

SATURDAY, FEBRUARY 10, 2018

VOLUME 12 NO. 06

The Friends of the Sierra Madre Library
invite you to
The 48th Wine and Cuisine Tasting
Friday, February 16, 2018



Premier Event

\$80

6:00 to 7:00 P.M.

Limited to 100 Guests

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Specialty Foods

Door Prizes

Access to Main Event

Main Event

\$60

7:00 to 9:30 P.M.

Limited to 400 Guests

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All proceeds benefit the Sierra Madre Public Library

SIERRA MADRE RANKS AMONG CALIFORNIA'S SAFEST CITIES

The National Council for Home Security recently released their 'Safest Cities' ranking for California and Sierra Madre ranked number 28 out of the top 100. It was also one of only 7 cities in the San Gabriel Valley to make the top 100. The safest city in the state is Imperial, a small town in Imperial County near the Mexico border. Southern California cities do well overall with Los Angeles ranking significantly higher than San Francisco.



To identify the safest cities in California, we reviewed the most recent FBI Uniform Crime Report statistics along with our own population data and internal research. The Council eliminated any cities that failed to submit a complete crime report to the FBI and removed cities with populations under 10,000.

The remaining cities were ranked based on the number of reported violent crimes (aggravated assault, murder, rape, and robbery) and property crimes (burglary, arson, larceny-theft, and motor vehicle theft) per 1,000 people. These variables were then weighted, with violent crimes accounting for 1.5 of the total (due to their severity) than property crimes. (Photo courtesy City of Sierra Madre)

Rank	City	Population	Violent crime	Property crime
28	Sierra Madre	11,212	25	114
45	La Canada Flintridge	20,659	13	303
58	Temple City	36,527	49	580
61	Diamond Bar	57,162	66	931
63	Walnut	30,447	25	516
80	San Gabriel	40,580	98	655
94	San Marino	13,528	15	261

Neighboring Cities:

106	Duarte	22,120	72	373
140	Monrovia	37,637	60	832
169	So. Pasadena	26,256	27	667
201	Pasadena	143,288	477	3,446
218	Arcadia	58,816	83	1,642
270	Los Angeles	4,007,905	28,817	
354	San Francisco	871,155	6,190	



NOW ACCEPTING OLDER AMERICAN NOMINATIONS

The Senior Community Commission and Community Services Department is now accepting nominations for the Older "Sierra Madre" American of the Year 2018.

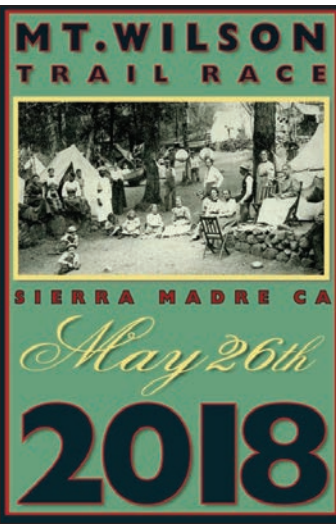
If you know someone who lives in Sierra Madre, has demonstrated outstanding community service, and is 60 years of age or older please be sure to fill out a nomination form due by Thursday, March 22nd, 2018.

Forms are available at the Hart Park House Senior Center or by calling the Senior Services Office at 626-355-7394.

MT. WILSON TRAIL RACE TRAINING PROGRAM

The Mt. Wilson Trail Race Training Group will be meet in Kersting Ct. every Saturday at 7:00 am beginning Saturday, February 3rd through Saturday, May 19th.

It is a free program and all levels are welcome, ages 14 and up!



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FREE ESTIMATES

SIERRA MADRE POLICE DEPARTMENT
Attempt to Identify – Residential Burglary Suspects

Report # 18-0070 PC 459- Residential Burglary Date: 02-05-2018

Chief of Police Joe Ortiz

Location: 258 Rancho Road, Sierra Madre

Summary:

On 02/05/2018 around 1930 hours, the above suspects walked on the property and entered the back yard through an unlocked side gate. The suspects shattered the rear glass French door and entered the home. The suspects then ransacked the master bedroom and master bathroom. The suspects fled the location after activating the alarm system. At this time the only known loss was jewelry. It appears the suspects used the ladder to move one of the security cameras out of view.

S1: Unknown male or female, medium build, wearing a light colored hoodie, dark colored sweat pants with black stripes, black shoes, black gloves and a dark colored reflective backpack.

S2: Unknown male or female, medium build, wearing a light colored hoodie with black stripes across chest, light colored sweat pants, light colored reflective shoes, and black gloves.

If you have any information on the identity of the suspects photographed, please contact Detective So, ID # 10829, or the On-duty supervisor at 626-355-1414.

Prepared By: R. So # 10829 Approved By: Sgt. Kamchamnan #108 Date: 02/07/2018

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Mon	Sunny	Hi 50s	Lows 40s
Tues	Sunny	Hi 50s	Lows 40s
Wed	Sunny	Hi 50s	Lows 40s
Thur	Sunny	Hi 50s	Lows 40s
Fri	Sunny	Hi 50s	Lows 40s

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 13, 2018
6:30 pm

1630 AM EMERGENCY RADIO & Free on-air publicity for local events

Sierra Madre's EMERGENCY radio station is now accepting scripts for Public Service Announcements (PSAs) about community events. PSAs will be broadcast on the air at no charge. The station operates 24/7 and can be heard at 1630 on the AM dial.

Any local non-profit or non-commercial organization can have their event information broadcast to the public on Sierra Madre Community Information Radio. The station covers the city of Sierra Madre, plus surrounding areas of Pasadena, Arcadia, and Monrovia.

Your event must:

- Benefit a non-commercial or non-profit entity
- Be open to the public
- Be of general interest to local citizens

Just write a Public Service Announcement that describes your event and e-mail it to radio@cityofsierramadre.com.



SIERRA MADRE CITY MEETINGS

Regular City Council Meeting

Tuesday, February 13, 2018
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 before 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

City Council

February 13, 2018 at 6:30 pm

February 27, 2018 at 6:30 pm

Planning Commission

February 1, 2018 at 7:00 pm

February 15, 2018 at 7:00 pm

Community Service Commission

February 26, 2018 at 6:30 pm

Senior Community Commission

February 1, 2018 at 3:00 pm

Library Board of Trustees

February 28, 2018 at 7:00 pm

Energy, Environment, and Natural Resource Commission

February 21, 2018 at 7:00 pm



See something.
Say something.

SIERRA MADRE ONE BOOK, ONE CITY

Today's the Day! Have you read this year's One Book One City selection, "In God We Trust: All Others Pay Cash?"

"In God We Trust: All Others Pay Cash" represents one of the peaks of his achievement, a compound of irony, affection, and perfect detail that speaks across generations.

Stop by the Library to pick up your copy and grab a calendar of events.

**One Book
One City**

**IN GOD WE TRUST:
All Others Pay Cash**

By Jean Shepherd

February 2018

Sierra Madre Public Library
440 W Sierra Madre Blvd, Sierra Madre, CA 91024



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ARE YOU LOOKING FOR A WAY TO SERVE YOUR COMMUNITY?

The City of Sierra Madre currently has 2 commission vacancies:
Senior Community Commission
Energy, Environment, and Natural Resources
Commission

Applications - The City of Sierra Madre encourages residents to apply for positions on City commissions that have vacancies. This is a great opportunity for Sierra Madre residents to get involved in the community.

If you are interested in filling any one of these vacancies go to the city's website, www.cityofsierramadre.com to download an application.



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GFWCSierraMadreWomansClub.org



[facebook/SierraMadreWomansClub](https://www.facebook.com/SierraMadreWomansClub) 355-4379

Wistaria Thrift Shop 355-7739

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Sierra Madre Woman's Club

Wistaria Thrift Shop



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Monday, Thursday, Friday 10am - 3 pm

Closed Saturdays Until Further Notice

Gladly Accepting Clean, Gently Used Donations

10 am - 1 pm Weekdays at our donations drop-off

SMWC - Essick House Parking Lot

Coming Up: Spring Fling - March 1, 2 & 3

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GFWCSierraMadreWomansClub.org

[SierraMadreWomansClub](https://www.facebook.com/SierraMadreWomansClub)

A WEEKEND OF FUN ACTIVITIES FOR ALL AGES

Return to the thrilling days of yester-year with One Book, One City at the Sierra Madre Public Library. Delight in a lively recording of Jean Shepherd reading one of his delightful radio plays, followed by a group discussion on Friday, Feb. 9, 2018 at 6:00 pm at the Sierra Madre Public Library. Enjoy light snacks from your childhood.

Then, stay tuned the next day, Saturday, Feb. 10, 2018 at 11:00 am for Adult Craft. Have some fun making old-time valentine cards.

Come back after lunch for Classic Game Day from 1:00 am to 5:00 pm. Fun for everyone with games popular in the 1930s including Monopoly, Sorry, The Game of Life, Scrabble, Chutes & Ladders, Chess, and Checkers. Light snacks from the era provided for your tasting pleasure.

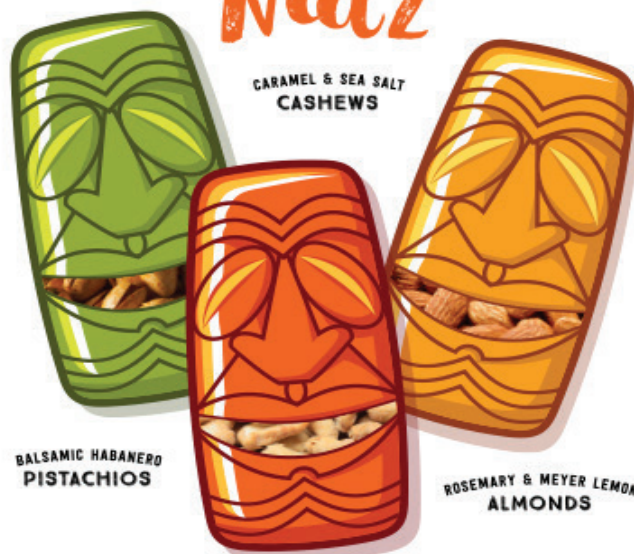
One Book, One City 2018, is a month of entertaining and enlightening programs centered on In God We Trust: All Others Pay Cash by Jean Shepherd. Jean Shepherd was a master writer who spun the materials of his 1930s all-American childhood into comic art. In God We Trust: All Others Pay Cash is a peak of his achievement and speaks across generations. Light-hearted and funny, the beloved, classic is a collection of short stories and includes chapters combined into the popular Christmas movie A Christmas Story.

Other entertaining activities this month are: - Thursday, February 15 at 11:00 am Third Thursday Book Club - Wednesday, February, 21 at 7:00 pm Rich Procter presents, T he Golden Age of Radio, a fun and illuminating look back at the hugely popular radio programs of yesteryear. - Friday, February 23 at 6 pm Teen ComedySportz - Improv workshop for teens. Improv and comedy techniques for all skill-levels. Registration is required. - Wednesday, February 28 at 7:00 pm. Ugly Lamp Contest & movie A Christmas Story. Bring your ugliest lamp to the Library to win a prize.

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

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Walking Sierra Madre...The Social Side

by Deanne Davis



Walking Sierra Madre.....The Social Side
Deanne Davis
January 6, 2018

"Give a man a beer and he wastes an hour...teach a man to brew and he's busy for a lifetime."

"Anyone can drink beer, but it takes intelligence to enjoy beer." Stephen Beaumont

"He was a wise man who invented beer." Plato

The first time I met Ryan Rogers was last March. He was up to his hips in a deep hole in the ground, wielding a shovel and creating an even bigger, deeper hole, along with lifetime family friend, Dave Bergman. His mom and dad, Joanna and Kelly, were there to lend moral support as the diggers carved out a trench for the pipes which would connect to the restrooms at R T Rogers Brewing Company. Ryan, in addition to creative shoveling, is a brewmaster of the finest kind, having been brewing beer since he was 16 years old, fermenting grains in his closet and experimenting in his mother's kitchen.

Visited R T Rogers Brewing Company again this week and discovered that the Rogers family has created a thing of beauty out of the hole in the ground. Coming in from Montecito through the outdoor patio – a charming place with fragrant wood chips on the ground, lights crisscrossing the area, plants in pots and heaters, just in case it's chilly – I was astonished to see all that Ryan and family have done. Inside, in the brewing area are two of the most beautiful copper tanks, each of which hold 500 liters of in-process beer. Joanna said she had spent hours polishing each of these copper tanks and applying a protective coating. These babies are big! That was quite a job. Also in that area is a 1000 liter double fermenter. Beer making is complicated, involving a few hours in one tank, then the processing involves piping over to another tank, a boiling kettle, 180 degree water and grain where the in-process beer boils anywhere from an hour to an hour and a half, aromatic or bittering hops are added. When it cools down to 70-72 degrees, yeast is added then the beer is pumped into a fermenter for about 14 days. Complicated! Ryan family, forgive me if I've not got this quite right.

The most important part of this story is that R T Rogers Brewing Company is a delightful place to spend some time. Currently, they are serving three beers on tap: Henny Penny English Style Brown Porter; The Dell Farmer's Belgian Style Blonde (my favorite) and The Shoemaker's Red IPA (India Pale Ale). Here's something you might not know about IPA beers – they were originally made in England to travel by ship to the troops in India. They had a little more alcohol in them and, amazingly did make it over intact to the hot and thirsty soldiers eagerly awaiting their beer from home. Beer is poured here at 38 degrees. The English prefer theirs

at a kind of tepid 58 degrees. (Trivia!) Milk Maid Milk Stout and Woodchopper's IPA are scheduled to be on the menu shortly.

Jesse Rogers, Ryan's older brother, is the family artist-webmaster-social media guy, and he has put up all the right art to create a friendly atmosphere. Folks are already making R T Rogers Brewing Company their favorite spot to sit and enjoy a glass or two of beer, read, work on their iPad, and just generally feel at home. Trivia games will be going on after January 11th at 8 p.m. on Thursdays and, if you watch Jeopardy, you'll remember how many contestants became Jeopardy-worthy by playing trivia in various pubs like R T Rogers.

The bar was custom-made by Ryan's dad, Kelly, out of Brazilian Cherry Hardwood. Neighbor, Michael Hill of WoodHill Designs, whose shop is right there in the Montecito center with the brewery, helped out a bit with the bar's edging and also supplied an absolutely exquisite sideboard in the bar area. One detail I liked is instead of taps on the bar, they have Tap Towers, which are a bright red. Three now and an eventual eight of these towers.

My son-in-law, Chuck Seitz, who is a beer connoisseur, accompanied me to R T Rogers and enjoyed a tasting of the three beers currently being served. He liked each one thoroughly and later said that was really great beer and he'll be coming back with friends. Games are available, Quits and darts are coming and the patio is dog friendly. You can order food from any place that delivers. There are nuts and soda available and on weekends, families are coming to enjoy the relaxed atmosphere there. Tasting classes are in the planning stage. Hours are 4-9 p.m. weekdays and noon-10 p.m. on weekends.

R T Rogers is most definitely a production brewery and there is interest already in our local restaurants to carry their product as soon as they start bottling. Experimental and seasonal beers will be coming and you really need to go take a look. Bring a friend along and taste the exceptional beers being created at R T Rogers Brewing Company. They're in the 38 Montecito Center, just past Chris's Sierra Madre Independent Honda Service. Parking is available inside the center after 4 p.m. and across the street at the public lot.

Rumor has it that Benjamin Franklin originally said, "Beer is proof that God loves us and wants us to be happy." He'd be really happy at R T Rogers Brewing Company. You will be, too!

My book page: Amazon.com: Deanne Davis – check out

Noah & The Unicorns...or maybe The Vuillaume Violin

Both available there, along with other goodies!

Star of Wonder the CD is now on TuneCore! Take a look!

Blog: www.authordeanne.com

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

SIERRA MADRE POLICE BLOTTER

During this time period, the Sierra Madre Police Department responded to approximately 300 day and night time calls for service.

Monday, January 29 At about 9:40 p.m. a vandalism occurred at Arno Drive and Santa Anita Avenue. An unknown suspect(s) used an unknown tool to smash the rear driver's side door of the victim's vehicle. The victim's cell phone was damaged, she also received minor injuries from the shattered glass.

Wednesday, January 31 The Sierra Madre Police Department received second hand information from hospital staff at Greater El Monte Hospital of a possible domestic battery that had occurred in the City of Sierra Madre. Officers interviewed

the victim and confirmed the victim had sustained injuries during an altercation.

Thursday, February 1 At about 10:35 p.m. a driver was stopped for a vehicle code violation. A records check of the driver indicated that there was a full extradition felony warrant attached. The subject was arrested and transported to the Pasadena PD jail.

Friday, February 2 At about 7:10 p.m. an injury traffic collision involving a vehicle and a pedestrian with her dog occurred in the 00 block of E. Laurel Ave. The pedestrian was treated by the Sierra Madre Fire Department Paramedics at the scene and transported to a local hospital for further treatment.



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Pat Tiger, RN - The Director of Case Management with Methodist Hospital. She has been a nurse for 36 years and 22 years of that time in Case Management working for Hospitals, LTACs, HMOs and IPAs. She also has experience in Quality Improvement and Infectious Disease.



Marc Garlett, Esq. - A family trust attorney. He founded CalLaw Professional Corporation which includes the Law Offices of Marc G. Garlett in Sierra Madre. His passion and professional focus is to help Seniors and their families.



Brenda Shokend, MA - An independent Aging Life Care Manager / Geriatric Care Manager, with over 25 years of experience working with seniors and their families.

EVENT DETAILS

WEDNESDAY, FEBRUARY 21, 2018

From: 6:30pm - 8:00pm

at The Kensington
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News From Your Community For Your Community

Pasadena PIO Boyer Steps Down

Pasadena Public Information Officer (PIO) William Boyer abruptly stepped down Thursday after nearly six years overseeing the city's social media and communications with news media. In a statement Boyer said he was offered another job.

"After tomorrow..., I will no longer represent the city of Pasadena in order to pursue a new career opportunity as the Director of Communications for the Los Angeles Community College District," he said.

He directed all media inquiries to Interim Public Information Officer Lisa Derderian.

Derderian also serves as the Pasadena Fire Department PIO.

City Manager Steve Mermell has not said if the city is looking to fill the position.

As PIO, Boyer oversaw daily communications, marketing and crisis communications for all 16 city departments and over 2,000 employees. He also oversaw city media relations for events such as the Rose Parade and Rose Bowl game. Traditionally the PIO is also the speech writer for the mayor, which includes the state of the city.

Most recently, Boyer dealt with the city's controversial release of police video showing the violent beating, in November, of Christopher Ballew at an Altadena gas station. Police broke Ballew leg during the encounter.

At the time, the Los Angeles Times quoted "Pasadena public information officer William Boyer said police officers Lerry Esparza and Zachary Lujan stopped Ballew, who is black, because of his car's darkly tinted windows and missing front license plate."

According to the state of California Boyer's salary in 2016 was \$160,847.26 a year including benefits.

Pet of the Week



Isn't Ziggy (A450161) just the cutest? This juvenile rabbit was found stray in Pasadena along with two siblings. All three are absolutely adorable. They run circles around one another and then snuggle together during naptime. Young rabbits should have alfalfa hay in their diets in addition to timothy hay and leafy greens. Be sure to speak to a veterinarian about the best diet for your rabbit.

The adoption fee for rabbits is \$35. All rabbits are spayed or neutered and microchipped before going to their new home.

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.

View photos of adoptable pets at pasadenahumane.org. 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.



City to Hold Meeting over Bridge Suicides

The city of Pasadena is set to hold a second community meeting of the Colorado Street Bridge Task Force to get public input on planned enhancements for the Colorado Street Bridge to stop suicides.

The meeting will be held from 6:30 to 8 p.m., February 20, at the Maranatha High School.

According to officials, The Task Force held its first community meeting Nov. 29 to gather ideas from the public on viable options for the bridge. At the Feb. 20 meeting, the Task Force will present its evaluation of the recommendations made by the public at the first meeting and to receive additional feedback they said.

In June, the City installed 10-foot-high metal mesh fencing around the benched alcoves on both sides of the Colorado Street Bridge as a temporary deterrent measure. The City is now seeking responsibly designed permanent solutions that can be an effective deterrent while also being respectful of the bridge's national historic status and architectural significance.

The Task Force includes experts in the fields of architecture, engineering,

historic preservation, mental health, suicide prevention and public safety. The vision of the Task Force is to allow the community to experience and enjoy the Colorado Street Bridge and the Arroyo Seco area below it as a safe and beautiful environment.

In July, the city's Public Safety Committee took up the issue.

Both Sue Mossman Executive Director Pasadena Heritage and Claire Bogaard Pasadena Heritage Board Member suggested planting trees and working with Pasadena architects, "working on solutions that might not be investigated yet," Mossman said. Non-structural interventions such as phones/intercoms Bridge patrols pedestrian exclusion, along with structural solutions like, wire strand installation, mesh barriers, netting and picket extensions were discussed.

Pasadena Mayor Terry Tornek criticized the mesh fencing "It's aesthetically offensive but I don't see any alternative and I commend staff for moving aggressively," he said, calling the whole discussion very upsetting.

As part of this effort, the city reached out to prominent experts in the fields of

architecture, engineering, mental health, suicide prevention and public safety to form a task force. The Task Force's mission is to engage the community in developing solutions that will deter people from attempting suicide at the bridge while also preserving the structure's national historic status and architectural significance.

At the first meeting in November there was a lengthy discussion about the Habitat for Humanity Desiderio Park housing project. Pasadena Mayor Terry Tornek said that suicides from the bridge would not detract the project. Tornek said that the whole issue was tragic.

The Maranatha High School Student Center is located 169 S. Saint John Ave. Free parking will be available in the visitor's parking lot on campus or the school's underground parking, both off of South St. John Avenue. For more information visit: 5.cityofpasadena.net or email ColoradoBridgeTaskForce@cityofpasadena.net.

Black History Parade and Festival

Pasadena community is invited to the 36th Annual Black History Parade & Festival on Sat. February 17, 2018 from 10a.m. to 4p.m. The parade begins at Charles White Park and the festival will take place at Robinson Park.

Asteroids Safely Pass By Earth

Two small asteroids recently discovered by astronomers at the NASA-funded Catalina Sky Survey (CSS) near Tucson, Arizona, are safely passing by Earth within one lunar distance this week.

The first of this week's close-approaching asteroids -- discovered by CSS on Feb. 4 -- is designated asteroid 2018 CC. Its close approach to Earth came Tuesday (Feb. 6) at 12:10 p.m. PST (3:10 p.m. EST) at a distance of about 114,000 miles (184,000 kilometers). The asteroid is estimated to be between 50 and 100 feet (15 and 30 meters) in size.

Of potentially greater interest is asteroid 2018 CB, which will also pass closely by Earth on Friday, Feb. 9, at around 2:30 p.m. PST (5:30 p.m. EST), at a distance of about 39,000 miles (64,000 kilometers), which is less than one-fifth the distance of Earth to the Moon). The asteroid, which is estimated to be between 50 and 130 feet (15 and 40 meters) in size, was also discovered by CSS on Feb. 4.

"Although 2018 CB is quite small, it might well be larger than the asteroid that entered the atmosphere over Chelyabinsk, Russia, almost exactly five years ago, in 2013," said Paul Chodas, manager of the Center for Near-Earth Object Studies at NASA's Jet Propulsion Laboratory in Pasadena, California. "Asteroids of this size do not often approach this close to our planet -- maybe only once or twice a year."

Spring Home Tour and Lecture - 'Better Homes and Gardens'

Pasadena Heritage is set to show historic homes, as architectural and landscape design, spanning more than 130 years as part of their Spring Home Tour and Lecture.

Inspired by the legendary magazine that has epitomized American living since 1922 with articles such as, "Create the Perfect Front Yard" and "Backyard Landscapes with our Gardening Tips,"

Better Homes and Gardens continues to be one of America's favorite magazines. Pasadena Heritage's Spring Home Tour, "Better Homes and Gardens", allows guests to experience noteworthy architecture and landscape design that influence each other and combine to create perfect harmony. From "curb appeal" to private interiors, visitors will enjoy places that clearly demonstrate the beauty of indoor-outdoor living blended seamlessly together.

The famed McNally Mansion, designed by Frederick L. Roehrig in 1887 for Andrew McNally of the Rand-McNally Map Company of Chicago, is a featured location on the tour. The 2 1/2-story Queen Anne-style home retains remarkable integrity both inside and out. Though the property and the gardens have changed over the years, it remains a remarkable showplace. Original photos and postcards of the house and grounds will remind guests of this great estate's prominence and grandeur as one of Altadena's earliest mansions.

Also in Altadena, tour-goers can visit a charming 1922 Spanish Colonial Revival bungalow with drought-tolerant and drought-loving front and back gardens designed and cared for by the creative, design-conscious owner. The landscape was so well received by neighbors that they copied the design, giving the block cohesive curb appeal.

Haynes Landscape Design's home base will be part of the tour as well. See the gardens and nursery of their 1902 farmhouse as well as the interior and exterior living spaces of two delightful, one bedroom, one

bath, miniature 1930s Spanish bungalows.

The W. Parker Lyon House, which was designed in 1948 by noted architect Thornton Ladd, is an extraordinary example of mid-century architecture, with attention paid to every detail and strong emphasis on the connection between interior and exterior spaces. The current homeowners commissioned most of the current landscaping which beautifully frames the striking house and its many levels.

In neighboring Sierra Madre is the 1949 mid-century Mulvihill House designed by Harwell Hamilton Harris. Harris visited the home to make suggestions for restoration and to explain his original design to the current owners. Owner John Tidwell Lyle designed the current landscape and studio. Lyle was the principal architect for the Lyle Center for Regenerative Studies at Cal Poly Pomona and the principal landscape architect for the Adam Joseph Lewis center for Environmental Studies at Oberlin College. He is the author of such books as "Regenerative Design for Sustainable Development" and "Design for Human Ecosystems."

Prior to the tour on March 8th at 7:00 p.m. Pasadena Heritage will present author Kelly Comras who will speak on the career and accomplishments of distinguished mid-century landscape architect Ruth Shellhorn. The evening also includes a screening of the documentary film about Ms. Shellhorn and a book-signing will follow the talk and film. Ruth Shellhorn, mid-century landscape architect who defined regional aesthetic of Southern California, is perhaps best known for her work on the Bullock's department stores and her work with Walt Disney on the original design of Disneyland. Shellhorn also designed the landscape master plan for UC at Riverside and other campuses as well as a number of private gardens and estates for movie stars and business leaders in the Los Angeles region.

Free February Events at Pasadena Senior Center

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

Tax Time -- Wednesdays and Fridays to Apr. 13, from 9 to 11 a.m. Representatives from the AARP Foundation's Tax-Aide program will assist low- to middle-income filers in preparing their federal income tax returns. There is no age limit. Appointments are required: 626-795-4331.

Tech It Up! The Basics and Benefits of Technology -- Mondays to Feb. 26, from 3 to 4:30 p.m. (the Feb. 19 will be canceled due to the holiday). Learn the basics and advantages of technology you can use in your everyday life. Each class will have a specific focus on a common application of technology, its benefits, disadvantages, basic setup and instructions along with other helpful hints. Feb. 5: What are apps? Feb. 12: Twitter; Feb. 26: Amazon. Presented by Jade Myer, a Pasadena community Gold Award Girl Scout candidate.

A Toast to the Joys of Music -- Tuesdays, to Feb. 27, from 9:30 to 11:30 a.m. Tom Campbell will play guitar and sing songs in the Senior Center Lounge. Stop by and enjoy his covers of traditional country, country rock, blues, folk, gospel and classic rock originally made famous by Willie Nelson, Merle Haggard, Vince Gill, Elvis Presley, B.B. King, Neil Young, The Grateful Dead, The Rolling Stones and many more.

Savvy Caregivers -- Tuesdays, Feb. 6 to March 13, from 1 to 3 p.m. Caregivers will learn basic knowledge and skills needed to care for family members who have been diagnosed with Alzheimer's disease and other dementias. Presented by Alzheimer's Greater Los Angeles. Registration is

required: 626-685-6730.

Scenic Walkers Club -- Wednesdays to Feb. 28, 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.

Diabetes Workshop -- Fridays, to March 16, from 9:30 to 11:30 a.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.

Long Term Care and Retirement Income -- Thursday, Feb. 15, at 10 a.m. Learn about financial tools to help you navigate through your retirement, how to guarantee your retirement income for the rest of your life, maximize your Social Security Benefits and avoid the biggest retirement risks. Presented by New York Life.

Elder Abuse -- Thursday, Feb. 22, at 10 a.m. Elder abuse is a crime, and all seniors should know their rights. Protect yourself by learning what to do in the event you or someone you love is being abused. Presented by Adult Protective Services, Pasadena Office.

The Pasadena Senior Center is an independent, nonprofit organization that offers recreational, educational, wellness and social services to people ages 50 and older in a welcoming environment. Services are also provided for frail, low-income and homebound seniors.

ARCADIA

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia



THE ARCADIA TRANSIT APP IS NOW AVAILABLE

The Arcadia Transit App is now available! The app provides information on routes, schedules, and bus arrival updates for our fixed routes throughout the City. Users can get real time information and track bus locations, allowing for much easier trip planning. Bus stops on the app display location and estimated arrival times for the next bus and

second bus. There's also a notification feature that alerts users of their approaching bus. The app is available to download at Apple and Google Play stores. Search words: Arcadia Transit.

For additional information, including detailed fixed route maps, please visit www.ArcadiaCA.gov/Transit.

ARCADIA POLICE BLOTTER

For the period of Sunday, January 28th, through Saturday, February 3rd, the Police Department responded to 905 calls for service, of which 112 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, January 28:

At approximately 11:02 a.m., an officer conducted a check on a construction site on the 200 block of California Street. The officer located and contacted subjects on the property. An investigation revealed, one subject was in possession of a fraudulent California Driver's License and a fraudulent Social Security Card. A second subject had an outstanding warrant for his arrest. The 36-year-old male from Monrovia and the 50-year-old male from El Monte were arrested and transported to the Arcadia City Jail for booking.

At about 8:31 p.m., an officer conducted a traffic stop on a vehicle near the intersection of Santa Clara Street and Santa Anita Avenue for not having license plates displayed. An investigation revealed the vehicle's registration had expired in November of 2015 and the driver was in possession of methamphetamine and drug paraphernalia. The vehicle was impounded and the 57-year-old male from Pasadena was issued a citation and released in the field.

Monday, January 29:

Around 1:17 p.m., officers were dispatched to Highland Real Estate, 411 East Huntington Drive, regarding a theft report. The victim witnessed a subject enter the business and steal property from his desk. When he confronted the subject, the subject pushed him and fled the scene. Officers discovered the identity of the subject and located him. The 27-year-old male from Pasadena was arrested and transported to the Arcadia City Jail for booking.

Just after 2:58 p.m., an officer responded to a residence on the 000 block of West Naomi Avenue regarding the report of a burglary. An investigation revealed unknown suspect(s) entered the home through an unlocked rear window. The suspect(s) ransacked the residence and fled the scene. The property loss could not be determined at the time due to the residents residing out of the country. The investigation is ongoing.

Tuesday, January 30:

At approximately 9:40 a.m., an officer was dispatched to a residence on the 100 block of West Sycamore Avenue regarding a dispute between neighbors. An investigation revealed the victim went outside to check on his barking dog when he witnessed a subject yelling and shooting a BB gun. The subject pointed the BB gun at the victim. The officer was unsuccessful in contacting the subject.

Shortly after 4:16 p.m., officers responded to a residence on the 700 block of Tiffany Terrace regarding a residential burglary. An investigation revealed unknown suspect(s) entered the residence through an unlocked garage door. The suspect(s) ransacked the residence, stealing several thousand dollars in cash as well as electronics, jewelry and rifles. The suspect(s) then fled the scene. The investigation is ongoing.

Wednesday, January 31:

Around 5:48 p.m., an officer was dispatched to a residence on the 800 block of Hungate Lane, regarding the report of a theft from a vehicle. An investigation revealed an unknown suspect entered the victim's vehicle and stole property

including a Garmin GPS and cash. No suspects were seen and no witnesses were located.

Just after 11:23 p.m., an officer conducted a traffic stop on a vehicle near the intersection of Duarte Road and Sunset Boulevard for unsafe lane changing and lane straddling. Upon contacting the driver, the officer noticed the driver displayed symptoms of being impaired. Through a series of tests, the officer determined the 35-year-old female from Arizona was driving under the influence of drugs. The suspect was arrested and transported to the Arcadia City Jail for booking.

Thursday, February 1:

Around 2:35 a.m., officers received a notification of an activation of an Arcadia Police Department GPS tracker. Arcadia PD detectives had previously deployed decoy packages containing bait property and tracking devices to combat the increase in package thefts from residential areas. Officers conducted a traffic stop on a vehicle in the area of Santa Anita Avenue and Live Oak Avenue and contacted the occupants. An investigation revealed a 31-year-old male and a 31-year-old female, both from San Gabriel, had the stolen package, property, and tracking device in their vehicle. Both suspects were arrested and transported to the Arcadia City Jail for booking.

At approximately 9:32 p.m., an officer responded to a residence on the 900 block of Balboa Drive regarding an unknown subject knocking on several residents' doors. The officer located the subject in front of a residence. Upon contacting the 42-year-old male from Los Angeles, the officer noticed symptoms of alcohol intoxication and determined the suspect was unable to care for himself. He was arrested and transported to the Arcadia City Jail for booking.

Friday, February 2:

Just after 1:49 p.m., officers conducted a traffic stop on a stolen vehicle in the area of Second Avenue and Duarte Road. An investigation revealed the juvenile driver had stolen the vehicle in Monrovia the day prior. The vehicle was returned to the registered owner and the 16-year-old male from Monrovia was arrested and transported to the Arcadia City Jail for booking.

At approximately 4:30 p.m., officers received a notification of an activation of an Arcadia Police Department GPS tracker. Officers tracked a stolen package to a vehicle in the parking lot of Chili's, 630 West Huntington Drive, in the city of Monrovia. An investigation revealed a 33-year-old male from Pasadena had the stolen package, property, and tracking device in his vehicle. He was arrested and transported to the Arcadia City Jail for booking.

Saturday, February 3:

Around 3:47 p.m., an officer responded to a residence on the 1400 block of Melanie Lane regarding a domestic dispute. An investigation revealed a physical altercation occurred between a husband and wife resulting in the husband striking his wife with his phone and shoe. The 54-year-old male from Arcadia was arrested and transported to the Arcadia City Jail for booking.

Just after 7:00 p.m., officers were dispatched to the area of Camino Real Avenue and Tenth Avenue regarding a domestic dispute. The female victim told officers that her ex-boyfriend punched her in the face before stealing her backpack and fleeing the scene on foot. The investigation is ongoing.



LASD Retirees Kim and Burt Brink were honored by the City of Arcadia at a recent City Council Meeting of years of community service. (Shown in photo are Kim, Burt, and Mayor Peter Amundson.)

MONROVIA - DUARTE

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

BABA THE STORYTELLER AT LIVE OAK LIBRARY:

Truly a Unique Experience



By Joan Schmidt

Once again, the Live Oak Library has provided a wonderful learning experience to introduce Black History Month. Last year it was the robust dynamic and LOUD Michael Mc Carty that wowed children at Pamela Park. This year it was Baba the Storyteller.

Prior to the Program, Denise Dilley, Library Director introduced us. I mentioned Michael McCarty, and Baba said, "He's my big brother." Though technically not related, these great friends are multi-talented with different type presentations. Baba is more soft-spoken. Both captivate the audience immediately. I remember Michael having a questions and answer period and giving books as prizes. Baba immediately involved the audience. He taught us words and phrases and had everyone singing along. He

played his Kora- a harp-that is totally unique. It was made of materials from FIVE countries. Baba received the parts from the five different countries, and then took them to an instrument maker to make his Kora. It is such a beautiful instrument made of a giant gourd, covered with cow's skin and has 21 strings. Baba travels the world-his next gig is Beijing- but his Kora does not leave the country. There is no way he would put it on a plane.

So many schools have utilized this talented man and his presentation. The students not only learn culture, but they become confident speakers and focused listeners.

Please visit his website BabatheStoryteller.com to see firsthand what a talented man he is. Save the date: MARCH 17, 2018-he will return to the Live Oak Library.

PROPOSED BALLOT MEASURE TO ADDRESS PUBLIC SAFETY ISSUES CALLED, REDUCING CRIME AND KEEPING CALIFORNIA SAFE ACT

Recently, the California Public Safety Partnership Issues Committee began circulating a proposed initiative called the Reducing Crime and Keeping California Safe Act. The proposed measure is being advanced by Sacramento District Attorney Anne Marie Schubert and Assemblymember Jim Cooper, and if the measure does obtain the requisite number of signatures needed to qualify for the November 2018 ballot, the legislation that voters will be asked to consider would do the following:

- Reclassify currently "non-violent" crimes – like rape of an unconscious person, sex trafficking of a child and 14 other serious crimes – as "violent" in order to prevent the early release of inmates convicted of these crimes

- Reform the parole system to stop the early release of violent felons, expand parolee oversight, and strengthen penalties for parole violations

- Reform theft laws to restore accountability for serial thieves and organized theft gangs

- Expand DNA collection to include those convicted of drug, theft, domestic violence and other serious crimes to help solve rape, murder and other violent crimes — and to exonerate those wrongly accused

Additional information about the measure can be found online at the Keep California Safe website.

It should be noted that here in Monrovia, we have been a founding member of the Taking Back Our Community (TBOC) coalition, which today boasts over 35 municipal members who are committed to supporting common sense changes to California's criminal justice system. Today in California, theft under \$950 has become a consequence free crime, and furthermore, individuals convicted of certain heinous crimes (such as domestic violence or rape of an unconscious person) are eligible for early release because in California, such crimes are not classified as violent. For additional information on the TBOC movement, please visit us online.

IHEARTBOOKS PROGRAM COMES TO DUARTE USD

Bernadette Lopez has a calling. As one of the AmeriCorps Program Recipients, she has taken on the program "IHeartBooks". The goal of this program is to ensure all students reach their proficient level in reading. A recent study by the US Department of Education found that 82% of students from low income families fail to reach the proficient level. Bernadette is working to find tutors for K-2 kids.

- The volunteers will meet weekly with their student at their school,
- Offer individual and small group attention
- Help students improve their reading comprehension skills
- Give positive feedback and support.

Training will be provided for volunteers. Bernadette shared the program at a recent Duarte Kiwanis meeting.

If you are interested in joining Duarte Kiwanis or being a speaker at a future event, contact Tina Carey at tinac51@aol.com.



Pictured (from left) – Duarte Kiwanis President, Diane Hernandez, Bernadette Lopez.

CANYON PARK CABIN IS GETTING “DECKED” OUT WITH A NEW LOOK!

Just a quick note to let everyone know that the Canyon Park Cabin Deck Replacement Project is getting underway this week! The City Council approved a contract in January 2018 to replace the aging deck that surrounds the cabin in Canyon Park to give facility renters a beautiful view of the surrounding trees, foliage, and wildlife. The project is expected to take 4-5 weeks to complete the removal of the existing deck and replace it with

a new, improved composite decking material. While construction is taking place, the cabin will not be accepting any facility rentals, and a fence will be set up to prevent park visitors from entering the construction area. We will be sure to keep you posted on our progress, and share pictures once the project is complete! If you have any questions or concerns, please contact Public Works at (626) 932-5575.

ASSEMBLYMEMBER HOLDEN HOSTING A PUBLIC SAFETY MEETING IN MONROVIA ON THURSDAY, MARCH 1, 2018, AT THE COMMUNITY CENTER STARTING AT 5:30 P.M.

Given the nature of public safety related issues in California, Assemblymember Chris Holden will be hosting a public safety meeting to discuss issues related to Proposition 47 and 57 at

the Monrovia Community Center on Thursday, March 1, 2018, starting at 5:30 p.m. Additional event details are highlighted in the message below.

We'd like to hear from you!
What's on YOUR Mind?



Contact us at: editor@mtnviewsnews.com
or www.facebook.com/mountainviewsnews
AND Twitter: [@mtnviewsnews](https://twitter.com/mtnviewsnews)



ARCADIA STUDENTS PARTICIPATE IN “ALTSCHOOL” PILOT PROGRAM



By Joan Schmidt

There are many wonderful opportunities happening in the City of Arcadia. The first one I'd like to write about is the “Altschool” pilot program. I had never heard of it before and only Arcadia and Menlo Park Districts have a school participating in it in California. This new type of learning experience is a teacher-built and student-driven learning platform.

What makes it different? To start with, its setting is very different. When you walk into the classroom, there are not your traditional students' desks or tables and chairs. There are comfortable chairs hanging from the ceiling and odd shaped non-conventional desks. Here the students are encouraged to write, think, and create on these desks, and even on the walls! There is also an observation room and Google Jam Board. Thirty-two Arcadia students are participating in this unique program

The goal of this program is to prepare students for a rapidly changing world. “The world we grew up in as adults is not the world our students are going to be living in,” said Dr. Vannasdal, Arcadia Unified School District Superintendent. He also explained, “They have voice and they have choice in their learning, and when you do that, students are excited to come to school, and when you tell them it's time to leave, they don't want to leave.”

Devin Vodicka, Chief Impact and Academic

Officer of Altschool, said “Our goal is to accelerate learning by developing a platform driven by educators to aid teachers who believe personalized education is critical for student success.”

The AltSchool Platform supports:
- Lesson planning or inputting existing curriculum.- Developing individual assignments for students.- Capturing evidence of learning (including hands-on experiences).
- Understanding individual, classroom, and school-wide progress.
- Emphasizing social emotional learning in parallel with academic growth.
- Two-way communication with parents.

What do students think of this program? Christina Feng is a seventh grader who used to attend Foothills Middle School. She feels there is a dramatic difference between traditional learning and that at AltSchool. The biggest difference is the interactive environment. She feels “it's so collaborative...I really like it though I am a very individual person, because now I know you have to work together in order to make a difference.

Arcadia and Menlo Park School District are very fortunate to be chosen to participate in this innovative program and I hope all the students to have a very rewarding learning experience.

GOLDENWORDS:
DR. DAN'S COLLEGE CORNER

“I Said Doctor, Mr. MD...Can you Tell Me What's Ailing Me?”
Young Rascals, 1966

As a former college career director and a member of my school's Pre-Health Careers Committee, I thought I'd begin a series of career-focused columns on the many paths out there for students to consider in the medical fields.

Fully 25% of college first-year students initially indicate they want to become a physician, but we know the grueling path through science and math curricula forces most to change their job aspirations. Organic Chemistry remains the unslayable Count Dracula of pre-med courses in many colleges. It's a class that demands top smartness and discipline, two attributes I, for one, want to find in my own doctors, for sure. I'll come back to nursing paths, nurse practitioner and physician assistant careers, as well as opportunities in domestic and global public health in future columns, but for today, let's consider the path to becoming a physician.

The MD degree sits atop a widening pyramid of career options in health care, and within the MD path one quickly learns where the specialties that carry the most prestige and financial reward are positioned. It's a long apprenticeship path into lucrative practice, say, in Orthopedics or Interventional Radiology, for instance. And for all doctors, income patterns are more seriously impacted by national health care policy and the formidable lobbying of big pharma, the AMA and many other special interest groups. Listen to your own doctor's stories about the challenges.

So, do you really want to be an MD? If so, here's a convenient formula I designed with input from Medical School Admission colleagues that can make you the most “placeable candidate” for acceptance:

7xA + >510 + RE + CE

Decoded for you, this formula means getting 7 “A” grades in the most frequently expected undergrad courses that medical schools demand. It's not hard and fast, but you need year-long Bio, Chem, Physics, Organic Chem (gasp), one term of Calculus, Genetics or Microbiology and a writing-oriented English class beyond the freshman level.

Unless you're seeking an MD/PhD dual degree, you are better served in any choice of additional math classes with Statistics than with Multivariable Calculus.

You do NOT have to major in the sciences to the exclusion of your broader human growth and nurturing of an empathic sensibility. Take the 7 sacred pre-med courses and you could major in anything else, according to the Deans I interviewed. But, get A grades in the 7.

>510 means you need above a 510 score on the newer MCAT examination, kind of like the SAT for med school. It's been revamped in recent years into an 8 hour beast of a test, with large sections on Critical Analysis and Reasoning

Skills and Psychology. These expanded areas reflect how medical schools have increasingly worried about admitting candidates who knew everything except themselves and how to work with patients.

RE means ‘research experience’, and you can get it during the school year by working for one of your college professors, during summers on your home campus or, if you're really a major force, by winning one of the National Science Foundation's “REU” fellowships. Research Experiences for Undergraduates programs would support you and about another dozen undergrads in summer research teamwork with leading figures in most Science-oriented disciplines. It's a prize worth chasing.

CE means ‘clinical experience’, the evidence that you have had direct contact with patient cohorts through interning or volunteering in storefront clinics, road shows that tout Type II diabetes prevention (in English, Spanish and Sign Language) to at-risk populations, dramatic performances to school kids that help them to avoid life-threatening risky sexual behaviors--there are lots of options, all the way down to the basic ‘candystriper’ volunteering in your local hospital.

Ideally, testimony from both your Research and Clinical supervisors should find their way into “THE LETTER,” which is the composite institutional reference written by members of that Pre-Health Careers committee on your college campus.

Med School Deans and admission staffers read the “Letter” with special attention as they try to build a class of first-year medical students who are ready to learn, to problem-solve some of the most intricate diagnostic issues, and who are courageous enough to hold the hands of the sick and the dying, and offer them the soulful compassion and sometimes a peaceful departure from life-- the hand we all would be grateful to hold in our darkest, most frightening and final health moments.

I will come back as I've promised with many more ways for you to consider careers that help to heal others without the MD degree. Meanwhile, cultivate a soulful virtuosity as you chase that white coat.

Dr. Dan Golden was the founding director of Life Planning at the Vistamar School in El Segundo. He was a professor, program director and Dean for Work & Service-Learning at Wheaton College (MA), and now consults with individuals, schools and educational districts on college access, post-graduate study and career planning issues. He can be reached at dangolden@gmail.com.



Dan Golden, PhD

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Head of School: Ethan Williamson
Kindergarten - 8th grade
website: www.barnhartschool.org

Bethany Christian School
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(626) 355-3527
Preschool-TK-8th Grade
Principal: Dr. William Walner
website: www.bcsllions.org

Clairbourn School
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Phone: 626-286-3108 ext. 172
FAX: 626-286-1528
E-mail: jhawes@clairbourn.org

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

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

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

The Gooden School
192 N. Baldwin Ave. Sierra Madre, Ca. 91024
(626) 355-2410
Head of School, Carl Parke
website: 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

La Salle High School
3880 E. Sierra Madre Blvd. Pasadena, Ca.
(626) 351-8951 website: www.lasallehs.org
Principal Mrs. Courtney Kassakhian

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

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

Pasadena High School
2925 E. Sierra Madre Blvd. Pasadena, Ca.
(626) 396-5880 Principal: 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

Sierra Madre Elementary School
141 W. Highland Ave, Sierra Madre, Ca. 91024
(626) 355-1428 Principal: Lindsay Lewis
E-mail address: lewis.lindsay@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

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www.waldenschool.net

Weizmann Day School
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Lisa Feldman: Head of School

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

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(626) 396-3600 Website: www.pusd@pusd.us

Arcadia Unified School District
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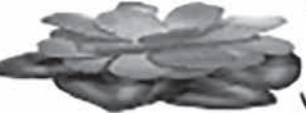
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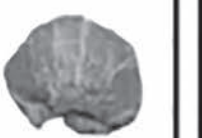
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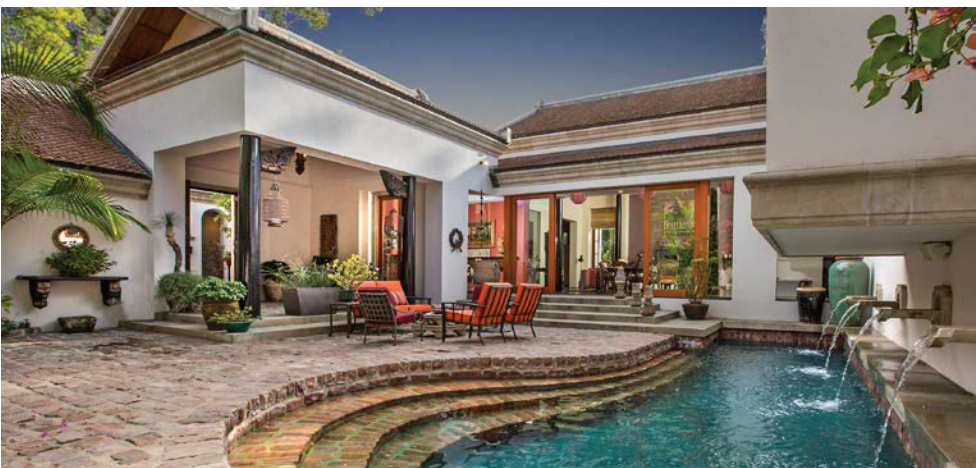
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ANIMALS WITH ALLERGIES

Most of the dogs I've been privileged to have as part of my family have been "mixed breeds" or what folks sometimes call "mutts", which is actually quite appropriate considering the fact that I, myself come from a very eclectic genetic line of ancestry.

I don't have a problem with mixed breed dogs, partly because, more often than not they are less apt to have the inherent diseases that seem to prevail with purebred pups. However, one of my canine companions (the love of my life), Tatertotts was a purebred bloodhound, born of a sire who'd come from a long line of hounds with a tight family tree that traced back to the turn of the 20th century.

In jest, I used to call Tater my darling "in-bred re-tread", mostly because I believed her behavioral traits were the result of too much inbreeding. It was a term of endearment and by no means meant as an insult, because I loved that dog with all my heart. Let me put it this way; that girl lived a life of luxury with no cruelty whatsoever, but due to what I believe to have been brain damage from birth, her mood could turn on a dime.

Although I would never breed dogs intentionally, I must admit I do appreciate seeing a dog whose traits, marks and characteristics were successfully bred for a specific purpose. However, I do think that anyone wishing to breed animals should be screened discriminately and allowed to breed only the limited few for which a good home can be absolutely guaranteed.

Anyway, in spite of the social challenges I had with my girl, Tater, when I looked at her I couldn't help thinking how gorgeous she was. I adopted Tater from a very kind and careful breeder/handler who bred her for show. One of 4, Tater's 3 siblings turned out to be quite successful at show. However, at 1 ½ years-old, when Tater proved less-than-promising for winning best-in-show due to her behavior, the owner was forced to give her up. Lucky me!

Tatertotts was different from any other dog I have ever met. Like I said, most pets of mine have been combo-spawn, typically adopted through a local SPCA agency or shelter. I've never before nor have I since owned a dog that required so many trips to the vet, but Tater was a major part of my life and most definitely worth it.

Fortunately, I had an excellent veterinarian whom I trusted 100% with regard to Tater's health care. Dr. Domotor (Animal House in Monrovia) was knowledgeable about the unique needs of a bloodhound, and she cut right to the chase with what must be done to keep Tater at the top of her game.

What surprised me most was to find out that the majority of Tater's ailments were related to allergic reactions. At first I had a hard time accepting that the goop growing in her ears and the odd blotchy spots that sometimes appeared on the surface of her under belly or between the massive folds of skin beneath her neck could be the result of allergies. It seemed like such a foreign concept to me.

However, once I understood what the

problem was, I was able to get proper treatment to control it and avoid more chronic conditions that may have occurred otherwise. What I also came to know was that allergies are very common among dogs, skin reactions being the most commonly seen symptom, and purebreds are typically more susceptible than mixed-breeds.

The allergens that can effect dogs are quite often the same ones that effect humans. To help identify and control symptoms, dog allergies are often categorized as inhalant-, food-, or parasite-related. Like humans, dogs can be allergic to airborne particles that cause reactions such as sneezing, coughing, runny nose and watery eyes. Allergic reactions to certain foods are also common for the canine, and as most of us know all too well, parasites such as fleas and mites can cause chronic skin problems for our beloved pets.

There are some home remedies for pet allergy symptoms, and fortunately veterinarians are well prepared to treat symptoms that cannot be remedied at home. Over-the-counter antihistamines are known to be efficient in treating some dog allergies, but be sure to consult your vet before administering any medications. Common sense also says that when an allergen is removed from the dog's environment, symptoms will likely decrease.

Laundering your dog's bedding and bathing your dog on a regular basis can also help mitigate allergic reactions in your pet. If you bathe your dog at home, be sure to use a mild, non-caustic soap product and take the time to dry the dog off well afterwards.

As for food allergies, most reactions are due to wheat or other grain fillers often found in dog food products. Be sure to read the label and try to stick with products that show meat as the main ingredient, versus grains or other fillers. If your dog continues to show symptoms of allergic reactions, be sure to consult your veterinarian in a timely manner before things start to get worse.

The happy side of this tale is that when a pet doesn't feel well, it doesn't necessarily mean he/she is seriously ill. It may just be a reaction to an allergen that can be removed or easily remedied. Keep a close eye on the health of your canine companion and if you do detect symptoms, hopefully you will be as surprised as I was to find out that, rather than something serious, you're dealing with allergies for which there are relatively simple solutions.



Happy Tails

by Chris Leclerc



HEALTHY LIFESTYLES

Yogic Wisdom for Everyday Life

YOGA IS LOVE



Love yourself and be yourself. This is one of the most sacred embedded messages

of Yoga. In many ways, yoga practice is guiding us toward self-awareness, self-compassion and self-love. In this process of practicing and absorbing the teachings of yoga, our authentic self is discovered.

Sages know that harmony for the world as a whole begins with each individual. Once this spirit of self-love (and peace) is embraced, it pours out into relationships and everyone we meet. A well-taken care of and a well-loved person is a happy, loving person to be around. When you feel like you don't have time to practice yoga or meditate, remember that each step toward inner presence is a gift for you and everyone you love.

In practice, the place we most associate with love and compassion is the heart. The Heart (not the actual organ) holds the essence of our soul or the unchanging part of us. It is a place for great healing and understanding. When we open the heart, we open to all these qualities:

love, contentment, compassion, healing and joy.

In yoga asana practice, back bending is a beautiful way to open the chest and heart area. It energizes the body and brings life to the mind and spirit. Restorative backbends are a lovely way to not only open the heart but to receive love and healing in a gentle way. Start small if you've been vulnerable and take it easy physically if you're just starting out. Too much at once is not usually helpful. A gradual building of love, awareness and joy will stay the course long-term. Other recommended practices that initiate awareness and wellness are self-reflection, healthy diet and techniques such as self-massage with warm oil.

Once you've put yourself at the top of your list, spread the love to others and be yourself. Happy LOVE month! Don't hesitate to contact me to learn more about yoga, meditation and wellness: keely@keelytotten.com.

Namaste,
Keely Totten, E-RYT 500, Yoga and Meditation Teacher,
Self-Love for Humanity Advocate

GOOD DEED NEEDED!

Katnip News!



We are still in urgent need of fosters homes for our shy cats! You can make the difference for one, like MURIEL and others who are too shy to take to adoptions but who can blossom in a



for someone to love her and help her continue her progress. Muriel is about age 11, and how wonderful it would be for her to experience what a loving home is like, with a special someone who will understand her. We pay for any needed vet care, fosters provide food, litter, safety, sweet-talk, and love. We have a whole page devoted to our shy cats at <http://www.lifelineforpets.org/shy-cats-need-homes-too.html>. Call for info or a foster application: 626-676-9505 or 626-797-1753.

loving foster home!

MURIEL is a pretty brown tabby that we saved from the streets near a demolition site. She spent the first few months hiding all alone at the top of a shelf. However, now, thanks to our very wonderful, patient socializers, she has come down lower and does not hide as much. She has the most beautiful large, soft eyes, that will melt your heart, as they seem to be softly pleading

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TABLE FOR TWO by Peter Dills thechefknows@yahoo.com

TWO WINES FOR THE BIG DAY

No pressure right? I promised you two surefire wines to get through the special day with a stamp (or kiss!) of approval. I suggest sparkling wine/champagne for this special day. I have a certain fondness for Rosé wines. Rosé wines get their pink color from red grapes, but are often made from a blend of red and white grapes.

Moët Chandon Rosé Imperial is the best of the breed. This "real" champagne comes from the same winery that produced Dom Perignon some 400 years ago. Remember "come quickly, I am tasting stars"? My recommendation is for those of you who are not considered a beginner as far as wine consumption goes. The taste is juicy, with floral nuances to the nose and a slight hint of pepper. The bouquet is juicy, and if you close your eyes on the first sip, you will appreciate the raspberry and cherry combination. At \$70 a bottle I suggest chilling your flutes for about 10 minutes before pouring. Remember champagne doesn't keep well over night, so bottoms up!!

Are you a chardonnay lover? I have one that St. Valentine would approve of. Consider Custard Chardonnay, it's light and creamy. If celebrating

Valentine's Day limits your budget because of the flowers, teddy bears and dinner, how about \$15? Sounds good, right? The very drinkable Custard Chardonnay hails from Sonoma County and it's available at many area supermarkets and is becoming increasingly popular at restaurants.



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"The Wine Guy" Le Roy Guilford

Vons/Pavilions has it for around \$15.

With our unseasonal temperatures, drink it with a fruit salad or some grilled vegetables. Soft cheese and crackers or your favorite dessert also would be a great wine pairing.

Please tune into Dining with Dills on AM KRLA 870 at 4:30 PM Saturday afternoons



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Tea of the Day: Victorian Rose

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One menu item minimum per person. No substitutions.

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INCOME TAX FILING REQUIREMENTS FOR RETIREES

Dear Savvy Senior,
What are the IRS income tax filing requirements for seniors this year? I didn't file a tax return the past two years because my income was below the filing requirements, but I got a part-time job late last year, so I'm wondering if I'm required to file this year.

Part-time Retiree

Dear Part-time,
Whether or not you are required to file a federal income tax return this year will depend on how much you earned last year (in 2017), and the source of that income, as well as your age and filing status.

Here's a rundown of this tax season's (2017) IRS tax filing requirement thresholds. For most people, this is pretty straightforward. If your 2017 gross income – which includes all taxable income, not counting your Social Security benefits, unless you are married and filing separately – was below the threshold for your filing status and age, you probably won't have to file. But if it's over, you will.

Single: \$10,400 (\$11,950 if you're 65 or older by Jan. 1, 2018).

Married filing jointly: \$20,800 (\$22,050 if you or your spouse is 65 or older; or \$23,300 if you're both over 65).

Married filing separately: \$4,050 at any age.

Head of household: \$13,400 (\$14,950 if age 65 or older).
Qualifying widow(er) with dependent child: \$16,750 (\$18,000 if age 65 or older).

To get a detailed breakdown on federal filing requirements, along with information on taxable and nontaxable income, call the IRS at 800-829-3676 and ask them to mail you a free copy of the "Tax Guide for Seniors" (publication 554), or see IRS.gov/pub/irs-pdf/p554.pdf.

Check Here Too

There are other financial situations that can require you to file a tax return, even if your gross income falls below the IRS filing requirement. For example, if you had earnings from self-employment in 2017 of \$400 or more, or if you're receiving Social Security benefits and half your benefits plus all other income, including tax-exempt interest, exceeds \$25,000 (or \$32,000 if you are married filing jointly), you'll probably need to file.



To figure this out, the IRS offers an interactive tax assistant tool on their website that asks a series of questions that will help you determine if you're required to file, or if you should file because you're due a refund. It takes less than 15 minutes to complete.

You can access this tool at IRS.gov/filing – click on the "Do I Need to File?" button. Or, you can get assistance over the phone by calling the IRS helpline at 800-829-1040. You can also get face-to-face help at a Taxpayer Assistance Center. See IRS.gov/localcontacts or call 800-829-1040 to locate a center near you.

Check Your State

Even if you're not required to file a federal tax return this year, don't assume that you're also excused from filing state income taxes. The rules for your state might be very different. Check with your state tax agency before concluding that you're entirely in the clear. For links to state tax agencies see Taxadmin.org/state-tax-agencies.

Tax Preparation Help

If you find that you do need to file a tax return this year, you can get help through the Tax Counseling for the Elderly (or TCE) program. Sponsored by the IRS, TEC provides free tax preparation and counseling to middle and low-income taxpayers, age 60 and older. Call 800-906-9887 or visit IRS.treasury.gov/freetaxprep to locate a service near you.

Also check with AARP, a participant in the TCE program that provides free tax preparation at around 5,000 sites nationwide. To locate an AARP Tax-Aide site call 888-227-7669 or visit AARP.org/findtaxhelp. You don't have to be an AARP member to use this service.

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, Allie Attay, Ursula El-Tawansy, Gladys Moser, Sylvia Lorhan, Ana Ptanski, Winifred Swanson, Marian DeMars, Vickie Vernon, Mary Beth Knox, Sharon Lefler.

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

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

Brain Games - *New Activity*: Join us on Thursday November 16th, at 10:30a.m. to 11:30a.m. for

Scattergories. A creative thinking game by naming objects within a set of categories. Everyone is welcome, and no experience is needed. What a great way to strengthen your brain and make new friends. Activities are facilitated by Senior Volunteers.

Free Legal Consultation: Wednesday, November 15th from 10:30a.m. to Noon. Attorney Lem Makupson is available for legal consultation. Specializing in Family Law, Wills, Trusts, Estates, and Injury. Appointments are required by calling 626-355-7394.

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

Chair Yoga: Mondays & Wednesdays from 11:00a.m. to 11:45a.m. with Paul Hagen. Classes

include yoga and balance exercises. All ability levels are encouraged and welcomed! * A voluntary donation of \$5.00 per week is suggested but not required.

Birthday Celebrations: Every 2nd Thursday monthly 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. Come join this group of Seniors in their poker game. Other games are offered to all.

Free Strength Training Class: Fridays from 12:45p.m. to 1:30p.m. with Lisa Brandley. This energetic class utilizes light weights, low impact resistance and training conditioning. Class equipment is provided.



Whale Watching Tour (Long Beach)

Date: Friday, February 16, 2018
Time: 10:30a.m. – 4:00p.m.

Meeting Location: Hart Park House Senior Center Cost: \$30 (Does not include lunch)
Join Harbor Breeze Cruises on an exciting California Whale watching journey to view some of the largest mammals on the planet! The experienced Long Beach crew and knowledgeable Aquarium of the Pacific educators will guide onboard guests and spectators as they search all types of awe-inspiring marine life. Participants can bring their own lunch to enjoy on the boat or purchase snack items on board. Level of Walking: Low/ Medium Registration for Sierra Madre Residents starts now through Monday, February 5th. Non-resident registration starts online or in person on Tuesday, February 6, 2018.

SENIOR CINEMA - 1ST & 3RD WEDNESDAY

February 7th at 1:00 p.m.
Lion (2016)



A traumatizing true story of a five year old, Saroo gets lost on a train which takes him thousands of miles across India, away from home and family. Saroo must learn to survive alone in Kolkata, before being adopted by his Australian Parents. Twenty-five years later, with his unwavering determination and a revolutionary technology, Google Earth, he sets out to find his lost family. Rated PG-13. Run Time: 2h.



February 21st at 1:00 p.m.
Hell or High Water (2016)

Toby is a divorced father who's trying to make a better life for his son. His brother Tanner is an ex-convict with a short temper and a loose trigger finger. Together, they plan a series of heists against the bank that's about to foreclose on their family ranch. This film received four nominated Academy Awards, including Best Picture and Best Supporting Actor for Jeff Bridges. Rated R. Run Time: 1h 42m.



UPCOMING EXCURSIONS:



Whale Watching Tour (Long Beach)

Date: Friday, February 16, 2018

Time: 10:30a.m. – 4:00p.m.

Meeting Location: Hart Park House Senior Center Cost: \$30 (Does not include lunch)

Join Harbor Breeze Cruises on an exciting California Whale watching journey to view some of the largest mammals on the planet! The experienced Long Beach crew and knowledgeable Aquarium of the Pacific educators will guide onboard guests and spectators as they search all types of awe-inspiring marine life. Participants can bring their own lunch to enjoy on the boat or purchase snack items on board. Level of Walking: Low/ Medium Registration for Sierra Madre Residents starts now through Monday, February 5th. Non-resident registration starts online or in person on Tuesday, February 6, 2018.

Looking Up
with Bob Eklund

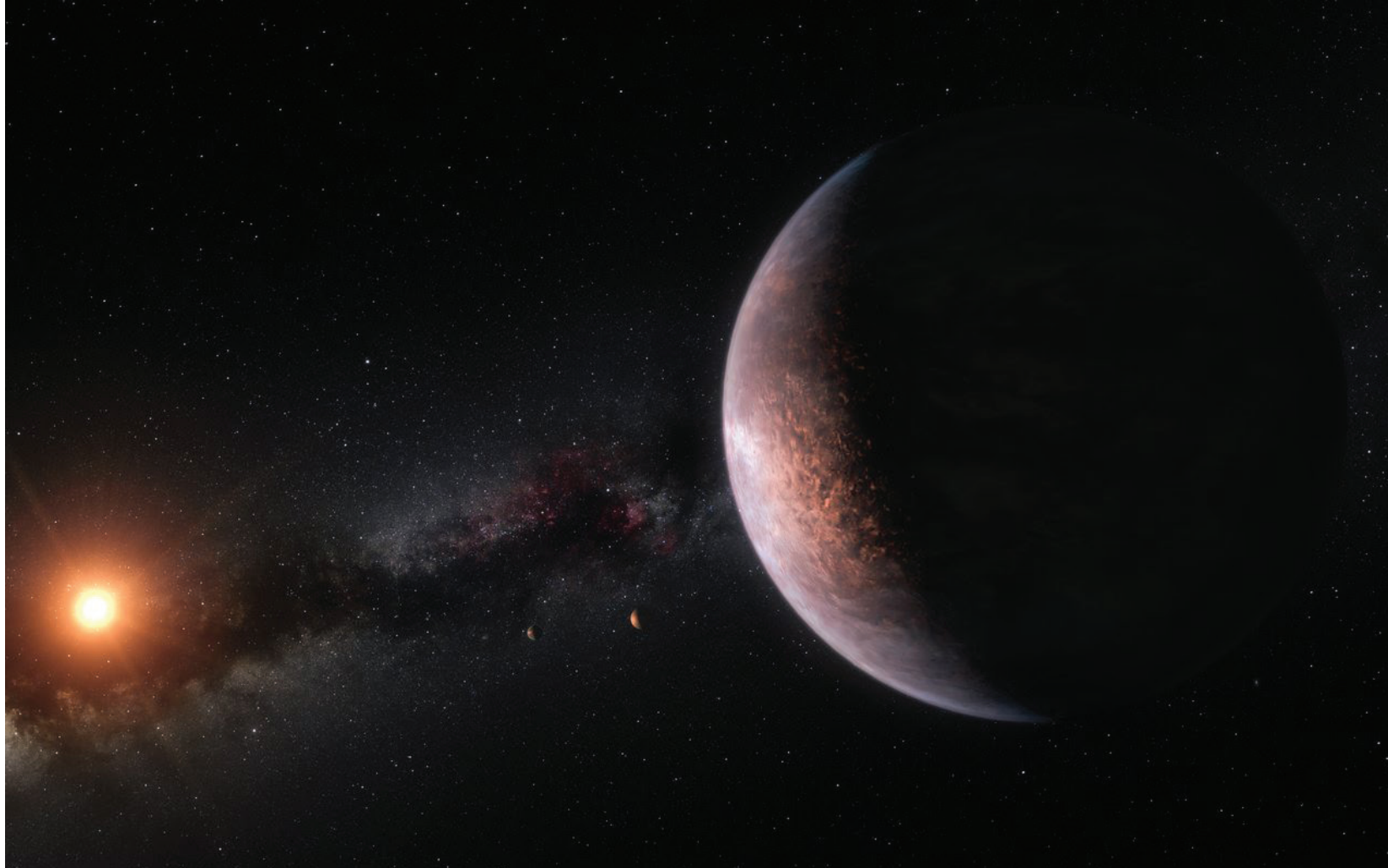
TRAPPIST-1 PLANETS PROBABLY RICH IN WATER

A new study has found that the seven planets orbiting the nearby ultra-cool dwarf star TRAPPIST-1 are all made mostly of rock, and some could potentially hold more water than Earth. The planets' densities, now known much more precisely than before, suggest that some of them could have up to 5 percent of their mass in the form of water—about 250 times more than Earth's oceans. The hotter planets closest to their parent star are likely to have dense steamy atmospheres and the more distant ones probably have icy surfaces. In terms of size, density and the amount of radiation it receives from its star, the fourth planet out is the most similar to Earth. It seems to be the rockiest planet of the seven, and has the potential to host liquid water.

Planets around the faint red star TRAPPIST-1, just 40 light-years from Earth, were first detected by the TRAPPIST-South telescope at ESO's La Silla Observatory in 2016. In the following year further observations from ground-based telescopes, including ESO's Very Large Telescope and NASA's Spitzer Space Telescope, revealed that there were no fewer than seven planets in the system, each roughly the same size as the Earth. They are named TRAPPIST-1b,c,d,e,f,g and h, with increasing distance from the central star.

Further observations have now been made, both from telescopes on the ground, including the nearly-complete SPECULOOS facility at ESO's Paranal Observatory and from NASA's Spitzer Space Telescope and the Kepler Space Telescope. A team of scientists led by Simon Grimm at the University of Bern in Switzerland have now applied very complex computer modeling methods to all the available data and have determined the planets' densities with much better precision than was possible before.

Simon Grimm explains how the masses are found: "The TRAPPIST-1 planets are so close together that they interfere with each other gravitationally, so the times when they pass in front of the star shift slightly. These shifts depend on the planets' masses, their distances and other orbital parameters. With a computer model, we simulate the planets' orbits until the calculated transits agree with the observed values, and hence derive the planetary masses."



Team member Eric Agol comments on the significance: "A goal of exoplanet studies for some time has been to probe the composition of planets that are Earth-like in size and temperature. The discovery of TRAPPIST-1 and the capabilities of ESO's facilities in Chile and the NASA Spitzer Space Telescope in orbit have made this possible—giving us our first glimpse of what Earth-sized exoplanets are made of!"

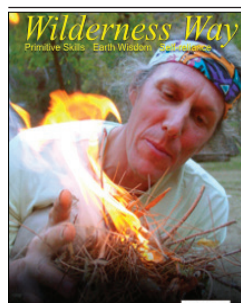
The measurements of the densities, when combined with models of the planets' compositions, strongly suggest that the seven TRAPPIST-1 planets are not barren rocky worlds. They seem to contain significant amounts of volatile material, probably water, amounting to up to 5% the planet's mass in some cases—a huge amount; by comparison the Earth has only about 0.02% water by mass!

"Densities, while important clues to the planets' compositions, do not say anything about habitability. However, our study is an important step forward as we continue to explore whether

these planets could support life," said Brice-Olivier Demory, co-author at the University of Bern.

"It is interesting that the densest planets are not the ones that are the closest to the star, and that the colder planets cannot harbor thick atmospheres," notes Caroline Dorn, study co-author based at the University of Zurich, Switzerland.

You can contact Bob Eklund at: beklund@MtnViewsNews.com.



CHRISTOPHER Nyerges

MORE ON DROUGHT RESISTANT GARDENING

[Nyerges is an educator and author who teaches ethnobotany and natural history. Information about his books and classes is available at www.SchoolofSelf-Reliance.com or Box 41834, Eagle Rock, CA 90041.]

Everyone here in Sierra Madre is residing in a coastal desert plain. Since we only have enough local water for about one in five residents, it behooves us to find and practice a lifestyle of water conservation.

Yes, city officials talk the talk of "saving water," yet they continue to allow development to continue unabated... but that's another story.

I have addressed the issue of increasing population density in previous columns, and where we get our water, and why we must retain as much as possible. Here are some more ways to be a part of the solution.

USE YOUR WATER MORE THAN ONCE

When water is limited, you must find ways to do more with less. Here are some examples. When you wash your dishes, simply carry the dishpan outside and water plants with it.

In nearly every place I have lived in the past 40 years, I found ways to disconnect the bathtub drain and the kitchen drain and the drain from the washing machine, and I directed that water out into the yard. If your yard is hilly, this is easier, especially if the house is on the upper part of the lot.

On large properties, you can direct a hose from the drain of a washing machine, for example, and move the hose around to irrigate various trees or garden areas. Obviously, this necessitates carefully choosing detergents that are not harmful to the soil.

TREES

Trees are the miracles of this world, bringing underground water up to the surface, and released by the leaves into the local atmosphere, providing both shade and a cooling effect.

On small properties, trees should be planted around the perimeter, and these help as a barrier to winds, and they help to capture some moisture. But choose

your trees carefully, starting with trees that are already drought-tolerant, and native to your area. If they can provide you with some food or medicine, all the better.

It is a big mistake to think that you are trying to save water and therefore you should cut down trees! Many have made that mistake. Remember, trees pull up moisture from deep below the surface, and they actually affect the local environment and even the weather. If you plant deciduous trees, all the better because they lay down a layer of leaves which helps even more to keep the moisture in the soil.

RETAINING WATER

What do you do in your drought-resistant garden so that water is retained longer? The key is all in improving the soil, and in layers of mulch, so that moisture is trapped and therefore available longer in the season to the plants you're trying to cultivate.

Mulching is perhaps one of the single best ways to trap the moisture in the soil. There are many possible mulches, and they are simply laid on the surface of the garden, or landscape.

Most consist of biodegradable substances like grass clippings, wood chips, sawdust, straw, alfalfa, and other materials. These are generally placed on the ground around the plants, and they not only absorb moisture themselves, but help to retain moisture in the soil.

When I first began to garden, I had a source of grass clippings from a local cemetery. I discovered that layers and layers of grass clippings made a tremendous difference in plants that continued to thrive, even in dry spells.

I have also used layers of straw, from discarded bales of straw (and in some cases alfalfa). This alone made a great difference in the quality of the crops I grew, and in their ability to thrive later in the season when they would have normally just died off.

Non-biodegradable substances can also be used, such as gravel, and even rocks. At some garden supply centers, they now sell recycled rubber that looks like wood chips. Yes, it works as a mulch, but I would not feel comfortable using rubber mulch in my food garden.

More on this in the future.



OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

A BUG ON THE PLATE IS WORTH HOW MUCH?

Did you ever have a smile on your face that no matter what you did you could not wipe it off?

Well, that is quite a regular occurrence with me. But this past week was a "smile-on-the-face" to beat all "smiles-on-the-face." My only regret is that I did not do a Selfie.

It all began in the morning when I suggested that we go out for lunch for a pre-Valentine's Day celebration. Sometimes with our schedule we cannot celebrate a celebration on that celebration day.

Of course, the Gracious Mistress of the Parsonage responded in the positive.

"You," she said rather sarcastically, "will be picking up the check?"

"It's the least," I said in response, "I can do for your Valentine's Day present."

Smilingly she said, "It sure is the least thing you could do."

We chuckled simultaneously, which is something we rarely do, but this was a special occasion.

As a culinary whiz, my wife has served me some of the most delightful meals on the globe. No question about it.

So, going out for lunch at a nearby restaurant was a blessing to her, but not quite the blessing to me. Until this luncheon.

The host of the restaurant took us to our table and we sat down to begin our luncheon activity. At this point, everything was going fine.

The waitress took our order and we sent back to relax waiting for our meal to arrive. We filled the time with chitchat of which my wife is an excellent chit-chatter. I, on the other hand, am a great chitchat listener. In this regard, we make an excellent team.

The fun was just about to begin. If I knew how much fun was going to take place, I could have prepared myself a little better. But, you never know what's going to take place.

Within a few moments, the waitress brought our order.

We both had hamburgers. I had fries with mine while she ordered a plate of vegetables.

The thing I hate about going to a restaurant like this is that I have to pay for the vegetables. I know vegetables are good for you, but do I have to eat them all the time?

We said our prayer over the food and then commenced eating. Looking back on the situation, I do not think my prayer was sufficient for the situation at hand.

My wife always orders her hamburger medium-well. I like mine cooked all the way through. No pink allowed in my burger.

As my wife cut her hamburger in two, that's the way she likes to eat it, when all of a sudden red liquid leaked all over her plate.

"Oh, my goodness," she exclaimed, "what is this pink stuff?"

I thought I knew what that pink stuff was, but I was not going to mention it in her presence.

When she pulled both halves apart, both sides were red and oozing pink juice. I could tell immediately that the hamburger was not cooked all the way through. I could have mentioned it to her, but I know better than to jump in where I don't belong.

She called the waitress over and showed her that her hamburger was not cooked. The waitress immediately apologized, took the hamburger, went and got her another one and this time it was cooked all the way through just like she likes it.

One calamity fixed. So we set back and began to enjoy the rest of our lunch together.

I couldn't help but snicker and she said, "And what are you snickering about?"

Then we both began laughing together. There is no sense in trying to grouch your way through a situation like this. There was a problem, the problem was fixed, now we could enjoy lunch together.

If I thought that was the end of our fun, I was to be surprised.

I mentioned to her several times how her hamburger was, and she just looked at me and smiled and I had to smile right back at her. Usually, I'm the one that gets the bloody hamburger. I like mine well done and there are times when it is not well done. This time the joke was on her.

We finished our hamburgers, I was eating my French fries and she was nibbling at her vegetables. I think a French fry is a vegetable, but I'm not going to contest it.

Then I heard her scream, "What's that?" Everybody in the restaurant heard her and was looking at me as though I was the culprit. When I got over her scream, I asked her what in the world was wrong.

"Look at that," she stated. I looked at her vegetables, which is something I don't like to do, and then I saw it. It was one of those little things with legs that creep around. Yes, there was a bug in her vegetables.

How do you keep from laughing at something like that?

The waitress came and was duly upset and finally said, "I don't know how that happened. Please forgive us; your lunch is on us."

Solomon had it right when he said, "He that handleth a matter wisely shall find good; and whoso trusteth in the Lord, happy is he" (Proverbs 16:20).

Sometimes God allows things to happen to see if we really have joy in our hearts. I must confess that at this luncheon I did have joy in my heart.

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. Phone 352-687-4240 or e-mail jamesnyder2@att.net. The church web site is www.whatafellowship.com.

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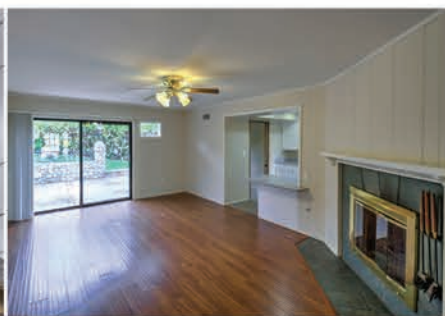
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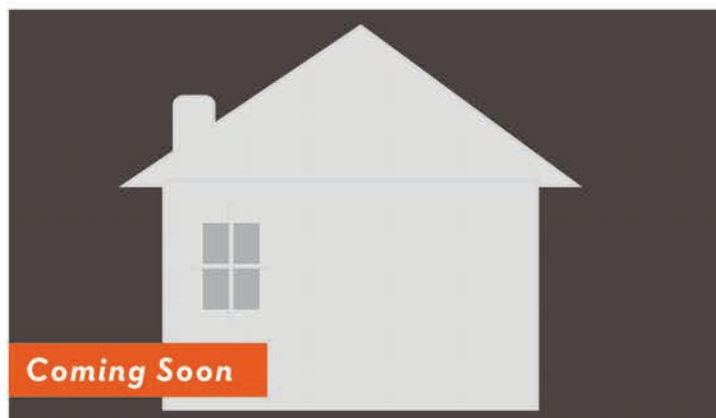
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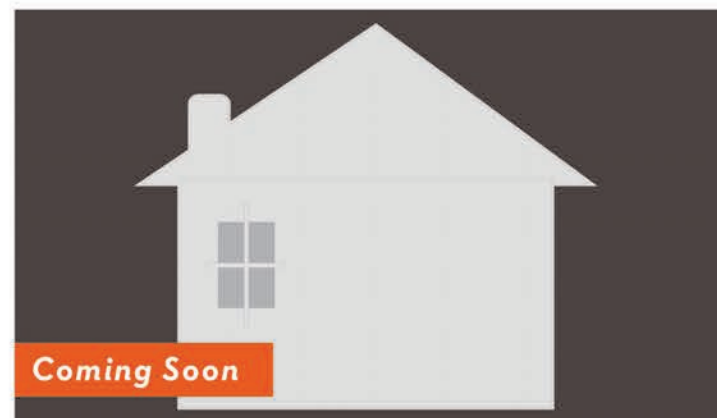
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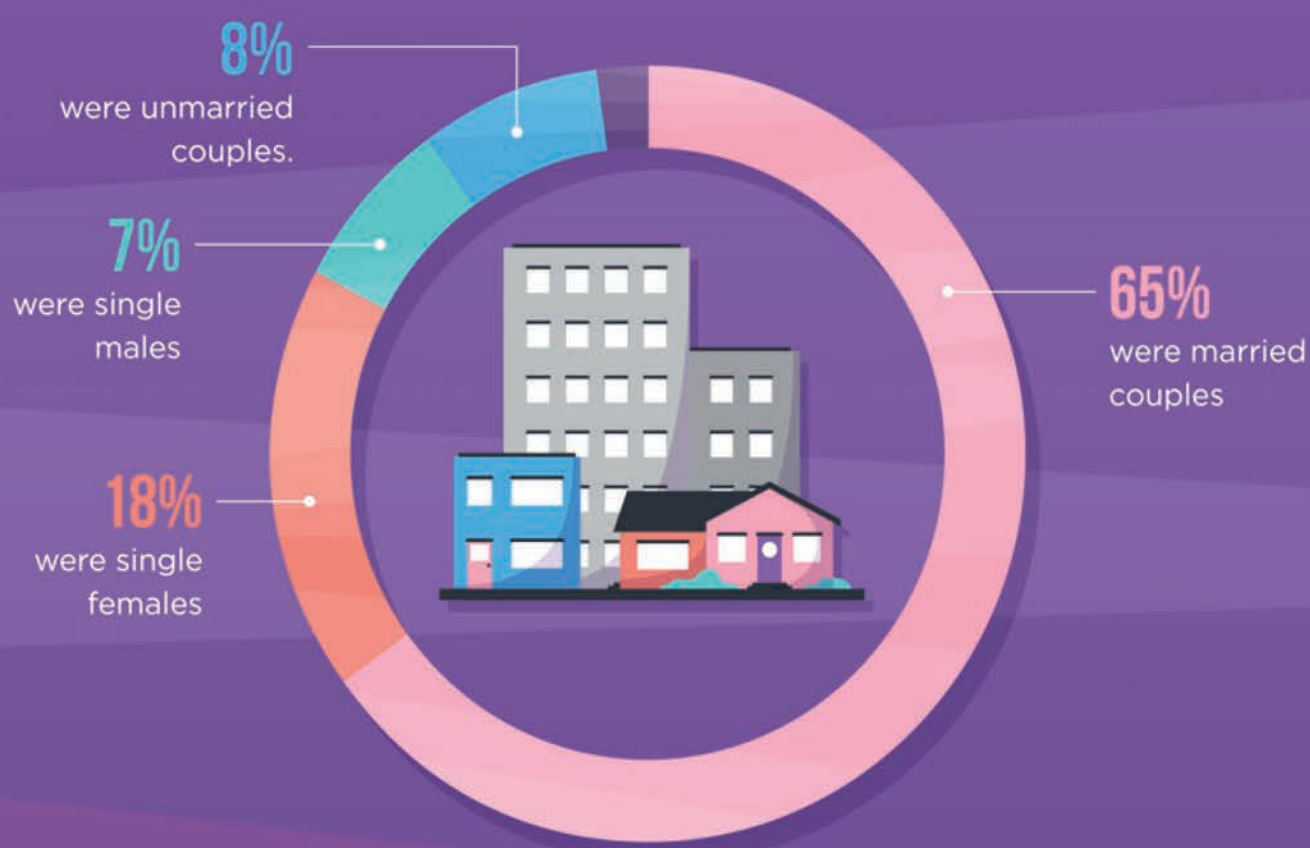
Coming Soon

W. GRANDVIEW AVENUE SIERRA MADRE

4BR/3BA | Dining Room | Living Room w/Fireplace

WHO'S BUYING HOMES?

At 30%, the primary reason buyers purchased a home in 2017 was the desire to own a home of their own. Here's who bought homes, nationwide, last year.



First-time home buyers made up **34%** of all home buyers in 2017.



Typical buyer was **45 YEARS OLD.**



18% were veterans



3% were active-duty service members.

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SECTION B

FOOTHILL MWD OPENS 2018 STUDENT ART CONTEST



San Gabriel is 61 percent Asian. Photo courtesy AsAM News

This event is co-sponsored by the Metropolitan Water District of Southern California (MWD)



LEGAL NOTICES

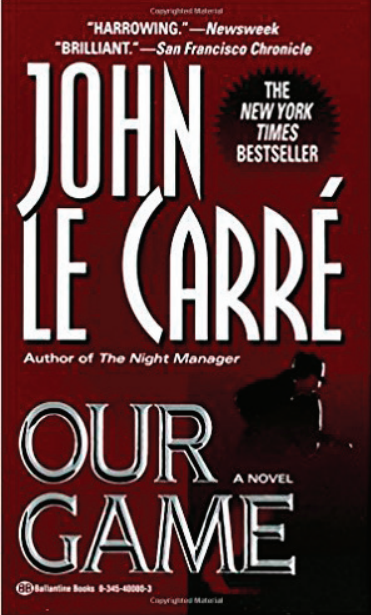
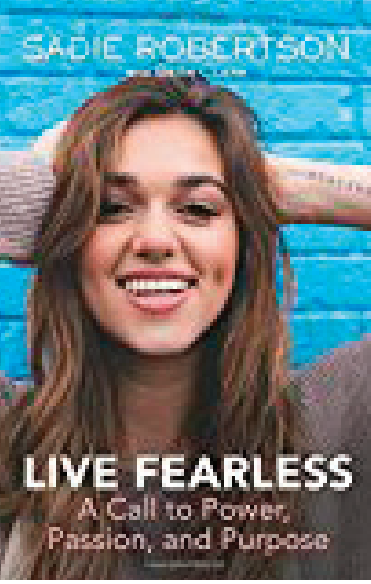


Jeff's Book Pics

By Jeff Brown

Live Fearless: A Call to Power, Passion, and Purpose by Sadie Robertson

Sadie Robertson, bestselling author has an important message for her generation: you don't have to be held back by fear, anxiety, or loneliness anymore. In *Live Fearless*, Sadie takes you on a thrilling personal journey toward power, passion, and purpose as you live at the center of who God created you to be! I don't know about you, but I'm pretty tired of the struggle. You know which one I mean—fear, loneliness, not knowing who I am or what I'm meant to do. . . . Sound familiar? I struggled with insecurity, comparison, and isolation for too many years, from thigh gaps to eyebrows to the lifestyles I felt I had to live up to. I was so afraid of being “found out,” that everyone in my life would somehow figure out that I was fearful and small and that I struggled to make my faith a reality and to be secure in who I am. It took a major perspective shift from staring at comments on a screen to really digging into the pages of my Bible to see what God actually says about overcoming fear. Setting aside the fear, anxiety, and comparison to become the joy-filled person God created you to be is exactly what God is inviting you into. To really be seen and known. To be an agent of change by choosing compassion, connection, and acceptance for everyone you come in contact with. Inside this book are ways to find your power, passion, and purpose—and reach for your dreams. Plus, there are places to jot down notes, fun lists, practical ways to make changes, and thoughts on how living fearless can change everything. Are you tired of the awful comparison game? Are you exhausted from trying to keep up, from feeling small and afraid that people will find the real you and be disappointed? There is so much more for you. No matter who you are, where you come from, or what your fears are, freedom is available to you. It's just a matter of saying yes. You in? Hope you'll join me on this wild adventure as we learn to Live Fearless, Love, Sadie.



Left by John Greven and “Sailor” Bob Adamson

What have you been missing? In *Oneness*, author John Greven invites readers to see the world as it really is, right now, without the mind's own reflections obscuring its multifaceted mystery. *Oneness* takes the reader, step by step, to the inescapable reality that is the self. The intent of this book is to look afresh at one's daily experience, to point to something that the mind may have overlooked. It is not pointing to anything new, anything that you can achieve, or anything you can add to yourself. It is not pointing to the good deeds you have done in your life to emphasize what a wonderful person you must be. It is pointing to something so simple, something so obvious, that when it is pointed out and seen, you wonder how it was ever missed. How could the mind have taken something so obvious for granted? How did the mind so easily toss out the valuable jewel in favor of its reflections? You may have been searching for self realization, enlightenment, the Buddha Mind, God, or some other goal implying the same thing. You may have been searching for many years, or you may just be getting started on a search; Whether you've been traveling a path for a while or you're just taking the first step makes no difference. This book invites you to take a look at the space that has been overlooked, to see what is obvious, and to bring that search to an end—right now.

Our Game: A Novel by John Le Carré

With the Cold War fought and won, British spymaster Tim Cranmer accepts early retirement to rural England and a new life with his alluring young mistress, Emma. But when both Emma and Cranmer's star double agent and lifelong rival, Larry Pettifer, disappear, Cranmer is suddenly on the run, searching for his brilliant protégé, desperately eluding his former colleagues, in a frantic journey across Europe and into the lawless, battered landscapes of Moscow and southern Russia, to save whatever of his life he has left. . The preceding 3 book reviews are from Amazon.com.

All Things

By Jeff Brown

SOME QUOTES

Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do, so throw off the bowlines, sail away from safe harbor, catch the trade winds in your sails. Explore, Dream, Discover. —Mark Twain

I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed. —Michael Jordan

Strive not to be a success, but rather to be of

value. —Albert Einstein

You cannot save people, you can just love them.” — Anaïs Nin

“Instead of wondering when your next vacation is, maybe you should set up a life you don't need to escape from.” — Seth Godin

You are never alone. You are eternally connected with everyone.” - Amit Ray, *Meditation: Insights and Inspirations*

The Buddha and all sentient beings are nothing but expressions of the one mind. There is nothing else. -Huang Po

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FAMILY MATTERS

By Marc Garlett



NOW THAT TAX REFORM IS HERE, IS ESTATE PLANNING STILL NECESSARY?

The new tax legislation raises the federal estate tax exemption to \$11.2 million for individuals and \$22.4 million for couples. The increase means that very few estates (only about 1,800, nationally) will have to worry about federal estate taxes in 2018, according to estimates from the nonpartisan congressional [Joint Committee on Taxation](#).

So, you may be wondering, is estate planning even still necessary?

To put it simply: Yes!

Comprehensive estate planning does a lot more than guard against owing federal estate taxes. Other than taxes, you and your family likely face a range of estate planning challenges, such as:

- Distribution of your assets. Create your legacy with the help of tools like a trust and/or a last will and testament.
- If you die without a will, state intestacy laws determine where your stuff goes. You lose control, and the people closest to you may feel hurt or may suffer financially.
- If your estate plans do not include asset protection strategies, your lifetime of hard work and savings could be squandered needlessly.
- Cognitive impairment. Dementia, Alzheimer's disease or other disorders could make handling your own affairs impossible or at least ill-advised. Executing a durable power of attorney (POA), for instance, allows you to choose a person, referred to as an agent or attorney-in-fact, to step in and manage your financial affairs on your behalf. Without this arrow in your quiver, your fate will be left to the public whims of the court, which could appoint someone else—for instance, a public conservator.
- Medical emergencies. What if you become unable to communicate your preferences regarding your medical care? Naming someone as your health care attorney-in-

fact under a Medical Power of Attorney allows him or her to act as your voice for medical decisions. In addition, a living will or advance directive allows you to specify the types of life-sustaining treatment you do or do not want to receive.

- Specific family situations. Life is unpredictable. You need to consider (and proactively deal with) challenges like the following:
 - If you have minor children, you can name a guardian for them and provide for their care through your estate plan. Without a named guardian, the decision of who raises your children will be left to the whims of a judge. Your children may even end up in foster care while the courts sort your affairs out.
 - If you care for a dependent with a debilitating condition, provide for her and protect her government benefits using tools like the Special Needs Trust (SNT).
 - If you're married with children from a previous relationship, you need clear, properly prepared documents to ensure that your current spouse and children inherit according to your wishes.
- Probate. Probate is the court-supervised process of the distribution of a deceased person's assets. A veritable avalanche of paperwork awaits your loved ones in probate. But it doesn't have to happen to your family! Through proper planning, you can keep all of your assets—such as bank and retirement accounts, business interests, and the family residence—outside of probate.

Estate Planning Involves Much More Than Minimizing Estate Taxes

Even prior to the Tax Cuts and Jobs Act, relatively few Americans needed to worry about the estate tax. However, virtually everyone faces one or more of the issues outlined above. Shockingly, a 2016 Gallup poll found that 56% of Americans do not even have a simple will. A 2017 poll conducted by Caring.com found similarly alarming news—a majority of U.S. adults (especially Gen-Xers and Millennials) do not have their estate plans in order.

We can help you add yourself to the list of prepared Americans! Get in touch with our team to set up a complimentary consultation today (just mention this article) and get the peace of mind you need.

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MARC

A local attorney and father, Marc Garlett is on a mission to help parents protect what they love most. His office is located at 55 Auburn Avenue, Sierra Madre, CA 91024. Schedule an appointment to sit down and talk about ensuring a legacy of love and financial security for your family by calling 626.587.3058 or visit [www.GarlettLaw.com](#) for more information.

BUSINESS TODAY

The latest on Business News, Trends and Techniques

By La Quetta M. Shamblee, MBA



DISCIPLINE MAKES THE DIFFERENCE

Discipline is the element that creates the distance between those who are extremely successful and those who are average. Being successful or average is determined by the standards that an individual sets for himself or herself. A person's definition of success may be influenced by outside factors and cultural standards, but in the end, each of us must decide what we consider as success for our own live. Once we make that decision, it is important to be honest about where we are in relation to that definition of success. Discipline is the element needed to create and maintain momentum toward achieving success.

Achieving success is within the reach of every one of us with a simple three-step process. First and foremost, it is important to make a decision about what I want (set goals); Set a date (accountability) and commit to what I'm willing to do to have it (discipline). Leadership guru, American entrepreneur and motivational Jim Rohn said, We must all suffer one of two things: The pain of discipline or the pain of regret or disappointment.” The latter plays out in a person's life as “If I Shoulda, Woulda, Coulda.”

Millions of us seem content to drift through life wishing things were different – where we live, what we drive, how much we weigh, and the list goes on. I can't comment on the opportunities in other parts of the world, but in American, the reality is each one of us has the capacity to create

the life that we ponder in our dreams.

Everyone expends some level of effort to get some enjoyment out of life, but those who aspire to taste the fruits of success understand “You reap what you sow.” They are willing to take the steps and do the work that results in success. The appearance of what looks like “overnight success” to an observer is the result of someone's discipline day after day, year after year. Merriam-Webster defines discipline as a “rule or system of rules governing conduct or activity.” Successful people don't enjoy hard work any more than the “average Joe.” The difference? They adopt a system of rules and behavior and a willingness to stick to it until they hit their mark, accepting the reality that work is involved.

If you're ready to make real progress toward your success, here's a simple step process: 1) Decide what you want and write it down, along with a date by which you plan to achieve each goal, 2) Based on what you know now, record at least three things for each item on your list that you need to do to accomplish it, and 3) Select at least one item from the list as a point of focus to establish a pattern of discipline for the next 10 days.

“The discipline of writing something down is the first step toward making it happen.”

- Lee Iacocca

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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.

TOM PURCELL



ACTUALLY, THINGS ARE
PRETTY GOOD AND GETTING
BETTER

"The country is divided. The political rhetoric is getting worse. The world seems to be in a mess."

"Relax, my friend. If you step back from the noise and emotion, you'll realize things are pretty good."

"Pretty good? Democrats and Republicans are fighting like cats and dogs. Half the country sides with one party as it demonizes the other. President Trump calls Democrats in Congress nasty names as Democrats call him even nastier names."

"That is regrettably true. The political hyperbole is awfully intense. But, believe it or not, it has been worse. Google the name-calling Thomas Jefferson and John Adams used against each other during the presidential campaign of 1800!"

"But the rich are getting richer, thanks to Trump's tax plan!"

"Ah, more hyperbole from politicians. Look, thanks to the recent tax-system overhaul, corporate taxes have been reduced and U.S.-based companies doing business overseas are bringing billions in overseas profits back to America. Combined with Trump's undoing of hundreds of overzealous regulations that have been inhibiting investment and growth, the economy is booming."

"But Democrats in Congress are saying that average guys like me will end up with crumbs at the expense of the fat cats."

"The truth is that, because of tax reform, many companies are giving employees bonuses and pay raises. They are announcing plans for new plants and hiring thousands more Americans. And have you looked at your paycheck recently? Now that the new tax-cut rules are active, the vast majority of workers are seeing a decent bump in take-home pay. A thousand bucks or two is more than crumbs."

"But socialism is on the rise. Look at the younger generations in America who, surveys show, think capitalism is bad."

"We'll see how so many Bernie Sanders supporters respond to a robust American economy that produces good-paying jobs that will finally allow them to move out of Mom and Dad's basement. Meanwhile, capitalism and democracy have been spreading across the globe in recent years. Latin America, the Philippines, Indonesia and almost all of East Asia are democratic."

"Which benefits them how?"

"According to philosopher Michael Novak, 'capitalism better helps the poor to escape from poverty than any other system. ... (C)apitalism is a necessary condition for the actual success of democracy: You see, as the world flourishes economically, millions will have better lives.'"

"But North Korea has gone rogue with its missiles. The Middle East is a powder keg. Terrorist incidents are increasing around the world. We're all doomed."

"Sure, we have challenges in North Korea, unrest in the Middle East and global terrorism. There is always some kind of evil in our fast-changing world trying to rear its ugly head — Nazism, communism, totalitarianism, a rogue dictator somewhere. We've successfully faced down such challenges before. I'm confident our best strategic thinkers will have the wisdom to do so again."

"But as the baby-boom generation ages, how are we going to pay for Social Security and Medicare and other rapidly growing entitlements?"

"By applying the creativity and innovation that former communist countries are using. Slovakia is funding retirement through personal savings accounts, a simple concept that has proved to be very effective in other parts of the world. With robust economic growth and creative leadership, we can solve our problems in America."

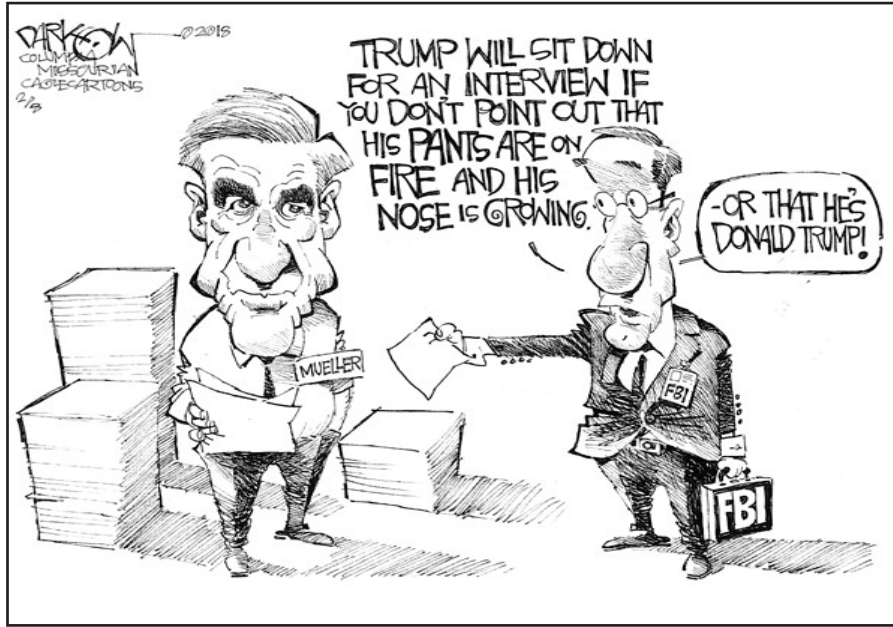
"But our culture is in decline. Look at the garbage on television and the web."

"But this is really a sign that our culture fully embraces freedom — real, genuine openness. Freedom opens the floodgates to everything that is bad in the human heart, an abundance of which is available through technology, but it also opens the floodgates to everything that is good."

"How can you be so optimistic with so many things going so wrong?"

"How can you be so pessimistic with so many things going so right? In a relatively short time, the American experiment has unleashed the most productive, energetic, prosperous nation in the history of mankind. It has created a gregarious and generous people, and the countries that emulate its ideals are beginning to enjoy physical, mental and spiritual prosperity that is the envy of the world. The fact is, things are pretty good in the world and going to get better!"

Copyright 2018 Tom Purcell. Tom Purcell, author of "Misadventures of a 1970's Childhood" and "Wicked Is the Whiskey," a Sean McClanahan mystery novel, both available at Amazon.com, is a Pittsburgh Tribune-Review humor columnist and is nationally syndicated exclusively by Cagle Cartoons Inc. For info on using this column in your publication or website, contact Sales@cagle.com or call (805) 969-2829. Send comments to Tom at Tom@TomPurcell.com.



LEFT TURN/RIGHT TURN

JOHN L. MICEK



DONALD TRUMP:
BANANA REPUBLICAN

So President Donald Trump, noted fiscal conservative, swamp-drainer, and compulsive saber-rattler, wants a massive military parade through the streets of downtown Washington D.C.

Of course he does.

On Wednesday, as Congress scrambled to avoid yet another shutdown, we learned that officials at the Pentagon and the White House are starting the planning for a display of military might that wouldn't look out of place on the streets of Pyongyang, Moscow, Beijing or Berlin in 1939.

Trump's desire for a parade, modeled on one he saw during a trip to France last year (Quelle horreur!) apparently emerged during a Jan. 18 meeting with senior military officials in a room at the Pentagon known, fittingly enough, as "the tank." The Washington Post reported.

In Trumplandia, everything is grand and great and huge and beautiful - like his "great military," or the "beautiful chocolate cake," he enjoyed with Chinese President Xi Jinping while he bragged about American airstrikes in Syria last year.

So it's entirely logical, if entirely offensive, that Trump would glory in the sight of tanks, armored personnel carriers, missiles and other weaponry, along with soldiers, marching at attention and saluting, filling the streets of the nation's capital.

Because Trump, as commander-in-chief, can order those soldiers to salute him.

Not so much for Democratic members of Congress, whom Trump accused of treason, for failing to stand and applaud during his State of the Union speech last week. What apparently eluded Trump was that his political opponents - from a co-equal branch of government - were exercising a constitutionally protected right to remain silent.

But for Trump, the Constitution is a technicality, a mere formality on the way to exercising his will. In any event, we now know that he nodded off after the Fourth Amendment, so there's no actual proof that he's conversant with the actual text.

Meanwhile, it's unclear how the military would cover the cost of moving its equipment to Washington, an effort whose price-tag could run to the millions of dollars.

If Trump really wants to show his support for the military, he'd work with Congressional leaders to solve the perennial pickle over the passage of a defense appropriations bill.

As The Post reports, the government's new fiscal year started Oct. 1, but Congress had, as of Wednesday, yet to pass a military funding bill.

The U.S. Senate was set to vote Thursday afternoon on a two-year budget deal that would add more than a half-trillion dollars in federal spending. According to The New York Times, federal limits on military spending would be increased by \$80 billion this year and by \$85 billion in the new fiscal year that starts this Oct. 1.

Defense Secretary James Mattis told a Congressional committee this week that the military needs "predictability" in its funding if it's going to flourish.

"Let me be clear: as hard as the last 16 years of war have been, no enemy in the field has done more to harm the readiness of the U.S. military than the combined impact of the Budget Control Act's defense spending caps, worsened by operating in 10 of the last 11 years under continuing resolutions of varied and unpredictable duration," Mattis, a former Marine general, said, according to The Post.

With those kind of problems looming, it makes zero sense for the military to spend an indeterminate amount of money to simply gratify the whims of the 45th president.

There are far better ways for Trump to show he cares about the military. Putting the nation in the same company as our strategic rivals and outright adversaries isn't one of them.

MAKING SENSE by
MICHAEL REAGAN

OBSESSED WITH TRUMP



You watch Fox News - "We love President Trump."

You watch MSNBC or CNN - "We hate President Trump." Is there any other news going on in the world that isn't about Trump?

I swear, if the World Trade Center had come down yesterday, the top story today in the mainstream media would be all about Donald Trump.

What did he do wrong or not do? Say or not say?

While Trump and his daily reality TV show have become a profit center for the media, the rest of us can't even mention his name.

Trump has become a cuss word - "Trump you! Trump you and your whole family!"

I can remember when everybody in the media loved Trump before they hated Trump.

CNN loved him to have him on their air because he could be counted on to bring higher ratings.

Going back five, 10 or 15 years ago, when Trump was a celebrity billionaire golfer from New York, every TV network or cable channel courted him because they knew he'd drive up their audience numbers.

Now you have two angry Love Trump/Hate Trump camps holed up in their own media bunkers, talking only to their hardcore followers.

For me, it's sad to see that nobody is willing to have a fruitful conversation with the other side the way they did when my father was in Washington.

On Tuesday, when we marked my dad's 107th birthday at the Reagan Library, his chief of staff, James Baker III, reminded us how my father dealt with his opponents.

He never demeaned or degraded them or called them names. And even if they didn't agree with him politically, or were supporting some other Republican for president, they liked him personally. Baker was a perfect example.

My father hired him to be his chief of staff after he had run two tough presidential primary campaigns against him, one for Gerald Ford in 1976 and one for George H.W. Bush in 1980.

Unlike Trump, who constantly uses tweets to attack his critics and opponents, my father always took the high road.

When he was in a debate he didn't try to destroy people. He knew at some point he'd have to go back and work with them to get things done.

That's how he and Tip O'Neill were able to get the largest tax break in American history passed through Congress in 1981.

It's almost impossible to make that kind of deal anymore in Washington. We live in a very angry, angry time, and President Trump doesn't seem to want to do anything to make people get along any better.

Meanwhile, both parties in Congress want 100 percent of everything they desire, and when they do come to a rare agreement like they did Wednesday on the bipartisan budget deal, there are people who can't control their anger.

The two-year budget, which adds \$300 billion in spending to the federal deficit, has made the military and national security folks happy, but it has set some fiscal hawks' hair on fire.

It'd be nice to think that the rare display of bipartisanship on the federal budget is a sign that good things are going to start happening in Congress.

But it's really just the latest proof that there's only one thing that can consistently bring the two parties in Congress together - spending money it doesn't have.

