

MT. WILSON TRAIL NEEDS YOUR HELP



Damage by recent rains may jeopardize Trail Race if not repaired. The recent rains have inflicted damage on both the Mt. Wilson Trail and the Bailey Canyon Trail. Both trails have been badly damaged and blocked by sliding mud, debris and ground failure. A team of local trail volunteers, led by Charlie Bell and Pete Siberell are working to repair the Mt. Wilson Trail and make sure that it is open and safe. Pete is the Race Director of our very own Mt. Wilson Trail Race and leads teams of hard working volunteers up the trail every year from January to May to make sure the trail is open and safe for the race. Charlie Bell is a local iconic hero and he has been maintaining both the Bailey Canyon Trail and the Mt. Wilson Trail for over 30 years.

Want to Volunteer?  
Charlie and Pete are looking for new people who work out and race on the trail and want to give back...which means that not counting our usual 15 or so regular trail workers, there are hundreds of you who have not had the chance to experience trail work and give some back. Why not make it happen this year...you will be helping the trail and getting a workout in at the same time!  
Mt. Wilson Trail work days are scheduled for (all Sundays): February 26, March 26, April 30, May 14 and May 21. Volunteers are to meet at Lizzie's Trail Inn at 7:00am. It is asked that people (ages 18 and over) bring water, gloves and sun protection. They also need to email Pete Siberell if interested (psiberell@santaanita.com) so that there will be enough tools for everyone. Figure on working until about 11:00A to 11:30A, and we will be off the trail by noon with a brief stop to re-hydrate at the trail head.

ONE BOOK ONE CITY UPDATE

JPL: *Powered by STEAM!* by Dr. Steve Cornford, started February's One Book One City events with a tour of the universe and its splendor at the Sierra Madre Public Library on February 1. Cornford, shared images of planets, stars, and solar systems that are the "Art" part of STEAM (Science, Technology, Engineering, Art & Math). HE is with the Strategic Systems Office at NASA/JPL/Caltech. *Rise of the Rocket Girls: The Women Who Propelled Us, from Missiles to the Moon to Mars* by Nathalia Holt is this year's choice for the One Book One City Program sponsored by the Library in February 2017.  
Other sensational events in February are:  
Thursday, Feb. 16, at 11:00 am - Third Thursday Book Club - Rise of the Rocket Girls at Library.

Thursday, Feb. 16, at 4:00-5:00 pm, Community Recreation Center. -STEAMClub.Discovery Dome Planetarium for Children! Spend an hour learning about space. Registration is required and space is limited.  
Thursday, Feb. 16, at 5:00-6:00 pm, Community Recreation Center. - Discovery Dome Planetarium for Adults! Take a journey through the universe.  
Saturday, Feb. 18 at 3:00 pm Saturday Afternoon Movie - Iron Giant, at the Library.  
Saturday, Feb. 25, at 7:00 pm Nathalia Holt, in the Sierra Madre Elementary School Auditorium.  
Nathalia Holt, author of Rise of the Rocket Girls, is a science writer and author of Cured: The People who Defeated HIV. Her work has appeared in The New York Times, The Los Angeles Times, The Atlantic, Slate, Popular Science, and Time Magazine.



Last week there were 15 hard-working and community-minded volunteers who replaced two stretches of fence that was damaged during the rains. If not for these repairs, some of the trail would be unpassable in areas.

Donations Needed:  
Charlie and Pete are supported by the Fletcher Fund as part of the Sierra Madre Community Foundation. The Fletcher Fund provides money so materials and tools can be bought for the trail repair work. It is administered by the Sierra Madre Community Foundation. Without these critical donations the volunteers could not do their work on these historic trails. Any donation, large or small is tax deductible. Please send it to The Sierra Madre Community Foundation Fletcher Fund, P.O. Box 716, Sierra Madre, CA 91025. Please make any check payable to the "SMCF-Fletcher Fund."  
If you can't donate any time, please consider supporting the team with a donation to the Fletcher Fund. (Trail Photos courtesy of Tommie Silva and Bob Spears)

SIERRA MADRE CHAMBER STARTS NEW YEAR WITH NEW LEADERSHIP



Steve Sciorba, 2017 SM Chamber President

Beginning with the celebration of Sierra Madre's Citizens of the Year dinner last week honoring Rod and Joan Spears, 2017 is promising to be a busy one for the Sierra Madre Chamber of Commerce.  
At that dinner, the newly elected Board of Directors was introduced. Steve Sciorba, known in the city as the public face of Kensington Senior Living was elected as President with local realtor Carol Canterbury as Vice President. Also elected were realtor ary Janette Ledea as Secretary, Mountain Views News Editor Susan Henderson as Treasurer and Luther Tsinoglou (Podley Properties), Elizabeth Booth (Santa Anita Race Track), Ed Chen (Athens Services). Completing unexpired terms are Directors Tonia Patino and Denise Delmar.

As incoming President, Steve Sciorba want the community to know that the Chamber of Commerce wants to promote a strong economic climate in town without overwhelming the city's village character. "We want members and the community at large know that we draw by the power of partnerships.

The Chamber is dedicated to ensure that our village remains the desired place to live, work, play, and buy products or services local."

The 2017 Wistaria Festival is next on the agenda. The annual event will be held on Sunday, March 12, 2017 and will include shuttles to view the historic vine, day long musical festivities, over 100 crafters and food vendors, and car show.  
Tickets for the shuttle are available online by going to the Chamber's website: [www.sierramadrechamber.com](http://www.sierramadrechamber.com) or go to: <https://www.eventbrite.com/e/2016-wistaria-festival-tickets-21266458550>.



MAN TOSSES EXPLOSIVE INTO LOCAL EATERY

By Dean Lee

At press time, Pasadena Police were still looking for a man who threw a small explosive into a crowded Old Pasadena restaurant Thursday night causing customers to panic as they evacuated, leaving personal belongings and half eaten meals behind.

According to Police Lt. Art Chute, officers responded shortly after 6 p.m. to the Cheesecake Factory located at 2 West Colorado Blvd. Witnesses said a man opened the front doors, lit and threw a round object inside landing near the bar area. Some witness said the object landed under a table, exploded, and then poured heavy smoke.

Police Lt. Vasken Gourdikian, Friday called the object a "glorified firecracker" saying the situation was most likely a prank. Pasadena Mayor Terry Tornek also told reporters the object was more like a firecracker than a bomb.  
Still, out of caution, Federal authorities were notified, however officials from the FBI said the incident was being handled by local Pasadena Police Detectives.

The Los Angeles County Sheriff's Department Bomb Squad responded first to the scene and rendered the device safe. No customers or employees were injured.

Witnesses described the suspect as a Male of Hispanic or Middle Eastern descent, 6 foot, thin build, with a heavy beard and wearing all black clothing and a black beanie. The suspect ran from the scene. No getaway car was spotted.

Anyone with information about this case is encouraged to call Pasadena Police at 626- 744-4241 or you may report information anonymously at lacrimestoppers.com (insert key word Pasadena).

SUSPECT ARRESTED THANKS TO ALERT RESIDENT

On January 31, 2017 a Sierra Madre resident in the 2000 block of Liliano Dr., contacted the Sierra Madre Police Department regarding a suspicious occupied vehicle. The resident stated she was inside her home when she heard a sound coming from her "Ring Home Security" doorbell. When viewing the live stream video, the resident saw a male Hispanic in his 20's walk up to the porch, look to the left, then to the right, and flee on foot, eastbound down the driveway of her home and enter the driver's side door of a Range Rover with paper plates.



Anthony Luke Madrid

Officers respond-ing to the area observed a vehicle matching the description provided by the resident. The vehicle was in violation of 5200(a) V.C., no front or rear license plates, so a traffic stop was initiated. A want and warrant check of the driver returned with a warrant out of San Bernardino.

While conducting an inventory search of the vehicle, an imitation firearm (with the orange tip removed) was located along with 2 masks.  
Inside the suspect's vehicle were two (2) license plates that belong to the vehicle. The suspect, Anthony Luke Madrid, was transported to the West Valley Detention Center and booked on his warrant. He was also cited for 20150(a) P.C., suspect in possession of an imitation firearm with the orange tip removed. While not a new technique, "knock-knock burglars" driving luxury cars are believed to be targeting affluent neighborhoods in the San Gabriel Valley. Often times, burglars make phone calls into homes before breaking in and a majority of them travel in luxury cars with paper plates.



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## Weather Wise

6-Day Forecast Sierra Madre, Ca.



<b>Sun</b>	Sunny	Hi 60s	Lows 50s
<b>Mon:</b>	Rain	Hi 60s	Lows 50s
<b>Tues:</b>	Rain	Hi 60s	Lows 50s
<b>Wed:</b>	Sunny	Hi 70s	Lows 50s
<b>Thur:</b>	Sunny	Hi 70s	Lows 50s
<b>Fri:</b>	Rain	Hi 70s	Lows 50s

Forecasts courtesy of the National Weather Service

### CITY OF SIERRA MADRE CALENDAR OF EVENTS

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

NEXT REGULAR FEBRUARY 14, 2017  
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](mailto:radio@cityofsierramadre.com).



### SIERRA MADRE CITY MEETINGS

Regular City Council Meeting  
Tuesday, February 14, 2017,  
6:30 pm

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](mailto:city@cityofsierramadre.com) before 5:30 the night of the meeting and your statement will be delivered to all the Council Members. Sierra Madre City Hall 232 W. Sierra Madre Blvd. Sierra Madre, CA 91024 (626) 355-7135

#### Upcoming Public Meetings

- February 9, 2017 – Public Safety Committee Mtg. 6:00 pm

#### Upcoming Community Events

- Friday, February 17th – Friends of the Library Wine Tasting at Alverno Villa
- Tuesday, February 21st – 6:30 pm Mayor's State of the City Address – City Hall
- Sunday, March 12th – Wistaria Festival
- Saturday, May 27th – Mount Wilson Trail Race



### KIWANIS PRESENTS

### A TRIP AROUND THE WORLD

Tuesday, February 7, 2017  
12:00 Noon

The Lodge  
33 E. Sierra Madre Blvd. Sierra Madre  
Lunch \$10 Program Free

Call 626-355-0728 To Reserve Your Seat

## THE SIERRA MADRE POLICE DEPARTMENT IS SEEKING VOLUNTEERS TO SERVE THE COMMUNITY OF SIERRA MADRE

If you would like to volunteer your time, please come to an information meeting in City Hall Council Chambers on Tuesday, January 17, 2017 at 7:00 pm

For further information, please contact Captain Donna Cayson with the Sierra Madre Police Department at [dcayson@cityofsierramadre.com](mailto:dcayson@cityofsierramadre.com)

**THE SIERRA MADRE KIWANIS CLUB**

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

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



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Rotary of Sierra Madre

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## EXTRAORDINARY CUSTOM FLORAL ARRANGEMENTS

## CELEBRATION OF LIFE "The Joy of Jan Reed"

The public is invited to a celebration of the life of beloved Sierra Madran Jan Reed on Saturday, February 11, 2017 from 3 to 6 p.m.

The event will be held in the Sierra Madre Room and the Recreation Center, 611 E. Sierra Madre Blvd., Sierra Madre.



**Sierra Madre Woman's Club**

550 W. Sierra Madre Blvd. 2017: 110 Years  
Founded February 23, 1907 – "Living the Volunteer Life" in Friendship  
Member of General Federation of Women's Clubs cfwc.org & gfwc.org

**Wednesday, February 8<sup>th</sup> – 11:30 am**  
Meeting, Serenades & \$10 Luncheon  
\$10 RSVP 325-3450 NLT 1/6/17 please

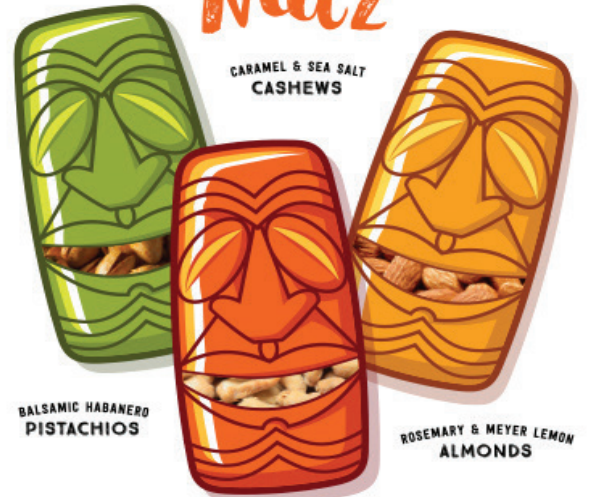
**Mardi Gras Fashion Celebration!**  
Saturday, February 18 11:30 am – 2:00 pm  
Tickets \$25 RSVP 355-8977 thru 2/15

Explore Opportunities & Membership with Us  
Join us for Member-Only Yoga w/ Paul Tuesdays, 10 am  
[GFWCSierraMadreWomansClub.org](http://GFWCSierraMadreWomansClub.org)  
Facebook/SierraMadreWomansClub 355-4379  
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## SCHOLARSHIP OPPORTUNITY

Each year Edison International, parent company of Southern California Edison (SCE), gives \$1.2 million in scholarships to high school seniors in the SCE service territory. This year, Edison International will provide a \$40,000 scholarship to 30 students interested in science, technology, engineering and mathematics (STEM). Last year, three students from the San Gabriel Valley became Edison Scholars.

To be eligible, students must be a current high school senior with a 3.0 GPA or higher and living in or attending school in an area serviced by SCE or in the vicinity of the San Onofre Nuclear Generating Station. Students must plan to attend an accredited four-year college or university in the U.S and major in one of the following STEM fields: mathematics, engineering, computer and information services, management information systems, natural resources and conservation and physical sciences. Students who can demonstrate financial need are preferred, especially first-generation college students who have overcome significant challenges. The application deadline is February 1, 2017.

More information about the scholarship and our past winners can be found at [www.insideedison.com](http://www.insideedison.com). You can also search the hashtag #EdisonScholars on Twitter and Facebook. The full details and scholarship application can be found online at [www.scholarsapply.org/edisonscholars/](http://www.scholarsapply.org/edisonscholars/).

## JPL SCIENTIST KICKS OFF ANNUAL ONE BOOK ONE CITY

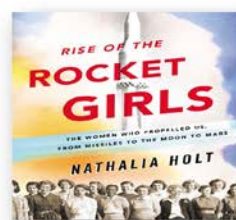
Sensational One Book One City events start on Wednesday, February 1 with JPL: Powered by STEAM! by Dr. Steve Cornford who will inform and amuse starting at 7:00 pm at the Sierra Madre Public Library.

Dr. Cornford is in the Strategic Systems Office at NASA/JPL/Caltech. He got a double major in Mathematics and Physics from UC Berkeley, a MS in Quantum Gravity and a PhD in Experimental Atomic Physics from Texas A&M University. Since joining JPL in 1992, Dr. Cornford has been part of the conception, design, building and testing of a number of spacecraft and their components. He also performed a variety of research with the goal of making things better, more practical or more efficient. He has authored over 150 papers and been awarded the NASA Exceptional Service Medal. He was in a rock band which recorded two albums, and still plays music with his three wonderful boys and his wife.

Rise of the Rocket Girls: The Women Who Propelled Us, from Missiles to the Moon to Mars by Nathalia Holt is this year's choice for the One Book One City Program sponsored by the Library.

One Book One City is a community reading program that invites everyone to read and discuss the same book during a month of exciting free programs.

Read, Discover, Connect @ Sierra Madre Public Library, 440 W. Sierra Madre Blvd., Sierra Madre, CA 91024, 626-355-7186, Text 626-662-1254, [www.cityofsierramadre.com/services/library](http://www.cityofsierramadre.com/services/library)



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#### Special Thanks:

- Friends of the Sierra Madre Public Library
- One Book One City Committee Members
- Kiwanis Club of Sierra Madre
- Sierra Madre Civic Club
- Sierra Madre Volunteer Firefighters Association
- Sierra Madre Rotary



Sierra Madre Public Library

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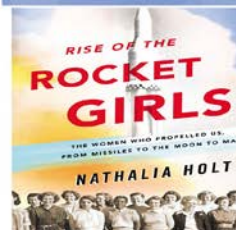
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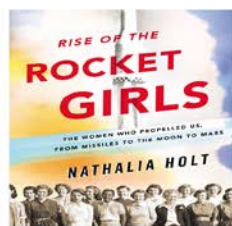
R.S.V.P. for Nathalia Holt by e-mailing [rsvp@cityofsierramadre.com](mailto:rsvp@cityofsierramadre.com)

Read, Discover, Connect @ Sierra Madre Public Library

## ONE BOOK ONE CITY



Sierra Madre Public Library  
FEBRUARY 2017



### Meet Author Nathalia Holt

Saturday,  
February 25th  
7:00 pm  
Sierra Madre  
Elementary  
Auditorium

Nathalia Holt, Ph.D. is a science writer and the New York Times bestselling author of *Rise of the Rocket Girls: The Women Who Propelled Us, from Missiles to the Moon to Mars*, and *Cured: The People who Defeated HIV*. Her work has appeared in a variety of publications including The New York Times, The Los Angeles Times, The Atlantic, Slate, Popular Science, and Time. She has trained at the Ragon Institute of MGH, MIT, Harvard, USC, and Tulane. She lives with her husband and their two daughters in Boston.



Join us for a month of reading and programs aimed at building community by reaching for the stars.

DATE	TIME	LOCATION	PROGRAM
Wednesday, February 1	7:00 pm	Sierra Madre Public Library	JPL: Powered by STEAM with Dr. Steve Cornford
Thursday, February 2	Noon-6:00 pm	Sierra Madre Public Library	Build and Launch Paper Rockets
Monday, February 6	1:00-2:00 pm	Hart Park House Senior Center	Build Paper Rockets and Launch at Memorial Park
Saturday, February 4	4:00-6:00 pm	Sierra Madre Public Library	"October Sky" Viewing Party
Thursday, February 16	4:00-5:00 pm	Community Recreation Center	StarLab Dome STEAM Club
Thursday, February 16	5:00-6:00 pm	Community Recreation Center	StarLab Dome Journey to Mars
Saturday, February 18	4:00-6:00 pm	Sierra Madre Public Library	"Iron Giant" Viewing Party
Saturday, February 25	7:00 pm	Sierra Madre Elementary	Meet the Author: Nathalia Holt, Ph.D.

DESCRIPTION	AUDIENCE
Senior JPL Engineer, Dr. Steven Cornford, works on the conception, building, testing, and design of spacecraft and their components.	Everyone
Stop by during Library hours to build a paper rocket. Use a template or test a new design and launch them on the patio.	Everyone
Just for seniors! Build paper rockets and launch them in the park.	Seniors
Bring your favorite lawn chair and blanket and cozy up to watch "October Sky" in the Library. Free refreshments and drawing.	Everyone
Register starting February 1 for this unique STEAM Club event where kids get to visit the moon in the StarLab Dome.	Ages 9-12
Adults will love this unique trip to Mars in the StarLab Dome.	Adults
This cartoon classic is sure to make you relive your childhood! Don't forget to bring your favorite lawn chair and enjoy snacks and a drawing.	Everyone
Meet science writer and New York Times bestselling author of <i>Rise of the Rocket Girls</i> , Nathalia Holt.	Everyone



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Saturday 8:00 am - 6:00 pm  
Sunday 9:00 am - 4:00 pm

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## Walking Sierra Madre...The Social Side

by Deanne Davis

"The most important part of sushi is the rice!"  
Joseph Ungrue

Have you been to Sierra Fusion lately? Across the parking lot from Only Place In Town? What was already a beautiful restaurant is an even more beautiful restaurant! Hardwood floors, elegant black tablecloths with chopsticks resting on individual ceramic holders, a ceramic pot for soy sauce – and the soy sauce at Sierra Fusion isn't just plain old Kikkoman, it's a special blend imported from Japan. Outside, bamboo is flourishing on the edges of the side patio and another planter has been created to shield patio diners from the parking lot. And then there are the restrooms, I know, do we seriously need to hear about restrooms? In this case, yes! Wallpaper, totally redone floors and spotless elegance is all you need to know. All of us have been places where such was not the case so this is just flat-out delightful!

The Pasadena Showcase House of Design, which I'm sure many of you attend every year, is a fundraiser for the LA Philharmonic, many schools and other organizations who need help keeping music programs afloat. We love seeing recipients of Showcase House gifts with tears running down their faces describing how they will use their money to buy new instruments or other music oriented materials. In any case, the Showcase House starts out in January with the selection of one of the enormous old mansions in La Canada or Pasadena. The decorators who will refurbish the home are chosen and the empty house is opened to guests for the Empty House Party. Our own Sierra Fusion provided the décor, the staff and, most importantly, the food for this party a couple of weeks ago, serving 537 guests from 5 to 10 p.m. That's a long party, friends, requiring a lot of food and it all had to be amazing.

Sitting down with Edward Ungrue, Joseph's Dad, (who is now devoting all his time and energies to the family businesses) this morning for a look into what those 537 people got to enjoy made me realize we definitely missed the boat by not going to this event! Listen to this...individual buffets in various rooms throughout the lower floor to visit while guests toured the entire house:

The Sushi room; The Pastry Room (and yes, Fusion makes all their own pastries for the restaurant, the catering company – California Crazy Chefs Catering – and the Slammin' Sliders food trucks); The Specialty Coffees and Liqueurs Room – featuring the silver coffee service; The International Salads Room – think baby kale, organic red Quinoa and Mexican Fiesta Salad; The baby clam chowder and chilled Jumbo shrimp room; The Wine Room with Canyon Road Chardonnay, Massoletti Pinot Grigio, Llama Malbec and Canyon Road Cabernet Sauvignon;

The Black Bean Soup with roasted corn salsa and jalapeno crème fraiche Room; The Hearty Offerings Room and The Dessert Room with Madagascar chocolate brownie bites, a medley of mini cheesecakes and double chocolate dipped strawberries. AND, four full bars! After you read through this menu I'm sure you'll be grabbing the car keys to make a trip down to Sierra Madre Blvd. to visit Jo and his fiancée, Christina, who are the heart and soul of Sierra Fusion.



Jo and Christina are extremely involved with all the trendsetters in food from New York to San Francisco and the real center of exciting food innovation – Las Vegas! Both are veterans of the fast-paced Las Vegas food scene which left these brilliant young people with a real hunger to own their own restaurant and create exciting flavors in a comfortable ambiance and Sierra Madre was the place to go.

The Sierra Fusion menu changes with the seasons to reflect heartier fare for winter, like a twice baked yam to accompany their Kurobuta pork chop, porridge with striped bass, and a warm rice pudding to finish the meal. As more seasonal fruits and vegetables become available, you'll be seeing them on the menu. Are you starving yet? The sushi bar is open and ready with the freshest sushi and sashimi possible.

Sierra Fusion is open Tue-Thu – 11:00 a.m. – 3:00 p.m., 5:00 p.m.-8:00 p.m.

Fri-Sat – 11 a.m. 3:00 p.m., 5:00-9:00 p.m.

Sun – 11:00 a.m.-2:00 p.m. Closed Mondays

Sierra Fusion will be catering the Celebration of Life for Jan Reed, which will be held in the Sierra Madre Room and Recreation Center – 611 E. Sierra Madre Blvd. – on Saturday, February 11 from 3-6 p.m.

This is a great time of year for walking Sierra Madre...Christmas lights still here and there, an abundance of pumpkins mixed in with poinsettias and camellias everywhere! And the mountains, covered with snow. We live in a beautiful place, don't we!

My book page: Amazon.com: Deanne Davis  
Blog: www.authordeanne.com

"A Tablespoon of Love, A Tablespoon of Laughter" is available from me!

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It's on Amazon.com on my book page!

Follow me on Twitter, too! <https://twitter.com/playwrightdd>

## FELONY ARREST FOR POSSESSION OF STOLEN MAIL

Sierra Madre, CA. – January 30, 2017 – On January 29, 2017, a Sierra Madre Police officer conducted a traffic stop on a vehicle for a vehicle code violation. Further investigation revealed the driver, who was the sole occupant of the vehicle driving with an expired driver's license and the vehicle's registration was suspended. A search incident to the driver's arrest revealed he was in possession of drug paraphernalia, methamphetamine, and multiple pieces of stolen mail.

The stolen mail consisted of over 86



Lopez Lopez, Gersio  
Out of Los Angeles, CA

items which included checks, credit cards and passports, from numerous victims from the following cities: Sierra Madre, South Pasadena, Irvine, Culver City, Los Angeles, Aliso Viejo, Pacific Palisades, Tustin, Santa Ana, and Santa Monica.

The suspect declined to provide a statement of how he came into possession of the items and he was booked at the Pasadena Police Department Jail.

The U.S. Postal Inspector has taken over the investigation and prosecution of this case.

## SENIOR COMMUNITY COMMISSION SEEKING OLDER AMERICAN NOMINATIONS

Sierra Madre, CA – January 30, 2017 - The City of Sierra Madre Community Services Department and the Senior Community Commission are seeking your collaboration. The honor is a long-standing tradition in Sierra Madre and bestowed upon exceptional individuals, age 60 or older, who have demonstrated an outstanding commitment to community service. The individual selected by you or any organization must live in Sierra Madre.

All submissions are due prior to, or no later than Thursday, March 23, 2017. Recommendations are now being accepted for this recognition and will only be eligible for new candidates who have not been honored in prior years. Forms may be picked up and returned to the Hart Park House Senior Center located at 222 W. Sierra Madre Blvd., or please mail and/or walk in to Sierra Madre City Hall, c/o Older American Nomination, Community Services Department, 232 W. Sierra Madre Blvd., Sierra Madre, CA 91024.

The Commission will review nomination forms

and select an honoree at their regularly scheduled meeting open to the public in the City Hall Council Chambers on Thursday, April 6th at 3:00 p.m.

The honoree will also be recognized at a city reception held in their honor on Friday, May 12th, 2017. Further details will follow.

Previous Honorees: Dick Johnson, Joan Crow, Jerry & Nan Carlton, Pat Alcorn, Fran Garbaccio, Ken Anhalt, Eph Konigsberg, Russ Anderson, George Throop, Loyal Camacho, John Grijalva, Joylouis Harte-Smith, James Heasley, Midge Morash, James Tyler, Isabella Paegal, Bonnie Garner, Rose Fafach, Ed Wellman, Celeste McCleary, Dorothy Tillquist, Doris Webster, Elsie Dammeyer, George Maurer, Karl Teigler, Laurie Cooper, Lucille Flanders & Ann Tyler. For more information, please contact the Hart Park House Senior Center (626) 355-7394; or the Community Services Department at (626) 355-5278. [www.cityofsierramadre.com/cityhall/departments/community\\_services\\_department/](http://www.cityofsierramadre.com/cityhall/departments/community_services_department/)

## SIERRA MADRE LIBRARY WINE AND CUISINE TASTING – A PERFECT VALENTINE'S DAY GIFT IDEA

Friends of the Sierra Madre Library are pleased to announce the 47th Annual Wine and Cuisine Tasting Benefit. The event will be held on Friday evening, February 17, 2017, from 7:00-9:30 pm at Alverno's historic Villa del Sol d'Oro, located at 200 N. Michillinda Avenue, Sierra Madre, and will be an elegant affair featuring more than two dozen vintners providing magnificent wines along with local restaurants offering imaginative and delicious foods and desserts. Musicians and magicians will serve as entertainment. The featured art this year is an original block print by Sierra Madre Artist, Melanie Campbell-Carter.

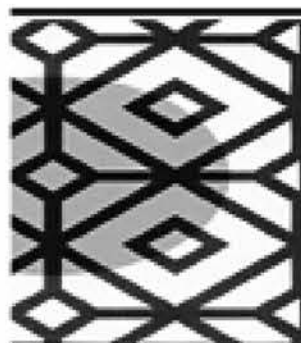
Tickets to the premier event are \$80 and allow admission at 6:00 pm. Those at the premier event will enjoy a variety of wines from Thornton Wines, a California

winery, and gourmet hors d'oeuvres from local Sierra Madre restaurant Sierra Fusion. In addition to this lovely wine-cuisine pairing, there will be a gift basket drawing and entry into the main event. Tickets to the main event are \$60 and provide admission at 7:00 pm. Both are on sale now at the Sierra Madre Public Library, The Bottle Shop, Savor the Flavor, Arnold's Frontier Hardware & Gifts, and can be purchased on-line at [eventbrite.com](http://eventbrite.com).

The Benefit is sponsored by the Friends of the Sierra Madre Library, an all-volunteer organization dedicated to supporting our community Library. All funds received from this event support the Sierra Madre Library. For more information about the event or Friends of the Sierra Madre Library visit our website at [www.sierramadrelibraryfriends.org](http://www.sierramadrelibraryfriends.org)



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# Pasadena Altadena

News From Your Community For Your Community

## Local Area News briefs

### Altadena House Fire Reveals Drug Laboratory

Los Angeles County Sheriff's deputies responded last week to the 1800 block of E. Midwick Dr., in Altadena, to investigate a person heard screaming — when they arrived they saw a male adult badly burned and flames coming from the rear of a house.

On Jan. 27 at approximately 4:10 p.m., deputies along with the Los Angeles County Fire Department extinguish the fire and treated the victim. Deputies discovered a large number of containers and equipment they recognized as a manufacturing laboratory. Several windows of the house were blown out possibly from an explosion.

The laboratory appeared to be used in the extraction of THC from marijuana. Typically the processes use highly flammable liquids police said.

LA County hazardous materials teams, narcotics detectives, along with the Department of Justice investigated and decontaminated the area.

The male adult was transported to a local hospital for severe burns to approximately 40 percent of his body. The decontamination of the scene finished at 6:00a.m., Saturday. This is an ongoing investigation; the male adult has been identified and may be facing several charges police said.



## Council to Discuss Bill on Homelessness

The Pasadena city council is set Monday night to adopt a resolution in support of Measure H, the Los Angeles County Plan to Prevent and Combat Homelessness, through a fourth of a cent special sales tax to fund homeless services placed on the March 7 ballot —first approved by the Los Angeles County Board of Supervisors in December.

According to the city staff report “Passage of Measure H has the potential to provide funding for supportive services for homeless individuals/families in Los Angeles County, including the City of Pasadena, and supports and promotes the quality of life and the local economy--a goal of the City Council's Strategic Objectives. Support for this ballot measure is

in accordance with the Pasadena Continuum of Care system, General Plan Housing Element, Five-Year Consolidated Plan, and Five-Year Public Housing Authority Plan.”

The report also states that passage of the measure is estimated to raise approximately \$355 million/year County-wide for each of the 10 years the tax will be levied. The City will benefit from the regional impact, and may be eligible to receive a portion of the funds for local services through a competitive process.

According to the proposed resolution homelessness has decreased in Pasadena by 16 percent since 2015, although increased in Los Angeles County by 5.7 percent.

Strategies advanced through the Homeless

Initiative include homeless prevention, street outreach, permanent and affordable housing, and support to increase income, “and these strategies are vital in the regional and local fight against homelessness” the resolution reads.

## Pasadena DUI/ License Checkpoint Held Friday

Pasadena Police Department Traffic Section will be conducting a DUI & Driver License Checkpoint on Friday, at an undisclosed location within the city limits between the hours of 7:00 p.m. to 3:00 a.m.

Officers will be looking for signs of alcohol and/or drug impairment, with officers checking drivers for proper licensing, delaying motorists only momentarily.

DUI Checkpoints are placed in locations based on collision statistics and frequency of DUI arrests, affording the greatest opportunity for achieving drunk and drugged driving deterrence. Locations are chosen with safety considerations for the officers and the public.

Research shows that crashes involving an impaired driver can be reduced by up to 20 percent when well-publicized proactive DUI operations are conducted routinely.

Drivers are encouraged to download the Designated Driver VIP, or “DDVIP,” free mobile app for Android or iPhone. The DDVIP app helps find nearby bars and restaurants that feature free incentives for the designated sober driver, from free non-alcoholic drinks to free appetizers and more. The feature-packed app even has social media tie-ins and even a tab for the non-DD to call Uber, Lyft or Curb.

Drivers caught driving impaired can expect the impact of a DUI arrest to include jail time, fines, fees, DUI classes, license suspensions and other expenses that can exceed \$10,000 not to mention the embarrassment when friends and family find out.

The National Highway Traffic Safety Administration, reminding everyone to ‘Report Drunk Driver – Call 9-1-1’.

## Mulch Compost Giveaway Program

The City uses mulch at City parks and landscaped areas and offers mulch to residents through the mulch giveaway program.

Pickup days include February 10 at Victory Park is located at 2575 Paloma Street and the mulch program will be located at the southern parking lot adjacent to Paloma Street. And at February 24 Robinson Park is located at 1081 North Fair Oaks Ave and the mulch program will be located in the park's southern parking lot.

Residents will have access to mulch during park hours which are 6 a.m. through 10 p.m. while supplies last. Residents should bring shovels, containers, gloves and eye protection to collect the mulch

Athens Services will be providing 10 cubic yards of compost at Victory Park on the dates noted below. The compost is available after 10 a.m.

## Latino Coalition to Hold City Candidate Forum



Candidates vying for seats on the Pasadena Unified School District Board and the Pasadena City Council will participate at a Candidate Forum at the Pasadena Senior Center on Sunday. The Pasadena Latino Coalition will present the forum and encourage all in the community to attend.

The moderated forum will present questions to the candidates, who will be given equal time to respond. Because of the many candidates, the forum will be presented in two parts. Questions for candidates for Pasadena Unified School District will begin at 1 p.m. Questions for candidates for Pasadena City Council will begin at 2:30 p.m.

The Pasadena Latino Coalition

is a coalition of non-profit organizations serving the Latino community. It goals are to inform constituents about resources available to them; encourage them to use their voice in public policy debate; and advocate for more positive portrayals of Latinos and their stories in the local media.

The non-partisan Candidates Forum will be held at Pasadena Senior Center 85 East Holly Street, Pasadena. A Spanish translation will be available.

The event will be moderated by reporter John Cádiz Klemack of NBC4 Southern California. For more information, or if you would like to submit questions or concerns prior to the forum, contact us at info@pasadenalatinocoalition.org.

## Pasadena Based Ableton Makes Their Mark at NAMM

By Dean Lee

Although Ableton, a digital audio music business with its U.S. headquarters in Pasadena, had no official booth at last month's National Association of Music Merchants (NAMM) show, their influence on the music industry could be seen all over the convention floor.

David Reid, Marketing Manager for Ableton took an opportunity at the show to talk about the company's pilot program “Push Trade-in Initiative.” The program helps schools throughout the world with digital music education.

Reid said they worked closely, over the last year, with Lawrence Grey the founder of Young Producers Group, an organization that works with Los Angeles area schools. “He [Grey] does lots of after school programs, we basically piloted the program with him before we rolled it out nationally, so L.A. was the first city,” Reid said.

The company's Initiative allows buyers to trade an older Ableton Push Midi Surface Controller for a discount on the next generation Push 2 Surface Controller. The older controllers are then donated to school music programs. He said they have donated thousands of the older controllers through the program.

“It's not a keyboard,” Reid said. “The best way to describe it would be to think of collapsing down the whole keyboard into an 8 by 8 grid [of tiles]. So you are able to access the same note range in a smaller space.”

“I think for the young people that are taking their first steps into music theory, it sort of simplifies, scales and music theory for them.” He said Ableton is about teaching how to learn to make music not just learning to use software.

The main point of the Push controller is to trigger, similar to a drum machine, prearranged pieces of music. The company's



Photo Push 2 Surface Controller

signature software Ableton Live, a digital audio workstation for composing, recording, arranging and mixing music, does just that. Reid said schools in the program are given the latest version of the software.

A number of exhibitors at NAMM were using Ableton Live including Sensel to show the company's Sensel Morph.

“It's an all in one input device with a pressure technology, Sensel Product Marketing Lead Stephanie Chedid said.” That allows it to be used as a musical instrument, depending on the overlay.

The device uses a pressure sensitive base and then gel overlays that can be changed, such as a keyboard or drum pad. Chedid said schools buy them, “its cost saving because you can use it for multiple things.

Santa Monica based Apogee Electronics also had the Ableton Push 2 Surface Controller on display using their Apogee Groove a portable USB DAC and headphone amp for improving audio on a Mac or PC.

This year NAMM was held Anaheim Convention Center Jan. 19 through Jan. 22. Started in 1901, it is the world's largest and longest running trade-only event for the music products industry.

## Free Events Roundup at the Pasadena Senior Center

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

**Scenic Walkers Club – Wednesdays, through Feb. 22, at 10 a.m.** Join this new group for a series of leisurely walks to enjoy the great outdoors and get some exercise. Alan Colville will give you a list of items to bring, let you know what to expect, provide detailed itineraries and arrange transportation. For more information or to sign up, email alancolville@charter.net or call 626-221-3741.

**Tax Time – Wednesdays and Fridays, through April 14, from 9 to 10:30 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. Please note there is no age limit for this service.

**Diabetes Empowerment Education Program – Thursdays, Through March 2, from 2 to 4 p.m.** Whether you or someone you care about is diabetic or pre-diabetic,

this series will encourage you to make lifestyle changes while learning more about your diabetes and how it affects your health. Workshop topics include diet, exercise, medication issues, managing complications and the impact of diabetes on eyes, teeth and feet. Reservations are required: 626-685-6732.

**Friday Movie Matinees – Fridays, Feb. 10 and 17, at 1 p.m.** Everyone enjoys movies and the pleasures they bring. Feb. 10: “The Girl on the Train” (2016, R) starring Emily Blunt and Justin Theroux. A divorcee becomes entangled in a missing persons investigation that promises to send shockwaves throughout her life.

**Cardmaking Workshop – Monday, Feb. 6, from noon to 2 p.m.** Surprise a special someone with a personalized, handmade greeting card. Whether it's happy birthday, happy holidays, thank you, thinking of you or other sentiment, you'll create a decorative card in your own unique style and have fun discovering your creativity while workshop leaders help you bring your ideas to life. All materials will be provided.

## Pet of the Week



Sulu (A411776) is a 3-month-old, neutered male, brown tabby kitten who loves to play! You can often find him batting around his cork toy in his kennel, pouncing on it to his heart's content. Sulu also enjoys affection. He like head rubs and petting, and in his less energetic moods, he even enjoys a good snuggle! Although Sulu has only one eye, he doesn't let that slow him down for even a second. This rambunctious kitty can't wait to light up your home.

The adoption fee for cats is \$70, which includes the spay or neuter surgery, microchip, and vaccinations. And on February 4 and 5, adoption fees for all animals will be waived thanks to an anonymous donor as part of our Kitten Bowl Tailgate Party!

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

Call the Pasadena Humane Society & SPCA at (626) 792-7151 to ask about A411776, or visit at 361 S. Raymond Ave. in Pasadena. Adoption hours are 11 a.m. to 4 p.m. Sunday; 9 a.m. to 5 p.m. Tuesday through Friday; and 9 a.m. to 4 p.m. Saturday.

Pets may not be available for adoption and cannot be held for potential adopters by phone calls or email. Directions and photos of all pets can be found at pasadenahumane.org.



Guided tours inside Tournament House, the iconic Southern California landmark, open to the public. Tours will be offered, at no cost, every Thursday at 2 p.m. and 3 p.m. beginning this week. Last year, over 5000 guests toured the house and gardens.

Visitors enjoy the rich history of the 21-room, Italian-Renaissance-style mansion designed and built in 1906 by architect G. Lawrence Stimson and his father George W. Stimson, a local builder. The interior of the house features richly paneled rooms, inlaid marble floor and an ornate molded plaster ceiling – a design element that made Stimson famous. Upstairs, areas originally used as bedrooms, have been transformed into historical displays of the Rose Bowl Game, Rose Queen and Royal Court, Grand Marshals and Tournament Presidents throughout the years.

Tournament of Roses volunteers from the Heritage Committee, knowledgeable of the organization's history and details of the house, conduct the tours.

## ALTADENA POLICE BLOTTER

**Monday, January 23rd**  
10:30 PM – A petty theft from an unlocked vehicle occurred in the 2300 block of Tanoble Drive. Stolen: credit cards.

**Tuesday, January 24th**  
12:33 AM – Hiram Cormier, 40 years old of Hawthorne was arrested in the 1200 block of N. Catalina Avenue for driving a vehicle without

the owner's consent.  
**Wednesday, January 25th**  
6:30 PM – Sergio Huezos, 39 years old of Altadena was arrested in the area of Fair Oaks Avenue and Calaveras Street for public intoxication.  
**Thursday, January 26th**  
12:00 PM – A package theft occurred in the 1400 block of Crest Drive. Stolen: iPhone.  
**Friday - Saturday** no significant incidents.



# ARCADIA

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## INTERNATIONALLY RENOWN CLASSICAL PIANIST COMING TO THE ARCADIA PERFORMING ARTS CENTER SATURDAY, FEBRUARY 4, 2017 AT 8PM



Louis Schwizgebel (born in 1987) is a Swiss pianist. He studied piano with Franz Josefovski and Brigitte Meyer at the Lausanne Conservatory, Pascal Devoyon at Universität der Künste Berlin, Emanuel Ax at the Juilliard School, and Pascal Nemirovski at the Royal Academy of Music. He became internationally known in 2012 when he won 2nd prize at the Leeds International Piano Competition which was broadcast live on BBC Four and BBC Radio 3.

### GRIEF SUPPORT GROUP

Church of the Good Shepherd, United Methodist in Arcadia (400 W. Duarte Rd. Arcadia, CA 91007) is beginning its second grief support group. This group will begin meeting on Tuesday, February 28th from 7pm-8pm for ten weeks in the library. This group is open to the community regardless of religious affiliation. We will gather weekly with tea and engage in deep listening and uplifting support. People at all stages of grief are welcome to join this support group. Please email Linda Brown at [childcenter@cgsun](mailto:childcenter@cgsun) if you are interested.

Church of the Good Shepherd, United Methodist in Arcadia (400 W. Duarte Rd. Arcadia, CA 91007) will have its annual Ash Wednesday service on Wednesday, March 1st at 7 p.m. in the chapel. Please join us as we gather together to begin the lent season. If you are not

able to come to the service, come to our ashes-to-go drive-by any time between the hours of 4 p.m. and 6 p.m. in our parking lot!

Church of the Good Shepherd, United Methodist in Arcadia (400 W. Duarte Rd. Arcadia, CA 91007) is hosting a six week series during the season of lent. This year, the focus will be on contemplative prayer practices in order to move away from the business of our lives and the constant chatter of our brains and back to our bodies and our breath. We will explore Quaker prayer, Taize chanting, loving kindness meditation and more. All are welcome regardless of religious affiliation and experience with these prayer practices. This series will be on Monday nights at 7:30 p.m. in the chapel beginning on Monday, March 6th. There will be tea, cookies and fellowship after each session.

### ARCADIA POLICE BLOTTER

For the period of Sunday, January 22nd, through Saturday, January 28th, the Police Department responded to 1,028 calls for service of which 143 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

#### Sunday, January 22:

Shortly before 8:26 p.m., an officer responded to the 900 block of Park Avenue regarding a theft from vehicle report. The victim was at World Gas station, 3 East Duarte Road, pumping gasoline into her car when the unknown suspect opened her unlocked passenger door and stole her purse from the front seat. The suspect fled in a newer model, beige SUV. The investigation is ongoing.

Around 10:35 p.m., an officer initiated a traffic stop near the intersection of Baldwin Avenue and Duarte Road on a vehicle for speeding. Upon contacting the driver, the officer detected a strong odor of alcohol emitting from his breath. Through a series of tests, the officer concluded the 28-year-old male from San Gabriel was under the influence of an alcoholic beverage. He was arrested and transported to the Arcadia City Jail for booking.

#### Monday, January 23:

At approximately 9:50 a.m., an officer responded to a residence in the 2700 block of Caroline Way regarding a burglary report. An investigation revealed unknown suspects entered the residence by breaking a rear glass door; they ransacked the location, and fled. No suspects were seen and no witnesses were located. The loss is unknown.

Just after 4:11 p.m., an officer responded to a residence in the 5700 block of South Baldwin Avenue regarding a disturbance report. During an argument, the victim's ex-husband used a fence post to break the victim's window. The suspect, a 41-year-old male from Temple City, was gone by the time officers arrived. The suspect is outstanding at the time of this report.

#### Tuesday, January 24:

Around 7:12 a.m., an officer responded to the 99 Cent Store, 140 East Duarte Road, regarding a theft report. Surveillance footage revealed three unknown suspects stole a large quantity of pallets from the rear of the business.

The suspects are described as three Hispanic males, all between the ages of 20 and 30-years-old, driving a light-colored, extended cab pickup truck. The investigation is ongoing.

Just before 9:15 a.m., an officer responded to the Arcadia Police Department front counter regarding a fraud report. The victim reported that an unknown suspect made three unauthorized charges on his credit card. The victim does not know how the suspect obtained his personal information.

#### Wednesday, January 25:

Shortly after 2:07 a.m., an officer responded to Claro's Italian Market, 19 East Huntington Drive, regarding an audible alarm activation. An investigation revealed unknown suspects entered the business through a vent in the roof. Once inside, they stole cash and fled by breaking a rear glass door. No suspects were seen and no witnesses were located. The

investigation is ongoing.

At about 9:33 a.m., an officer responded to a residence in the 100 block of East Santa Clara Street regarding a domestic dispute. The officers discovered a physical altercation occurred between a husband and wife resulting in the husband grabbing his wife by the throat and face. The 62-year-old male from Arcadia was arrested and transported to the Arcadia City Jail for booking.

#### Thursday, January 26:

At approximately 2:56 p.m., an officer responded to the Santa Anita Mall, 400 South Baldwin Avenue, regarding an activation of an Arcadia Police Department GPS tracker. Arcadia PD detectives had previously deployed decoy bicycles with tracking devices to combat the increase in bike thefts throughout the city. An investigation revealed a 25-year-old male from South Gate was in possession of the stolen bicycle and GPS tracker. The suspect was arrested and transported to the Arcadia City Jail for booking.

Around 4:26 p.m., an officer responded to a residence in the 400 block of Rosemarie Drive regarding a package theft report. The victim stated his package was stolen from his porch sometime earlier in the day. No suspects were seen and no witnesses were located.

#### Friday, January 27:

At about 12:49 a.m., an officer initiated contact with a subject in the 400 block of North Santa Anita Avenue for pushing a cart that had been stolen from the 99 Cent Store. Upon contacting the suspect, the 30-year-old male from Arcadia became combative and would not comply with the officer's requests. During a search of the subject, the officer located a knife in the suspect's front jacket pocket. He was arrested and transported to the Arcadia City Jail for booking.

Just before 12:41 p.m., officers responded to Eisenhower Park, 601 North Second Avenue, regarding a male suspect causing a disturbance and attempting to damage park property. The suspect fled on foot but officers were able to locate him. Upon detaining the 49-year-old male from Arcadia, he tried to kick and head-butt the officers. Arcadia Fire responded to treat the suspect's self-inflicted wounds and while he was in the ambulance, the male kicked out the rear window of the ambulance. He was arrested and transported to the Arcadia City Jail for booking. A records check also revealed he had four outstanding misdemeanor warrants.

#### Saturday, January 28:

Shortly after 1:20 a.m., an officer responded to Premier 911, 911 South First Avenue, regarding a commercial burglary report. Surveillance footage revealed an unknown suspect broke the front glass door of the business and fled undetected with several handbags. The suspect fled in a dark-colored SUV. The investigation is ongoing.

Around 7:20 a.m., an officer responded to the area of Live Oak Avenue and Sixth Avenue regarding a battery report. An investigation revealed an Uber driver was punched by an uncooperative passenger who then kicked the door of the vehicle causing a dent. The 24-year-old male from Pasadena was arrested and transported to the Arcadia City Jail for booking.

# 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.

**Injury Traffic Collision** January 26 at 4:39 p.m., a traffic collision involving injuries was reported at Duarte Road and Sixth Avenue. One of the drivers rear ended the other, causing serious injuries to both drivers. Both were taken to the hospital for medical treatment.

**Elder Abuse Scam** January 26 at 7:15 p.m., an officer was dispatched to a residence in the 700 block of S. Fifth Avenue to speak with an elderly female regarding a possible fiduciary crime. The subject said she was befriended by a man on Facebook and they used Facebook messenger to speak with each other. The male subject told her he was in the military and was stuck in Dubois due to an explosion. He told her the explosion destroyed his credentials and he couldn't leave the country. He said he needed money sent to a travel agent in Amarillo, Texas. The elderly female eventually sent \$20,000 through a wire transfer. The investigation is continuing.

**Public Intoxication** – Suspect Arrested January 26 at 9:20 p.m., dispatch received a call reporting a man yelling and causing a disturbance in the 100 block of E. Olive. When officers arrived, they saw a male subject in the street. They contacted him and determined he was intoxicated and unable to care for himself. The subject was arrested for being drunk in public and held for a sobering period.

**Violation of Court Order** January 27 at 7:16 p.m., a female subject from a business in the 100 block of W. Lime contacted police to report a violation of a court order. The subject has a restraining order against an ex-employee of hers that restricts contact, including electronic communication. The subject received a message through Yelp from the restrained person. The restrained person claimed the communication was an accident and that she meant to send the message to herself. A verified complaint was sent to the District Attorney's office for filing consideration.

**Bicycle Theft** January 27 at 9:39 p.m., a theft of two bicycles was reported in the 100 block of W. Foothill. Two juveniles left their bicycles outside of a fast food restaurant without securing them and went inside to eat. When they finished and came outside, there was a large group of juveniles in front of the business and their bicycles were gone. No witnesses came forward. The investigation is continuing.

**Shoplifting / Identity theft** – Suspect Arrested January 27 at 9:44 p.m., loss prevention at a business in the 500 block of W. Huntington called police to report a female suspect they detained for shoplifting. The subject had concealed jewelry and clothing merchandise on her person. She was arrested for shoplifting, and during an inventory search of her property, two driver's licenses and social security cards belonging to other people were found in her possession. The additional crime was added to her charges.

**Public Intoxication / Resisting and Delaying a Peace Officer** – Suspect Arrested January 28 at 8:25 a.m., officers were dispatched to the 900 block of S. Fifth Avenue regarding a subject sleeping in a hallway. Officers arrived and contacted the subject, who was too intoxicated to care for his own safety. When officers attempted to arrest the subject for being drunk in public, the subject resisted and struggled with the officers. He was arrested and taken into custody.

**Embezzled Vehicle / Bench Warrant** – Suspect Arrested January 28 at 1:25 p.m., officers located a vehicle at Myrtle and Chestnut that had been reported as an embezzled vehicle. The driver was detained for investigation. The victim was contacted and did not desire prosecution of the driver. The person who embezzled the car from the victim had sold it to the driver. The vehicle was recovered. During the investigation, it was discovered the driver had two outstanding bench warrants and a suspended driver's license. He was arrested and taken into custody for the warrants.

**Driving Under the Influence** – Suspect Arrested January 28 at 8:37 p.m., a caller reported a possible drunk driver in the area of Myrtle and Duarte Road. Officers in the area conducted a traffic stop of the vehicle and a DUI investigation was conducted. The driver was determined to be intoxicated and was arrested.

**Commercial Burglary** – Suspects Arrested January 30 at 1:08 a.m., an alarm activation was received at a business in the 600 block of W. Huntington. When the officer arrived, he saw the front doors had been pried open. The store video depicted three suspects forcing the front door open and they attempted to break into the store safe with a sledge hammer. The suspect vehicle was a dark Chevy Tahoe with paper plates. At 3:00 a.m., an officer on patrol saw the suspect vehicle enter a car wash parking lot in the 100 block of W. Duarte. Additional units responded to assist and the two suspects were arrested for burglary.

**Possession of Drug Paraphernalia / Warrants** – Suspect Arrested January 30 at 11:12 p.m., an officer was on patrol in the 1000 block of Royal Oaks when he stopped a female subject on a bicycle for a vehicle code violation. The subject tossed an object on the ground as the officer approached. The object was discovered to be a methamphetamine pipe. A computer check revealed she also had outstanding warrants for her arrest. The subject was arrested for possession of drug paraphernalia and two outstanding warrants.

**Petty Theft** January 30 at 11:27 p.m., a petty theft was reported at a residence in the 1000 block of E. Huntington. A resident caught a subject inside her vehicle. The victim reported that when she confronted the suspect, she could smell alcohol on him. The suspect told her he was only looking for shelter. He then grabbed her child's scooter and fled. The suspect was described as a male Hispanic, approximately 20 years old, wearing dark clothing. Officers checked the area for the suspect, but were unable to locate him. The investigation is continuing.

**Residential Burglary** January 31 at 6:15 a.m., a residential burglary was reported in the 900 block of W. Duarte Road. The victim was leaving for work and found his garage door had been forced open and his rolling tool chest had been stolen. The investigation is continuing. Theft January 31 at 10:09 a.m., an officer was dispatched to the 200 block of E. Maple on the report of a theft. The victim was working on a car at the location and the suspect approached him and offered to help. When the victim left to buy parts for the vehicle, the suspect stole the victim's tools and fled the area. The investigation is continuing.

**Vandalism** January 31 at 10:27 a.m., a vandalism incident was reported in the 1500 block of Encino. The victim called police to report that sometime during the early morning hours, a suspect used a sharp object to scratch the victim's vehicle. The investigation is continuing.



### MONROVIA CERT TEAM MOBILIZES TO SUPPORT OUR NEIGHBORS IN DUARTE

Last week, on Monday, January 23, 2017, members of Monrovia's Community Emergency Response Team (CERT) assisted the City of Duarte to ensure that residents could safely return to their neighborhoods after a mandatory flood warning evacuation order was lifted. Monrovia CERT team members paired with LA County Sheriff Deputies to staff roadblocks and check IDs, as well as keep an eye out for suspicious behavior in different parts of Duarte. We appreciate the efforts of all of our CERT team members that assisted with the response, which include:

Bruce Eckstrom  
Roger Foster  
Heather Ohm  
Brenda Trainor  
Patrick Volders  
Pauline White

Ultimately, our CERT members braved the cold temperatures and cloudbursts while putting their CERT skills to practice! Many thanks to our responding team for their terrific work, who also received a terrific reward late in the evening when the skies cleared to provide everyone with a treat to a beautiful starry night that included a terrific view of the constellation, Orion!





## ALVERNO HEIGHTS ACADEMY CELEBRATES 16 AP SCHOLARS

*Students were recognized at various levels of achievement for this prestigious honor*

Sierra Madre, CA (January 25, 2017) – A total of 16 students from Alverno Heights Academy have earned the designation of AP Scholar by the College Board in recognition of their exceptional achievement on the college-level Advanced Placement (AP) exams.

Last May, 80 Alverno Heights Academy students took the AP exams after completing challenging college-level courses in 12 different subjects that included Chinese Language, English Language and Composition, English Literature and Composition, European History, Human Geography, U.S. History, U.S. Government and Politics, Calculus AB, Calculus BC, Biology, Environmental Science, Spanish Language and Culture, and Studio Art. The College Board recognizes several levels of achievement based on students' performances on the AP exams including AP Scholar, AP Scholar with Honor, AP Scholar with Distinction, and National AP Scholar.

The Valedictorian for the Class of 2016, Caitlyn Delgadillo, was named a National AP Scholar in recognition of receiving an average score of 4 or higher on at least 8 AP exams taken. Caitlyn is currently attending Stanford University where is majoring in pre-medicine and human biology.

Alexis Winstanley, Salutatorian for the Class of 2016, and Isabella Dominguez were recognized as AP Scholars with Distinction for earning an average score of 3.5 or higher on at least five exams. Alexis is attending UCLA where she is majoring in chemistry and astrophysics and Isabella is attending the University of La Verne.

The title AP Scholar with Honor was awarded to Amy Aghajanian



'16, Marisa Dragos '17, Jillian Kislow '17, Jenny Sun '16, and Alexxa Vasquez '16 for receiving a score of 3.25 or higher on four or more exams. Recent alumna Amy Aghajanian is attending Chapman University and majoring in Political Science while Jenny Sun is attending New York University and majoring in mathematics. Alexxa Vasquez, also from the Class of 2016, attends UCLA and has chosen neuroscience as her major.

Eight students were recognized as AP Scholars having received a 3 or higher on at least three exams. These students are Alexis Baro '17, Cynthia Lee '16, Alicia Lindheimer '17, Ciara Madigan '16, Cameron Martinez '16, Emma Uttley '16, Emily Yekikian '16, and Hanaa Zerroug '17. Recent graduate Cynthia Lee '16 is attending Newcastle University in the United Kingdom and majoring in medicine while Ciara Madigan '16 is attending Whittier College and majoring in child development and

history. Along with two other AP Scholars, Cameron Martinez '16 attends UCLA and has chosen political science as her major. Emma Uttley '16 is an animal science major at UC Davis and Emily Yekikian '16 attends Santa Clara University and has chosen to study history.

"Alverno Heights Academy is incredibly proud of these young women and their academic achievements," said Julia V. Fanara, Head of School. "Earning the honor of AP Scholar demonstrates not only a strong academic ability among these young women, but also a strong commitment to academic rigor, currently and in the future. We look forward to continuing to offer more young women the opportunity to advance in college-level courses, while enjoying and benefitting from the small classroom environment which Alverno provides for all of our students."

**About Alverno Heights Academy**  
Alverno Heights Academy is an

all-girls, independent, progressive Catholic, college preparatory school dedicated to its mission of empowering each young woman to be exactly the person she wants to be. Located on the property of the former Barlow Estate in Sierra Madre, California, Alverno Heights Academy was founded in 1960 by the Sisters of St. Francis who sought to create an environment in the San Gabriel Valley where young women could become informed and knowledgeable persons. Later renamed Alverno High School and sponsored by the Immaculate Heart Community, Alverno's program—academic, spiritual, aesthetic, social, and physical—has been shaped by the staff, trustees, and students. As Alverno Heights Academy once again, the school remains committed to its mission by encouraging each of their young women to be who they imagine. For more information about Alverno Heights Academy, please visit [www.alvernoheightsacademy.org](http://www.alvernoheightsacademy.org).

## ALVERNO VARSITY SOCCER SHUTS-OUT SACRED HEART HIGH SCHOOL 4-0

*The Jaguars improve their record to 6-1-1*

Sierra Madre, CA (February 2, 2017) – The Alverno Jaguars faced the Sacred Heart Comets in their final home game of the regular season. The Jaguars celebrated their Senior Farewell with a 4-0 victory over the Comets and improved their record to 6-1-1 (8-4-2 overall).

The Jaguars dominated the match with 7 shots on goal and a corner kick in the first half and 8 shots on goal and a corner kick in the second half. The Jaguars defense did not allow a single shot on goal and only gave up 1 corner kick. Junior goalkeeper Ayanna Melin (1) recorded her fifth clean slate of the season.

After 35 scoreless minutes, sophomore midfielder Megan Cavender (22) passed to sophomore midfielder Beatriz Rivas (16). Rivas's shot was blocked by the Comets goalkeeper, but junior midfielder Natalie Scigliano (5) was in the penalty box to fire a goal past three defenders at the goal line. The Jaguars led 1-0 at halftime.

In the 49th minute, team co-captain senior forward Larissa Hernandez (21) was fouled on a breakaway at the touchline. Junior midfielder/defender Nikki Oberhammer (17) scored on the ensuing free kick. In the 56th minute, Oberhammer dribbled

through two Comets defenders, and her shot was bobbled by the Comets goalkeeper. Hernandez was there in front of the net to put in the loose ball for a goal. In the 61st minute, co-captain senior defender Nicole Lianto (6) connected a pass to freshman forward Nancy Alcalá (15) for the punctuating goal.

The Jaguars will face Ramona Convent on Friday, February 3, 2017, at the Ramona Convent campus.

### About Alverno Heights Academy

Alverno Heights Academy is an all-girls, independent, progressive Catholic, college preparatory school dedicated to its mission of empowering each young woman to be exactly the person she wants to be. Located on the property of the former Barlow Estate in Sierra Madre, California, Alverno Heights Academy was founded in 1960 by the Sisters of St. Francis who sought to create an environment in the San Gabriel Valley where young women could become informed and knowledgeable persons. Later renamed Alverno High School and sponsored by the Immaculate Heart Community, Alverno's program—academic,



Freshman Cassie Lianto (10) dribbles past opponents.

spiritual, aesthetic, social, and physical—has been shaped by the staff, trustees, and students. As Alverno Heights Academy once again, the school remains committed to its mission by

encouraging each of their young women to be who they imagine. For more information about Alverno Heights Academy, please visit [www.alvernoheightsacademy.org](http://www.alvernoheightsacademy.org).

## HANDMADE ARTISANS JOIN JACKALOPE PASADENA THIS SPRING APRIL 29TH & 30TH, 2017

Fair Hours: 10am - 5pm  
Central Park, Pasadena  
Jackalope Pasadena's Indie Artisan Fair returns to Old Pasadena's Central Park on April 29th & 30th, 2017.

Applications are now open for this juried event and Jackalope is seeking artisans who specialize in handmade products to apply for the fair. Jackalope is juried by leaders in the local handmade community.

Jurying this spring event will be MaryAnne LoVerme - owner of Los Angeles County Store in Silverlake, Huan - owner of Flower Pepper Gallery in Pasadena, and Kay Yee - Metalsmith and Professor Emeritus from Pasadena City College.

Jackalope's jury selects artisans who display a high skill set in their respective fields. Artisans from multiple genres will be selected to show from original fashion and jewelry design, ceramics and paper goods, innovative home decor and housewares, art and photography, artisan-made food, and much more. No vintage or antique finds are permitted.

More information on the event and applications are available on the fair's website. Applications close on February 17, 2017.

Fact Sheet:  
WHAT:

Jackalope Pasadena: An Indie Artisan Fair, seeking applications for this spring's event.

WHEN:  
Saturday, April 29th & Sunday, April 30th, 2017  
10am - 5pm daily

WHERE:  
Central Park, Pasadena  
275 S. Raymond Ave, Pasadena CA 91105

PRESS CONTACT:  
Sara Vausbinder / 323-989-2278  
info@jackalopeartfair.com,  
www.jackalopeartfair.com

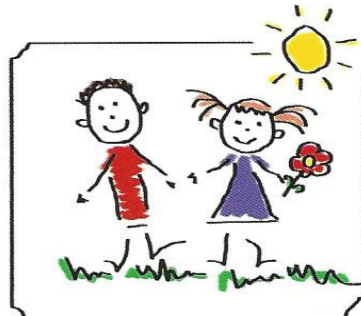
WEBLINKS:  
[www.jackalopeartfair.com/pasadena](http://www.jackalopeartfair.com/pasadena)

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## SCHOOL DIRECTORY

ALVERNO HEIGHTS ACADEMY  
200 N. Michillinda Sierra Madre, Ca. 91024  
(626) 355-3463 Head of School: Julia V. Fanara  
E-mail address: [jfanara@alvernoheights.org](mailto:jfanara@alvernoheights.org)

Arcadia High School  
180 Campus Drive Arcadia, CA 91007  
Phone: (626) 821-8370, Principal: Brent Forsee  
[bforsee@ausd.net](mailto: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](mailto: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](http://www.barnhartschool.org)

Bethany Christian School  
93 N. Baldwin Ave. Sierra Madre, Ca. 91024  
(626) 355-3527  
Principal: Dr. William Walner  
website: [www.bcschools.org](http://www.bcschools.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](mailto: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](mailto:info@foothilloaksacademy.org)  
[preschool@foothilloaksacademy.org](mailto:preschool@foothilloaksacademy.org)

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

The Gooden School  
192 N. Baldwin Ave. Sierra Madre, Ca. 91024  
(626) 355-2410  
Interim Head of School, Merrily Dunlap  
website: [www.goodenschool.org](http://www.goodenschool.org)

High Point Academy  
1720 Kinneloa Canyon Road Pasadena, Ca. 91107  
Head of School: Gary Stern 626-798-8989  
website: [www.highpointacademy.org](http://www.highpointacademy.org)

La Salle High School  
3880 E. Sierra Madre Blvd. Pasadena, Ca.  
(626) 351-8951 website: [www.lasallehs.org](http://www.lasallehs.org)  
Principal Bro. Christopher Brady, FSC

Monrovia High School  
325 East Huntington Drive, Monrovia, CA 91016  
(626) 471-2800 Principal Darwin Jackson  
Email: [schools@monrovia.k12.ca.us](mailto: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](http://www.odysseycharterschool.org)

Pasadena High School  
2925 E. Sierra Madre Blvd. Pasadena, Ca.  
(626) 396-5880 Principal: Roberto Hernandez  
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](http://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](mailto: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](mailto:newsom.garrett@pusd.us)

Walden School  
74 S San Gabriel Blvd  
Pasadena, CA 91107 (626) 792-6166  
[www.waldenschool.net](http://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](mailto:resseln@pusd.us)

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

Monrovia Unified School District  
325 E. Huntington Dr., Monrovia, Ca. 91016  
(626) 471-2000 Website: [www.monroviachools.net](http://www.monroviachools.net)

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



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## CANYON CANINE DOG WALKING & PET SITTING SERVICES

Service Dogs Provide Therapy For Autistic Children

Autism spectrum disorder (ASD) is a range of complex neurodevelopment disorders, characterized by social impairments, communication difficulties, and restricted, repetitive and stereotyped patterns of behavior. Autistic disorder, commonly known as Autism, is the most severe form of ASD, while other conditions along the spectrum include a milder form known as Asperger syndrome, childhood disintegrative disorder and personal development disorder not otherwise specified (usually referred to as PDD-NOS).

Experts estimate that 1 out of 88 children age 8 will have an ASD (Centers for Disease Control and Prevention: Morbidity and Mortality Weekly Report, March 30, 2012). Autism occurs in all ethnic and socioeconomic groups and affects every age group, although statistics show that males are four times more likely to have some form of ASD than females.

The hallmark feature of Autism is impaired social interaction. A child with Autism may appear to develop normally and then withdraw and become indifferent to social engagement. They may fail to respond to their names and often avoid eye contact with other people. They may also engage in repetitive movements such as rocking and twirling and often have difficulty playing interactively with other children.

There are various therapies known to help Autistic children with behavior modification using positive reinforcement, but success is limited with no promise that the child will ever become completely independent. Indeed, in most cases, the Autistic child will remain fully dependent on others for the entire duration of their life.

No matter how much a parent loves their Autistic child, there is only so much they can do and there are only so many hours in a day. We humans are limited to a finite amount of energy and number waking hours, regardless of how dedicated we may be to a cause. This becomes particularly problematic when there are other siblings in the home, with their own set of needs for love and attention. Often parents become exhausted with the constant demands of raising an Autistic child, and they must reach out for help.

In comes the canine. That's right, there are service dogs specifically trained for the sole purpose of assisting Autistic children! Just the thought of this warms my heart. Although it comes as no surprise to me, because it just makes sense that a dog could do such a thing for a child in need. But when I read about how and why interaction with a therapy dog can have such a positive impact on an Autistic child, other than the obvious benefits we all get from our pets, I was truly amazed. It is more scientific than you might think.

First, here is a little background on what has been found to be a major culprit of Autism. Cortisol is the body's stress hormone, produced in anticipation of stressful situations. A body's level of cortisol typically peaks a half hour after waking, which is called "Cortisol

Awakening Response" (CAR). By measuring CAR, scientists can determine how stressed someone is, without having to verbally ask them questions.

According to a relatively new study at the University of Montreal, "Effects of Service Dogs on Salivary Cortisol Secretion in Autistic Children", specifically trained service dogs can help reduce anxiety and enhance the social skills of children with Autism. "Our findings show that the dogs had a clear impact on the children's stress hormone levels", says Sonia Lupien, senior researcher and professor at the U.M. Dept. of Psychiatry, and Director of Centre for Studies on Human Stress at Louis-H Lafontaine Hospital. She continued, "I have not seen such a dramatic effect before."

The test results showed an average CAR level increase of 58% prior to the introduction of a service dog. With a service dog, tests showed the CAR levels plummeted to a mere 10% increase, significantly lower than before. Next, the dog was taken away for four weeks, and the CAR shot back up to a 48% increase every morning as the child awoke from sleep. Remarkable results, to say the least! Lupien also observed a notable improvement in the children's behavior with a decrease in irritability and incidents of "acting out", as reported by their parents.

A number of hypotheses were drawn, to explain the desirable CAR response experienced by the subject children after spending time with the dogs, including positive psychological factors (e.g. calmer, happier children), or changes in their sleep patterns (some parents reported improved sleep habits when the service dogs were in the home), or perhaps the presence of the dogs created an anchoring effect that made testing cortisol levels easier on the children. For whatever reason, the fact remains that the dogs' presence had a very positive impact on the children, and that is a fantastic fact!

I found several groups on line, that offer trained service dogs to children with Autism, but the one that impressed me the most is 4 Paws for Ability. They were the first group to start training dogs for the specific purpose of assisting Autistic children, and in spite of the huge number of calls they receive every year, they have never turned down a child in need of a canine companion. It must be very gratifying to know you are helping a child with Autism by training a dog to be their best friend!



## LOOKING FOR A BEST FRIEND

Frazer is a lovely, gentle dog who was found as a stray wandering in traffic. He was brought to the shelter where he can be safe until he finds his forever home. Frazer is a black mixed breed dog, thought to have Labrador and American Staffordshire terrier in his lineage. Frazer seems to love people, and is only too happy to climb into a lap with all of his 70 pounds. He likes to cuddle while being petted, and his charm is hard to resist.

Frazer loves going for walks. He is a strong boy who responds to correction and is learning how to heel. He seems interested in meeting other dogs. Frazer also has a playful side and likes to toss a toy around to amuse himself. Although he is 2-years-old, he still has some puppy left in his personality. This sweet boy deserves a safe and loving home where he is treated as part of the family. He needs regular exercise and would benefit from obedience training. If you have the room for a

big dog, please consider Frazer. If you meet him, he is sure to steal your heart. Her adoption fee is \$145, which includes spay surgery, a microchip, first vaccinations and a free wellness check-up at a participating veterinarian. Feel free to call us at

(626) 286-1159 for more information on Frazer. He currently resides at the San Gabriel Valley Humane Society located at 851 E. Grand Avenue in San Gabriel which is located off San Gabriel Blvd, north of Mission and south of Las Tunas Drive. To arrange a 'Meet and Greet' with Frazer, please stop by any time from 10:30am to 4:30pm Tuesday through Sunday. Website: www.sgvhumane.org.

Go to smile.amazon.com and find the San Gabriel Valley Humane Society and every time you buy something 0.5% will be donated to the shelter! It's easy to do and helps

the shelter with every purchase you make! Let your friends know about this simple way to make a difference!



Looking for your true love this Valentine's Day? Then look no further than SLATER, who says, "B Mine". He is ready to give you lots of love, kisses, & cuddles. He's super-sweet and gets along with everyone! Easily held, too. He'll B your purr-rect sweetheart. Slater is a handsome gray tabby with white, and is about 8 months old. Let's

get him a loving, forever home by Valentine's Day! Call 909-561-7700 for adoption information.

Lifeline for Pets is a small no-kill rescue. We show some cats most Sunday afternoons at Petsmart, 3347 E. Foothill Blvd. in Pasadena, 12:30-3:30. Adoption fee is \$100, which includes spay, microchip, exam & vaccines. A great savings! Our cats are negative FELV/FIV unless otherwise indicated.

See more pictures, adoption info & application on our website, www.lifelineforpets.org. Sorry, we are not accepting cats at this time. GOOD NEWS: Adoption pending on Delilah!

## Katnip News!



## HEALTHY LIFESTYLES

### THE JOY OF YOGA DON'T PUT UP WITH IT!



Yoga is about comfort, spontaneity, and balance. It's balance in body, mind, and life. I compare the

feeling of a great yoga practice with the feeling of living comfortably in my own skin. Both have challenges and points of ease and joy. Wouldn't it be great if we strike a balance between ease and challenge?

The process begins with relaxing. Sounds easy -- but, oh boy - it can be hard when stress and tension are built up. In yoga, we begin the process of relaxation with breathing -- even, smooth breaths beginning in the belly. To let the abdomen fully breathe is an accomplishment. Most of us exist in the world of chest breathing. Often, it's shallow breath, sometimes with seemingly unnoticeable pauses.

Next, set the stage to help the body relax. This means making the body as comfortable as possible. Think about when you've tried to relax at home or in yoga

class and something just wasn't right. You were cold, in a wrong position, or your clothes weren't adjusted on your body the way you needed. It's all these subtle points that keep tension held in the body. Don't put up with it! Make yourself comfortable. Find the environment that's best for you to heal, relax, and soothe an active mind.

Having enough time to fully relax is essential. Consider a cat nap in the late afternoon, but don't actually sleep. Lie down and make your body as comfortable as possible, as if you were lying on a cloud. Just watch the breath and begin deep belly breathing. Continue until you feel quiet and tranquil. As you transition back into your day, notice how the breath and relaxation have changed things for you. Do you easily fall into the balance of ease, spontaneity, and joy? Are you able to handle difficulties with awareness and responsiveness (instead of reactivity)?

Namaste friends! Yoga Madre has an exceptional Restorative class; Sundays at 5 pm. Check it out and see if you can find the rhythm of finding comfort and ease. Love, Keely Totten

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## SUNDAY BRUNCH AT CHEVAL BLANC

You remember the story of King Midas; he was a kind man who ruled his kingdom fairly. One day, while walking in his garden, he saw an elderly satyr asleep in the flowers. Taking pity on the old fellow, King Midas let him go without punishment. When the god Dionysus heard about it, he rewarded King Midas by granting him one wish. The king thought for only a second and then said I wish for everything I touch to turn to gold." And so it was.

I met Gregg Smith some 25 years ago when he turned Perkins restaurant into the Parkway Grill, a few years later what was a florist shop "Jonkers" he turned it into the Arroyo Chop House. Monahan's is now Smitty's and the story of the Midas Touch has Gregg Smith as a bi line when you read this fabled story because Gregg certainly has the Midas touch, before I tell you about my recent visit to Cheval Blanc for Sunday Brunch, let's get a quick history lesson on how brunch came to be. The term "Brunch"

**TABLE FOR TWO by Peter Dills**  
**thechefknows@yahoo.com**

to an early morning breakfast, the term should be an acronym, for let's meet and eat once we awaken from our hangovers. I digress, since it was too early for tea, it was the perfect time to get the day going with a bloody mary or a mimosa.

Cheval Blanc has added Sunday Brunch to their prestigious line up with a fantastic array of morning food and a window look at lunch. A warm pastry and bread basket at 11 in the morning you bet!!! Accompanied by a cold glass of Rorderer Estate Bubbly, this guy felt he just stepped into the French Quarter, after all this is a French Restaurant. Now this is where my job gets tricky, one man can only eat so much, so I'd better pick wisely, Spoiler Alert!!! I did !! After a few bites of the brioche toast with raspberry jam I decided on the Charcuterie, which included Cured Ham, those little tiny pickles that everyone loves and Artisan terrine (cheese for you Americans), my dad always taught me, never fill up on the bread when doing a Sunday Brunch. So, I was smart enough to only get half full, As I mentioned before, we must do Brunch, well you must order the Saumon Fume Eggs Benedict, yes Benedict was a trader but maybe this was my first French Brunch, I was looking for something unique and this is it, when they poured the warm béarnaise sauce on top of the poached egg I was in heaven, no the first bite



As of this writing there were five desserts offered and I opted for the Crème Burlee, but of course, it takes a few minutes more to make, but well worth it. Please indulge me to jump back to the bar, many of you like a bloody mary to jump start your morning, I opted for the bubbly, but I witnessed the bartender making a Bloody Mary for the ages, I won't and can't give you the recipe but is one the best Bloody marys I have ever had, free pour of Vodka, very little tomato juice, but it was epic. The restaurant is spacious with white lined and still that same big bar and beautiful stained glass windows from the days of Club 41. Located in central Old Pasadena. All I can say Magnifico !!!

Cheval Blanc 41 De Lacey Ave. Pasadena (626) 577-4141

Listen to My Food show, Dining with Dills on AM830 AngelsRadio 5 PM Saturday evenings

## Julie's favorite family Recipes

### CAROL'S APPLE WALNUT CAKE

#### INGREDIENTS

1/2 pound butter  
2 cups white sugar  
3 eggs  
3 cups sifted all-purpose flour  
1 teaspoons salt  
1/2 teaspoon baking soda  
1 teaspoon ground cinnamon  
1/8 teaspoon ground nutmeg  
2 teaspoons vanilla extract  
1 cup chopped walnuts  
3 cups sliced apples  
1 cup coconut

#### DIRECTIONS

Preheat oven to 350 degrees F (175 degrees C). Butter and flour one 10 inch tube pan.  
Cream together the butter and sugar. Add eggs one at a time beating well after each addition. Set aside.  
Sift together the flour, salt, baking soda, cinnamon and nutmeg. Add to wet ingredients and mix well. Stir in vanilla, walnuts, coconut, and apples. Mix well and pour into prepared pan.  
Bake at 350 degrees F (175 degrees C) for approximately 1 hour or until toothpick inserted in center comes out clean. Set aside to cool. Slide knife along outer edges to release bottom of tube pan. Slide knife along bottom of tube pan and inner tube to release cake.

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## HOW TO HELP OLDER DRIVERS GIVE UP THE CAR KEYS

Dear Savvy Senior,  
What tips can you recommend that can help me deal with my mom's bad driving? At age 83, her driving abilities have declined, but I know she's bound and determined to keep driving as long as she's alive.  
Nervous Nelly

Dear Nelly,  
There's no doubt that giving up driving can be a tough step for many elderly seniors, as well as a difficult conversation for concerned family members. While there's no one way to handle this sometimes touchy topic, there are a number of tips and resources that can help you evaluate and adjust your mom's driving, and ease her out from behind the wheel when she can no longer drive safely.

## Assess Her Driving

To get a clear picture of your mom's driving abilities, your first step – if you haven't already done so – is to take a ride with her and watch for problem areas. For example: Does she drive at inappropriate speeds, tailgate or drift between lanes? Does she have difficulty seeing, backing up or changing lanes? Does she react slowly, get confused easily or make poor driving decisions? Also, has your mom had any fender benders or tickets lately, or have you noticed any dents or scrapes on her vehicle? These, too, are red flags. For more assessment tips see SeniorDriverChecklist.info.

If you need help with this, consider hiring a driver rehabilitation specialist who's trained to evaluate older drivers. This typically runs between \$100 and \$200. Visit AOTA.org/older-driver or ADED.net to locate a specialist in your area.

## Transitioning and Talking

After your assessment, if you think it's still safe for your mom to drive, see if she would be willing to take an older driver refresher course.

These courses will show her how aging affects driving skills, and offers tips and adjustments to help ensure her safety. Taking a class may also earn your mom a discount on her auto insurance. To locate a class contact your local AAA (AAA.com) or AARP (AARP.org/drive, 888-227-7669). Most courses cost around \$20 to \$30 and can be taken online or in a classroom.

If, however, your assessment shows that your mom



really does need to stop driving, you need to have a talk with her, but don't overdo it. If you begin with a dramatic outburst like "mom, you're going to kill someone!" you're likely to trigger resistance. Start by simply expressing your concern for her safety.

For more tips on how to talk to your mom about this, the Hartford Financial Services Group and MIT AgeLab offers a variety of resources at TheHartford.com/lifetime – click on "Publications" on the menu bar, then on the "We Need To Talk" guidebook.

## Refuses To Quit

If your mom refuses to quit, you have several options. One possible solution is to suggest a visit to her doctor who can give her a medical evaluation, and if warranted, "prescribe" that she stops driving. Older people will often listen to their doctor before they will listen to their own family.

If she still refuses, contact your local Department of Motor Vehicles to see if they can help. Or, call in an attorney to discuss with your mom the potential financial and legal consequences of a crash or injury. If all else fails, you may just have to take away her keys.

## Alternative Transportation

Once your mom stops driving she's going to need other ways to get around, so help her create a list of names and phone numbers of family, friends and local transportation services that she can call on.

To find out what transportation services are available in her area, contact the Rides in Sight (RidesInSight.org, 855-607-4337) and the Eldercare Locator (800-677-1116), which will direct you to her area agency on aging for assistance.

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\*

Beatrice DaRe, Cathrine Adde, Hilda Pittman, Anne-Marie Stockdale, Susan Henderson, 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

**Hawaiian & Polynesian Dance Class:** Every Tuesday morning from 10a.m. to 11a.m. Join instructor Barbara Dempsey as she leads you in the art of

Hula.

**Bingo:** Every Tuesday beginning at 1:00p.m. Cards are only \$0.25 each! Everyone is welcome to join. May be canceled if less than five people.

**Free Blood Pressure Testing:** 2nd Tuesday of the month from 11a.m. to 12p.m. No appt. is necessary.

**Brain Games:** Thursday, January 19th, 10:30a.m. - 11:30a.m., improve your memory and strengthen your brain. Activities facilitated by Senior Volunteers.

**Free Legal Consultation:** Wednesday, January 25th from 10:30a.m. to Noon. Attorney Lem Makupson is available for legal consultation. He specializes in Family Law, Wills, Trusts, Estates, and Injury. Appointments are required by calling 626-355-7394.

**Sing-A-Long:** Music brings joy to the soul! Come join us Thursday, January 12th, 10:30a.m. to 11:30a.m. No music skills needed!

**Senior Club:** Every Saturday at the Hart Park House Senior Center. Brown Bag Lunch at 11:30a.m.

**Chair Yoga:** Mondays and Wednesdays from 11:00 to 11:45a.m. with Paul Hagen. Third Monday of each month, a variety of balance exercises are practiced. All ability levels are encouraged and welcomed. A suggested donation of \$5 at one of the classes is requested, but is not required.

**Case Management:** 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 Hart Park House Office at 626-355-7394.

**Birthday Celebrations:** Every 2nd Thursday of the month at the Hart Park House, share some free birthday cake provided by the Sierra Madre Civic Club.

**Game Day:** Every Thursday starting at 12:00p.m. (Please note the time change.) A regular group of Seniors play poker. Other games are available for use.

**Free Strength Training Class:** Every Friday from 12:45p.m. to 1:30p.m. with Lisa Brandley. The class utilizes light weights for low impact resistance training. All materials for the class are provided.

KATIE Tse .....This and That  
HOSE DRINKERS

How are your New Year's resolutions going? I set my sights small, and resolved to drink less creamy and sugary coffee at work. Instead, I mix an aspartame-laden "Crystal Light" knock off with water in a two-liter bottle and sip it throughout the day. Sure, it's artificial and possibly carcinogenic, but at least it's gotta be better than sugar with coffee --I mean coffee with sugar.

So, I was filling my water bottle from the sink in the break room the other day when the boss burst through the door. "What are you doing?" she asked. Aghast, I sheepishly looked up from the faucet. "Uh, getting water?"

"No, no, no!" she said, shaking her head. "Come on," she motioned toward her office, "Use the 'Arrowhead' in there." I could feel water overflowing from my bottle into the sink, and nodded, "Okay, maybe next time." I figured, why waste a perfectly good batch of flavored water? Luckily, some small crisis distracted my boss and I was able to retreat to my office with my substandard "faucet water" drink.

For a while I wondered if I was the only tap water-drinking employee until last week, when the topic of tap vs. bottled water came up during lunch. "I was a hose drinker as a kid!" one of the senior workers joked with the boss. This prompted a number of us closet hose drinkers to "come out" and admit our tacky-"tap" habits.

"Yeah," one of my coworkers chimed in, "Nothing tastes better than cold water from the hose after playing outside all day!" A number of us reminisced about our own tap water childhood memories.

I don't know about you, but I never understood the purpose of bottled water. Talk about the antithesis of "green" living! Think about all the plastic used to store bottled water. Then consider the fuel needed to transport it from place to place. THEN consider the fact the most bottled water is drawn from municipal sources, not the babbling brooks of the Sierras, Andes, or any other pristine locale.

The waste that goes into producing regular bottled water is bad enough, but then they've got to go and make even smaller bottles of water! What? You or your kid can't commit to a 12 oz. bottle, so you go for the tiny 6 oz.? Yes, midget water bottles are cute, but really, can cute be justified at the cost of jeopardizing the environment?

I understand that there are situations that demand bottled water. Anytime you're traveling in the third world or a developing nation, by all means, stock up on Dasani or whatever brand you like. During a vacation to Michigan, we stayed at a relative's house that was situated in the middle of a corn field. The water had an orange tint, and smelled like burning sulfur. I don't recall whether or not I actually showered in it, but that was one time I was very grateful for a bottle of Arrowhead!

So, if you're traveling, take advantage of our wonderful advances in bottled water. But if you're torn between filling up at the kitchen sink or paying \$1 for a bottle of Dasani, I hope you choose the sink. It's a heck of a lot cheaper. And remember --what doesn't kill you makes you stronger!



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CLOSE VIEWS SHOW SATURN’S RINGS IN UNPRECEDENTED DETAIL

Newly released images showcase the incredible closeness with which NASA’s Cassini spacecraft, now in its “ring-grazing” orbits phase, is observing Saturn’s dazzling rings of icy debris.

The views are some of the closest-ever images of the outer parts of the main rings, giving scientists an eagerly awaited opportunity to observe features with names like “straw” and “propellers.” Although Cassini saw these features earlier in the mission, the spacecraft’s current, special orbits are now providing opportunities to see them in greater detail. The new images resolve details as small as 0.3 mile, which is on the scale of Earth’s tallest buildings.

Cassini is now about halfway through its penultimate mission phase—20 orbits that dive past the outer edge of the main ring system. The ring-grazing orbits began last November and will continue until late April, when Cassini begins its grand finale. During the 22 finale orbits, Cassini will repeatedly plunge through the gap between the rings and Saturn. The first finale plunge is scheduled for April 26.

For now, the veteran spacecraft is shooting past the outer edges of the rings every week, gathering some of its best images of the rings and moons. Already Cassini has sent back the closest-ever views of small moons Daphnis and Pandora.

Some of the structures seen in recent Cassini images have not been visible at this level of detail since the spacecraft arrived at Saturn in mid-2004. At that time, fine details like straw and propellers—which are caused by clumping ring particles and small, embedded moonlets, respectively—had never been seen before. (Although propellers were present in Cassini’s arrival images, they were actually discovered in later analysis, the following year.)

Cassini came a bit closer to the rings during its arrival at Saturn, but the quality of those arrival images was not as high as in the new views. Those precious few observations only looked out on the backlit side of the rings, and the team chose short exposure times to minimize smearing due to Cassini’s fast motion as it vaulted over the ring plane. This resulted in images that were scientifically stunning, but somewhat dark and noisy.

In contrast, the close views Cassini has begun capturing in its ring-grazing orbits (and soon will

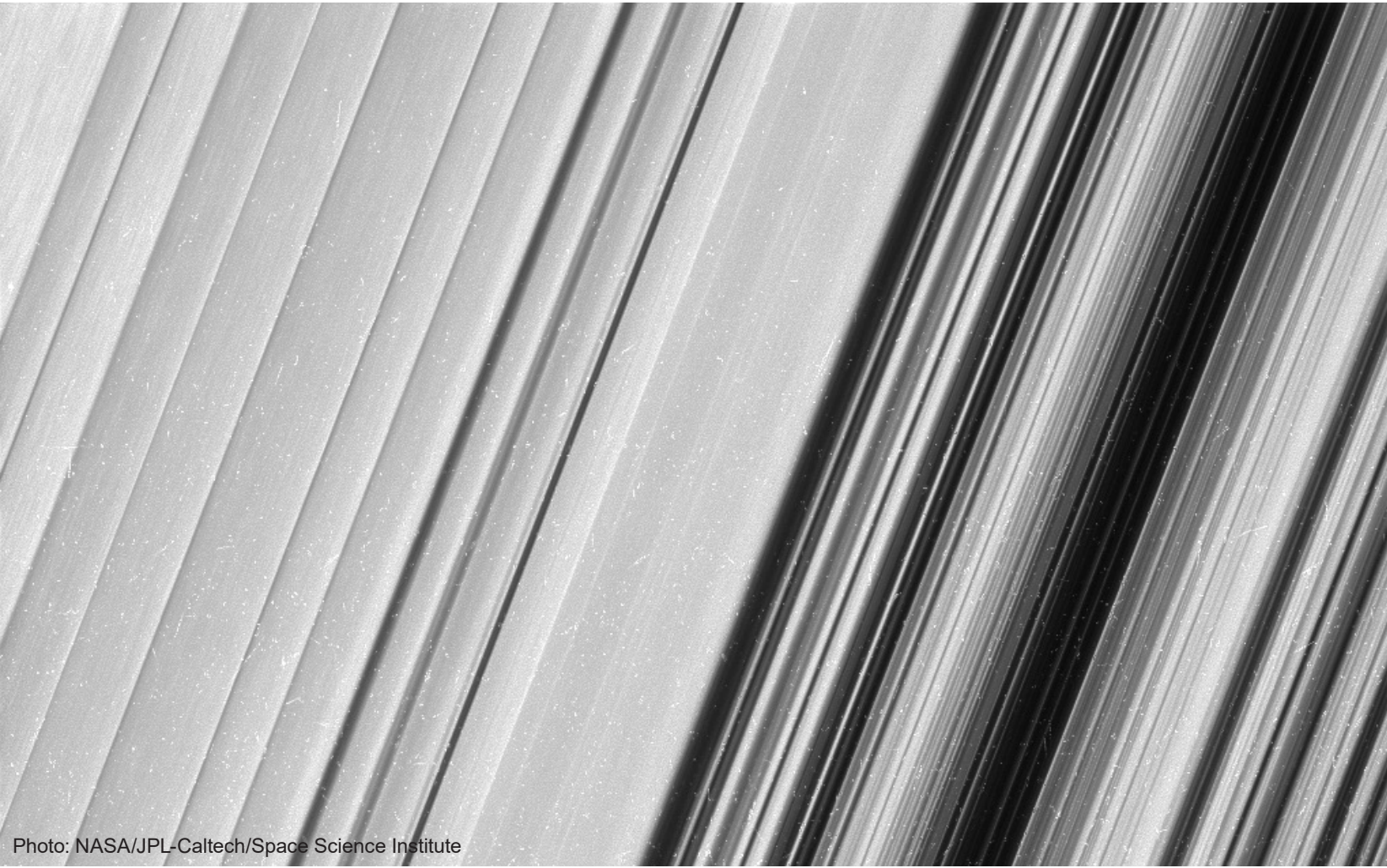


Photo: NASA/JPL-Caltech/Space Science Institute

capture in its Grand Finale phase) are taking in both the backlit and sunlit side of the rings. Instead of just one brief pass lasting a few hours, Cassini is making several dozen passes during these final months.

“As the person who planned those initial orbit-insertion ring images—which remained our most detailed views of the rings for the past 13 years—I am taken aback by how vastly improved are the details in this new collection,” said Cassini Imaging Team Lead

Carolyn Porco, of Space Science Institute, Boulder, Colorado. “How fitting it is that we should go out with the best views of Saturn’s rings we’ve ever collected.”

After nearly 13 years studying Saturn’s rings from orbit, the Cassini team has a deeper, richer understanding of what they’re seeing, but they still anticipate new surprises.

“These close views represent the opening of an entirely new window onto Saturn’s rings, and over

the next few months we look forward to even more exciting data as we train our cameras on other parts of the rings closer to the planet,” said Matthew Tiscareno, a Cassini scientist who studies Saturn’s rings at the SETI Institute, Mountain View, California. Tiscareno planned the new images for the camera team.

You can contact Bob Eklund at: [beklund@MtnViewsNews.com](mailto:beklund@MtnViewsNews.com).



CHRISTOPHER Nyerges  
CHOCOLATE: FOOD OF THE GODS

[Nyerges is the author of “Guide to Wild Foods and Useful plants,”“Extreme Simplicity,” and about a dozen other books on ethno-botany, survival, and self-reliance. He can be reached at [www.SchoolofSelf-Reliance.com](http://www.SchoolofSelf-Reliance.com), or Box 41834, Eagle Rock, CA 90041.]

A woman I know saw me trying to select chocolate at a store. “Chocolate?” she said to me. “Why are you looking for chocolate? I thought you only ate health foods. Chocolate is a junk food!” Was she right? Is chocolate a worthless food, something to be avoided?

I made my first “authentic” chocolate drink by steeping the coarsely ground beans of the chocolate plant in warm water, adding a little honey. If historians are correct, this was the type of beverage -- called “xocolatl” -- that Cortez found Montezuma drinking. The whole beans were oily. Once ground and made into a beverage, the drink had the color of weak coffee. It had a pleasant bitter-chocolate flavor. To me, one cup seemed as stimulating as two to three cups of coffee. It was good!

Montezuma believed chocolate to be a food of the gods, which was brought to the Aztecs by a healer or prophet who traveled over the waters, possibly Quetzalcoatl. To this day, chocolate is known to botanists as Theobroma, or “Food of the gods.” It was widely regarded as an aphrodisiac, a food that gave Montezuma the strength to deal with his many wives!

Chocolate pods are produced on a smallish tree; they are about a foot long, and contain white beans. Once picked, these beans are allowed to ferment for a few days or longer, whereupon they take on their characteristic chocolate aroma and brown color. Once dried, the beans are then exported and typically processed with modern machinery. However, it is certainly possible to process your own, as it’s often done today in Mexico.

During the normal manufacturing process, the beans are first “conched,” which means that heat and grinding pressure are applied to produce a thick liquid called chocolate liquor. When this chocolate liquor hardens, bitter -- or baker’s -- chocolate results. This is indeed bitter -- and most people don’t care for it since it has no sweetness. When this baker’s chocolate is then subjected to great pressure, both a liquid and solid result. The liquid is cocoa butter, and the solid is cocoa. Cocoa butter added back to baker’s chocolate in greater amounts results in bitter-sweet, semi-sweet, or sweet chocolate, three more grades or types of chocolate. The addition of milk creates milk chocolate. Sugar, vanilla, and various other ingredients are often also be added.

PHARMACEUTICALLY ACTIVE COMPOUNDS IN CHOCOLATE

Serotonin	A neurotransmitter which plays a role in regulating mood. Though found in chocolate, it’s found in much higher amounts in other carbohydrates.
Caffeine	This stimulant is found in very small amounts in chocolate.
Theobromine	Cocoa beans are about 2% theobromine, a central nervous system stimulator, which stimulates and dilates the blood vessels of the heart and brain, and dilates the bronchii of the lungs.
Phenylethylamine	An amphetamine-like substance, also found in the brains of people “in love.” Though found in chocolate, it’s found in much higher amounts in meats, such as salami.
Polyphenols	These antioxidants (also found in green tea and red wine) may prevent heart disease by preventing the clogging or arteries, and lowering cholesterol levels.
Cannabinoids	These chemical, which are the active ingredients in marijuana, are found in very small amounts in chocolate, and may influence the brain’s own production of painkilling compounds. By “very small amounts,” you’d have to eat about 22,000 pounds of chocolate to have any drug-like response.

[Source: Los Angeles Times science writer Usha Lee McFarling, Feb. 16, 2000]

Certainly, chocolate is fattening if you consume a lot and are sedentary. A small 12 ounce candy bar typically contains about 220 calories.

The raw bean does contain high amounts of theobromine and caffeine, but these oil-soluble stimulating alkaloids are largely lost during the processing. An average ounce of bittersweet chocolate contains from five to 10 mg. of caffeine, compared with 100 to 150 mg. of caffeine in an average cup of coffee.

Although it is commonly believed that eating chocolate causes an increase the incidence of acne, there is no scientific data to support this belief.

As for cavities, at least three separate research centers have revealed that the cocoa powder within chocolate contains a substance that actually inhibits cavities.

THE BAD

The culprit in this case is not chocolate, but sugar. Sugar is clearly is a cause of cavities. Milk chocolate, for example, contains 55% sugar by weight. And most often, chocolate is made with “white sugar,” which is the cocaine of the food industry. White sugar is a foodless “food.” In most cases, the worst thing about chocolate is that it contains so much white sugar. Most commercial chocolate products list white sugar (in any of its various guises) as the primary ingredient.

One way to sidestep the detrimental effects of so much white sugar in chocolate is to make your own chocolate products by mixing cocoa (or bitter or baker’s chocolate) with honey, or other natural sweeteners. There are a few commercial chocolate bars which contain no white sugar, but these are not yet common, and cost up to three times as much as others with white sugar.

THE GOOD

Ninety percent of the cocoa bean is digestible, comprising 40% carbohydrates, 22% fat, and 18% protein. Chocolate contains substantial amounts of vitamins A, D, B2, as well as vitamin E and K, calcium, thiamine, riboflavin, iron, phosphorus, linoleic acids, and phenylethylamine. For a food that is often regarded as a junk food or pleasure food, it’s really pretty good for you!

A study conducted at the Harvard School of Public Health indicated that people who eat from one to three chocolate bars a month live almost a year longer than those who do not eat chocolate. Hooray!

OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder



I’M NOT A COFFEEHOLIC, OR AM I?

Nothing smells better in the morning than a fresh pot of coffee in the kitchen. The Gracious Mistress of the Parsonage has it set so that at a certain time in the morning, the coffee begins brewing and we wake up to that wonderful aroma.

I love my coffee in the morning and nothing gets me on the road better.

I did have a little glitch this past week. I had to go in for my yearly blood test. If you ever had your blood taken, you know you are not supposed to eat or drink anything after midnight in order for them to be able to take the correct blood sample. Even Count Dracula was not that demanding!

I did not think about it until when I get up that morning, the coffee was brewing, the aroma filled the house and I was ready for my first cup of coffee of the day. Then my wife looked at me and said, “Don’t you have a blood test this morning?”

My heart sank to the bottom of my feet. How can I begin the day without my morning cup of Joe?

When I went to the doctor’s office that morning I said to the nurse, “You are the bravest person I know.”

She looked at me rather quizzically and I explained. “Not having my morning coffee makes me a raging grouch of a person.” And I meant it.

She laughed and said, “That may be true, but I have the needle I’m going to stick in your arm.” With that, she laughed, but I did not return the merriment.

Upon leaving the doctor’s office, I went straight to McDonald’s for a cup of coffee. How I got there, I will never know. After several sips of coffee I seemed to settle down and become a rather decent sort of a person. Or, so I think.

I am not quite sure where I learned to love coffee so much. Growing up, my parents drank coffee, but it was that terrible instant coffee. How anybody can drink that is beyond me. For the longest time that is what I thought coffee tasted like and I did not want anything to do with that. I distinctly remember the first time I had a real cup of coffee.

I was helping my grandfather with some lawn work and about midmorning he looked at me and said, “Son, how old are you?”

I thought it was a rather silly thing for my grandfather to ask, but I retorted with a cheerful “I’m 14, grandpa.”

“That’s good,” he said to me smiling, “you’re old enough for some real coffee, let’s go inside.”

That is when I was introduced to real coffee. To this day, I am not quite sure how he did it, but I know he put a lot of energy into his coffee. It was coffee perked on an old-fashioned wood stove in

the kitchen.

So, I owe my love of coffee to my grandfather who knew how to make real coffee and not that artificial instant coffee my parents made.

Since that time, I have been enjoying coffee and perhaps, as my wife says, I have been enjoying it too much.

Not long ago about the middle of the morning, she looked at me while I was drinking a cup of coffee and asked a strange question. “How much coffee have you had today?”

For the life of me, I am not sure why she asked such a question, because nobody can have too much coffee.

Not sure how to answer, I very carefully said, “This is the only cup of coffee I remember drinking today.”

I find it wonderful getting old when you can blame everything on old age and forgetting things.

“I’m not so sure,” she said rather hesitatingly, “this is the third pot of coffee I made today.”

After all, who counts how much coffee they drink. One cup is as good as another cup. I am not the kind of person that discriminates about anything, especially coffee. Of course, if it is instant coffee, then I will discriminate.

“I think,” she said very seriously, “that you are a coffeeholic.”

That rather stunned me because I had never heard that word before. I am somewhat of a wordsmith and enjoy words and phrases, but this word, Coffeeholic, I had never heard before. At first, I thought maybe she was making it up. Upon a little bit of research, there is such a word. She was not finished with her little coffee chat, “I think you are drinking too much coffee and should consider cutting back a little bit. Caffeine isn’t good for you.”

I am not sure where all that came from, but I will “think” about what she just said. I do not plan to do anything about it, because I think she would not like to be around someone like me who has not had his coffee for the day.

I have so many other things to think of, just like the apostle Paul said, “Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things” (Philippians 4:8).

This is what I am going to be thinking on, but not on cutting back on my coffee.

Dr. James L. Snyder is pastor of the Family of God Fellowship, 1471 Pine Road, Ocala, FL 34472. He lives with his wife in Silver Springs Shores. Call him at 352-687-4240 or e-mail [jamesnsnyder2@att.net](mailto:jamesnsnyder2@att.net). The church web site is [www.whatafellowship.com](http://www.whatafellowship.com).





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## AROUND SAN GABRIEL VALLEY

### Editorial

**SUSAN** Henderson, Publisher



### BLACK HISTORY MONTH AND WHY WE STILL NEED IT

It's been a difficult time in America since the election, especially for people of color. Some of you reading this will disagree but that is a fact.

And yes, it is because of the actions of the person who now sits at 1600 Pennsylvania Ave. You may say that his actions of late have been directed towards Mexicans or Muslims and not necessarily African Americans, but spewing hatred hurts us all. For African Americans, it pours salt in the wounds that were just slowly beginning to heal in the first place.

These are truly troubling times, and I can honestly say that for the last 15 days, I have not rested with the peace of mind that should come from living in America. Former California Governor Arnold Schwarzenegger hit the nail on the head when he suggested that if Trump went back to *The Apprentice*, "...then people can finally sleep comfortably again."

Nevertheless, this week marks the beginning of Black History Month a time when most of the nation takes a moment to reflect on the significant contributions of African Americans, so I thought I'd dedicate this space to the answer of a question that I've heard throughout my life from Whites, Blacks and just about everyone else: "Why do we need (or still need or ever needed) an African American History Month?"

The acrimonious answer would be: So that our President would know that Frederick Douglass died 122 years ago. However, I want to stay focused.

I ran across an article published by the Editorial Board of Democrat & Chronicle (A USA Today publication) that I thought answered the question very well so I am sharing it with you. *(My comments are italicized).*

"This week, as the national observance of Black History Month begins, history will undoubtedly repeat itself. Someone, somewhere will ask the question: Do we still need Black History Month? For some, particularly 20-somethings born in what has been called the post-racial era of America, there is no need to continue that month-long observance that grew out of Negro History Week in February 1926. To them, it's nothing more than a robotic tradition that trots out the

same figures and facts every February.

For others, older generations and historians for example, there is a fear that facts about African Americans in U.S. history will be lost without Black History Month. As an example of that fear, that group can point to 2015, when McGraw Hill had to do some serious damage control after its high school world-geography textbooks included an embarrassing map description as part of its lesson on U.S. immigration patterns that read: "The Atlantic Slave Trade between the 1500s and 1800s brought millions of workers from Africa to the southern United States to work on agricultural plantations." (If you can't see what's wrong with that statement, call me!)

The annual debate about the need for Black History Month likely won't end in 2017. Yet no matter which side of the discussion you land on, we would all do well to remember that Black history is American history and there remain lessons to be learned from our past. Lessons that can help us understand one another and perhaps bring us closer together.

President Gerald Ford officially recognized Black History Month in 1976, and he called upon the country to "seize the opportunity to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history."

Forty-one years later, the month-long celebration continues and it comes on the heels of the opening of the National Museum of African American History & Culture in our nation's capital last September. The national museum cites as one its four pillars of purpose that it exists to explore "what it means to be an American and share how American values like resiliency, optimism, and spirituality are reflected in African American history and culture."

This month, classrooms across the country will share lessons that spotlight well-known African American men and women who had the courage to stand up for the disenfranchised, the moral compass to walk on the right side of history. And while we know about Dr. Martin Luther King Jr., Harriet Tubman, Frederick Douglass and Rosa Parks, there are many, many more people, everyday men and women, who fought for the freedoms our nation holds dear.

This month is in remembrance of them, of the indomitable American spirit. The need for Black History Month remains and the lessons we can learn about our country and ourselves during this observance are clear."

## WELCOME TO THE 48TH DISTRICT: ASSEMBLYWOMAN BLANCA RUBIO

By Joan Schmidt

There's a new face in the 48th Assembly District Office and her name is Blanca Rubio. The 48th Assembly District includes the cities of Azusa, Baldwin Park, Bradbury, City of Industry, Covina, Duarte, El Monte, Glendora, Irwindale, West Covina and the San Gabriel Valley unincorporated areas including Bassett, Charter Oak, Citrus, Duarte, East Arcadia, Monrovia, Valinda and La Puente.

Ms. Rubio, the first woman to represent this area since Hilda Solis, comes with a lot of experience and may already be known to many residents. What a background she has and she certainly has worked very hard to be in this position.

Blanca Rubio, the eldest of five children is 47 years old and was born in Juarez, Mexico. When she was almost eight years old, her family came to the United States in 1977, like many immigrants in search of a better life. Her parents were hard-working; her dad in a factory, and her mom, a housekeeper. She grew up in the Pico Union and Echo Park area of Los Angeles attending Belmont High School. During her senior year, the family relocated to Bell, and after she graduated, she took classes at East Los Angeles College. She moved to Baldwin Park, became a citizen in 1994 and earned a bachelor's degree in business administration and a master's degree in education from Azusa Pacific University.

The Congresswomen has worn many hats. In 1997, she was elected to the Valley County Water District Board of Directors after encouragement from a friend, Carson Mayor Albert Robles. Rubio worked in human resources and as a teacher in the Baldwin Park Unified School District. In 2003, she was elected to the Baldwin Park School District Board of Education. She served on both boards for two years, but was sued by a colleague who tried to say there was a conflict of interest. Of course Rubio won the civil case, but decided against seeking re-election to the Water Board.

Assemblywoman Rubio also has taught in the Fontana School District. Her sister Susan is on the Baldwin Park City Council. How proud their parents must be!

On December 5, 2016, Rubio was officially sworn in as Assemblywoman for the 48th District. She already has joined dozens of other lawmakers and hundreds of Planned Parenthood supporters on the steps of the State Capitol to show their support for the organization that has provided critical health care services to millions



of Californians over its 100 year history. "This is not just a women's issue, but it's a man's one too."

Monrovia-Arcadia-Duarte Town Council Member Terrence Williams recently met with the Assemblywoman for a dialogue about our area. She will be communicating with Assemblyman Chris Holden who represents the City of Monrovia in light of the recent criminal activities plaguing our areas.

Assemblywoman Rubio's local district office is at 100 North Barranca Street, Suite 895, West Covina, CA 91791. The phone number is (626) 960-4457. Please visit: <http://www.asmdc.org/rubio>

## BOARD OF EQUALIZATION

Board of Equalization visits retailers in your area Good afternoon. Staff from the Board of Equalization's (BOE) Statewide Compliance & Outreach Program (SCOP) will soon visit non-residential retail businesses in your area.

The purpose of the program is to educate business operators about the BOE, its tax and fee programs, as well as identify gaps in compliance where businesses may be selling or leasing tangible personal property without a seller's permit. During visits to your area, the SCOP team members are happy to assist businesses by answering questions about how to register with the BOE, file tax returns, and pay BOE-administered taxes

and fees.

The BOE has found that more than 98 percent of California businesses that receive SCOP visits are operating with the correct permits. However, noncompliance contributes to more than \$2 billion in uncollected sales and use taxes that make up part of the state's "tax gap"—the difference between the amount of taxes owed and the amount paid, negatively impacting all state taxpayers.

Letters notifying taxpayers of an upcoming SCOP visit were recently sent to the areas listed below. A current listing of all locations SCOP teams are scheduled to visit in the near future can be found on the SCOP webpage.

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**Baldwin Park Business Association**  
Calendar Of Events

**Wake Up Baldwin Park**

**Thursday, February 9, 2017**  
**8-9:30am**  
**Hosted by: Courtyard Marriott**  
**14535 Towne Center Drive**

**Topic: Measure H**  
**Speaker: Leticia Colchado**  
Homeless Initiative  
LA County Chief Executive Office

In March 2017, LA County residents will vote on Special Ballot Measure H, a ¼ cent sales tax that will provide dedicated revenue to combat homelessness across Los Angeles County. A member of the County's Homeless Initiative team will provide education on Measure H, its legal requirements, strategies eligible for funding if the special tax is approved and the planning process for allocating projected revenue.

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On the Marquee:

Notes from the Sierra MadrePlayhouse

CATCHING UP



**By Artistic Director, Christian Lebano**

I haven't written in the last few weeks – and I've missed speaking with you through this column. So much happens so quickly at the Playhouse that some of this will seem like old news.

We went to the Ovation Awards on January 17th with five nominations for 3 plays – and went home with our first TWO wins EVER! Stanton Kane Morales won Best Featured Actor in a Musical for his performance as Barfee' in The 25th Annual Putnam County Spelling Bee and the set for my production of Deathtrap won Best Set Design (Intimate) for our very own Sierra Madre resident, John Vertrees and his assistant. Again, I'm struck by the irony of Stanton winning for a show that sold so badly – either because of bad marketing on our part or because of Summer conflicts. The Ovation voters named his performance the best supporting one of the year for ALL musicals in large or small theaters – and we had him on our stage and very few saw it. Ah well....

The evening was wonderfully fun, but I have to admit that the BEST part was hearing from so many in the theatrical community how impressed they are at the growth of SMP. Loyal readers know how much work the small team of us put into the Playhouse – acknowledgement from our peers goes a long way.

I'm back on stage in Bee-luther-hatchee – I have a lot to say about acting again, but will save that for next week – and the show is going well. We've gotten some really wonderful reviews, but the show is not selling as well as I'd hoped, I'm so grateful that we got the Sheri and Les Biller Family Foundation grant or we'd face losing money on this one. The talkbacks after the shows (we have them every performance for this show) have been remarkable discussions about ethics and race. We have heard from

many patrons that this is one of their favorite experiences at the Playhouse. I do hope you will come – we play until February 18.

For Bee-luther-hatchee we have created many outreach events and these have proved very popular and has gotten SMP out into the community – we've had events at Pasadena City College, Alatadena Community Center, Vroman's, Monrovia History Museum, 2nd Baptist in Monrovia, and will soon be at the Jackie Robinson Center and the SM Public Library. We've made many new fans and spread the word about what we are doing to new audiences who weren't familiar with us. This work was spearheaded by our own Diane Siegel and I'm so grateful to her.

Our free reading series continues in an expanded form in support of Bee-luther-hatchee with two plays that continue to explore some of its themes on the next two Mondays: A Lesson from Aloes by the South African, Athol Fugard and a new play Hubcap by local playwright David Lee Ray. Please come. We start at 7pm and these readings have proved to be very popular with our audiences.

And finally, we are now in rehearsal for A Wrinkle in Time the beloved classic by Madeleine L'Engel adapted by John Glore. I am having a blast directing this show and I can't wait for you to see the surprises we have in store for you. We are using the Playhouse in ways it has never been used before. This show opens March 10 & 11 (we have two casts) and I hope you will bring your kids and grandkids to see it. We are already booked for 18 school day performances!

As always we do all of this for you – our faithful patrons. I look forward to seeing you from the stage and in your favorite seats, this time from a new vantage! For tickets please call Mary in the box office at 626.355.4318. Hope to see you soon!

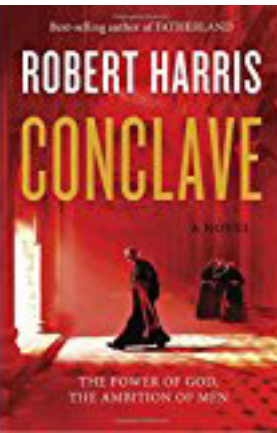
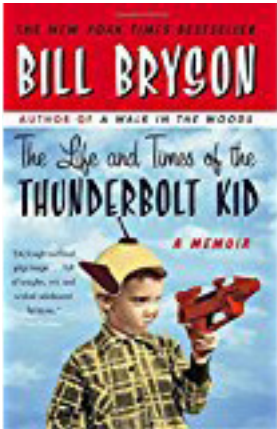
Jeff's Book Pics

By Jeff Brown

The Deepest Acceptance: Radical Awakening in Ordinary Life

by Jeff Foster

How can we bring an effortless yes to this moment? How do we stop running from “the mess of life”—our predicaments, our frustrations, even our search for liberation—and start flowing with all of it?In small venues throughout the UK and Europe, a young teacher named Jeff Foster is quietly awakening a new generation of spiritual inquirers to the experience of abiding presence and peace in our ever-shifting world. His informal gatherings, blogs, and kitchen-table video posts have created a rising tide of interest in his teachings.With The Deepest Acceptance, Jeff Foster invites us to discover the ocean of who we are: an awareness that has already allowed every wave of emotion and experience to arrive.While Jeff delightfully admits the irony of writing a book to convey something that is beyond words to teach, here he confirms his ability to guide us in unexpected new ways to a space of absolute acceptance and joy, no matter what's happening in our lives. Candid, thoughtful, humorous—and deeply compassionate toward those searching for a way out of suffering—this refreshing new luminary inspires us to stop trying to “do” acceptance ... and start falling in love with “what has already been allowed.”



Conclave: A novel by Robert Harris

The best-selling author of Enigma and Fatherland turns to today's Vatican in a ripped-from-the-headlines novel, and gives us his most ambitious, page-turning thriller yet—where the power of God is nearly equaled by the ambition of men. The pope is dead. Behind the locked doors of the Sistine Chapel, one hundred and eighteen cardinals from all over the globe will cast their votes in the world's most secretive election. They are holy men. But they have ambition. And they have rivals. Over the next seventy-two hours one of them will become the most powerful spiritual figure on Earth.

The Life and Times of the Thunderbolt Kid: A Memoir by Bill Bryson

From one of the world's most beloved writers and New York Times bestselling author of One Summer, a vivid,

nostalgic, and utterly hilarious memoir of growing up in the 1950s.Bryson was born in the middle of the American century—1951—in the middle of the United States—Des Moines, Iowa—in the middle of the largest generation in American history—the baby boomers. As one of the best and funniest writers alive, he is perfectly positioned to mine his memories of a totally all-American childhood for 24-carat memoir gold. Like millions of his generational peers, Bryson grew up with a rich fantasy life as a superhero. In his case, he ran around his house and neighborhood with an old football jersey with a thunderbolt on it and a towel about his neck that served as his cape, leaping tall buildings in a single bound and vanquishing awful evildoers (and morons)—in his head—as “The Thunderbolt Kid.” Using this persona as a springboard, Bill Bryson re-creates the life of his family and his native city in the 1950s in all its transcendent normality—a life at once completely familiar to us all and as far away and unreachable as another galaxy. It was, he reminds us, a happy time, when automobiles and televisions and appliances (not to mention nuclear weapons) grew larger and more numerous with each passing year, and DDT, cigarettes, and the fallout from atmospheric testing were considered harmless or even good for you. He brings us into the life of his loving but eccentric family, including affectionate portraits of his father, a gifted sportswriter for the local paper and dedicated practitioner of isometric exercises, and OF his mother, whose job as the home furnishing editor for the same paper left her little time for practicing the domestic arts at home. The many readers of Bryson's earlier classic, A Walk in the Woods, will greet the reappearance in these pages of the immortal Stephen Katz, seen hijacking literally boxcar loads of beer. He is joined in the Bryson gallery of immortal characters by the demonically clever Willoughby brothers, who apply their scientific skills and can-do attitude to gleefully destructive ends. Warm and laugh-out-loud funny, and full of his inimitable, pitch-perfect observations, The Life and Times of the Thunderbolt Kid is as wondrous a book as Bryson has ever written. It will enchant anyone who has ever been young.



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All Things

By Jeff Brown

RUPERT SPIRA QUOTE

Ask yourself what has never been, and could never be, parted from you, and remain with that, as that. The knowing of our being—or rather, awareness's knowing of its own being in us—is our primary experience, our most fundamental and intimate experience. It is in this experience that all the peace, happiness, and love we have ever longed for reside. The happiness we have sought for so long outside of ourselves, in situations, objects, and relationships, turns out to be always present, always available, in

the simple knowing of our own being as it is.The knowing of our own being shines in each one of us as the experience “I am” or “I am aware,” or simply as the thought “I.” Because this simplest, most obvious, most familiar, and intimate experience is to the mind not a thing, or nothing, it is overlooked or forgotten by the vast majority of humanity. The overlooking of our own being is the root cause of all unhappiness and, therefore, the root cause of our search for happiness.Rupert Spira

BUSINESS NEWS & TRENDS

FAMILY MATTERS

By Marc Garlett



starters, Trump doesn't seem to be taking half-measures on anything. So if he keeps with form, I expect him to be bold and go all the way as quickly as possible. The danger, if he only phases out estate tax over say 10-years, is that the next administration, be that in four or eight years, may easily stop and then reverse Trump's phase out before completion.

But I think number 3 is the most likely scenario to unfold. Trump and congress all seem to want to get rid of the estate, gift, and GST tax, but there has been talk of introducing new capital gains taxes as an offset.

That would mean that while death wouldn't trigger an estate tax, there might instead be a tax, assessed at death, on the appreciated value of one's property accumulated during life.

So, what does this mean for you, specifically? Should you put your estate planning on hold if you don't yet already have a finished plan? Should you make changes to your plan if you do already have one?

First, you should most definitely NOT put your planning on hold - unless you can guarantee you won't die or become incapacitated between now and when new legislation is enacted, whenever that may be. Nor should you necessarily rush right out to change a plan you already have in place.

While the tax planning structure of estate plans is a bit up in the air right now, the other big reasons to plan - probate avoidance, asset protection, and legacy building - remain solidly in place. Only a tiny number of Americans pay any estate tax, anyway (less than 0.2% of the population), so the impact for most people will likely be minimal if anything at all.

The bottom line is, we'll have to wait and see how things shake out. So if you haven't started your planning yet, there's no reason to wait. And if you have started planning, there's no reason to stop. Finally, if you already have a plan in place, just sit tight. Hopefully you have an ongoing relationship with your family trust lawyer and he or she will reach out to you when the dust settles to make sure your plan still provides maximum protection.

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MARC

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

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City of Sierra Madre

PUBLIC HEARING NOTICE

From: The City of Sierra Madre  
Subject: MUNICIPAL CODE TEXT AMENDMENT 16-06 (MCTA 16-06)  
Applicant: GROUP LIVING FACILITIES  
Project Location: City of Sierra Madre  
Properties in the City of Sierra Madre, County of Los Angeles, State of California

On January 24, 2017 the City Council of the City of Sierra Madre introduced for first reading recommending adoption of Ordinance 1385 amending Chapter 17.08 ("Definitions") Section 17.08.020 ("Words, terms, phrases defined"), Chapter 17.60 Section 17.60.030 ("Conditional Use Permits-When Required"), and a new Chapter 17.94 ("Group Living Facilities Subject to a Conditional Use Permit"). The Planning Commission recommended approval of the proposed text amendment to the City Council at a public meeting held on January 5, 2017. The amendments would afford the City the ability to better regulate unlicensed and licensed group living facilities serving more than seven (7) residents by imposing operational and distance requirements through a conditional use permit to preserve the residential character of neighborhoods and to provide some protection to a vulnerable population in the absence of State or Federal licensing or other regulatory oversight. The conditional use requirements will establish a framework for the inclusion of housing and care facilities for people with disabilities in the City.

The City of Sierra Madre gives notice, pursuant to State of California law, that the City Council will conduct a second reading of Ordinance 1385 at the February 14, 2017 City Council Meeting at 6:30 PM, in the City Council Chambers at 232 W. Sierra Madre Boulevard. All interested persons may attend this meeting and the City Council will hear them with respect thereto.

This summary is published pursuant to Government Code Section 36933(c)(1) and a full and complete certified copy of the text of Ordinance 1385 is available at the Sierra Madre City Manager's Office located at City of Sierra Madre City Hall, 232 W. Sierra Madre Blvd., Sierra Madre, CA. For further information on this subject, please contact the Planning and Community Preservation Department at (626) 355-7138.

ENVIRONMENTAL DETERMINATION: An Initial Study was prepared for the 2014-2021 Housing Element in accordance with the City's guidelines implementing the California Environmental Quality Act (CEQA). This Initial Study was undertaken for the purpose of deciding whether the measures identified in the Housing Element to fulfill the City's Regional Housing Needs Assessment (RHNA) allocation may have a significant effect on the environment. On the basis of the Initial Study, the Planning Commission and City Council concluded that they will not have a significant effect on the environment, and a Negative Declaration was adopted by City Council on July 28, 2013. Furthermore, the project qualifies for an exemption from the CEQA review pursuant to Title 14, Section 15061(b)(3) of the California Code of Regulations as it can be seen with certainty that there is no possibility the adoption of this Ordinance may have a significant effect on the environment, because it will impose regulations and standards for unlicensed and licensed group living facilities serving seven (7) or more residents to ensure protection of the residential environment and character of the City of Sierra Madre.

APPEAL: If in the future anyone wishes to challenge the decision of the City Council in court, one may be limited to raising the issues that were raised or presented in written correspondence delivered to the City Council at, or before, the scheduled public hearing. For further information on this subject, please contact the Planning and Community Preservation Department at (626) 355-7138.

City of Sierra Madre

PUBLIC HEARING NOTICE

From: The City of Sierra Madre  
Subject: MUNICIPAL CODE TEXT AMENDMENT 16-05 (MCTA 16-05)  
Applicant: DISCRETIONARY DEMOLITION PERMITS  
Project Location: City of Sierra Madre  
Properties in the City of Sierra Madre, County of Los Angeles, State of California

The City of Sierra Madre gives notice, pursuant to State of California law, that the City Council will conduct a first reading of Ordinance 1386 amending Chapter 17.60.056 ("Discretionary demolition permit requirement of single-family homes and duplexes") 75-years and older, eliminating the exception allowing demolition of up to 25% of exterior walls and eliminating restriction requiring only single-family homes and duplexes to abide by the Discretionary Demolition Permit requirements, thereby expanding requirement to all structure types; and amendments to the Building Code Chapter 15.04.115 Section 105.7-Demolition Permits and Penalty for demolition without a permit; and Chapter 15.52.060-Calculation of Fees, eliminating the granting of impact credits toward future development for structures that have been demolished without permits. The Planning Commission forwarded a recommendation for approval of the proposed Municipal Code Text amendments to the City Council on January 19, 2017.

DATE AND TIME OF HEARING  
City of Sierra Madre  
City Council Meeting  
Tuesday, February 14, 2017  
(Hearing begins at 6:30 p.m.)

PLACE OF HEARING  
City of Sierra Madre  
City Council Chambers  
232 W. Sierra Madre Blvd.  
Sierra Madre, CA

All interested persons may attend this meeting and the Planning Commission will hear them with respect thereto.

This summary is published pursuant to Government Code Section 36933(c)(1) and a full and complete certified copy of the text of Ordinance 1386 is available at the Sierra Madre City Manager's Office located at City of Sierra Madre City Hall, 232 W. Sierra Madre Blvd., Sierra Madre, CA. For further information on this subject, please contact the Planning and Community Preservation Department at (626) 355-7138.

ENVIRONMENTAL DETERMINATION: The project qualifies for an exemption from California Environmental Quality Act review pursuant to Title 14, Section 15061(b)(3) of the California Code of Regulations as it can be seen with certainty that there is no possibility the adoption of this Ordinance may have a significant effect on the environment, because it will impose greater limitation on development in the City and protect the aesthetic character of Sierra Madre and potential loss of potential historic resources 75 years of age or older, thereby serving to reduce potential significant adverse environmental impacts.

APPEAL: If in the future anyone wishes to challenge the decision of the City Council in court, one may be limited to raising the issues that were raised or presented in written correspondence delivered to the City Council at, or before, the scheduled public hearing. For further information on this subject, please contact the Planning and Community Preservation Department at (626) 355-7138.

City of Sierra Madre

PUBLIC HEARING NOTICE

From: The City of Sierra Madre  
Subject: Notice of Availability of Environmental Initial Study and Mitigated Negative Declaration for City of Sierra Madre Solar Project  
Applicant: City of Sierra Madre  
Project Location: Properties in the City of Sierra Madre, County of Los Angeles, State of California

The City of Sierra Madre gives notice pursuant to State of California law, that the Planning Commission and City Council will conduct separate public hearings to consider an Initial Study and Mitigated Negative Declaration and associated project. The project consists of constructing approximately 11 photovoltaic (PV) arrays at 611 East Sierra Madre Boulevard and one PV array at 232 West Sierra Madre Boulevard in the City of Sierra Madre, California. The PV system would be installed on elevated structures at all of the proposed sites. The total footprint of the PV system would be approximately 50,300 square feet and is broken down by each site as follows:

- City Hall. One array covering approximately 5,400 square feet.
- Aquatics Center. Three arrays covering approximately 6,600 square feet.
- Water Treatment Ponds. Eight arrays covering approximately 38,300 square feet.

PUBLIC REVIEW PERIOD: Begins February 1, 2017 and ends March 2, 2017

DATE AND TIME AND PLACE OF HEARINGS

The Planning Commission public hearing will be held on Thursday, March 16, 2017, at 7:00 p.m., in the City Council Chambers at the Sierra Madre City Hall located at 232 West Sierra Madre Blvd.

The City Council meeting will be held on Tuesday, March 28, 2017, at 6:30 p.m., in the in the City Council Chambers at the Sierra Madre City Hall located at 232 West Sierra Madre Blvd.

All interested persons may attend this meeting and the Planning Commission and City Council will hear them with respect thereto. Anyone interested in this matter is invited to comment on the document by written response during the public review period or by personal appearance at the public hearings.

For further information on this subject, please contact the Planning & Community Preservation Department at (626) 355-7138 or the Public Works Department at 355-7135.

City of Sierra Madre

PUBLIC HEARING NOTICE

From: The City of Sierra Madre  
Subject: MUNICIPAL CODE TEXT AMENDMENT 17-01 (MCTA 17-01)  
Applicant: City of Sierra Madre  
Project Location: Assessor's Parcel Numbers (APNs) 5761-001-001, 5761-001-900, 5761-003-900, 5761-004-904, 5762-001-900, 5762-002-005, 5762-002-007, 5762-003-900, 5762-030-033, 5763-001-900, 5763-001-901, 5764-001-903, 5764-037-900, and 5765-002-901.

The City of Sierra Madre gives notice, pursuant to State of California law, that the City Council will conduct a public hearing to consider rezoning Assessor's Parcel Numbers 5761-001-001, 5761-001-900, 5761-003-900, 5761-004-904, 5762-001-900, 5762-001-901, 5762-002-005, 5762-002-007, 5762-003-900, 5762-030-033, 5763-001-900, 5763-001-901, 5764-001-903, 5764-037-900, and 5765-002-901 from HMZ (Hillside Management Zone) to OS (Open Space) and revising the zoning map accordingly. These parcels were designated Natural Open Space (NOS) in the Land Use Designation Map of the General Plan Update adopted by the City Council in July 2015, and the purpose of the rezoning is to make the zoning designation consistent with the General Plan land use designation, as required by law.

The Planning Commission forwarded a recommendation for approval of the proposed Municipal Code Text Amendment to the City Council at the meeting on February 2, 2017.

DATE AND TIME OF HEARING

City of Sierra Madre  
City Council meeting  
Tuesday, February 14, 2017  
(Hearing begins at 6:30 p.m.)

PLACE OF HEARING

City of Sierra Madre  
City Council Chambers  
232 W. Sierra Madre Blvd.  
Sierra Madre, CA

All interested persons may attend this meeting and the City Council will hear them with respect thereto.

ENVIRONMENTAL DETERMINATION: The project qualifies for a California Environmental Quality Act (CEQA) Exemption pursuant to Section 15061(b)(3) (Review for Exemption) of CEQA, as the there is no possibility that the proposed Municipal Code Text Amendment would have a significant impact on the environment.

APPEAL: If in the future anyone wishes to challenge the decision of the City Council in court, one may be limited to raising the issues that were raised or presented in written correspondence delivered to the City Council at, or before, the scheduled public hearing. For further information on this subject, please contact the Planning and Community Preservation Department at (626) 355-7138.



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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.



## RAGING MODERATE by WILL DURST PARTYING LIKE IT'S 1939

Donald Trump is the political reincarnation of Tina Turner - he doesn't do anything nice and easy. Also, they're both Type A personalities who expend a lot of energy, but hardly move at all. And both are famous for high-maintenance hair.

Since his January coronation, the New York City real estate developer turned Leader of the Free World has partied like its 1939, issuing polarizing edict after polarizing edict. The surprising thing is Fox News hasn't started to refer to him as Chancellor Trump. Or Gropenfuhrer. Yet.

Traditionally, a newly elected, first-time president hits the ground running with hand outstretched in a gesture of sociability, solidarity and camaraderie. Not Donny John. He hit the ground whining, with a fistful of disdain for everyone he slapped upside the head: Democrats, Republicans, the media, Iran, Mexico, Great Britain, the media, his own Cabinet appointments, refugees, the media, the NSC, TSA, and National Park Service. And don't forget the media.

Experts theorized the weight of the White House would settle him down but alas, no such luck. He's still up all hours tweeting out a barrage of alternative facts, choosy truths, questionable veracities and marginal actualities that reflect a reality only he can see. As fluid and murky as the Potomac River.

What little presidential honeymoon he enjoyed ended long before the cake was cut. The groom ditched the bride and boogied across the floor alone performing a solo victory dance in front of a mirror. As graceful as an angry anvil.

You could describe his movements since as jerky, spasmodic and frenzied, like when he obsessed over the election being stolen. Ignoring the fact that he won. Even 46's own staff is having problems negotiating his tricky hairpins turns. Not only does the emperor have no clothes, his skin is really thin and kind of blotchy.

According to the most aerodynamically coiffed president in history, 3 to 5 million undocumented aliens illegally cast ballots for Hillary Clinton causing him to lose the popular vote. It's the only possible answer. Because how could Donald Trump not be associated with whatever was most popular? It's unthinkable and unpresidential.

President Trump loves his invisible people. And there's tons of them. The invisible people who cast fraudulent ballots- totally different than the invisible people who came to Washington to be part of the largest crowd ever to witness an Inauguration but conveniently vanished when aerial photographs were taken. Maybe they're shy.

And neither of those two groups of invisible people should be confused with the thousands of invisible people who celebrated in New Jersey after the World Trade Center came down. Which only he saw. Maybe it's a Sixth Sense sort of thing; "I see non-existent people." No wonder Bruce Willis supported him.

During the rest of his first term, we can expect an expansion of Trump's hallucination theme. Much time will be spent discussing ghosts and leprechauns and sprites and phantoms and pixies and the vast legions of his invisible enemies.

Turns out Donald Trump doesn't just have a vision for this country, he has an X-ray vision for this country. He's like Clark Kent only less buff and way blonder. It was bound to happen: America finally has its first super hero President. Erratic-Man.

Will Durst is an award-winning, nationally acclaimed columnist, comedian and former short haul truck diver of plaster molds. For a calendar of personal appearances, visit willdurst.com.



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**ICYMI:** *(In case you missed it – things that you probably want to know)*

**TRUMP SAID HE'LL 'TOTALLY DESTROY' THE JOHNSON AMENDMENT.**

In his address at the National Prayer Breakfast this morning, President Trump made one clear policy declaration: "I will get rid of and totally destroy the Johnson Amendment."

What is that? Is it in Trump's power to destroy it? And who would want him to do that?

What the Johnson Amendment is: It's named for Lyndon B. Johnson, who introduced it in the Senate in 1954, nine years before he became president. It bans all tax-exempt nonprofits — which includes churches and other houses of worship, as well as charities — from "directly or indirectly" participating in any political candidate's campaign.



# LEFT TURN/RIGHT TURN

**JOHN L. MICEK**



## TRUMP'S BAN A WIN FOR ISIS

During her second debate with Donald Trump, Democrat Hillary Clinton took some serious heat for warning that the Republican's then-proposed ban on Muslims may well have found its way into terrorism recruiting material.

Clinton was right at the time - but she was also prescient. The new administration's ham-fisted executive order restricting travel from seven, majority-Muslim nations is now being praised by jihadist groups as a victory.

For them. "[Islamic State leader Abu Bakr] al-Baghdadi has the right to come out and inform Trump that banning Muslims from entering America is a 'blessed ban,'" The Washington Post reported Monday, citing a posting to a pro-Islamic State channel on a social media platform called Telegram.

According to The Post, the author compared Trump's executive order issued Friday to the American invasion of Iraq in 2003, which Islamic militants hailed at the time as a "blessed invasion"

The Post further reported that other postings suggested that Trump was "fulfilling the predictions of Anwar al-Awlaki, the American born al-Qaeda leader and preacher who famously said that the "West would eventually turn against its Muslim citizens." Awlaki was killed in a U.S. drone strike in Yemen in 2011."

As I read those words, I couldn't help but be reminded of a young Muslim friend who took to Facebook Monday in a heartbreaking post giving voice to her fears about the place her adopted country had become:

"I haven't had immigrant struggles for a while but being a green card holder right after 9/11 was not easy. I've been detained at an airport when I was eleven. I threw a fit and basically just wailed until they let my family out," my friend, who asked that her name not be used for this piece. "I've spent four hours in Customs trying to get back home from Canada. And I've spent countless hours standing in early morning lines in the cold ... just to get my visas.

"But I've never been afraid that I won't be able to get back to my home," she wrote. "And I am crushed, absolutely crushed for all of the little Muslim children feeling like they're second-hand citizens in their own country."

Trump jumped on Twitter on Monday to defend his travel ban, writing at one point that "if the ban were announced with a one week notice, the "bad" would rush into our country during that week. A lot of bad "dudes" out there!"

Like my friend, an accomplished professional woman, who's smart and poised and exactly the kind of immigrant our nation should welcome?

But, right, she's Muslim. So roll up the welcome mat.

In his executive order, Trump also falsely claimed that his action was similar to one undertaken by President Barack Obama "when he banned visas for refugees from Iraq for six months."

In fact, Obama did no such thing. The former administration slowed down the processing of visas, but never stopped accepting them.

As The Post's Glenn Kessler reported, the Obama administration's action also came in response to a hostile act, while Trump's blanket action came without any provocation from the affected governments.

The claim came amid a growing outcry from some members of Congress, including U.S. Sen. John McCain, R-Ariz., as well as U.S. Rep. Charlie Dent, R-Pa., who called the ban "unacceptable," and demanded a "more thoughtful and deliberative policy," according to The Philadelphia Inquirer.

But we already know that such niceties scarcely matter to Trump and his personal Richelieu, White House counselor Stephen K. Bannon, who have spent the last 10 days marching blindly across the countryside, leaving chaos and kind of protests in their wake.

Because only in Trumplandia would this kind of chaos and division be hailed as a "massive success story."

And with that, the new administration finds itself in the unlikely position of being in absolute agreement with the nation's sworn enemies. Strange bedfellows, indeed.

**MAKING SENSE  
MICHAEL REAGAN**

## MR. TRUMP, DON'T BUILD THAT WALL



President Trump's new get-tough attitude on immigration has already stopped one Mexican from coming to the United States.

Trouble is, the Mexican who stayed home was President Enrique Pena Nieto. President Nieto wasn't coming here illegally, and he wasn't captured in Jeff Davis County, Texas, by one of Trump's friends in the Border Patrol.

But the Mexican leader and President Trump decided to scrap their planned summit next week after trading some testy tweets about whether or not Mexico was going to pay for a new wall along the U.S. southern border.

Don't worry.

There won't be another Mexican-American war.

President Nieto will be back in good time and he and Donald will make their deal. But before the two leaders meet face-to-face – and before Trump starts spending his weekends in Texas pouring concrete footers on the border -- Trump should get his busy staff to dust off, update and improve the Bracero program.

Most Americans – especially the politicians in Washington – have no idea what the Bracero program was.

But from 1942 until 1964, when the federal government's program was eliminated, it made illegal immigration from Mexico largely unnecessary by allowing the free flow of Mexican agricultural workers into and out of the United States.

Over 22 years about 4.5 million Mexican nationals worked temporarily on the vegetable and fruit farms of California and the Southwest.

The braceros were poor peasants. They were seasonal workers. They did hard agricultural work that not enough Americans were willing to do.

They were greeted and processed by U.S. officials at collection stations at the border.

They signed contracts with the farmers and companies that employed them, then worked long hours for low wages.

It was far from perfect. The braceros weren't treated as well as they should have been by their bosses or the government. They often suffered discrimination.

But they were free to come and go as temporary guest workers of America, not illegal invaders.

They could work, save their money and, unlike illegal immigrants today, could then easily return to Mexico.

The United States and Mexico both benefitted from the Bracero program, which in the long run had a huge impact on American culture, the agriculture business and the northerly flow of illegal immigration.

The program was ended in 1964 in part because of President Kennedy's concerns that the cheap labor of braceros was hurting American workers and because of political pressure from self-interested farm labor unions.

By ending it and replacing it with nothing, the federal government and Congress essentially created the illegal immigration issue in the United States.

It turned good men from Mexico who wanted to come here to work into criminals.

They had to break into the United States to find work and then break out of America if they wanted to see their families again.

Many Mexican immigrants here illegally had little choice but to stay and then have their families sneak across the border to join them.

Fifty years and millions of illegal immigrants later, the Southern border is closed in both directions and President Trump is looking to waste billions on a wall he thinks will keep it that way.

But before he starts construction, he should get rid of the government regulations, laws and red tape that have created our illegal immigration problem.

Then he should come up with a new version of the Bracero program, so that the Mexicans who want to work in America can come in legally through a gate, not over a wall.

*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](http://reagan.com) and president of The Reagan Legacy Foundation. Visit his websites at [www.reagan.com](http://www.reagan.com) and [www.michaelreagan.com](http://www.michaelreagan.com). Send comments to [Reagan@caglecartoons.com](mailto:Reagan@caglecartoons.com). Follow @reaganworld on Twitter.*

























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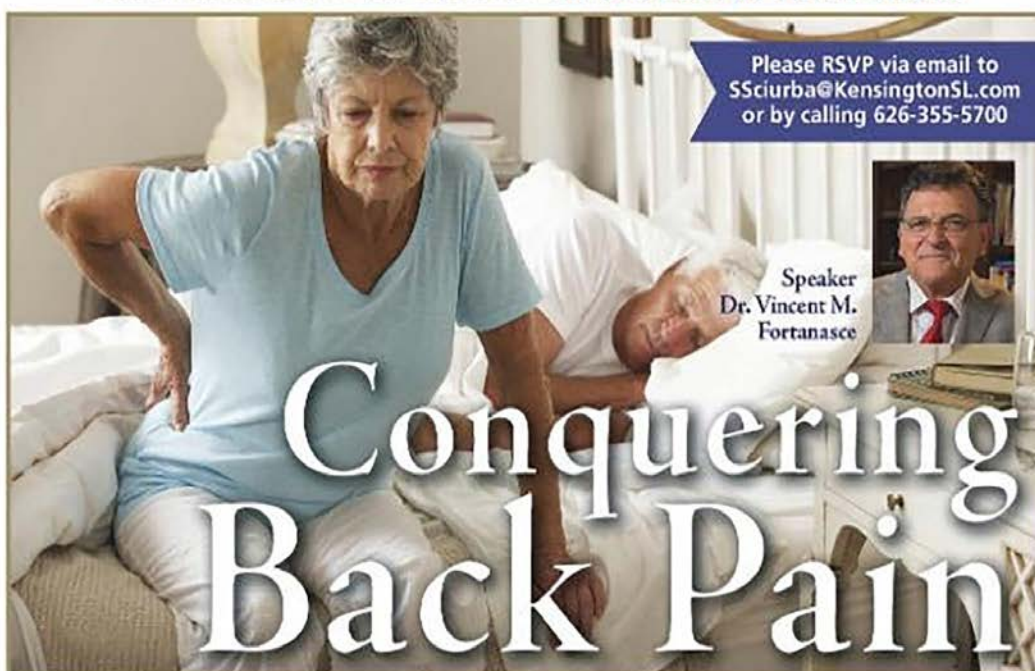


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About Dr. Vincent M. Fortanasce: Dr. Vincent M. Fortanasce is certified by the Board of Psychiatry and Neurology and is a Clinical and Associate Professor of Neurology at USC. He trained at The Institute of Living, an affiliate hospital of Yale University; Nassau Hospital, an affiliate hospital of Cornell University; and at the USC Medical Center. He is a nationally recognized bio-ethicist, author and radio host. *LA Magazine* selected him as "The Physician for Physicians" and he has been ranked as one of the best physicians in America.

Dr. Fortanasce has treated high-profile individuals such as Pope John Paul II and MLB Hall of Famer Tommy Lasorda, as well as many other pro athletes. His outstanding contributions to the medical field and the community have been recognized by President Bill Clinton, Governor Pete Wilson, Representative Drier, and Senators Feinstein, Boxer, and Margrett. He is a former board member of the Los Angeles County Medical Association and Law and Medical Combined Board of Ethics.

### EVENT DETAILS

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