and transparency, the City provides exemplary public services in a caring and fiscally responsible manner with a commitment to our community's future. For more information visit www.accessduarte.com or call (626) 357-7931. Follow the City of Duarte on Twitter @ CityofDuarte.

truck trailer sideswiped the signal light and caused minor damage to the signal.

Vandalism February 22 at 10:11 p.m., a vandalism incident was reported at a school in the 100 block of South Canyon. Unknown suspects spray painted on the wall of the school. The investigation is continuing.

Vandalism February 23 at 12:44 a.m., officers were dispatched to a vandalism incident at an apartment complex in the 300 block of South Canyon. The victim stated her front window had been broken. The investigation is continuing.

Injury Traffic Collision February 23 at 7:34 a.m., police responded to an injury traffic collision at Monterey and Colorado. A driver was traveling east on Colorado and failed to stop for the stop sign. The driver collided into a vehicle that was turning west onto Colorado from Monterey. The driver and passenger of the second vehicle received minor injuries. The driver who failed to stop was cited for the violation and the other parties were taken to a hospital and later released.

CITY OF ARCADIA MAYOR GARY KOVACIC PROCLAIMS MARCH 2 “BOBBIE THE BOBCAT’S NEW FRIEND: DAY OF KINDNESS” FOR BARNHART SCHOOL’S STUDENT-CREATED BOOK LAUNCH

ARCADIA, CA – Barnhart School is known for its diverse and welcoming community in the greater Pasadena area. That is why it is no surprise that kindness was the virtue picked by one Barnhart middle school student, Jady E. Lee, an eighth-grader who entered the school’s writing contest with a theme the student developed about making new friends. The winner of the contest has yet to be revealed but will be announced at an all-school assembly at 8 a.m. Wednesday, March 2. In addition, to celebrate the 100th day of school recently, Barnhart first-graders performed 200 acts of kindness. One of the first graders, Lily Winter Hauge, is the illustrator for the new Bobbie the Bobcat book.

“We are delighted to have another great children’s book to read in Arcadia and the fact that it is created by our city’s school children is something to celebrate,” said Mayor Kovacic. “The book encourages students to make friends with new students and serves as a vibrant example to all Arcadians to spread kindness to newcomers to our community,” Mayor Kovacic added. City Clerk Gene Glasco will present the proclamation to the students and school at the 8 a.m. ceremony. At 10:30 a.m. the students’ book will be read by local fireman at the Arcadia Public Library as part of celebrations there for National Education Association’s Read Across America Day. Mayor Kovacic will read the book on Saturday, March 19 at 11 a.m. as part of the “Barks and Books” program at the Arcadia Public Library.

“We are feeling proud of our student’s creative achievement and honored by Mayor Kovacic’s proclamation. March 2 will always be a special day here for the Bobcats at Barnhart School,” stated Ethan Williamson, Barnhart Head of School, who noted that copies of the new book will be distributed to every student at the award ceremony and that its creators will be available for autograph requests from their peers.

Contest entries were judged by former Barnhart student Seth Bass, who wrote the screenplay for the major motion picture, *Martian Child*, starring John Cusack. Bass will be the master of ceremonies on March 2. “It was a joy to read all of the essays and think back to being a kid myself at Barnhart and dreaming of the day I’d be a writer. I’m impressed with the students and genuinely appreciate how they incorporated the suggested virtues into their storylines.

The subtle psychology of the characters’ intentions to draw the new kid out of his shell and into a new comfort zone embodies a story of compassion and empathy on a meaningful level,” said Bass. The school hopes to feature a new virtue annually in what may become a new school tradition of student-created works.

Both the March 2, 2016 10:30 a.m. Read Across America event and the March 19, 2016 11:00 a.m. Barks and Books event will be held in the Arcadia Public Library’s Jerry Broadwell Children’s Imagination Theater.

Located in Arcadia, California, Barnhart, a non-profit school, offers an independent K-8 education. Distinguishing programs of Barnhart include Spanish at all grade levels, daily physical education, the Virtues Project™ character development program, a creative writing for kids program with the Lucy Calkins’ Writer’s Workshop, a choral group, and an on-site harvest garden. The school has an early literacy emphasis, a 1:1 technology ratio and an average 12:1 student-teacher ratio. Barnhart offers weekly art class for students in all grade levels and art appreciation and studio art electives for students in middle school. Barnhart is accredited by the California Association of Independent Schools and Western Association of Schools and Colleges. In Barnhart’s diverse community, well over a dozen languages are spoken at home.

Established in 1959 by Dr. Ethel Barnhart, Barnhart is affiliated with the non-denominational Santa Anita Church. Visit barnhartschool.org for further information or to inquire about a tour. Barnhart School is located at 240 West Colorado Boulevard on Route 66 just across from the Santa Anita Race Track. The March 2 event will be held in Santa Anita Church’s sanctuary. For more information on The Virtues Project™ please visit virtuesproject.com.

The Arcadia Public Library is located at 20 W. Duarte Rd., Arcadia. The Library is open Monday through Thursday, 10:00 a.m. until 9:00 p.m. and Friday and Saturday, 10:00 a.m. until 6:00 p.m. You can also follow the Library on Twitter and Facebook. For more information, please call 626.821.5566 or visit the Library’s website at <http://www.ArcadiaCA.gov/library>.

ALUMNI INSPIRE STUDENTS AT BOSCO TECH NATIONAL ENGINEERS WEEK CELEBRATION

ROSEMEAD, CA. – February 25, 2016 – Alumni who are now engineers returned to their alma mater, Don Bosco Technical Institute (Bosco Tech), on February 24 to commemorate National Engineers Week. These past graduates provided motivational talks to inspire current students, the majority of whom are considering STEM-related college majors and professions.

Representing such companies as Intel, Boeing, Lockheed Martin, and NASA’s Jet Propulsion Laboratory, the alumni made presentations on topics as diverse as designing the power grid of the future, to engineering the Mars Rover, and developing cloud data storage. Students selected the presentations of their choice and asked questions of the speakers about their companies, current positions, and university studies.

“When alumni return to share their advice and their stories, it really is a testament to how Bosco Tech has prepared those who once were in our shoes,” said current senior Everson Cruz, who plans to major

in aerospace engineering at the university level this fall. “It gives us students a unique exposure, listening to engineers in the industry we wish to pursue. We were able to ask questions regarding their jobs and barriers they had to overcome to get where they currently are.” Cruz, who is studying Materials Science, Engineering & Technology (MSET), interned at Boeing last summer.

Celebrating its sixtieth year, Bosco Tech is an all-male Catholic high school that combines a rigorous college-preparatory program with a technology-focused education. With a 100 percent college acceptance rate each year, more than 60 percent of Bosco Tech graduates pursue STEM-related majors in their university studies. The innovative curriculum allows students to exceed university admission requirements while completing extensive integrated coursework in one of several applied science and engineering fields. Visit www.boscotech.edu for more information.

CITY OF ARCADIA YOUTH ADVISORY COUNCIL

The Arcadia City Clerk’s Office is currently accepting applications from individuals who would like to serve on the Youth Advisory Council. The Youth Advisory Council consists of seven (7) members appointed by the City Council. Of the seven (7) members, four (4) must be current high school students and three (3) middle school students at the time of appointment. All members must be under the age of eighteen (18) at the time of appointment and reside in the City of Arcadia. The Youth Advisory Council will act in an advisory capacity to the City Council on matters pertaining to the youth population of the community. All Arcadia Boards and Commissions serve without compensation.

Anyone with an interest in serving may pick up an application from the City Clerk’s Office, City Hall, 240 W. Huntington Drive or print one off the City’s website at www.ArcadiaCA.gov. Applications must be submitted to the City Clerk’s office on or before the close of business on Monday, May 23, 2016. Appointments are expected to be

made at the Tuesday, June 21, 2016, City Council Meeting.

Please contact the City Clerk’s Office at (626) 574.5455 if you would like further information about the Youth Advisory Council.

About the City of Arcadia

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

SCHOOL DIRECTORY

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

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

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

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

Bethany Christian School
93 N. Baldwin Ave. Sierra Madre, Ca. 91024
(626) 355-3527
Principal: Dr. William Walner
website: www.bcsllions.org

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

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

Frostig School
971 N. Altadena Drive Pasadena, CA 91107
(626) 791-1255
Head of School: Jenny Janetzke
Email: jenny@frostig.org

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

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

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

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

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

Pasadena High School
2925 E. Sierra Madre Blvd. Pasadena, Ca.
(626) 396-5880 Principal: Gilbert Barraza
website: <http://phs.pusd.us>

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

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

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

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

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

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

Pasadena Unified School District
351 S. Hudson Ave., Pasadena, Ca. 91109
(626) 396-3600 Website: www.pusd@pusd.us
rcadia Unified School District
234 Campus Dr., Arcadia, Ca. 91007
(626) 821-8300 Website: www.ausd.net

Monrovia Unified School District
325 E. Huntington Dr., Monrovia, Ca. 91016
(626) 471-2000 Website: www.monroviaschools.net

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



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DIFFERENT BREEDS WITH DIFFERENT NEEDS

I am ever in wonder over the extreme trait variations that exist from one breed of dog to another and I have such fun watching dogs of all different colors, shapes and sizes interact. For the most part, I notice that dogs of every kind, when treated humanely by the human are able to play nice and get along, regardless of their differences. Sometimes I find it hard to believe that two dogs could even be of the same species, yet they are. Take the Great Dane and the Pomeranian, for example. Could there be a more polar extreme within a given species?

The World Canine Organization (French title: Federation Cynologique Internationale or FCI), the largest registry of dog breeds accepted internationally, currently recognizes about 358 breeds worldwide. This is truly phenomenal when you consider the fact that they all originated from one - the wolf. What started out as a pretty predictable, "standard run-of-the-mill" brownish-grey wild dog has now evolved (with much scientific intervention) into an array of 358(+/-) different breeds including every imaginable shape size and color, bred to meet a long laundry list of demands set forth by the human being.

Physical attributes are one thing, but what I find interesting about our modern day wide variety is the behavioral traits that are typical for dogs of a given breed. Historically, performance was the main purpose for dog breeding, so if you needed help removing unwanted rodents from your ranch, you would want a fast, short dog. If you needed help herding you would want an attentive, intelligent large dog with loads of endurance.

I was recently walking a tiny terrier named "Wal-E" along with his sweet, petite adopted sister, "Penny". We were coming around the corner of the block where they live when we saw a neighbor walking in our direction with her three very large dogs. Wal-E got very excited and started barking and raising his back as the big dogs drew closer. I thought how funny it is that he feels the need to portray himself as such a tough guy to those big dogs, when in reality we all know he's a precious sweet-pea who wouldn't hurt a flea. While it may seem somewhat peculiar to the average on-looker, Wal-E's behavior actually makes total sense.

What Wal-E may lack in physical stature, he makes up for in bravado. He seems to understand that because he is smaller, he must exhibit "big" behavior around larger dogs, perhaps as a defense mechanism - to make it clear that he has no fear. I guess you could say he has the canine equivalent to the human's Napoleon complex. I personally think he's one smart little pup with a strong will to live!

Having spent countless hours observing my canine companions, and reading the writings of research psychologists, I've learned that there are very good reasons behind much of what dogs do and it behooves us to understand the motive behind the motion, if we wish to foster a healthy, safe relationship with our pets.

Like Wal-E's apparent Napoleon complex where having a small body comes hand-in-hand (or paw-in-paw) with a tendency to bark loud and puff up in the presence of big dogs, distinguished

physical traits - color, shape or size - of bred dogs are typically accompanied by respective behavioral tendencies and the main reason for this is that they were bred for specific purposes to meet specific human needs.

My friend has two Australian shepherds. Fortunately she is a smart lady. She did her homework before having pets, so she kind of knew what to expect from her two pups as they grow into adult dogs. Aussies were originally bred to herd sheep and cattle in wide open spaces and as a "side result" of behavioral breeding, they were blessed with the most gorgeous, colorful coat a dog could ever wish to have. Appearance seems to be what today's average human looks for in a pet, with little knowledge of what to expect from the person inside. That's why our shelters are full of pups hoping to find good homes before their time is up.

So, back to the Aussie having been bred to herd. Now you've got a couple of them living in a relatively small house located in an intensive urban community with lots of traffic and limited wide open space. Hmm, I wonder what might happen to all those behavioral traits we bred into those dogs now?

They'll need a LOT of attention and daily exercise. They'll need projects to keep them positively engaged, focused and occupied. They'll benefit greatly from agility challenges as well as fetch and chase games. The demands are not unlike having twins! Keeping two Australian shepherds healthy and happy is a big job. And if they don't get the proper attention, you can bet your butt They'll let you know! We can't get upset if they "act out" or "misbehave", can we? We asked for it - we got it!

It is so very important to understand the needs of the breed before you bring a dog into your home. I used my friend's dogs as an example only because it was recent and convenient. It is actually a classic tale that most of us can relate to. There are more breeds than I can begin to name, each taking their turn at becoming the famous focus of a passing trend or favored flavor of the week, as it were.

Be aware of what your dog's breed-needs are. Be patient. Do what it takes. And, for the love of all that is Holy, please stop shopping and start adopting. Dogs aren't fashion accessories to be flaunted or magnets to get babes. They are precious beings with the capacity to feel love that they are willing to share unconditionally. We are their stewards. Take the time to understand them. Love and let live.

Happy Tails

by Chris Leclerc



LOOKING FOR A BEST FRIEND?

Who loves to dance? Titan is a 3-year-old American Staffy mix who first came to the shelter in December of 2015 when he was picked up wandering the streets of Rosemead. Titan is a handsome young boy with golden brown eyes, long floppy Staffy ears, and a beautiful white-and-brindle coat. He is friendly to people, rambunctious, and with a bit of an interest in silly-dancing. That's Titan's thing! At a moment's notice, he will stand on his hind legs and offer his front paws for a dance... and he's quite good on those hind legs.

Weighing about 66lbs, he still has some youthful puppy-energy in him and enjoys spending his time running, playing, and dancing with his human friends. He also must have a hint of feline in him because he loves to rub himself on people's legs; although he hasn't paired the rubbing with a purr. Titan is also a very intelligent young boy who knows how to sit and take treats from his friend's hands. He would be the perfect companion for an active family looking for an exercise buddy to spend weekends exploring trails or dancing at home to the beat of Titan's tune. Please stop by to meet Titan if you're looking for a rambunctious pup to spend your life dancing with!

His adoption fee is \$145 and includes neuter surgery, vaccinations, microchip and a free wellness exam at a participating veterinarian. Feel free to call us at (626) 286-1159 for more information on Titan.

He currently resides at the San Gabriel Valley Humane Society located at 851 E. Grand Avenue in San Gabriel. We are located off San Gabriel Blvd., north of Mission and south of Las Tunas. To arrange a 'Meet and Greet' with Titan, please stop by any time from 10:30am to 4:30pm Tuesday thru Sunday.

If you are interested in meeting Titan, or any of the other wonderful pets at the shelter, visit the San Gabriel Valley Humane Society at 851 E. Grand Ave., San Gabriel, Calif., 91776, Tuesday through Sunday from 10:30am to 4:30pm. See our website at www.sgvhumane.org for information and photos of



all our wonderful pets.

2016 calendars are available at the shelter for a \$10 donation. The photos were selected among hundreds submitted by shelter supporters. If you would like to order a 2016 calendar on line, you can stop by the shelter or do so through PayPal. Go to the shelter website at sgvhumane.org for more information.



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THE JOY OF YOGA

RIPPLE EFFECT

How does yoga make the world a better place exactly?

The short answer is awareness and compassion. What I love about yoga is it's complete, dynamic approach to living. There are so many workable parts to the yogic path that create this awareness and compassion. We've got the physical practice for optimum health and function. Prayers and Mantras serve as medicine for the mind and the meditation practices cleanse, grow and sustain our spiritual condition. The practice as a whole is unique because it's completely individual. We each have our own experience, gain insights and progress at our own pace.

One of the greatest benefits of yoga (and countless students report), is an increased feeling of self acceptance and self love. It's the foundation from which we grow, transform and heal. Imagine if each yogi cultivated awareness of themselves (physical, mental, their energy, and their choices,) and cultivated compassion for themselves. The world would, and DOES transform. It's just an organic cause and effect. When we treat ourselves in love and high regard, we act better, are able to give more and see and empathize with our fellow brothers and sisters. One good act leads to another, and when we make a mistake and take responsibility in a graceful way, people are inspired by that. It's in embracing our humanness with careful, thoughtful awareness, that the world begins to respond. There is a starting place for each one of us on the path. Give your body a little love and spend some time in your practice. You never know who you may inspire.

Namaste and Love,

Keely

A RETROSPECTIVE CASE STUDY ON ACUPUNCTURE FOR LYMPHEDEMA IN AN ONCOLOGY SETTING 1

Lymphedema is a common complaint of male and female breast cancer patients following breast surgery with lymph node removal or commonly following radiation to the axilla. Lymphedema is an abnormal buildup of lymph fluid that causes swelling and sometimes pain and occurs most often in the arms and legs.

In a healthy lymphatic system, fluid containing debris is pushed through vessels and back into the blood circulation. Lymphocytes, which are housed within nodes, trap and destroy harmful organisms, playing a major role in our immune system. Surgical removal of breast tissue, lymph node removal and radiation are essential components of breast cancer treatment. Staging alone also involves breast tissue and lymph node removal. Some individuals have 2-3 lymph nodes removed while others may have all of the lymph nodes in a particular area removed. The likelihood of developing lymphedema increases with more extensive surgery, increased number of lymph nodes removed, and amount of radiation therapy to the axilla following surgery.

According to [HYPERLINK "http://www.uptodate.com/lookup?upToDate.com/lymphedema"](http://www.uptodate.com/lookup?upToDate.com/lymphedema), an online evidence-based resource, women undergoing sentinel lymph node biopsy (fewer lymph nodes removed) versus axillary dissection (a greater number of nodes removed) have a 64 percent lower risk of developing lymphedema. However, there still remains a clinically relevant risk of lymphedema in women with sentinel lymph node biopsy alone. Increased risk is also associated with higher body mass index, delayed wound healing, postoperative infection and injury. Women with lymphedema may experience pain, limited range of motion, physical and emotional distress, body image insecurities and hypervigilance to avoid symptom exacerbating activities. Risk reduction practices according to the National Lymphedema Network include maintaining clean and dry extremities and nails, providing sun protection, and avoiding punctures in the affected area. If the affected area is scratched or punctured, it is very important to wash with soap and water and use topical antibiotics on the area of concern.

Few research studies have been published on the benefits of acupuncture for lymphedema. Although we are not aware of any negative studies of needling into the affected arm, caution is used when performing acupuncture in a hospital setting. Theoretical concerns exist based on the avoidance of injections and blood draws as a precaution against infection. A study reported in "Acupuncture in Medicine" shows that acupuncture and topical herbs have the potential to clinically cure 44 percent and positively affect 52 percent of lymphedema cases when used together for 12 weeks. A safety study from the same journal in 2011 found no adverse events in 73 treatment sessions of acupuncture and 30 percent reduction in the extent of lymphedema after four weeks. A recent study from the journal "Cancer" found no serious adverse events and no infections after 255 treatment sessions and 33 percent reduction in lymphedema. The only side effects that could be found in any study were minimal discomfort or bruising, which are typical side effects of acupuncture in general. The authors concluded that acupuncture appears safe and may reduce lymphedema associated with breast cancer treatments. A randomized clinical trial is currently underway to follow-up on this pilot study.

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FOOD AND DRINK

DEL FRISCO'S GRILLE

Living in Pasadena the past forty-plus years I have seen many restaurants come and go. Some should have gone, but others, I felt, put real effort into the craft. I can't believe the influx of steakhouses to our fair city. But, I am here to tell you I love a good steak , and one of the best for my dollar is Del Frisco's Grille on Lake. Pasadena might rival only Chicago as the steak capital of the world. Del Frisco's is related to the Double Eagle Grille in Las Vegas where they have built their reputation on a menu that features all prime beef.

What they have going here is a great location, an incredible wine list, and a top-notch filet mignon. My assignment was to enjoy pairing of fine wines with Del Frisco's popular menu, aided by Del Frisco's own sommelier – a fun way to go if the restaurant has a sommelier. My dinner started with the ahi tuna tartare with avocado and a spicy citrus mayo. Ahi tuna tacos have become a popular appetizer in restaurants and I had these paired with a Paco & Lalo white wine, one of the most popular wines from the region of Rias Baixas in Spain. I've never been to Spain, but when I go I'll visit this wine region for sure. Next in the adventure was the kale quinoa salad, which was spectacular and went very well with my taste of Flora Springs Chardonnay. Finally came the reason for our review: the steak – a generous eight-ounce filet mignon with a side of truffled mac and cheese. If you've heard my radio show, you know I often talk about steaks and my contention that I can make I great steak at home. This one is as good as it gets, and sommelier Sharha paired it with a wine that 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

One more note: their crab cake is one of the best I've had, and that's saying a lot. No matter the price, when I see the crab cake on the menu, it's ordered.

Dining With Dills

Peter Dills
Dining With Dills
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Julie's Favorite Family Recipes

BRAD'S GUACAMOLE

Mix

1. Two very ripe avocados smashed
2. One teaspoon fresh garlic
3. 5 drops or so of lemon or lime (if you have lime, lime)
4. One ripe diced large tomato
5. One small diced brown onion
6. Some Chile to taste
7. A hand full of fresh diced coriander
8. Lots of salt (it really brings out the taste)
9. Some pepper
10. To keep it green the best umbrella seems to be plastic wrap tamped down snugly to the surface of the dip, to limit as much oxygen exposure as possible.

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MAKE LONG-TERM CARE COVERAGE MORE AFFORDABLE

Dear Savvy Senior,

I have been thinking about getting a long-term care insurance policy, but have found the monthly premiums to be very expensive. How can I find cheaper coverage?

Getting Old

Dear Getting,

Cost is usually the biggest factor that keeps most people from purchasing long-term care insurance – only around 8 million Americans currently have a policy.

Depending on your age, health, and the provisions of the policy, costs can range anywhere from \$1,000 up to \$5,000 a year for an individual policy that covers nursing home care, assisted living and in-home care. Fortunately, there are various cost-cutting strategies that can help you save and still get adequate coverage. Here are several to consider.

Buy young: The most basic way to get long-term care insurance at a cheaper rate is by purchasing it at a younger age. For example, a typical policy that costs a 55-year-old \$1,500 a year in premiums could cost a 65-year-old \$3,000. Health is another fact that can affect costs. While good health can lower your monthly payments, having a preexisting medical condition can increase your costs, or you may not be able to get insurance at all.

Sign up as a pair: Many insurers offer 20 to 30 percent discounts on premiums if you sign up at the same time as your spouse, partner or sibling.

Choose a shorter benefit period: Most people need long-term care for just under three years on average. So, by choosing a policy that covers you for two or three years, versus five or more years, it can cut your premiums by 20 to 40 percent.

Lengthen the time you pay: Most policies have 30 to 90-day waiting periods that require you to pay out-of-pocket for care before the policy kicks in. By choosing a longer wait period, it can lower your premiums 15 to 20 percent.

Lower the daily benefit: You can get a policy that pays out \$100, \$150, \$200 per day or more, but the higher the benefit, the higher your premium. So consider a plan that covers two-thirds the daily



cost, and pay the other third out of savings. That could cut your premiums by about one-third.

Buy lower inflation protection: Inflation coverage protects you from the rising costs of care. Five percent compounded annually has been a common practice in the industry but it's expensive. Consider a policy that has a 3 percent CPI-adjusted inflation protection. This can save you 50 percent or more.

Get state help: Currently, 41 states have a long-term care partnership program that can help you save too. Under these programs, if you buy a long-term care policy approved by your state Medicaid agency, you can protect an amount of assets from Medicaid equal to the benefits that your policy pays out. With this program, you can choose a shorter benefit period, which will lower your premiums. See aaltci.org/partnership to learn more.

Buy a hybrid policy: If the thought of paying expensive monthly premiums for long-term care insurance – which you may never use – is keeping you from buying a policy, consider one that combines long-term care insurance with either a life insurance policy or an annuity. Hybrid life insurance policies provide a death benefit for your heirs and a pool of money you can use for long-term care. Any funds you use for care are generally subtracted from the death benefit. While hybrid annuity policies generally allows you to purchase a deferred annuity, which can be used for long-term care or if you don't need care, it can be redeemed for its accumulated value when it matures, or left to your heirs when you die.

To find a policy that offers the best rates, get a long-term care insurance specialist who works with a variety of companies. See aaltci.org to locate one. Also shop insurers like Northwestern Mutual and New York Life, who work only with their own agents.

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

SENIOR HAPPENINGS



HAPPY BIRTHDAY! ...February Birthdays*

Cathrine Adde, Hilda Pittman, Anne-Marie Stockdale, Ann Luke, Susan Henderson, Jan Reed, Peter Lippincott, Georgia Lippincott, Allie Attay, Ursula El-Tawansy, Gladys Moser, Sylvia Lorhan, 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



ACTIVITIES: Unless listed differently, all activities are at the Hart Park House (Senior Center) 222 W. Sierra Madre Blvd., Sierra Madre

YWCA San Gabriel Valley - Intervale Senior Cafe

Seniors 60 years of age and up can participate in the YWCA Intervale daily lunch program held at the Hart Park House Senior Center. Meals are served Monday through Friday at 12:00 pm and participants are encouraged to arrive by 11:45 am. Meals are a suggested donation of \$3.00 for seniors 60 and over or \$5.00 for non-senior guests. Daily reservations are necessary, space is limited. Please reserve your lunch by calling 626-355-0256.

Tech Talk: Held on Monday, January 25th from 1:30-2:30pm. Learn how to use your new technology devices. Please reserve your space with the Hart Park House by calling 626-355-7394.

Hawaiian and Polynesian Dance Class: Every Tuesday morning from 10am to 11am. 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.

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

Brain Games: Thursday, January 21st, 10:30am - 11:30am, improve your memory and strengthen your brain. Activities facilitated by Hugo, Community Liaison for New Wave Home care of Pasadena.

Free Legal Consultation: Wednesday, January 27th from 10:30am to Noon. Attorney Lem Makupson is available for legal consultation. He specializes in Family Law, Wills, Trusts, Estates, and Injury. Appointment are required by calling 626-355-7394.

Balance Class: No Balance Class due to Martin Luther King Holiday.

Chair Yoga: Mondays and Wednesdays from 11:00 to 11:45 am. A suggested donation of \$5 at one of the classes is requested, but is not required.

Case Management: Meets the 2nd Thursday of the month. Case Management services are provided by the YWCA and provide assistance in a variety of areas. Appointments are required and can be scheduled by calling the HPH Office at 626-355-7394.

Birthday Celebrations: Every second Thursday of the month at the Hart Park House. The free birthday cake is provided by the Sierra Madre Civic Club.

Game Day: Every Thursday starting at 12:00pm. (Please note the time change.) 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.

Senior Club: Every Saturday at the Hart Park House Senior Center. Brown bag lunch at 11:30am. Club meeting at noon. Bingo 12:30-3:30pm. Annual Membership is only \$10.00.

KATIE Tse.....This and That

FLYING PENGUINS & OTHER TOUCHING STUFF

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

It's become a joke with us that I have a heart of stone when watching tear-jerker films. I can watch Tom Hanks leave Helen Hunt in "Cast Away," Leonardo DiCaprio slip into the Atlantic in "Titanic," and Mel Gibson's last speech in "Braveheart," all with a dry eye. About two minutes into the big cry scene I'll feel a nudge on my shoulder and hear my teary-eyed husband saying, "You have no heart!" which always makes me laugh.

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

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

We see them soaring around glaciers as the narrator explains that these special penguins migrate from the icy wastes of the Arctic to lush, tropical rainforests in South America. The final few shots are of pudgy penguins lighting down in fruit trees to the surprise of toucans and other rainforest animals.

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



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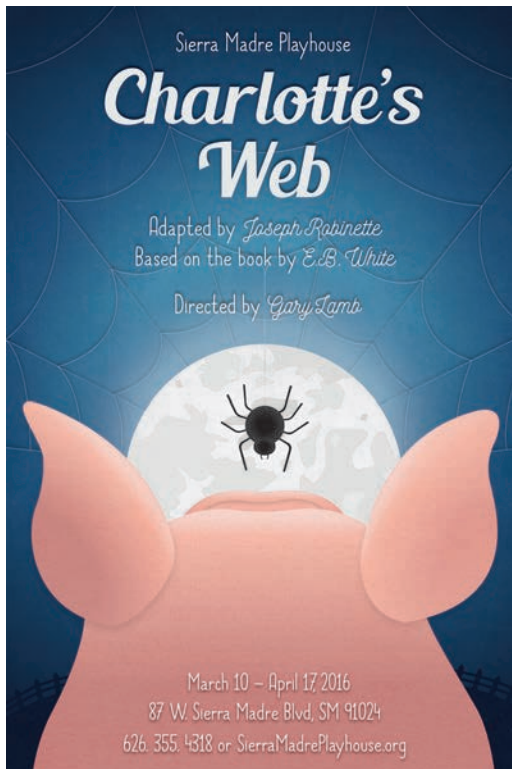
BUGS AND ANIMALS AND TEA, OH MY!

By Artistic Director, Christian Lebano

We've loaded in the set for Charlotte's Web and the cast will start working on it this weekend. The Director, Gary Lamb, and the Set Designer, Keiko Moreno, have created a visually arresting, flexible, barn-yard jungle gym. When Gary was describing to me what he wanted, he said that he hoped that kids would want to climb up on to the stage and play on the set. They have achieved that. It does all it has to in being the various settings needed to tell the story, evoking barns and barnyards, and the county fair while being playful and calling on kids (and grown-ups) to use their imaginations. I can't wait to see it under lights.

The lobby is being transformed under the marvelous curating skills of Diane Seigel with the help of Emily Hopfauf and Vicky Aguilar. Anyone who has seen their work on our previous shows know that the lobby will be a fun and interactive experience – this time age-appropriate for our young patrons. Diane has been working with Joanne McGee-Lamb on the special events that will support our Sunday shows. All activities are free and start at 1:15 pm in front of the Playhouse except the Tea. Here is what you can plan on:

March 20: Charlotte's Fiber Art Party
Help us build a web for Charlotte.
March 27: Farm-Fresh Egg Hunt
Come help us find all of Goose and Gander's eggs!
April 3: Wilbur's Denim and Daisy Tea (fee to participate) at Tea-Neer Tea House
142 West Sierra Madre Blvd.
1:00 pm
Reservations through Tea-Neer
(626) 355-3999
April 10: Fern's Farm Animals
Come meet some of the "real" animals depicted in the show.
April 17: Fern's Farm Animals



More information about all of these events and more can be found on our website: SierraMadrePlayhouse.org

Charlotte's Web opens to the public on March 11 and 12 (we have two different casts and each have their own Opening Night.) The show will play on matinees at 2:30 p.m. on Saturdays and Sundays except on March 13 during The Wistaria Festival. Tickets are now on sale for Charlotte's Web – it is going to be terrific fun – hope to see you there with (or without!) your kids and grandkids. Please visit our website at or call Mary at 626.355.4318 to purchase tickets.



SEAN'S SHAMELESS REVIEWS: SONGS YOU NEED TO HEAR

By Sean Kayden

James Supercave – “Whatever You Want” - James Supercave is not a solo act with a pseudo last name. These Echo Park natives are indie psych-poppers that just dropped their debut LP, “Strange Things.” It's an album that comes off the beaten path with strange tendencies and psychedelic vibes. The newcomers offer a fresh sound within a subgenre becoming increasing popular these days. One of their tracks, “Whatever You Want” has all the right sensations to make you feel weird again. There's just something unique about the band's textures, layers, and ambiances that give them the edge over their peers. The mix of pop and glam are evident as well as Joaquin Pastor's helium vocals. James Supercave is like that super cool band no one knows about, but that may not be for much longer.

Japanese Breakfast – “In Heaven” - Michelle Zauner started Japanese Breakfast as solo endeavor in response to creative bankruptcy with her other band, Little Big League. Her first single under this new moniker is “In Heaven.” Zauner's elegiac vocals are matched by instrumental beauty of the song. It's a somber affair of insurmountable loss that becomes fragile just on the edges of this indelible tune. The lush “In Heaven” is relatively calm in delivery and Zauner's vocals are rather angelic. I have high hopes for her debut LP, “Psychopomp” which will be out on April 1st.

Nothing But Thieves – “If I Get High” – “If I Get High” is one of few ballads found on the band's debut self/titled record. It's also the group's latest single and it's a beautiful, chills-worthy endeavor. Conor Mason's voice may be the best in rock music right now. I'm not saying this is the best rock band of 2016, but those vocals are a mighty weapon. It's reminiscent of the late Jeff Buckley. There is deep sensitivity to it and it's something to be in awe of. The song takes a grasp on

to the listener and emotionally rattles them. This is a song, let alone a band, meant to be played in front of a huge, stadium-filled audience. It's not a matter of how, but when for these new school rock kings.

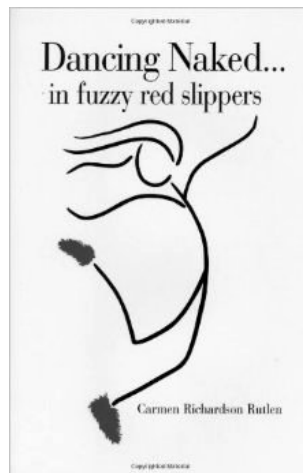
Sego – “Stars” – This new tune comes off the band's forthcoming debut LP, “Once Was Lost Now Just Hanging Around” next week. The warm jam features the band taking a break from relatively faster paced, wilder material with a subtly found inside hazy guitars and reflective storytelling. There's a hopefulness sound to be found with ethereal layers forming into a rich, dynamic indie rock track. It also proves that Sego is beyond one-note as this latest outing represents something quite different than previous releases. While there other tracks cater more to a slacker/stoner sound, “Stars” really shines as something more grounded and genuine.

Night Moves – “Carl Sagan” - The Minneapolis-based band is finally back after nearly 4 years with their second single, “Carl Sagan.” The group's first record had more of a poppy 70s vibe and this one takes the rock sounds of 70s and 80s and places them both into this new awesome jam. Their music continues to recall the likes of Steely Dan, The Band, and Fleetwood Mac. While these young guys were born well beyond the time of the abovementioned bands, their sound is clearly inspired by them. Singer and guitarist John Pelant and bassist Micky Alfano showcase a warm and vintage feel to the work that conjures up the golden days of 70's rock. Much more than a nostalgic knockoff though, a track like “Carl Sagan” is instead ageless, resuscitated through the pair's graceful songcraft, and singer John Pelant's excellent vocal abilities. Innocent and youthful, Pelant appears to possess an iconic voice that resembles those of the past. Night Moves second LP, “Pennied Days” is due out March 25th.

Jeff's Book Pics By Jeff Brown

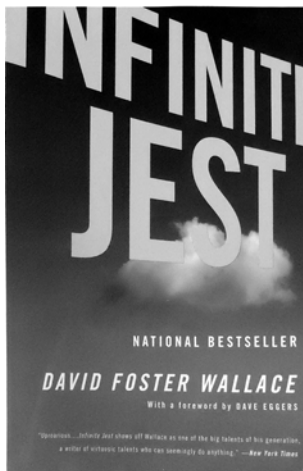
Dancing Naked --In Fuzzy Red Slippers by Carmen Richardson Rutlen

This book isn't about life, but about living life. You'll visit Tobago on a warm summer evening, and Venice at twilight. It isn't a travel book in the usual sense, but does explore interesting landscapes of the mind and heart. It tells of dancing naked in the morning and being late for work. It addresses divorce and the accompanying sorrows and joys. It talks of a homeless woman named Joan and the death of a basset hound named Rufus. It speaks of a near-love experience, and gives instructions on what to do with an extra half-hour you find lying on the ground.



Infinite Jest by David Foster Wallace

A mind-altering comedy about the Pursuit of Happiness in America set in an addicts' halfway house and a tennis academy, and featuring the most endearingly screwed-up family to come along in recent fiction, Infinite Jest explores essential questions about what entertainment is and why it has come to so dominate our lives; about how our desire for entertainment affects our need to connect with other people; and about what the pleasures we choose say about who we are. Equal parts philosophical quest and screwball comedy, Infinite Jest bends every rule of fiction without sacrificing for a moment its own entertainment value. It is an exuberant, uniquely American exploration of the passions that make us human - and one of those rare books that renew the idea of what a novel can do.



Modern Romance by Aziz Ansari, Eric Klinenberg

At some point, every one of us embarks on a journey to find love. We meet people, date, get into and out of relationships, all with the hope of finding someone with whom we share a deep connection. This seems standard now,

but it's wildly different from what people did even just decades ago. Single people today have more romantic options than at any point in human history. With technology, our abilities to connect with and sort through these options are staggering. So why are so many people frustrated? Some of our problems are unique to our time. “Why did this guy just text me an emoji of a pizza?” “Should I go out with this girl even though she listed Combos as one of her favorite snack foods? Combos?!” “My girlfriend just got a message from some dude named Nathan. Who's Nathan? Did he just send her a photo of his penis? Should I check just to be sure?” But the transformation of our romantic lives can't be explained by technology alone. In a short period of time, the whole culture of finding love has changed dramatically. A few decades ago, people would find a decent person who lived in their neighborhood. Their families would meet and, after deciding neither party seemed like a murderer, they would get married and soon have a kid, all by the time they were twenty-four. Today, people marry later than ever and spend years of their lives on a quest to find the perfect person, a soul mate. For years, Ansari has been aiming his comic insight at modern romance, but for Modern Romance, the book, he decided he needed to take things to another level. He teamed up with NYU sociologist Eric Klinenberg and designed a massive research project, including hundreds of interviews and focus groups conducted everywhere from Tokyo to Buenos Aires to Wichita. They analyzed behavioral data and surveys and created their own online research forum on Reddit, which drew thousands of messages. They enlisted the world's leading social scientists. The result is unlike any social science or humor book we've seen before. Ansari combines his irreverent humor with cutting-edge social science to give us an unforgettable tour of our new romantic world.

Jeff's History Corner By Jeff Brown

HISTORY OF SOME EXPRESSIONS

TURN A BLIND EYE -Meaning: To ignore situations, facts, or reality. Origin: The British Naval hero, Admiral Horatio Nelson, had one blind eye. Once when the British forces signaled for him to stop attacking a fleet of Danish ships, he held up a telescope to his blind eye and said, “I do not see the signal.” He attacked, nevertheless, and was victorious.

'A SHOT OF WHISKEY' - In the old west a .45 cartridge for a six-gun cost 12 cents, so did a glass of whiskey. If a cowhand was low on cash he would often give the bartender a cartridge in exchange for a drink. This became known as a “shot” of whiskey.

BOUGHT THE FARM - This is synonymous with dying. During WW1 soldiers were given life insurance policies worth \$5,000. This was about the price of an average farm so if you died you “bought the farm” for your survivors.

IRON CLAD CONTRACT - This came about from the ironclad ships of the Civil War. It meant something so strong it could not be broken.

RIFF RAFF - The Mississippi River was the main way of traveling from north to south. Riverboats carried passengers and freight but they were expensive so most people used rafts. Everything had the right of way over rafts which were considered cheap. The steering oar on the rafts was called a “riff” and this transposed into riff-raff, meaning low class.

COBWEB - The Old English word for “spider” was “cob”.

SLEEP TIGHT- Early beds were made with a wooden frame. Ropes were tied across the frame in a criss-cross pattern. A straw mattress was then put on top of the ropes.

Over time the ropes stretched, causing the bed to sag. The owner would then tighten the ropes to get a better night's sleep.

OVER A BARREL - In the days before CPR a drowning victim would be placed face down over a barrel and the barrel would be rolled back and forth in an effort to empty the lungs of water. It was rarely effective. If you are over a barrel you are in deep trouble.

HOGWASH - Steamboats carried both people and animals. Since pigs smelled so bad they would be washed before being put on board. The mud and other filth that was washed off was considered useless “hog wash”.

CURFEW - The word “curfew” comes from the French phrase “couver-feu”, which means “cover the fire”. It was used to describe the time of blowing out all lamps and candles. It was later adopted into Middle English as “curfeu” which later became the modern “curfew”. In the early American colonies homes had no real fireplaces so a fire was built in the center of the room. In order to make sure a fire did not get out of control during the night it was required that, by an agreed upon time, all fires would be covered with a clay pot called-a “curfew”.

HOT OFF THE PRESS - As the paper goes through the rotary printing press friction causes it to heat up. Therefore, if you grab the paper right off the press it's hot. The expression means to get immediate information.

GO THE WHOLE NINE YARDS - Meaning: To try your best at something. Origin: During World War II, the fighter pilots were equipped with nine yards of ammunition. When they ran out, it meant that they had tried their best at fighting off the target with the entirety of their ammunition.



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FAMILY MATTERS

By Marc Garlett



TOWN DEMOLISHES HOME WHILE OWNER IS IN HOSPITAL

Imagine this: your elderly uncle with no family near his home travels to Florida for surgery and has to stay there unexpectedly for a number of months. While he is away, his home is demolished by the city, including all of his possessions. This just happened to a 69 year-old veteran and home owner in West Hemstead, New York. Due to medical complications with his surgery, he was unexpectedly gone for a number of months. When he returned home, he found that his house had been torn down by the city. He had lived in the house since infancy and all of his possessions had become part of the rubble. Neighbors had complained about the condition of the house and claimed they thought that no one lived there. Owners of homes or other structures that have become dilapidated need to be aware of laws that permit municipalities to take action against

them. Typically, towns and cities have building codes and standards which must be met, and they have inspectors with the authority to declare properties unfit for use. These cases start when the city declares an abandoned house or building structurally unsound and orders that it be demolished. The city will first look to the property owner to carry out the demolition, but if that does not happen, the city undertakes the task itself and then demands payment of demolition costs from the owner. While avoiding the destruction of someone's home should be a goal of government officials charged with enforcement of building codes or urban renewal programs, that is obviously not always the case. It is up to each of us to care for our family members, especially those who are elderly and do not have close family nearby. One of the best ways you can do that is to ensure all of your senior family members have a relationship with a trusted advisor, such as a personal lawyer, to ensure that all of their assets are protected in the event of a long-term incapacity or illness. We often become surrogate "members of the family" for our clients who do not have loved ones nearby. Please call us if we can support your family and help save you and your loved one's the heartache of losing a home or other assets in this way. Dedicated to your family's wealth, health, and happiness,

MARC

A local attorney and father, 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. Schedule an appointment to sit down and talk about ensuring a legacy of love and financial security for your family by calling 626.587.3058 or visit www.GarlettLaw.com for more information.



Social Media
Tips, Tricks & Ideas



by: MJ Finstrom

HOW WILL YOU 'REACT' TO THIS

Facebook has new reaction buttons! Not only can you "Like" something, but now you can "Love," "Laugh," "Wow," "Cry," and "Get Angry" at a piece of content. To get the reaction buttons on your mobile device, you will need to update your Facebook app to the most recent version. Some people are finding they have to close the app and reopen for it to work. On a desktop, you will just hover over the "Like" button and the new reaction choices will pop up. The top 3 reaction buttons will be shown under the post and you will be able to see how many people have used each reaction. People can change their mind too; they can change their Love to a Laugh if they want. Happy reacting! About MJ: MJ and her brother David own HUTdogs, a creative services and digital marketing business. "Like" them on Facebook for trending news in social media, internet marketing and other helpful tips, www.facebook.com/hutdogs. Sign up for their upcoming workshops at: www.hutdogs.com/workshops/schedule



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ANTARCTIC FUNGI SURVIVE MARTIAN CONDITIONS ON INTERNATIONAL SPACE STATION

The McMurdo Dry Valleys, located in the Antarctic Victoria Land, are considered to be the most similar earthly equivalent to Mars. They make up one of the driest and most hostile environments on our planet, where strong winds scour away even snow and ice. Only so-called cryptoendolithic microorganisms—capable of surviving in cracks in rocks—and certain lichens can withstand such harsh conditions.

A few years ago a team of European researchers traveled to these remote valleys to collect samples of two species of cryptoendolithic fungi: Cryomyces antarcticus and Cryomyces minteri. The aim was to send them to the International Space Station (ISS) for them to be subjected to Martian conditions and space to observe their responses.

The tiny fungi were placed in cells (1.4 centimeters in diameter) on a platform for experiments known as EXPOSE-E, developed by the European Space Agency to withstand extreme environments. The platform was sent in the Space Shuttle Atlantis to the ISS.

For 18 months half of the Antarctic fungi were exposed to Mars-like conditions. More specifically, they were placed in an atmosphere with 95% CO2, 1.6% argon, 0.15% oxygen, 2.7% nitrogen and 370 parts per million of H2O; and a pressure of 1,000 pascals. Through optical filters, some of the samples were subjected to ultraviolet radiation as if on Mars (higher than 200 nanometers) and others to lower radiation, including separate control samples.

“The most relevant outcome was that more than 60% of the cells of the endolithic communities studied remained intact after ‘exposure to Mars,’ or rather, the stability of their cellular DNA was still high,” says Rosa de la Torre Noetzel from Spain’s National Institute of Aerospace Technology (INTA), co-researcher on the project.

The scientist explains that this work, published in the journal Astrobiology, forms part of an experiment known as the Lichens and Fungi Experiment (LIFE), “with which we have studied the fate or destiny of various communities of lithic organisms during a long-term voyage into space on the EXPOSE-E platform.”

“The results help to assess the survival ability and long-term stability of microorganisms and



bioindicators on the surface of Mars, information which becomes fundamental and relevant for future experiments centered around the search for life on the red planet,” says De la Torre.

Researchers from the LIFE experiment, coordinated from Italy by Professor Silvano Onofri from the University of Tuscany, have also studied two species of lichens (Rhizocarpon geographicum and Xanthoria elegans) which can withstand extreme high-mountain environments.

These were gathered from the Sierra de Gredos (Avila, Spain) and the Alps (Austria), with half of the specimens also being exposed to Martian conditions.

Another group of samples (both lichens and fungi) was subjected to an extreme space environment (with temperature fluctuations of between -21.5 and +59.6 °C, galactic-cosmic radiation of up to 190 megagrays, and a vacuum of between 10^-7 to 10^-4 pascals). The effect of the

impact of ultraviolet extraterrestrial radiation on half of the samples was also examined.

After the year-and-a-half-long voyage, the two species of lichens exposed to Martian conditions showed double the metabolic activity of those that had been subjected to space conditions, even reaching 80% more in the case of the species Xanthoria elegans.

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



CHRISTOPHER Nyerges

DAYLIGHT SAVINGS TIME:

Why should we continue this useless relic from the past? Let’s return to Standard Time All Year!

[Christopher Nyerges writes a regular blog at www.ChristopherNyerges.com, posts regular YouTube videos, and has led outdoor trips since 1974. He is the author of How to Survive Anywhere, Extreme Simplicity, Foraging California and other books. He can also be reached via School of Self-Reliance, Box 41834, Eagle Rock, CA 90041.]

Our lawmakers, in their infinite wisdom, continue to tinker with time. Manipulate the clocks and we can trick the people into saving energy. And twice a year, Sierra Madre residents are all subject to the changes and inconveniences that occur as a result of the springing forward or falling back. We have to quickly adjust. It is part of our annual ritual, our relic from the past, where we go back to standard time from daylight savings time. And now we are expected to extend this “better” time a few more weeks.

But are there real and tangible benefits from doing this? Must we continue to do so?

Daylight savings time is a manipulation of the basic solar time within each time zone’s standard. It was said to be an idea of Benjamin Franklin, and was begun in the United States during world wars one and two, and eventually became “official” in all but two states. That right! At least two states have said “No, thanks, we’ll stick to standard time.”

Indeed, daylight savings time is like a quaint tradition of a bygone era that refuses to die. It is a pointless habit with little recognizable merit. Michael Downing, author of “Spring Forward: The Annual Madness of Daylight Savings Time,” demonstrates that the clock-change saves energy in theory only, but not in practice.

David Letterman once asked the question to his audience during his monologue: “Why do we practice daylight savings time? It’s so the farmers have more light,” he laughed, answering his own question. “But how does that give the plants more light?” That’s a Letterman joke for you, but there is a truth hidden under his humor. Most people queried on the street don’t know why we have daylight savings time, and fewer still experience any tangible benefits from it.

There are two often-cited reasons for the use of daylight savings time. One is so that the children can have more light going to school in the morning. But consider: the children have an hour more of morning light in late October, when the clock is set back (“fall back”) to standard time. That is, it is the very use of daylight savings time which creates a darker morning as the days get shorter and shorter. The “falling back” an hour merely puts us back in sync with the local

time zone. It is the use of daylight savings time that created the problem of less light in the morning, and only in that sense can you say that the “falling back” to regular time gives children that extra hour of light. In other words, this is a problem caused by daylight savings time. This is not a bonafide benefit from daylight savings time.

My grandfather, and all my uncles on my mother’s side were farmers. I have some knowledge of the schedule of farmers. There is not one that I know who does not arise at the crack of dawn, if not sooner. There is no other way to function as a farmer. You then proceed to work as long as needed, and as long as you are able, daylight savings time or standard time. The manipulation of clocks in no way affected how much work they got done, or not done.

I have talked to many people about daylight savings time. Some like it, some do not. Some are annoyed by it, some find the long afternoons of summer very enjoyable. Everyone has arrived late (or early) on the first Sunday (even Monday in some cases) after the changing of the clocks. Daylight savings time thus gives millions of people a quasi-valid excuse for lateness at least once a year.

Let’s end daylight savings time entirely and adopt a year-round standard time.

Those who wish to start school or go to work earlier can do so! Such voluntary time alterations are fine if those individuals and businesses choose to do so. It may even make the freeways less crowded at rush hours. But keep the standard time year-round.

Yes, this is a small thing in the context of a world at war, with hate and suspicion in all political camps, and endless economic hardships all over the world. In that big-picture sense, this is just a little issue. But this is still an issue that should be resolved, and dealt with. Since daylight savings time is a state-by-state decision, we can begin with California. Write to Governor Brown and ask him to implement year-round standard time. You can write to Brown at Office of the Governor, State Capitol, Sacramento, CA 95814, or phone at [916\) 445-2841](tel:9164452841), or on-line at www.govmail.ca.gov. (if you live in another state, write to your governor if you agree).

Take a poll of your friends and acquaintances before you write to the Governor. See if you can find anyone who derives tangible benefits from daylight savings time. Secondly, there is always the initiative process where a Proposition can be put on the ballot to be voted on by the people. This is a process that would take an organized effort and cost at least a million dollars, and probably more.



OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

EXCUSE ME, BUT I JUST GOTTA BE ME

I refuse to answer for anybody else because it is a full-time job trying to answer for myself. I must confess, though, I sometimes cannot give a good answer for myself. I can give an answer, but not a good one, and when it comes to answers, the Gracious Mistress of the Parsonage demands good ones.

How do you explain yourself to someone when you cannot even explain yourself to yourself? I do not pretend to be a man of mystery, but many things about Yours Truly I certainly do not understand.

For one, I am not an actor. I want to make that very plain to all and sundry. Within the confines of my presence, are absolutely no acting skills.

I have some friends who are always acting like a fool. I am assuming they are acting and give them the benefit of the doubt. Another friend of mine at certain times acts dumb. I have known him for a very long time and I can usually tell when he is acting. By the way, he is a very good actor. Many of my friends are excellent actors and if they ever were competing for some Oscar or Emmy award, they would come pretty close to winning.

I am another story. It is very difficult for me in the area of acting. With me, what you see is what you get. I suppose when you boil it all down, I am just not smart enough to be a good actor. I am not even smart enough to be a bad actor.

Putting all of this in context, I must confess that my wife believes I am a great actor. I have tried to dissuade her from this opinion, but up to this point, I have not been successful. When she thinks of me she always says, “And the Emmy goes to...”

How she came to this point, I’m not quite sure. No matter what I do, she still holds to this personal opinion of me. I keep telling her that I am not that good of an actor, which she keeps smiling and nodding her head in my direction.

Some examples need to be given here to show my point.

Just the other night we were at a restaurant with some friends, having a good time, or so I thought. I must say when I’m on a roll, I’m on a roll. But all during my “roll,” I kept feeling somebody under the table kicking me. I ignored it thinking perhaps our friends did not quite know what they were doing. Never once did I suspicion my companion with this action. I kept rolling on.

Finally, both of them excused themselves to take a break and when they were out of hearing distance, my wife said to me, “Will you stop acting so foolish?”

I looked at her, not quite knowing what she

was referring to, and said quite innocently, “But, my Precious, [it’s a name I use when I’m in trouble but don’t know why] I’m not acting.”

She gave me one of “those looks” and said, “Stop acting foolish.”

This is what I admire about my wife. She has the highest opinion of my abilities, particularly in the area of the thespian arts. Our friends were coming to the table when I was about to tell her I was not acting foolish, it just came natural.

Another example comes to mind.

I remember she was trying to explain something to me one time. I do not know what it was now. It was something to do with something in the garage, a place I have not been for years, and I was not connecting the dots, as they say. She was going into a long dissertation on what needed to be done and I was just standing there staring at her. I was trying to understand what she was saying, but nothing was clicking upstairs, if you know what I mean.

In the middle of her dissertation, she stopped, looked at me intensely, placed both hands on her hips and said, “Don’t act so dumb.”

Smiling broadly, I whispered, “My Precious, I’m not acting.”

With a glare that could have intimidated good old Goliath, she quipped, “I’m coming to believe you’re right. You are not acting. You’re just naturally dumb.”

Somebody once sang a song called, “I gotta be me” which has become my theme song. What you see is what you get, when you are dealing with me. I am not smart enough to act and I am too old to play. Therefore, it all boils down to this one thing, I am what I am, like it or lump it. I do not like it when people pretend to be something they are not. I want people to be real with me. This is doubly true with my relationship with God. He is honest with me and I want to be absolutely honest with him.

“If a man say, I love God, and hateth his brother, he is a liar: for he that loveth not his brother whom he has seen, how can he love God whom he has not seen?” (1 John 4:20).

Many people say they love God and yet it is all an act. It is easy to love somebody you cannot see but hard to love a brother right in front of you.

The Rev. James L. Snyder is pastor of the Family of God Fellowship, Ocala, FL. Call him at 352-687-4240 or e-mail jamesnsnyder2@att.net. The church web site is www.whatafellowship.com.

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Mountain Views News Mission Statement

The traditions of community newspapers and the concerns of our readers are this newspaper's top priorities. We support a prosperous community of well-informed citizens. We hold in high regard the values of the exceptional quality of life in our community, including the magnificence of our natural resources. Integrity will be our guide.

TINA Dupuy



In 1992, Hillary Clinton was derided as an extreme feminist vying for all the power the White House could offer her as First Lady. A reporter from Columbus, Ohio famously asked her, "You know, some people think of you as an inspiring female attorney mother, and other people think of you as the overbearing yuppie wife from hell. How would you describe yourself?" I was an angst-y tween at the time and Hillary was a badass. "I suppose I could have stayed home and baked cookies and had teas, but what I decided to do was to fulfill my profession which I entered before my husband was in public life," she defiantly popped off to reporters on the campaign trail. The press had to punish her for such insolence. So of course, the election became about cookies. There was this "shrill," "ambitious" woman who dared insult other women who chose a life of baking cookies. It gave the entire county the vapors. "Never mind that Clinton went on to say feminism means the right to choose work, or home, or both; the damage had been done," Jackie Judd at ABC News mused. "She'd been tagged an elitist and an ultra-feminist." The newspapers soon published Hillary's recipe for chocolate chip cookies along with Barbara Bush's. I was taken to a fundraiser where there were both Republican and Democratic cookies made available. Bush's cookies were exquisite—soft, buttery pillows gently caressing chips of chocolate. And Clinton's cookies tasted like burnt pretzels with artificial carob chunks. A thumbtack has more culinary appeal than Clinton cookies. This was the beginning of the impossibility of Hillary: The Hillary Paradox (also the subtitle of a collection of essays that came out last year). In 1992 it was: You should have been home baking cookies, but instead you insulted women who bake cookies AND by the way, your cookies insult the idea of cookies. Basically, damed if she does, damed if she doesn't. In 2008, I wrote about what I called the Hillary Standard. Yes, we have a double standard for women and other minorities. Men, for example, get to not know things (see: Donald Trump's "we'll just hire great people who know."), but Sarah Palin got marginalized for being (and continuing to be) ignorant. As Hillary said herself at CNN's Democratic Town Hall this week, "Why is there one standard for me and not for everybody else?" Yes, good question.

THE HILLARY PARADOX

The Hillary Standard has evolved into her own special Catch-22. Over the last 20 years I've watched Hillary learn from her mistakes, then get criticized for adapting to the times. I witnessed her husband appoint more black people to his Cabinet than any president before him, his struggles with the white power structure even inspiring Toni Morrison to lament that Bill was our first black president; now Hillary gets accused and heckled for being that white power structure. I've seen her win a seat in the Senate even though she was outspent by her opponent by over \$11 million, and then her husband cheating on her get credited for her victory. I've also seen her lose a bid for the presidency and rack up a million miles as Secretary of State. I watched her get grilled for eight hours about Benghazi sans any fatigue or gaffes. I've watched her stay in public life and shrug off the "vast right wing conspiracy" that has never considered pulling punches. I've seen her not quit. Every time we grumble what Citizens United has done to our elections, that was a suit brought by a group wanting to spend unlimited cash to take down Hillary Clinton. It was literally a group of citizens united AGAINST Hillary. You'd think Hillary would be the first person we'd celebrate benefiting from that decision as a candidate. For any other human being on the planet, we'd see it as poetic justice—a hilarious irony. Instead it's the Hillary Paradox: Have your rabid rival get to spend unlimited amounts of cash to take you out but when you take advantage of the same law—you're then a despicable corporate shill representing "big moneyed interests." It's enough to make me want to stab myself in the eye with my vintage Hillary nutcracker! She's smart, educated, accomplished and experienced. She'd be touted as a steady hand at the wheel if it were anyone else. But this is Hillary Clinton we're talking about so she might not be the next President of the United States. Why? She's not exciting enough! So Hillary might not get to be a revolutionary first female president because she's not threatening revolution! Taking nutcracker off the shelf... Not only does Hillary never (ever) get to make any mistakes, have a bad day or tell her haters she wants to go back to the time when they'd be taken out on stretchers. She has to be super well versed in all things, but not remind people of the past. Be an automaton but not robotic. Be warm but not emotional. Be a woman but not play the gender card. Be completely qualified, but not at all arrogant. Basically, embrace the Hillary Paradox. Tina Dupuy is a nationally syndicated columnist and can be reached at tinadupuy@yahoo.com.

WILL Durst



RAGING MODERATE

FREQUENTLY ASKED QUESTIONS: SCALIA'S REPLACEMENT

Q. Has the issue of Justice Antonin Scalia's replacement on the Supreme Court turned a mite political?
A. You could say that. You could also say that flight simulation wind-tunnels are tough on comb-overs.

Q. How long after the first Italian U.S. Supreme Court Justice's death did it take to get ugly?

A. Within minutes of the discovery of the body, Senate Majority Leader Mitch McConnell vowed to keep the seat vacant until after the November presidential election. It probably took longer for a family of five to order dessert at Applebee's.

Q. Is he alone?

A. No, every Republican in North America echoed his sentiments, especially the six remaining GOP presidential candidates who see this as a big red flag to wave at supporters. And since unemployment is below 5% percent and gas around \$2 a gallon, they can use all the issues they can get.

Q. What about the Democrats?

A. Same thing, only different. Both Bernie Sanders and Hillary Clinton want President Obama to immediately nominate someone they can use to rally the base, preferably a single-mother lesbian Hispanic with a limp and agoraphobia.

Q. So we're playing hardball here.

A. We sidled way past hardball in 2009. This is 9-inch steel ball-bearing ball.

Q. What is the make-up of the remaining court?

A. One justice appointed by Reagan, one by George H. Walker Bush, two by George W. Bush, two by Clinton and two by Obama. Four Republicans and four Democrats. Five are Roman Catholics and three are Jewish. Although most decisions will depend on which side of the bed Anthony Kennedy wakes up.

Q. What was McConnell's rationale?

A. To let the people decide which way the court swings with their choice of president.

Q. Didn't the people already decide when they voted for Obama the last two elections?

A. When Democrats speak, Mitch McConnell doesn't hear well.

Q. Does this mean a presidential term lasts only three years?

A. Not only that, once this precedent is set, the next Senate could embargo mid-term years as well. Then the months of May through August could be off limits, since Congress is in recess. Eventually, a commander-in-chief might only allowed to nominate a Supreme Court replacement on a Wednesday in the third week of September of odd numbered years.

Q. Can the court function with only eight members?

A. Yes. They've done it before. In 1790 they started out with six and each decision required a two-thirds majority, which today would make agreeing on a lunch schedule difficult.

Q. Isn't Scalia the guy who said, "The only good Constitution is a dead Constitution?"

A. You nailed it. The irony is this strict originalist would be appalled at his death being used for political purposes. Ain't life odd?

Q. I'll ask the questions. If Republicans stymie another Obama nominee, will it be viewed as more obstructionism?

A. Hasn't hurt them so far. Of course a series of 4-4 ties would focus attention on the vacancy like blood on snow.

Q. Could Obama nominate himself?

A. Yeah. That's what Republicans want. HIM shaping law in a lifetime appointment. That and scorpions duct-taped to their underwear.

Q. Might this lead to a further breakdown in bipartisan relations?

A. As my daddy used to say, "Can't kill what's already dead."

Will Durst is an award-winning, nationally acclaimed columnist, comedian and margarine smuggler.

LEFT TURN/RIGHT TURN

HOWARD Hays As I See It



Majority Leader Mitch McConnell (R-KY) that no nominee for the Supreme Court be considered, voted on or even met with over the next year – no matter who that nominee might be. But now even Trump and Sen. Cruz (R-TX) are vying with each other over who's more determined to toss whatever "moral compass" might have remained.

On the subject of immigration, for instance, Cruz couldn't abide Trump's being considered the more fanatical on the issue. In the past, conversation would inevitably note that "You can't just deport eleven million people". Last week on Fox News, though, Cruz surprised even Bill O'Reilly by insisting that's exactly what he intends to do (while upping the figure to twelve million). O'Reilly offered the hypothetical of a parent who years ago maybe overstayed a visa, and since has made a home here raising U.S.-born kids – asking whether Cruz would simply send in the feds to nab him and put him on a plane. "You better believe it", was Cruz' response. And how about this: a candidate who believes rape, incest or other exceptions to abortion restrictions violate a fetus' "rights" under the 14th Amendment – but when it comes to equal protection for gay people, that same Constitution must be superseded by "God's rules".

This is a candidate whose proposed "balanced budget" amendment would mandate cutting \$9.4 trillion in spending over a decade, on top of \$12 trillion already lost from proposed tax cuts (with a third of those cuts going to the top 1%). Politico figures the plan "would add at least \$6.8 trillion to the deficit and as much as \$8 trillion once interest payments are figured in, which would amount to almost doubling projected deficits over the next decade."

This candidate argues Trump's call for closing down mosques doesn't go far enough and would bar Syrian immigrants altogether. He threatened to shut the government down unless the president agreed to strip health insurance from millions of Americans.

In foreign affairs, this candidate would replace the Iran nuclear deal with threats of military force, deploy American troops in Iraq and Syria, and send heavy weapons to Ukraine and Eastern Europe. On immigration, he's adamantly opposed to anything like the bipartisan deal struck with compromisers like Sen. Marco Rubio (R-FL). The startling thing is not that this candidate is Sen. Rubio himself, but that he's considered a "moderate" in the race.

Another candidate with that "moderate" label is Gov. John Kasich (R-OH). Hoping to impress primary voters in South Carolina, he

signed legislation cutting \$1.3 million in funding for Planned Parenthood in his state; money to support HIV testing, breast and cervical cancer screenings and domestic violence prevention. According to Forbes, the effect of the bill would be to deny health services to over 50,000 Ohio women. The Cleveland Plain Dealer editorialized that "only demagoguery can explain a purported anti-abortion bill that wouldn't really limit abortion but really would limit health services that benefit women".

On her TBS show, Samantha Bee reminded that Obergefell v. Hodges, last year's landmark Supreme Court case establishing marriage equality, was originally Obergefell v. Kasich. A couple who'd been married out-of-state was refused spousal rights upon returning home to Ohio – with one of the partners being terminally ill (with ALS) at the time. As Bee put it, the GOP should "take a closer look at John Kasich, because while these other chumps make empty promises to do awful stuff, this so-called moderate gets awful stuff done".

While that term "moderate" might be questionable, "establishment candidate" seems more accurate. It's understandable that Rubio's now considered the preferred candidate of the Wall Street "establishment". He insists the Crash of '08 was not the fault of reckless Wall Street speculation, but of government regulation. While maintaining the Dodd-Frank financial reform law should be repealed and replaced like the Affordable Care Act, for now he just wants it repealed – with ideas for replacement maybe to come later. He's said it's "not the Fed's job to stimulate the economy", although that's what the Federal Reserve by law is supposed to do. He pushes the idea that cutting taxes on dividends and capital gains will spur investment but, at least since the early days of George W., it's been made clear all that does is shift wealth to those who make their money off money from those who make their money off hard work.

Perhaps Rubio is becoming the favorite "establishment" candidate because he is, as characterized by Kevin Drum in Mother Jones, a "moron". He was described as such last May when he was unable to give a coherent answer on Fox News to an increasingly frustrated Chris Wallace as to whether, knowing then what we know now, he would've authorized our war on Iraq. Drum commented that "Most of the time he sounds like a ten-year-old trying to sound tough in front of the older kids".

But what attracts "establishment" money from Wall Street, Sheldon Adelson and the Koch Brothers is not intelligence but malleability – a willingness to abandon whatever "moral compass" one might have in order to secure the largesse of those benefactors.

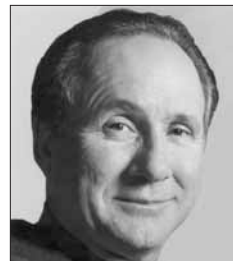
While a recent poll shows that 20% of Trump supporters feel President Lincoln might have been too hasty in freeing the slaves, other polling shows efforts to hold out for a Koch-approved successor to Antonin Scalia on the Supreme Court might cost Republicans their control of the Senate, let alone any hopes of regaining the White House. It shows that while the Republican Party might be all too willing in "surrendering its moral compass", American voters aren't about to let go of theirs.

GET REAL, ANGRY TRUMP VOTERS

MICHAEL Reagan MAKING SENSE

Everyone talks about "The Anger."

The reason Donald Trump is getting so much support from primary voters, the pundits tell us, is because of "The Anger." It's true that many voters are hopping mad that nothing ever gets done in Washington.



Voters, especially the most conservative ones, are sick and tired of people who promise them the stars, the moon and the repeal of Obamacare to get elected, then go to D.C. and do nothing but make excuses about "divided government." I feel their pain and frustration, believe me.

But it's time for angry Trump voters, especially the most conservative ones, to stop waving their "Make America Great" signs for a few days and face the political facts of life. We have a divided government in Washington. We've had one for years and it looks like we're going to have one for four more. It's nothing new. It's the norm. It's how Washington works.

It's frustrating for those of us who want a smaller, weaker, cheaper federal government. But divided government doesn't necessarily mean that nothing a conservative wants ever gets done in D.C. My father had to deal with a Congress controlled by Democrats. But he still was able to get enough things done to be considered the greatest president of our lifetime. It's time for the conservatives who support Trump to grow up. No party ever gets everything it wants. No voter will, either, especially from Trump.

He promises to kick out 11 millions illegal immigrants.

He promises to build the Great Wall of Trump at the border and make Mexico pay for it.

He promises he'll temporarily keep Muslims out of America.

He promises he'll put a 35 percent tariff on Fords imported from Mexico, repeal Obamacare, rebuild the military, defeat Isis, make better trade bills and make America great again.

Sure he will.

In the era of divided government, unless he magically makes the House and Senate disappear, Trump's vague promises aren't worth the hot air they were written on. My question to the angry Republican voters who support Trump is this – How are you going to feel when The Donald is not able to follow through on his promises?

It's inevitable, even if he beats Hillary. What will you do when your Republican hero goes to D.C. and fails to deliver? Take to the streets? Electing a president named Trump or a qualified candidate like John Kasich this fall won't be enough to get things done in D.C. if the GOP doesn't increase its hold on the Senate. No matter who he is, a Republican in the White House is going to need 60 votes in the Senate or everything important he proposes to pass or repeal will be filibustered to death.

All remaining Republican primary voters – especially conservative ones who excuse Trump's wide liberal streak or are too blinded by his celebrity bluster to see it – need to ask themselves something important before it's too late. Do you know in your heart that the nominee you've picked – even if he wins – has a chance of changing anything in D.C.? Or are you just hoping? Hoping for change isn't going to work. Ask Obama. If you really want to start getting things done in Washington, you can't just be angry, you need to be realistic.

Michael Reagan is the son of President Ronald Reagan, a political consultant, and the author of "The New Reagan Revolution" (St. Martin's Press). He is the founder of the email service reagan.com and president of The Reagan Legacy Foundation. Visit his websites at www.reagan.com and www.michaelreagan.com. Send comments to Reagan@caglecartoons.com. Follow @reaganworld on Twitter.

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FILE NO. 2016-019936

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME

The following person(s) VICTOR RUVALCABA, 2013 LINCOLN BLVD., SANTA MONICA, CA 90405, has/have abandoned the use of the fictitious business name: MOTO CLUB DI SANTA MONICA, MOTO CLUB, 2013 LINCOLN BLVD., SANTA MONICA, CA 90405. The fictitious business name referred to above was filed on 05/03/2011, in the county of Los Angeles. The original file number of 2011021790. The business was conducted by: AN INDIVIDUAL. This statement was filed with the County Clerk of Los Angeles on 01/26/2016. 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: VICTOR RUVALCABA/OWNER. Publish: Mountain Views News Dates Pub: Feb. 06, 13, 20, 27, 2016

FICTITIOUS BUSINESS NAME STATEMENT File No. 2016-028974

The following person(s) is (are) doing business as: MELY'S SALON, 1631 E. 4th ST., LONG BEACH, CA 90802. Mailing address: 3749 MYRTLE AVE., LONG BEACH, CA 90807. Full name of registrant(s) is (are) MELISSA LIM, 3749 MYRTLE AVE., LONG BEACH, CA 90807. This Business is conducted by: A GENERAL PARTNERSHIP. Signed: MELISSA LIM. This statement was filed with the County Clerk of Los Angeles County on 02/05/2016. 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: Feb. 06, 13, 20, 27, 2016

FICTITIOUS BUSINESS NAME STATEMENT File No. 2016-002757

The following person(s) is (are) doing business as: MODERN SCAPE, 176 E. MOUNTAIN ST., PASADENA, CA 91103. Full name of registrant(s) is (are) JUAN MENDEZ, 176 E. MOUNTAIN ST., PASADENA, CA 91103. This Business is conducted by: AN INDIVIDUAL. Signed: JUAN MENDEZ. This statement was filed with the County Clerk of Los Angeles County on 01/06/2016. 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: Feb. 06, 13, 20, 27, 2016

FICTITIOUS BUSINESS NAME STATEMENT File No. 2016-020929

The following person(s) is (are) doing business as: ANGELS CONSULTING, 22642 DRAILLE DR., TORRANCE, CA. 90505; ANGELS INSTITUTE, 22642 DRAILLE DR., TORRANCE, CA. 90505; ANGELS FOUNDATION, 22642 DRAILLE DR., TORRANCE, CA. 90505; ANGELS GROUP, 22642 DRAILLE DR., TORRANCE, CA. 90505. Full name of registrant(s) is (are) MICHIO ADACHI, 22642 DRAILLE DR., TORRANCE, CA. 90505. This Business is conducted by: AN INDIVIDUAL. Signed: MICHIO ADACHI. This statement was filed with the County Clerk of Los Angeles County on 01/27/2016. 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: Feb. 06, 13, 20, 27, 2016



City of Sierra Madre



NAMES IN ORDER OF APPEARANCE ON APRIL 12, 2016 CITY OF SIERRA MADRE GENRAL MUNICIPAL ELECTION (AS DETERMINED BY RANDOM DRAWING BY THE SECRETARY OF STATE)

NOTICE IS HEREBY GIVEN that the following persons have been nominated for the office designated to be filled at the General Municipal Election to be held in the City of Sierra Madre on Tuesday, April 12, 2016.

Candidates' names will appear on the ballot in the following order:

FOR MEMBER OF THE CITY COUNCIL: Vote for no more than Two

Harabedian, John – Criminal Prosecutor)
Capoccia, John – Incumbent)
Write-In Candidate:)
Gold, Barry – Property Management)

FOR CITY TREASURER: Vote for One

Amerio, Michael – Certified Public Accountant

FOR CITY CERK: Vote for One

Carrillo, Melinda – Business Owner

MEASURE SUBMITTED TO THE VOTERS:

UUT – UTILITY USER'S TAX MEASURE

Nancy Sue Shollenberger
Nancy Sue Shollenberger, City Clerk

DATED: February 26, 2016

232 W. Sierra Madre Blvd., Sierra Madre, CA 91024
Telephone (626) 355-7135 Fax (626) 355-2251



Stress-Busting Program for Family Caregivers™

A program for family caregivers of people with a chronic illness

**Caring for a loved one is stressful, but
YOU ARE NOT ALONE.**

You will learn:

***Stress management techniques
Relaxation & coping strategies***

JOIN US!

REGISTRATION IS REQUIRED

WHO: Family caregivers of a loved one with a chronic illness
WHAT: Multi-component program meets for 9 weeks
WHEN: Nine Wednesdays
March 23– May 18, 2016
2:00-4:00 pm
WHERE: The Kensington Sierra Madre
245 W. Sierra Madre Blvd.
Sierra Madre, CA 91024



Class materials are generously sponsored by The Kensington Sierra Madre.



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Over 100 Crafters, Exhibits & Food Vendors – Car Show – Live Music & more!

SUNDAY, MARCH 13TH, 2016 from 9AM TO 5PM

Downtown Sierra Madre

ADMISSION & SHUTTLE TICKETS NOW ON SALE!

ONLINE: sierramadrechamber.com SIERRA MADRE MERCHANTS: Bottle Shop, Savor The Flavor & Bean Town

Don't Miss the Annual Sierra Madre Wistaria Festival and see the World's Largest Blooming Vine -
Verified by the Guinness Book of World Records and FUN for the ENTIRE FAMILY!

Stop by the Podley booth for a Sierra Madre Historic Homes Tour Map! 30 N. Baldwin Avenue, Sierra Madre



ANNUAL ART & FESTIVALS

4-6 | ART IN BLOOM

Opening: Fri 7-9pm, Sat: 11am-5pm, Sun: 10am-4pm
Jameson Gallery, SIERRA MADRE
A unique art exhibition in which local florists create artistic, floral interpretations of select art pieces. creativeartsgroup.org

11 | ART NIGHT PASADENA

6-10pm > Various PASADENA Museums
18 institutions open their doors for a FREE evening of art, music and more. Free shuttles between museums! artnightpasadena.org

12-13 | CHERRY BLOSSOM FESTIVAL

9am-6pm > Descanso Gardens, LA CAÑADA FLINTRIDGE
Welcome springtime with this annual celebration featuring music, origami, food & guided garden walks. descansogardens.org

13 | SIERRA MADRE WISTARIA FESTIVAL

9am-5pm > Downtown SIERRA MADRE
Come stop by the Podley booth! Tour the world's largest wistaria vine! Featuring live music, family-friendly activities and a food court! sierramadrechamber.com

19-20 | CELTIC FAIRE CELEBRATION

10am-6pm > POMONA Fairplex
Celebrate Celtic culture with food, entertainment, shopping & games at this annual event. celticfaireatfairplex.com

THEATRE & FILM

2-10 | PASADENA INTERNATIONAL FILM FEST

Times Vary > Various Participating Theaters, PASADENA
The old world of film meets the emerging world of new media with this week of class, craft, culture & community. pasadenafilmfestival.org

10-12 | MARY POPPINS

Times Vary > Marantha High School, PASADENA
MHS Theatre is proud to present this Supercalifragilistic show sure to delight audiences young and old. marantha-hs.org

11-13, 18-20 | AROUND THE WORLD IN 80 DAYS

Fri & Sat: 7:30pm, Sun: 2pm > Theater 360, ALTADENA
Jules Verne's novel springs to life in this play filled with danger, romance & comedy! theater360.org

FAMILY FUN

5 | 23RD ANNUAL WESTERN ROUNDUP

10am-2pm > LA CAÑADA FLINTRIDGE Community Center
A day of western-themed fun for the whole family with pony rides, games, petting zoo, silent auction, food & more! cclcf.org

18 | FUN FLICK FRIDAY: THE PEANUTS MOVIE

3:30pm > ALTADENA Library
Snoopy takes to the skies to pursue his arch-nemesis, the Red Baron. Charlie Brown begins an epic quest. altadenalibrary.org

19 | NOROOZ MUBARAK: PERSIAN NEW YEAR

10am-12pm > Gilb Museum of ARCADIA Heritage
Experience Norooz 'new day' with this joyous time. Jump the fire, paint an egg & enjoy classical Persian dance. arcadiaca.gov

EASTER EGG HUNTS

26 | SPRING EGG BOWL FESTIVAL

11am-3pm > Rose Bowl Stadium, PASADENA | cityofpasadena.net

26 | GLENDORA EGG HUNT

9-11am > Finkbinder & Gladstone Parks, GLENDORA
ci.glendora.ca.us

26 | SPRING EGG HUNT & HEALTHY KIDS DAY

10am > Recreation Park, MONROVIA | cityofmonrovia.org

26 | SIERRA MADRE EGG HUNT

10am > Memorial Park, SIERRA MADRE | cityofsierramadre.org

26 | EGG-CEPTIONAL CELEBRATION

9am-12pm > LA County Arboretum, ARCADIA | arboretum.org

CHILDREN'S ACTIVITIES

2 | READ ACROSS AMERICA

10:30am > ARCADIA Public Library
Celebrate Dr. Suess' birthday with Arcadia Fire Fighters! Story time, firetruck tour, light snack & special souvenirs. arcadiaca.gov

28-APR 1 | CAMP CAHUILLA

10am-4pm > Big Dalton Canyon, GLENDORA
Great, one-week outdoor camp with nature hikes, crafts, archery, skits and camp songs around a rustic cabin. ci.glendora.ca.us



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