

SATURDAY, FEBRUARY 17, 2018

VOLUME 12 NO. 07

## COOKIES WITH A COP



Sierra Madre PD's Cookies With A Cop program visited The Gooden School this week. These amazing students toured our patrol vehicles, played basketball, had questions for our officers and enjoyed the cookies. Thank you to Mr. Carl Parke and his staff for their hospitality.

## SIERRA MADRE COMMUNITY FOUNDATION



At the Feb. 13 City Council meeting, Sierra Madre Community Foundation presented a check to Community Emergency Response Team to help outfit a communications vehicle. Pictured (L to R) CERT President Dennis Burton, Dr. Allison Evans, Jeff Barron and Sue Spears and CERT's VP of Operations Robert Gjerde.

Thanks in part to a grant from the Sierra Madre Community Foundation, the city's Community Emergency Response Team will outfit its newly purchased communications vehicle. The van, originally a KABC news vehicle, and more recently a communications center for amateur rocket launches, will become part of Sierra Madre's comprehensive communications network which will allow for video, radio, and Internet access through a "mesh network" following a major disaster. Other partners include the Sierra Madre Emergency Communications Team. The broad-based system will connect Sierra Madre to a network from Santa Barbara to San Diego.

The Sierra Madre Community Foundation also recently awarded grants to two annual city traditions: the Huck Finn Fishing Derby and Camp Out and the Mt. Wilson Trail Race's Kids Fun Run. "We are so excited to support the efforts of these local organizations," said Michelle Keith, SMCF Chair. "Through the generous gifts from Sierra Madre residents, local businesses and other caring individuals, combined with the local oversight from our board, SMCF continues to be committed to ensuring Sierra Madre remains a unique community and valued neighborhood. These grants are great examples of Invest Local-Support Local."

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## REMEMBRANCE DONNA MAE SWITZER

Donna Mae Switzer, age 88, passed away at her home in Sierra Madre on Saturday, February 3, 2018. She was born in Hawarden, Iowa on August 28, 1929 to Ralph and Lottie (Brenner) Kurvink, and was the youngest of 7 children. Her mother died when Donna was 12 years old, leaving her father and sisters to care for her. In 1942, Donna moved to Los Angeles along with her father and sister Marion, and in 1946 she moved to Sierra Madre to live with her oldest sister and brother in law.

On July 15, 1950 Donna Mae married Glidden Charles "Bud" Switzer.

On their honeymoon, Bud was called into active duty. Donna Mae served our country as a soldier's wife. In addition to caring for their four children, Donna worked at Pasadena Christian School in various roles from copy clerk to playground monitor, and also worked at Maranatha High School in the office for a short time. She had a love for music that began at an early age. She started playing the drums when she was 9, and also went on to play the violin. Donna immensely enjoyed singing in the church choir, and she had an amazing ability to whistle. Her melodies would often echo throughout the walls of their home, one of the family's fondest memories. Other interests included camping as well as family activities and gatherings. The family enjoyed many camping trips around the country, visiting many of the national parks, museums and monuments. She was a mom that rarely missed one of her children's school, sport, musical or church events, and after raising her children, Donna kept a busy schedule traveling near and far to participate in those same events for all of her beloved grandchildren.

In spite of her own difficulties and physical challenges, Donna Mae was always very kind and gracious to the people around her. She had an inner spirit that shone through brightly. Her warm smile, as well as her constant words of encouragement and prayers, will be so greatly missed.

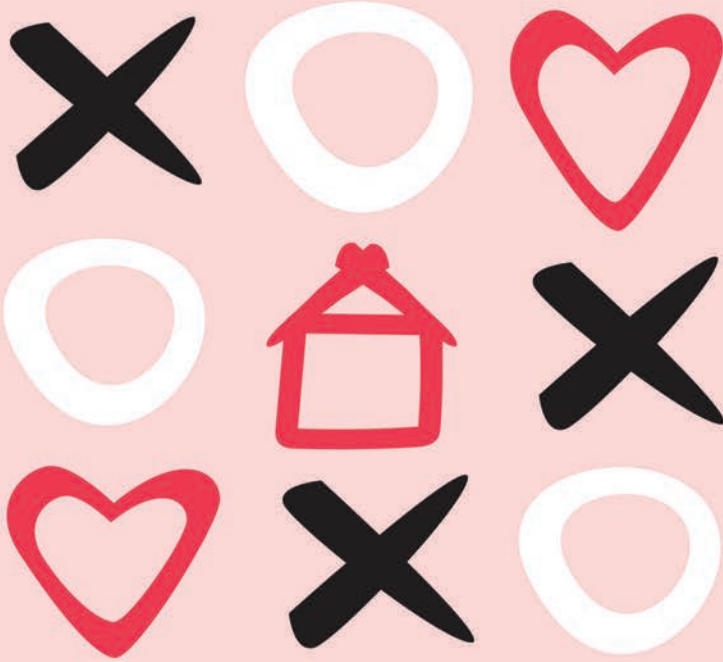
Donna Mae is survived by her husband of 67 years,



Bud; her four children, Cameron (Melinda) Switzer, Debra (Duane) Spoelstra, Kevin (Robin) Switzer, and Lisa Switzer; nine grandchildren and three great-grandchildren; a sister, Val Jean Bellwood; and many nieces and nephews. Donna was preceded in death by her parents; her brothers, Darold and Francis; her sisters, Dorothy, Hazel, and Marion; and a dear grandson Truman Switzer.

Viewing will be on Friday, March 2, 2018 from 4:00 PM to 8:00 PM at Douglass & Zook, 600 E. Foothill Blvd. Monrovia, CA. A Memorial service will be held on Saturday, March 3, 2018 at 11:00 AM, at the Sierra Madre Congregational Church, 170 West Sierra Madre Blvd. Sierra Madre, CA, with Rev. Richard Anderson officiating. Interment will be Saturday, March 3, 2018 at 1:00 PM, at Live Oak Memorial Park, 200 E. Duarte Rd. Monrovia, CA. Memorial donations may be made to Sierra Madre Congregational Church or Pasadena Christian School.

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## Weather Wise

6-Day Forecast Sierra Madre, Ca.



<b>Sun</b>	Sunny	Hi 60s	Lows 40s
<b>Mon:</b>	Sunny	Hi 60s	Lows 40s
<b>Tues:</b>	Sunny	Hi 60s	Lows 40s
<b>Wed:</b>	Sunny	Hi 60s	Lows 40s
<b>Thur:</b>	Sunny	Hi 60s	Lows 40s
<b>Fri:</b>	Sunny	Hi 60s	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 27, 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](mailto:radio@cityofsierramadre.com).

### SIERRA MADRE CITY MEETINGS

#### Regular City Council Meeting

Tuesday, February 27, 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](mailto: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 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**  
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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](http://www.cityofsierramadre.com) to download an application.



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## 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!



## SIERRA MADRE POLICE BLOTTER

*During this period, the Sierra Madre Police Department responded to approximately 295 day and night time calls for service.*

**Sunday, February 4** At about 1:34 p.m., officers responded to the 100 block of N. Lima St. regarding a domestic dispute between a parent and child.

**Monday, February 5** A resident came to the station lobby at about 1:51 p.m. to report that furniture she put on the curb in front of her apartment building in the 400 block of Mariposa for a donation to the Salvation Army was taken by unknown person(s). 7:31 p.m. Officers responded to the 200 block of Rancho Rd for a burglary audible alarm activation. Officers arrived to the location and conducted an exterior check. During the exterior check officers discovered a glass French door located to the rear of the property had been shattered. The resident determined that some personal items were apparently taken during the burglary. Case to Detectives 8:24 p.m. A citizen contacted officers in the 400 block of W. Sierra Madre Blvd. regarding a person laying on the ground. After interviewing the subject, it was determined that he was intoxicated and had two outstanding warrants from neighboring cities. The subject was taken to the Pasadena PD jail for booking.

**Tuesday, February 6** An attempted residential burglary was reported to have occurred in the 100 block of south Hermosa at about 12:36 p.m. The resident reported to the responding officers that he saw someone attempting to enter his back door then leave once he was noticed. The suspect fled in an unknown direction.

**Wednesday, February 7** At approximately 7:25 a.m. a non-injury traffic collision involving two vehicles occurred at Sierra Madre Blvd. and Mountain Trail Ave. All parties refused medical treatment from Sierra Madre Paramedics.

**Friday, February 9** Officers responded to 00 block of W Sierra Madre Blvd at about 9:58 p.m. regarding a subject laying on the ground. After an investigation, officers determined the subject was intoxicated. The subject was arrested and transported to the Pasadena Police jail, cited and released.



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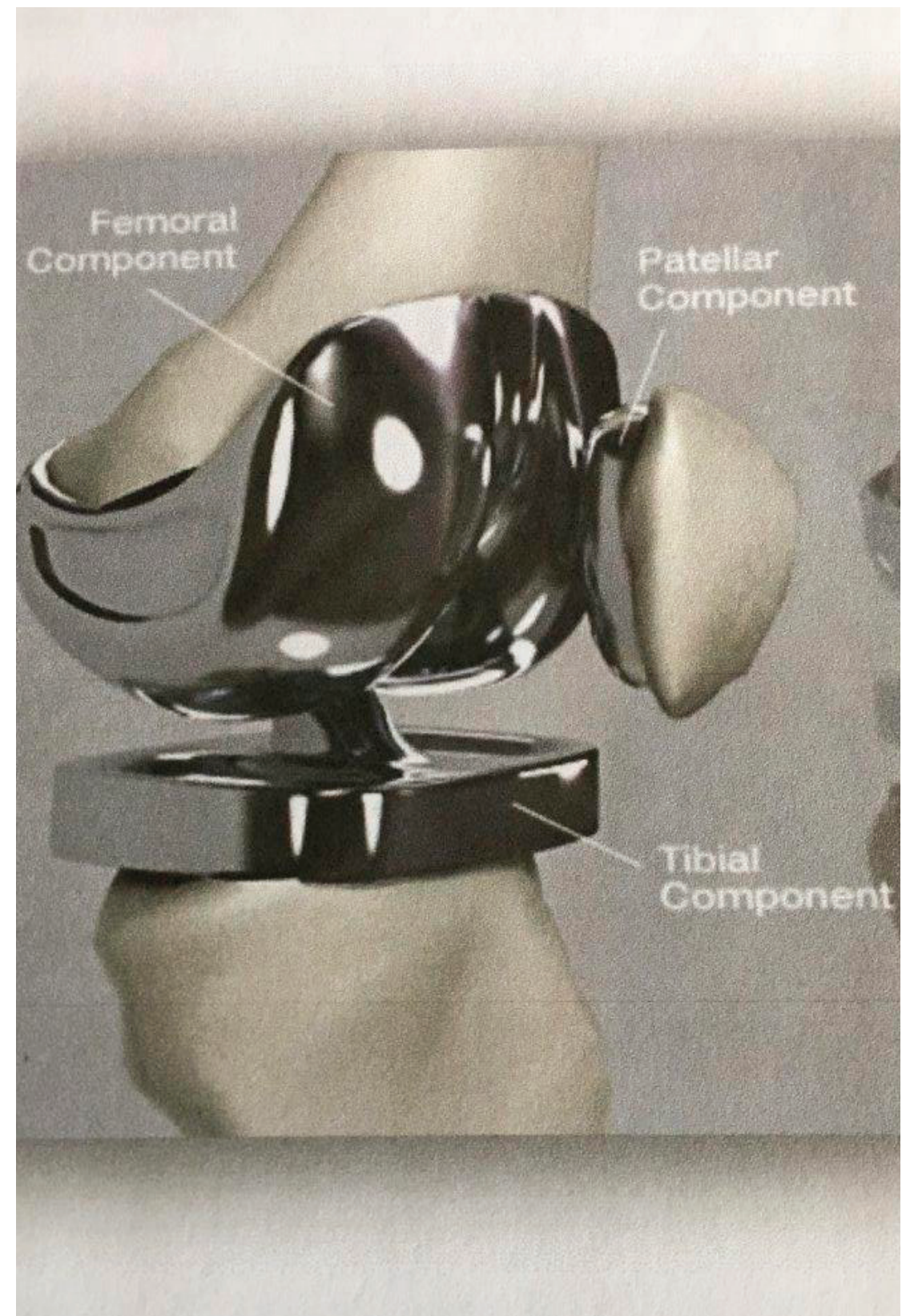
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## Walking Sierra Madre...The Social Side

by Deanne Davis



"When spider webs unite, they can tie up a lion!"  
"You are always entertaining and delightful."  
"Hear with your ears, but listen with your heart."  
"This week, people in your life will be more cooperative than usual."  
"You will soon be confronted with unlimited opportunities."  
"Treasure what you have."

OK, I admit it, I save fortune cookie fortunes. How could one possibly throw away a piece of good news like any one of those above. Not to mention all the ones that say, "You will inherit a large sum of money!" The cashew chicken at Panda Inn is one of my weaknesses, as are all the steamed dumplings and firecracker shrimp at P F Chang's.

If you're wondering what on earth my picture is this week, it is the hardware or something like the hardware which was inserted into my uncooperative, undependable, unreliable left knee last January 16th. I'm getting along fine, recuperating nicely, spending all my sitting time bending my knee to get it used to the idea that we are going to walk like a normal person again, not like Chester on "Gunsmoke." In-home physical therapy with a charming young woman named Channing has helped tremendously and I can get up and down stairs, fix food, take a very cautious shower, make my bed, walk out to pick up the newspapers and do all the stuff that doesn't involve driving. That's coming soon and I'm counting the minutes! Daughters Leah and Patti have been wonderful about taking me places, i.e., a haircut and nails done. They've shopped for groceries and we've even been able to get out for lunch a couple of times. If I seem a little food obsessed this week, it's because I'm dying to drive and get out more.

Leah, son-in-law, Chuck, and I had lunch this week at Colette, which isn't exactly in Sierra Madre, but just across the street on Michillinda in the center where Albertson's used to be. We've driven up there a couple of times and have finally figured out that Colette's is closed on Monday and Tuesday. We enjoyed everything we had and will be going back. Here are the dishes we tried: Leah had the Farmer's Market Vegetable Bowl – Sautéed seasonal market vegetables served over parmesan cauliflower puree and topped with a warm radicchio

and arugula salad. She devoured it all. Chuck went with the Reuben on Rye – Beef brisket, sauerkraut, Emmentaler cheese and Russian dressing on rustic rye. This came with a really nice salad. I tried the Breakfast Quesadilla – scrambled eggs, bacon, melted sharp cheddar cheese, pico de gallo and sour cream. I've still got one piece left. That thing was humongous!

We want to check them out for dinner: Clam fettuccine – house-made fettuccine, Manila clams and white wine; Butter basted rib eye served with roasted roots, grilled scallions, candied shallots and a classic Bordelaise sauce. Is your mouth watering yet? Mine is! How about The Burger – grilled 8 oz Wagyu beef patty served with white cheddar, onion jam, roasted tomato, arugula and bacon. There's also a kid's menu featuring a grilled cheese sandwich, a burger and penne pasta with either marinara sauce, cheese sauce or butter sauce.

The service was great. They have a nice wine list and the entire restaurant is currently festooned with hearts in honor of Valentine's Day. Colette also has a special Valentine's dinner deal. Speaking of Valentine's Day, it's Wednesday, February 14th, so if you haven't gotten your sweetie a card yet, there's still time! The following is a perfect Valentine thought:

"You're not just my friend, you're my love,  
You're not just my love, you're my heart,  
You're not just my heart, you're my life,  
You're not just my life, you're my everything."

Another dear friend has left us this past week, Donna Switzer, wife of Bud, the extraordinary guy who started the pumpkin carving on Alegria so many years ago. We send our love and prayers for God's comfort for Bud and all the family.

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!

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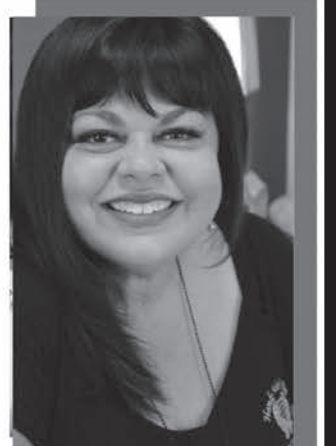


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Pat Tiger, RN - The Director of Case Management with Methodist Hospital. She has been a nurse for 36 years and 22 years of that time in Case Management working for Hospitals, LTACs, HMOs and IPAs. She also has experience in Quality Improvement and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

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# Pasadena Altadena

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## Local Area News Briefs

### Man Pleads Not Guilty to Murder, Dismemberment

A suspect alleged to have killed his wife and dismembering her body in a shuttered eatery in Pasadena before transporting the remains, in a suitcase, on the Gold Line to Los Angeles, in late January, entered a plea in court Thursday of not guilty.

According to police, Los Angeles firefighters responding to a trash fire on Feb. 1 and discovered human remains in a burned suitcase around 1:30 a.m., later identified as Tiana Alfred, the wife of Valentino Gutierrez.

The Los Angeles County District Attorney's Office charged Gutierrez with murder and arson Feb. 6.

Police believe Alfred had been killed Jan. 31 in the abandoned Dona Rosa Bakery and Taqueria, 577 S. Arroyo Parkway.

Gutierrez is being held on \$2.17 million bond. His next court hearing is April 5.

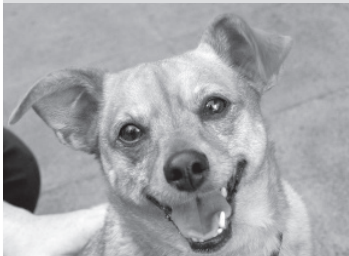
### Man Stabbed Outside Popular Fast Food Place

Police on Friday were still looking for three possible gang members after a man was pushed and stabbed from behind outside a Pasadena fast food restaurant Thursday.

According to reports, a 22-year-old victim was approached outside Burger King in the 700 block of North Lake Ave around 3:30 p.m. The suspects asked "Where you from?" before pushing down and stabbing the victim. The man drove himself to the hospital. The three suspects also drove away from the scene. No description was given.

Anyone with information can call Pasadena PD at (626)-744-4241, or anonymously at (800) 222-TIPS.

## Pet of the Week



Bitsy (A450413) is a snuggly 4-year-old Chihuahua mix who came to the Pasadena Humane Society as a stray. Bitsy has quickly become a volunteer favorite due to her loving personality. She's a lap dog who loves tummy rubs. Bitsy knows her "sit" command and is happy to show it off for you. She got along with large and small dogs while out on a field trip with our Wiggle Waggle Wagon. Bitsy is carrying some extra weight and is hoping for a family that can provide her with regular exercise and a healthy diet. If you are looking for a little lovebug, stop by and meet Bitsy.

The adoption fee for dogs is \$130. All dogs are spayed or neutered, microchipped, and vaccinated 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](http://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.

## Rose Parade Marching Bands Revealed

By Dean Lee

The Pasadena Tournament of Roses announced last week 20 of the marching bands that will participate in the 130th Rose Parade. The bands will travel to Pasadena from across the United States and around the world, including Canada, Costa Rica, Japan, Puerto Rico, and Sweden officials said.

Marching Percussion Manager for Remo Drums, and Liaison for the Tournament of Roses, Mark Branson said the bands are notified 16 months in advance of participating, "This allowed them to attend this year's parade and see the process, get an idea of what is needed such as fundraising to support all necessary funds for travel and accommodations."

Branson said Remo donates all, about 1,000, logoed drumheads in the parade. He made the comments at this year's National Association of Music Merchants (NAMM) show in Anaheim. Branson said they do not start the drumhead design process, based on the parade theme, until August, with the final design being unveiled at this year's Bandfest December 29. Branson said they add "with music" to the Tournament's theme banner, this year's graphic a keyboard and saxophone.

Representatives at Yamaha Corporation of America were enthusiastic about the theme "The Melody of Life," announced just days before NAMM in late January. Yamaha has a long history with the Tournament of Roses. NAMM itself had floats in the parade more than six times, winning the President's Trophy for excellence in 2009.

The 20 bands selected are: Alabama State University Mighty Marching Hornets (Montgomery, AL) All-Izumo Honor Green Band (Izumo, Japan) Banda Escolar de Guayanilla Puerto Rico (Guayanilla, Puerto Rico) Banda Municipal de Acosta (Acosta, San José, Costa Rica) Calgary Stampede Showband (Calgary, Alberta, Canada) Cavalcade of Bands Honor Band (Mid-Atlantic Region) Florida A&M University, The Incomparable Marching "100" (Tallahassee, FL) Flower Mound High School Band (Flower Mound, TX) Lincoln-Way Marching Band (Frankfort, IL) Los Angeles Unified School District - All District High School Honor Band (Los Angeles, CA) Mercer Island High School



Marching Band (Mercer Island, WA) Munford High School Band (Munford, TN) Na Koa Ali'i - Hawai'i All-State Marching Band (Kaneohe, HI) Pacific Crest Drum & Bugle Corps (Diamond Bar, CA) Pasadena City College Tournament of Roses Honor Band & Herald Trumpets (Pasadena, CA) Pickerington Marching Band (Pickerington, OH) Royal Swedish Cadet Band (Karlskrona, Sweden) The Lassiter High School Marching Trojan Band (Marietta, GA) The Salvation Army Tournament of Roses Band (Long Beach, CA) United States Marine Corps West Coast Composite Band (San Diego, CA)

Officials said bands are selected based on a variety of criteria including musicianship, marching ability and entertainment or special interest value. In order to be considered, band representatives submitted detailed applications, which included photos, video footage and letters of recommendation.

Bandfest events are scheduled for December 29 and 30, 2018 at Pasadena City College.

Remo has been a part of the Rose Parade since at least 1983, Branson said. Bands can apply for consideration for the 2020 Rose Parade through an on-



Rose Parade Drumhead showcased at the Remo booth at this year's NAMM show Jan. 28. Photo by D. Lee/ MVNNews.

## Art Auction Supports the Humane Society

Show your love for the animals during the Pasadena Humane Society & SPCA's "Art from the Heart" event, an online auction of paintings by local artist Gail Martin. The auction started Valentin's Day, February 14 through midnight, Sunday. Proceeds will help provide food, shelter, and veterinary care for the more than 11,000 animals PHS takes in every year.

The paintings, comprised largely of landscapes, were generously donated to the shelter by Martin's estate. The auction features eight categories: Ireland, Mexico, Aspen, California, San Gabriel Valley, Untitled Landscapes and Seascapes,

and Flowers (all unframed) along with a grouping of framed paintings. The canvases range in size from 9x12 to 16x20.

Martin, who died last October at age 87, grew up in Hawaii. She majored in art at Mills College and earned a master's degree in fine arts at the Instituto Allende, in San Miguel de Allende, Mexico. She taught high school art in Pasadena beginning in the late 1950s.

Martin loved the outdoors and was a devotee of plein air painting. Martin's favorite subjects were California and Hawaiian landscapes and seascapes. She also loved dogs and horses, and her last dog, an Australian Shepherd named Jamie, was adopted from PHS.

Winning bidders will be notified this week to make arrangements to receive their paintings. The paintings must be picked up at the Pasadena Humane Society, 361 S. Raymond Avenue.

line application at [tournamentofroses.com](http://tournamentofroses.com). For more information about NAMM visit: [nammfoundation.org](http://nammfoundation.org) and [namm.org](http://namm.org).

## Judy Chu to Be Guest at Power Breakfast

The Altadena Chamber is honored to have Representative Chu as special guest at the February 22 Power Breakfast. Ms. Chu will address the meeting attendees on important legislative issues coming from Washington D.C. that impact the businesses and citizens of Altadena.

Judy Chu was elected to the U.S. House of Representatives in July 2009. She represents the 27th Congressional District, which includes Pasadena and the west San Gabriel Valley of southern California.

Representative Chu currently serves on the powerful House Ways and Means Committee, which has jurisdiction over legislation pertaining to taxes, revenues, Social Security, and Medicare. In that Committee, Rep. Chu is a member of the Subcommittees on Health and Human Resources, giving her oversight over healthcare reform and crucial safety net programs. She also serves on the House Small Business Committee, which has oversight of the Small Business Administration, and is a member of the Subcommittee on Economic Growth, Tax and Capital Access.

Chamber Members can attend at no charge. Non-members are \$8 or a 10 percent discount for new Chamber memberships who sign up during the event.

The event will be held at Altadena Town & Country Club, 2290 Country Club Dr., 8am-9:30am, complimentary Continental Breakfast will be served.

For more information call 626-794-3988.

## Friends of the Altadena Library Pop-Up Book Sale

On Saturday, February 24 from 10:00 a.m. to 4:00 p.m., stop by the main library's parking lot for a pop-up book sale with the Friends of Altadena Library. You'll find amazing bargains on fiction, non-fiction, children's books, movies, and more!! All proceeds support the Friends' mission to enrich the programs and materials offered at the Altadena Library District. The Main Library is located 600 E. Mariposa Street, Altadena. For more information visit: [altadenalibrary.org](http://altadenalibrary.org) or call (626) 798-0833.

## One City, One Story Community Conversation



To celebrate the 16th year of Pasadena's One City, One Story community reading project, the public is invited to a conversation with Nathalia Holt, Ph.D. author of this year's selected novel Rise of the Rocket Girls, Thursday, March 8, at 7 p.m. in the All Saints Church Sanctuary, 132 N. Euclid Ave, Pasadena.

Holt will discuss her experiences writing Rise of the Rocket Girls. A question and answer session led by Pasadena Public Library Director Michelle Perera will immediately follow. Attendees are encouraged to bring their copies of Rise of the Rocket Girls for the author to sign following the discussion. Holt's books will be available for sale and signing following the program. The event is free and open to the public. Fee-based event parking is available in surrounding parking f One City, One Story Community Conversation facilities. Free parking is available at Pasadena Central Library, 285 E. Walnut St.

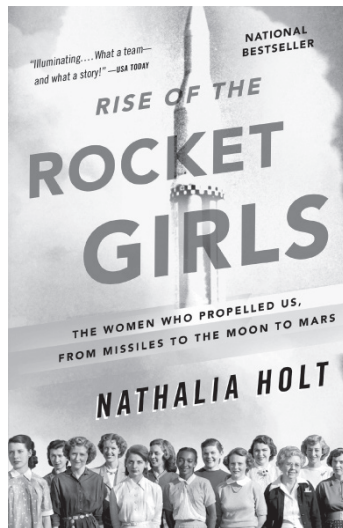
Rise of the Rocket Girls is the riveting true story of the women who launched America into space. In the 1940s and 50s, when the newly minted Jet Propulsion Laboratory needed quick-thinking mathematicians to calculate velocities and plot trajectories, they didn't turn to male graduates. Rather, they recruited an elite group of young women who, with only pencil, paper and mathematical prowess, transformed rocket design, helped bring about the

first American satellites, and made the exploration of the solar system possible.

For the first time, Rise of the Rocket Girls tells the stories of these women -- known as "human computers" -- who broke the boundaries of both gender and science. Based on extensive research and interviews with all the living members of the team, Rise of the Rocket Girls offers a unique perspective on the role of women in science -- both where we've been, and the far reaches of space to which we're heading.

Holt is a science writer and author of Cured: The People who Defeated HIV, also a New York Times bestseller. Her work has appeared in numerous publications, including The New York Times, The Los Angeles Times, The Atlantic, Slate, Popular Science and Time. She has trained at the Ragon Institute of MGH, MIT and Harvard University, the University of Southern California and Tulane University. She lives with her husband and their two daughters in Boston, Mass.

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



## 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](mailto: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.

**LA Opera Talk: "Orpheus and Eurydice" - Monday, Feb. 26, at 1 p.m.** An LA Opera community educator will lead guests through the opera "Orpheus and Eurydice," Christoph Gluck's groundbreaking opera that bridges the musical worlds of Handel and Mozart with ornate vocal lines and flowing melodies that forever changed the face of opera. Orpheus is granted permission to travel to the underworld to rescue his wife Euridice on the condition that he will not look at her until they are back on Earth. For more information visit [www.pasadenaseniorecenter.org](http://www.pasadenaseniorecenter.org) or call (626) 795-4331.

**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.



# ARCADIA

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia



**ARCADIA**  
ASSOCIATION OF  
REALTORS®



PRESENTING SPONSORS  
**Westfield SANTA ANITA**  
**METHODIST HOSPITAL**  
of Southern California

## 2018 Arcadia City Council Candidate Forum for Districts 2, 3\* & 5

Presented by the Arcadia Association of Realtors® & the Arcadia Chamber of Commerce

**Wednesday, March 7** \*There are not more  
6:30pm-8:00pm candidates than  
offices to be elected in  
electoral district #3

**Arcadia Public Library Community Room**  
20 W Duarte Rd, Arcadia, CA 91007

Seating limited to first 175 attendees. **FREE TO ATTEND!**

### Candidates Scheduled to Appear:

(In alphabetical order)



Tom Beck,  
District 2



Bob Harbicht,  
District 2



Roger Chandler,  
District 5



Joyce Platt,  
District 5



Jolly Wu,  
District 5

The Forum will be co-moderated by a representative each from the Arcadia Association of REALTORS® and the Chamber of Commerce. Each candidate will be allowed to introduce themselves followed by questions from the moderators. Written questions will be accepted by the audience.

For more information please call the AAR 626-446-2115  
Or the Chamber of Commerce 626-447-2159

**REMEMBER TO VOTE ON APRIL 10!**

## TAKE HEART TO HEALTH

February is Heart Health month. Heart disease is the leading cause of death for both men and women in the United States. There are over 1 million men and women who die each year of heart disease. Arcadia Senior Services in partnership with Methodist Hospital is having a free special health presentation on Tuesday, February 27 at 1:30pm. Cardiologist, Dr. Grace Huang will speak on "Heart Disease and Stress". Stress exposes your body to unhealthy elevated levels of stress hormones like adrenaline and cortisol. Studies also link stress to changes in the way blood clots, which increases the risk of heart attacks. The heart health lecture will take place at the Arcadia Community Center, 365 Campus Drive, Arcadia. Registration is currently underway and can be made by calling Arcadia Senior Services 626.574.5130..

# MONROVIA - DUARTE

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Monrovia

## ASSEMBLYMEMBER HOLDEN TO HOST PUBLIC SAFETY PANEL DISCUSSION IN MONROVIA

*Propositions 47 and 57 Panel Discussion: What You Need to Know*

Sacramento (CA) – Assemblymember Chris Holden will host a public safety panel discussion focused on Propositions 47 and 57, and Assembly Bill 109 – the Public Safety Realignment Act, on Thursday, March 1, from 5:30 to 7:30 p.m. at the Monrovia Community Center.

"I am bringing together subject matter experts in public safety, probation and reintegration for this educational event to provide up to date information on these ballot initiatives and to answer questions from the community," said Assemblymember Chris Holden.

Featured panelists include Secretary Scott Kernan, California Department of Corrections and Rehabilitation; Stephen Walker, Chief of Governmental Affairs for California Correctional Peace Officers Association; Robert T. Guthrie, Arcadia Police Chief and Los Angeles County

Police Chief's Association; and Daniel Torres, reintegration specialist for the Flintridge Center. Monrovia City Manager Oliver Chi and L.A. County Chief Probation Officer Terri McDonald will provide additional comments during the program.

Proposition 47 and Proposition 57 were ballot initiatives that reformed various criminal justice statutes once passed by California voters. Assembly Bill 109, the Public Safety Realignment Act, was enacted in 2011 to reduce the number of inmates in the state's prisons, as ordered by a U.S. Supreme Court decision.

*The Monrovia Community Center is located at 119 W. Palm Ave. Monrovia CA, 91016. To RSVP for this event email [Assemblymember.Holden@Assembly.ca.gov](mailto:Assemblymember.Holden@Assembly.ca.gov).*

## CITY SET TO HOST A PUBLIC HEALTH MEETING TO DISCUSS HEPATITIS A RELATED ISSUES ON FEBRUARY 27, 2018, AT 7:00 P.M. IN THE LIBRARY COMMUNITY ROOM

During the past few weeks, staff has been in close contact with the LA County Department of Public Health regarding development of a community meeting in Monrovia to address Hepatitis A public health concerns. We are pleased to be able to share that we have finalized plans to host just such a meeting, which is scheduled to take place on the evening of February 27, 2018, at 7:00 p.m. in the Library Community Room. The meeting with LA County Public Health

officials was inspired by discussions with the community regarding Monrovia's current response to homelessness. There certainly are legitimate concerns that have been raised about contracting Hepatitis A and /or another communicable disease due to the activities of our homeless population, and we hope that all interested individuals will attend our gathering on February 27, 2018, to hear more about the facts and myths regarding Hepatitis A in greater detail.

## TRAFFIC SIGNAL ISSUES AT DUARTE ROAD / MOUNTAIN AVENUE DUE TO METRO GOLD LINE STIPULATIONS, ISSUE SHOULD BE RESOLVED WITHIN THE NEXT FEW WEEKS

Recently, staff has been working with our partners at Metro regarding a traffic signal issue at the intersection of Duarte Road and Mountain Avenue. The traffic signals at that location have been placed in flash mode, and will have to remain in flash mode for at least another 1 – 3 weeks.

The issue at hand is related to a Metro Gold Line required traffic safety device. Given the at-grade crossing for the Gold Line at the Duarte Road / Mountain Avenue intersection, a variety of safety devices are currently installed at the location. A malfunction occurred with one of the electrical

components at the intersection, and given Metro Gold Line safety requirements, we will have to keep the traffic signals at the intersection in flash mode until the electrical components are replaced. Based on the lead time for the replacement parts, it is anticipated that it will take another 1 – 3 weeks before the overall situation is solved.

Staff is currently assessing other available options to expedite the repair, and we will be certain to keep everyone informed as to our progress moving ahead. We do apologize for any inconvenience this situation is causing!

## ARCADIA POLICE BLOTTER

*For the period of Sunday, February 4th, through Saturday, February 10th, the Police Department responded to 954 calls for service, of which 120 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.*

### Sunday, February 4:

Just after 8:20 a.m., officers responded to the area of San Antonio Road and San Rafael Road regarding 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. The tracker led officers to a vehicle with four occupants. Officers contacted a 38-year-old male and three females, ages 33, 32 and 18, from Las Vegas, Nevada. An investigation revealed they had the stolen package, along with bags of stolen mail, a counterfeit postmaster key, fraudulent checks and stolen identification cards inside their car. All four suspects were arrested and transported to the Arcadia City Jail for booking.

At about 9:20 p.m., officers were dispatched to the 800 block of West Huntington Drive regarding a domestic dispute. A female was heard yelling and seen pulling away from a male subject. An investigation revealed the couple began arguing after leaving a Super Bowl party. The male subject slapped the female subject across her face. The 36-year-old male from Los Angeles was arrested and transported to the Arcadia City Jail for booking.

### Monday, February 5:

Around 7:20 a.m., officers responded to Westfield Santa Anita, 400 South Baldwin Avenue, regarding a physical disturbance. An investigation revealed a male security officer found a male subject sleeping in the Promenade and asked him to leave. The subject punched the security officer in his chin. The 23-year-old male from Pasadena was arrested and transported to the Arcadia City Jail for booking.

Just after 9:55 p.m., an officer responded to a residence in the 700 block of Anoakia Lane regarding a burglary. An investigation revealed two male suspects entered the back yard. One suspect found a ladder and climbed up to the second story balcony. He then smashed the master bedroom sliding door and entered the home. The victim arrived home at that time and the suspects fled the scene. The investigation is ongoing.

### Tuesday, February 6:

At approximately 3:22 p.m., an officer was dispatched to a residence in the 400 block of Stanford Drive regarding a burglary. An investigation revealed unknown suspect(s) entered the home by unknown means, possibly an unlocked sliding door, stole a watch and fled undetected. No witnesses were located.

Just before 7:00 p.m., an officer conducted a traffic stop on a vehicle in the area of Baldwin Avenue and Arboretum Way for having expired registration tabs. Upon contacting the driver, the officer discovered the 32-year-old male from Los Angeles was driving without a license. He was cited and released in the field. The vehicle was left legally parked.

### Wednesday, February 7:

Just after 2:00 a.m., officers responded to Cecilia Jaime-McKee DMD Dentistry, 145 East Duarte Road, regarding a burglary alarm activation. An investigation revealed unknown suspect(s) smashed a ground floor window causing the audible alarm to sound. The suspect(s) fled the scene. The investigation is ongoing.

At approximately 5:35 p.m., an officer was dispatched to Mrs. Fields Cookies, 400 South Baldwin Avenue, regarding a theft of a purse. An investigation revealed an unknown suspect stole an employee's purse from behind the main counter and fled the scene undetected. The investigation is ongoing.

### Thursday, February 8:

Around 7:19 p.m., an officer responded to Knockouts Gentlemen's Club, 1580 Clark Street, regarding suspicious subjects throwing money in the street. The officer witnessed a subject enter his vehicle and leave the scene at a high rate of speed without headlights on. The officer conducted a traffic stop on the vehicle and upon contacting the driver, he detected a strong odor of alcohol emitting from the driver. Through a series of tests, the officer determined the 24-year-old male from Temple City was driving under the influence of an alcoholic beverage. The suspect was arrested and transported to the Arcadia City Jail for booking.

At approximately 10:50 p.m., an officer conducted a traffic stop on a vehicle in the area of Live Oak Avenue and Tenth Avenue for making an illegal U-turn. Upon contacting the driver, the officer noticed a strong smell of marijuana emitting from the driver. The driver indicated he was in possession of marijuana. Further investigation revealed the driver was driving with an expired license and was on probation. Arcadia Police K-9 Zoli detected the odor of illegal drugs coming from a backpack containing \$20,000 in cash. The 43-year-old male from Beverly Hills was arrested and transported to the Arcadia City Jail for booking.

### Friday, February 9:

Just before 2:00 p.m., an officer was dispatched to the parking lot of Westfield Santa Anita, 400 South Baldwin Avenue, regarding a vehicle burglary report. An investigation revealed an unknown suspect smashed the right rear passenger window of the victim's vehicle and stole a laptop from the back seat. No suspects were seen and no witnesses were located.

At approximately 6:40 p.m., an officer conducted a traffic stop on a motorcycle in the area of Baldwin Avenue near the 210 freeway for an equipment violation. The officer discovered the driver was driving with an expired license and without a motorcycle endorsement. The motorcycle also had expired registration and the driver was on probation for narcotics. The officer located PCP on the subject. The 61-year-old male from Pasadena was arrested and transported to the Arcadia City Jail for booking.

### Saturday, February 10:

Just after 8:00 a.m., an officer on patrol noticed a smashed front door of Hooplife, 11680 Goldring Road. An investigation revealed unknown suspect(s) used a piece of concrete to smash the front glass door of the business and gain entry. The suspect(s) ripped the alarm system from the wall and stole a computer. The investigation is ongoing.

Just before 1:00 p.m., officers responded to the 300 block of Diamond Avenue regarding a robbery that had just occurred. The victim stated the suspect approached him, pointed a gun at him and demanded his property. The victim gave the suspect his wallet and cellphone. The suspect ran to an awaiting vehicle and fled the scene south on Second Avenue.

The suspect is described as a male black teenager wearing a white long sleeved shirt. He was armed with a black semi-automatic handgun. The suspect vehicle is described as an older model blue Honda Civic sedan.

## MONROVIA POLICE BLOTTER

*During the last seven-day period, the Police Department handled 459 service events, resulting in 84 investigations. To see a complete listing of crimes reported, go to <http://www.crimemapping.com/map/ca/monrovia> for crime mapping. For Police Department news and information, visit our website and follow us on Twitter, Instagram or Nextdoor.*

**Theft from Vehicle** February 8 at 4:19 p.m., a resident in the 1000 block of S. Mountain discovered his car was ransacked and a bottle of shampoo was taken. The victim left his car unlocked the day before, which allowed someone to enter the vehicle. The investigation is continuing.

**Shoplifting / Possession of Burglary Tools – Suspect Arrested** February 8 at 7:22 p.m., two suspects entered a store in the 500 block of W. Huntington. They gathered merchandise and walked out of the store without paying for the items. Store security detained the suspects and called the police. When officers arrived, the suspects were found to also be in possession of burglary tools. The suspects were arrested.

**Warrant – Suspect Arrested** February 9 at 12:51 a.m., an officer was on patrol in the 900 block of W. Duarte, when he saw two suspicious persons hiding in bushes next to a closed business. After stopping the two subjects to find out what they were doing in the bushes, it was discovered that one of them had a warrant for their arrest. The person with warrant was arrested and the other was identified and released.

**Parole Violation – Suspect Arrested** February 9 at 10:17 a.m., an officer was on patrol in the 400 block of W. Huntington, when he saw a female subject he recognized as being wanted by the California Department of Corrections for violating her parole conditions. She was stopped and arrested.

**Warrant – Suspect Arrested** February 9 at 11:30 a.m., an officer was patrolling the 200 block of W. Foothill, when he saw a male subject he recognized from previous contacts. A computer check revealed the subject had a warrant for his arrest. The subject was stopped and arrested for the warrant.

**Hit & Run Traffic Collision with Injuries** February 9 at 6:30 p.m., the driver of a grey pickup truck collided into a parked car in the 400 block of W. Olive, then fled the scene. The driver caused a second collision in the 400 block of W. Colorado, causing non-life-threatening injuries to a mother and her daughter. The driver fled the scene, and the injured subjects were sent to a local hospital. Officers located the pickup truck and driver several blocks from where the collisions occurred. He was arrested for hit and run and for several warrants.

**Warrant – Suspect Arrested** February 10 at 1:04 a.m., a subject was seen loitering in a parked car at a store that was closed in the 1600 block of S. Mountain. Officers stopped to talk with the subject. A computer check revealed the subject had a warrant for his arrest. Officers arrested the subject for the warrant.

**Shoplifting / Resisting Arrest – Suspect Arrested** February 10 at 1:58 p.m., a store in the 500 block of W. Huntington called the police, reporting a subject had just walked out of their store without paying for merchandise and was not cooperating with store security. When officers arrived, the subject began running. Officers ran after the subject and were able to stop him. The subject was arrested and the merchandise was returned to the store.

**Warrant – Suspect Arrested** February 10 at 7:29 p.m., officers on the Special Enforcement Team stopped a vehicle in the 1300 block of S. Mayflower for a traffic violation. A computer check of the driver revealed he had several warrants, and he was arrested without incident.

**Warrant – Suspect Arrested** February 11 at 12:10 a.m., officers stopped a vehicle in the 100 block of N. Canyon. A computer check of the driver revealed he had a warrant for his arrest, so he was arrested and taken into custody without incident.

**Inside Park after Closing** – Suspect Arrested February 11 at 12:48 a.m., officers saw a subject inside a city park in the 600 block of S. Shamrock. They detained the subject and began issuing a citation for being in the park after it was closed.

**Grand Theft Auto** February 11 at 7:44 a.m., a motorcycle was reported stolen from the 200 block of E. Maple. It was taken sometime during the night. The investigation is continuing.

**Under the Influence of Narcotics / Warrant – Suspects Arrested** February 11 at 6:47 p.m., officers responded to the 900 block of Norumbega regarding a suspicious vehicle occupied by two subjects. When the officers arrived and contacted the two subjects, they noticed one of the subjects appeared to be under the influence of a controlled substance. Field tests were conducted and the subject was arrested for being under the influence of narcotics. A computer check revealed the second subject had a warrant for their arrest, so they were taken into custody.

**Vehicle Burglary** February 11 at 6:58 p.m., officers responded to a residence in the 600 block of Wildrose. The homeowner reported their vehicle had been burglarized sometime during the day. The suspect had shattered the vehicle's passenger window to gain entry, then took a cellphone charger and some quarters from the center console. The investigation is continuing.

**Shoplifting – Suspect Arrested** February 11 at 9:30 p.m., a store in the 100 block of W. Foothill reported a subject had fled their store with merchandise without paying. Officers responded and located the subject near the store. The subject was arrested and the merchandise was returned to the store.

**Warrant – Suspect Arrested** February 12 at 7:42 a.m., a store in the 400 block of W. Huntington reported a subject in their store who was possibly going to shoplift. Officers arrived and detained the subject, which prevented the theft from occurring. A computer check revealed the subject had several warrants for their arrest, so they were taken into custody without incident.

**Shoplifting – Suspect Arrested** February 12 at 3:41 p.m., a store in the 700 block of E. Huntington reported a subject had just left their store with merchandise without paying. Officers arrived and detained the subject. After an investigation was conducted, the officers arrested the subject and returned the merchandise to the store.

**Battery / Vandalism / Public Intoxication** – Suspect Arrested February 12 at 10:03 p.m., officers responded to an apartment complex in the 1100 block of E. Royal Oaks, where a subject was reported to be yelling and causing a disturbance in the common area. Officers arrived and detained the subject. An investigation revealed the subject had vandalized the inside of their friend's apartment, had battered one of the residents and was drunk in public. The subject was arrested for the violations.



## PLAN FOR THE FUTURE WITH CONFIDENCE

*Experts Offer Advice for Families with Special Needs*

Pasadena, CA.—The Frostig Center invites the public to attend a presentation by two experts who will discuss pathways to employment for young adults with learning disabilities and alternatives to conservatorships. This free event will be held March 5, 6:00-8:00 p.m., at The Frostig Center.

Families face new challenges when young people with disabilities become adults. The first speaker of the evening will address alternatives to conservatorships. Ibrahim Saab, a client's rights advocate at the North Los Angeles County Regional Center, will provide information about power of attorney, assignment of education decision-making authority, and other issues related to conservatorships.

The second speaker will focus on how young adults

can prepare for and obtain meaningful employment in the community. Rebecca Hoyt, a counselor with Disability Rights California, will share information on the agencies that assist people with disabilities and the types of services available.

*The Frostig Center, located at 971 N. Altadena Drive, is a non-profit organization that strives to improve the lives of children with learning differences through research, community outreach, and Frostig School. Frostig also provides services to young adults with learning differences who are transitioning to college and work. For additional information about Frostig Center, call (626) 791-1255 or visit our website at [www.frostig.org](http://www.frostig.org).*

## GOLDENWORDS: DR. DAN'S COLLEGE CORNER

### TAKE THE HEALING PATH: CAREERS IN THE ALLIED HEALTH PROFESSIONS

I've recently written about what it takes to pursue the MD degree, and now it's time for us to review the many other paths towards careers that don't demand the same expensive and time-extensive elements of securing an MD, yet still make a healing difference and pay a good salary.

Think about the people who care for you in your medical settings and you begin to recognize that your MD is certainly in your chain of treatment, but the front-line providers in many cases are your nurses, your nurse-practitioners or your physician assistants. Each has a different training protocol and program of study, and all three of these practitioners of medical services are projected to be in huge demand in the coming decades, as the country continues to refine the delivery of care for its population.

NURSES are always in demand, and wage growth in your nursing career can derive from subsequent additional training beyond the RN degree in certain key specialties. A second MSN Master's degree will be needed if you want added income, specialization and recognition in the medical hierarchy by becoming a NURSE PRACTITIONER.

There are intriguing and lucrative jobs, say, for someone like a Certified Registered Nurse Practitioner with a subfocus on Anesthesiology. Average salaries for this highly-sought after professional are close to \$140,000.

PHYSICIAN ASSISTANTS are near-doctors in many respects. In most states, they can perform multiple procedures on patients and prescribe medications. The PA degree usually takes 2 years to complete, and you typically need a Bachelor's degree plus three relevant years of experience to apply. Those three years of work in the field could include EMT, Paramedic or even an RN nursing degree.

Some medical professionals in all three of the paths I outline above get their start as phlebotomists or medical technicians or working as clinical research coordinators in large research-oriented hospitals.

How else can you heal people for a living?

Consider career paths in PHYSICAL, REHABILITATION or OCCUPATIONAL

THERAPY, where

you can work to help people to restore wellness and physical agility after injuries, strokes or other medical traumas. Some professionals in this field work as Athletic trainers in schools and universities, some work restoring the health and hope of war-ravaged veterans of current and former conflicts, some in occupational therapy help us return to what seemed the mundane details of daily living--bathing, working, cooking for ourselves--after catastrophic injury or illness.

But wait, there's more! Nurse Midwives, Recreational therapists, Speech-Language Pathologists--there are a lot of health-related specialties to explore if you have an empathic and caring sensibility, an interest in the science of the human body, and a desire to find long-term work in one of the job areas expanding most rapidly in our economy.

And, in most of the jobs I've outlined above, the demand is nationwide, so if you decided to relocate anywhere else, you'd likely find yourself in a new work situation soon after you arrived.

In a future column, I'll cover a similarly rich array of career paths for the mental and emotional therapy fields, including counseling work with a growing array of constituencies of all ages and issues. People have their problems, physical and mental, and you could be a future match for a profession that would let you help to heal and restore someone to, as Robert Frost says, "be whole again, beyond confusion."

*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 [dangolden0@gmail.com](mailto:dangolden0@gmail.com).*



Dan Golden, PhD

## SCHOOL DIRECTORY

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

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Phone: (626) 821-8370, Principal: Brent Forsee  
bforsee@ausd.net

Arroyo Pacific Academy  
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(626) 294-0661 Principal: Phil Clarke  
E-mail address: [pclarke@arroyopacific.org](mailto:pclarke@arroyopacific.org)

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Co-Principals Nancy Lopez and Diane Kieffaber  
[info@foothilloaksacademy.org](mailto:info@foothilloaksacademy.org)  
[preschool@foothilloaksacademy.org](mailto:preschool@foothilloaksacademy.org)

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

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

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

La Salle High School  
3880 E. Sierra Madre Blvd. Pasadena, Ca.  
(626) 351-8951 website: [www.lasallehs.org](http://www.lasallehs.org)  
Principal 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](mailto:schools@monrovia.k12.ca.us)

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

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

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

Sierra Madre Elementary School  
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(626) 355-1428 Principal: Lindsay Lewis  
E-mail address: [lewis.lindsay@pusd.us](mailto:lewis.lindsay@pusd.us)

Sierra Madre Middle School  
160 N. Canon Sierra Madre, Ca. 91024  
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E-mail address: [newsom.garrett@pusd.us](mailto:newsom.garrett@pusd.us)

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(626) 449-7390 Principal: Ruth Esseln  
E-mail address: [resseln@pusd.us](mailto:resseln@pusd.us)

Pasadena Unified School District  
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(626) 396-3600 Website: [www.pusd@pusd.us](http://www.pusd@pusd.us)

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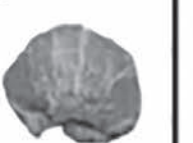
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## DOMINIC THE PIT BULL PROVES BREED PROFILING PREPOSTEROUS

Happy Tails  
by Chris Leclerc



I can't count how many times I've found myself engaged in a conversation wherein I am attempting to convince someone that pit bulls are not bad dogs, they just got a bum rap because cruel and foolish people bred and trained them to fight.

The dog people today call a pit bull is in actuality, most often a Staffordshire terrier or an American bulldog terrier. Over the years, they became mixed with a variety of other random breeds because careless owners refused to spay or neuter and failed to keep them fenced in. American bulldogs and Staffordshire terriers were originally bred and trained to perform practical tasks that made life easier for farmers and homesteaders.

The infamous "pit bull" moniker was assigned later on US soil, when looks like Dallas Cowboy lineman Nate Newton, Phoenix rapper, DMX and Detroit rapper, Calico took it upon themselves to breed and use them for a purpose they were never meant for; that of fighting in the pit.

I remember when the outrageous onslaught of negative news first came out about the pit bull. Headlines claimed it was a fierce breed to be feared rather than revered. I knew from the very start that any bad behavior on the part of the animal had to be connected to some form of abuse or mistreatment on the part of the human.

Any reasonable person who fell for the media hype that the dogs were inherently evil was clearly misled by the talking heads. Meanwhile, breeders continued to produce more and more baby bulldogs in back yards or puppy mills, tethering them to short chains, using feet and fist on them and either selling them for cash or flaunting them on the streets to gain status among their thuglet peers.

In 2007, after years of bull dog mistreatment and breed-bashing media mania, the US federal government finally found it's way to illegalize dog fighting in the US. But unfortunately there are still thoughtless thugs who think it's cool to breed and train them to fight for their own devious entertainment or gambling. Herein lies one reason why I often prefer the company of the canine to that of certain human beings.

I have a hand full bull dog mixes on my long list of canine clients and I must say that in my experience, they are among the most easy-going, warm and fuzzy furry four-legged friends I could ever hope to spend time with. Not to mention, they are absolutely gorgeous animals.

If you read about the breed you will learn that when treated kindly, bull dog terriers are known to be great with children, they are very loyal companions and they tend to be carefully protective of their masters. How much better can it get if you are looking for a family pet?

One excellent example of why it is all wrong to judge a dog by it's cover came out in an article on Huffingtonpost.com, entitled Dominic The Pitbull Cuddles and Comforts

Animal Patients At Colorado Veterinary Clinic. It's a true story about a precious pit bull that proved himself worthy of having been rescued by becoming an advocate for healing on behalf of the surgical patients at the Denka Veterinary Clinic in Colorado, where he was taken in as a pup.

Dominic, a beautiful, blue-eyed silver-coated bull dog was only 6 months old when he was first found cuddling up to a post-surgical canine patient at the clinic where he frequently accompanied his owner, Stephany Haswell on her daily shifts. Stephany was a vet tech at Denka, and initially volunteered to foster Dominic until he found a forever home. But as it turned out, Dominic found his way into Stephany's heart when he showed his full canine colors by practicing amazing acts of random kindness in the recovery room.

After the first time Dominic played nurse with a post-surgical patient, the vet and staff decided to let him continue helping his fellow four-leggers as they recovered from surgery. Remarkably, Dominic seemed to know exactly what each patient needed to gain strength and get back on all four feet. It didn't take long for Stephany to realize that Dominic was a special dog with unique talents and that she could never consider letting him go.

Dominic's helpful attention to the 'pup patients' at Denka came as no surprise to me. And, I think any real animal lover knows that dogs are fantastic therapy agents for humans as well. Not only do they perform beyond expectation as family pets by giving unconditional love, they are also willing participants in a variety of programs designed to allow canines to be catalysts for cure.

Hospitals, prisons, recovery centers and retirement homes are among the many settings where canine therapy plays a major part in the humans' daily health and welfare regimen, and rightly so. It is truly amazing how effective four-legged fur therapy can be for those in need.

I am especially pleased that Dominic, a "pit bull" chose to defy what we humans may have unwittingly mistaken him to be: a vicious, dangerous dog, unworthy of trust or love. On the contrary, Dominic and many other bull dogs like him have become excellent examples of why we humans need to kindly refrain from ignorant breed bashing. Love and let live!

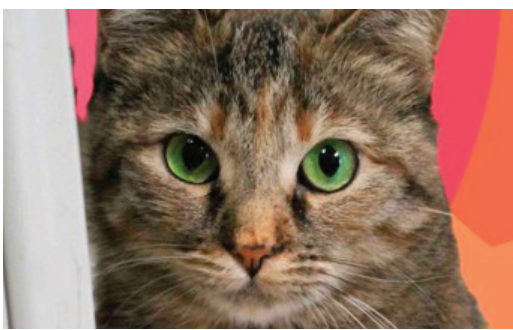


## SHE'S SO SWEET!

### Katnip News!



THE M B A, pronounced "Temba," is a 3-yr old sweet beauty! She used to only be on our "Shy Cats" page; however, our wonderful socializers have been working



with her and now may be the time to feature her as available for adoption or fostering. She is not hiding much, and is appearing more, and seems to want some attention. Several of us have even been able to pet her! It's like she really really wants to be brave and get some petting, but she's just not sure how... If she can just find a patient adopter or foster we know she will do even better. You can see it in her eyes--this girl has

a lot of love to give, and just wants to be loved! See her video at <https://www.youtube.com/watch?v=f4qym5tMB7U>. Adoption fee is \$100, which includes spay, microchip, exam & vaccines. Fosters provide food, litter, safety, sweet-talk, and love while we provide vet care. Call 626-355-7672 for a Meet & Greet. We have a whole page devoted to our shy cats at <http://www.lifelineforpets.org/shy-cats-need-homes-too.html>.

## HEALTHY LIFESTYLES

### Yogic Wisdom for Everyday Life

????????????



Living Optimism  
Do you remember the "like attracts like" principle?

It illustrates the idea that the more energy and thought we put into something, the more it will grow. Also, the longer we are in that place or state of mind, the greater the tendency is to stay there. It becomes comfortable.

This applies to thought patterns and habits, or even optimism and negativity. Gandhi illustrates this point of view eloquently: "Your beliefs become your thoughts, your thoughts become your words, your words become your actions, your actions become your habits, your habits become your values, your values become your destiny." In other words, "like attracts like." So, how then do we change course and step off the flow of negativity?

First, the realization of the power of choice must come into awareness. No one, no circumstance, no external structure has power over our lives and inner peace. Higher values of love, compassion, tolerance, and universal connection with one another are the guiding force by which we soothe fear. To take the

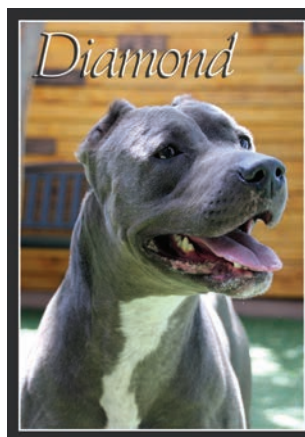
in fuse out of fear, truthfulness (honesty), or satya must be present.

Second, after becoming aware and acknowledging the feeling of fear or the train of thought of negativity, cultivate the opposite. Optimism and love are the antidotes to overcoming negativity. Even doing this begrudgingly will call upon those higher principles when we act in our higher selves. This process will lead us into the spirit of open-mindedness. This process is one of the core reasons why yoga benefits the world. The world has enough pain and negativity. Yoga cultivates compassion and tolerance—for everyone—and that means everyone! Each one of us is experiencing the human condition together. Any actions I take affect not only others but myself as well by creating my own internal suffering from living in a negative frame of mind. Resist and defeat negativity with hope and a positive attitude. Knowing all of this, my yoga practice, meditation, and a practice of loving-kindness feel more important than ever.

Namaste, Keely Totten, Yoga & Meditation Teacher, Fan of the resistance against negativity  
[Keely@keelytotten.com](mailto:Keely@keelytotten.com)

## BEST FRIEND

Diamond is a lovely two-and-a-half year old "Blue" American Staffordshire girl who was made to look like a warrior when she is actually a sweetheart and a lover. This sweet girl was surrendered by her former owners. Thanks to the tender love and care of volunteers and staff, she is discovering some of the nice and fun things in life. She enjoys her walks around the park, does well on a leash and loves sunbathing during her walks. If you are that special family who is able and willing to give this adorable girl the loving and forever home she deserves, please stop by and be ready to fall in



love with this jewel! Her adoption fee is \$145 and includes spay surgery, vaccinations, microchip and a free wellness exam at a participating veterinarian. Feel free to call us at (626) 286-1159 for more information. She currently resides at the San Gabriel Valley Humane Society located at 851 E. Grand Avenue in San Gabriel which is located off San Gabriel Blvd, north of Mission and south of Las Tunas Drive. To arrange a 'Meet and Greet', please stop by any time from 10:30am to 4:30pm Tuesday through Sunday. Website: [www.sgvhumane.org](http://www.sgvhumane.org).



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

### TIPPING ABROAD 2018

My buddy Brad is headed off to Europe next week and was curious on the protocol for tipping. Here in the states it is customary to tip your server, carwash person, hairstylist, and just about anyone that provides a service. Tipping the bartender that owns the bar or the stylist that owns the saloon, or even the delivery person that owns the florist. My research tells me that they want to be tipped as we. After all, we are tipping for those who provide a service, however if they own the establishment I never feel that bad about lowering the tip or rounding it down. I know that won't get me front row seats, but I have found that tipping a \$1 at Starbucks at the end of the week is sufficient.

Now the question is do you tip in Europe? In my first trip to Athens as an adult I lavished 20% tips on waiters and service people and was rewarded on the end of my trip for that indulgence. I will explain later. In ten days of vacation we never really got outstanding service.

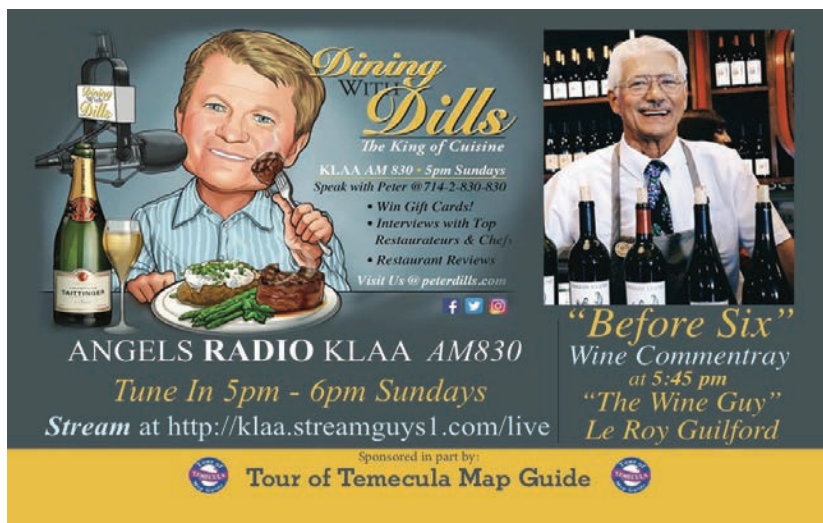
We never got bad service but the server's job was to get the food to the table and that amounted to it. I found it curious coming from California where we expect plenty of up sell and a full glasses of water that Europe did not shower me in attention as I am accustomed to in the states. Another restaurant, but the same medium of the road service greeted me. So I started tipping 10%. I asked our tour guide as to the policy of tipping. She said that everyone in Greece works at what is called a living wage and that any gratuity is welcome. So, what about other parts of Europe, or was this just in Greece? The rule of

thumb is to check your bill, and look for a service charge. Believe it or not many restaurants don't allow the workers to keep their tips.

I have three suggestions:

1/ Round up the amount; say it's 35 Euro, round it up to 40.

Leave the tip portion as cash. 2/ Give tip directly to your



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server 3/ Check the bill and if there is a Tax or Service charge and you feel that you got great service, by all means leave a few more Euros.

Now back to my story on the 20% tip, we went back to the original restaurant in Athens that we started our trip at, the one I gave a full 20% tip to. After such a journey, now I know why he was so happy to see me. The beer, and the desserts were all on the house, so maybe the 20% did pay off!

Listen for more tips this Sunday at 5P M KLAA AM 830 or go to my website [www.diningwithdills.com](http://www.diningwithdills.com)

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Learn to protect yourself! Here is an overview...

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## STRENGTH TRAINING TIPS FOR SENIORS

Dear Savvy Senior,

*I've fallen several times over the past year and my doctor has recommended that I start a strength-training program to help prevent future falls. But at age 72, I've never lifted weights before and could use some help. What can you tell me?*

Looking for Help

Dear Looking

Weak leg muscles and poor balance are two of the biggest factors that cause seniors to fall. Most people, after age 40 lose about one percent of their muscle mass each year, which really adds up over time. But study after study has shown that it's never too late to rebuild muscle through strength training.

Regular resistance or strength training can help you build muscle strength, increase your bone density and improve your balance, coordination and stamina, and will help prevent falls. It can also help reduce the signs and symptoms of many chronic conditions too like arthritis, diabetes, high blood pressure, back pain, depression and obesity. And some studies even show that it helps improve cognitive function too. Here are some simple ways to help you get stronger.

#### Getting Started

After you get your doctor's okay, consider working with a professional trainer or physical therapist for a few sessions to help you develop a safe and effective routine you can continue on your own. Or go to GrowingStronger.Nutrition.Tufts.edu for a free program from Tufts University in Boston and the Centers for Disease Control and Prevention.

Also see Go4Life.NIA.NIH.gov, a resource created by the National Institute on Aging that offers a free exercise guide that provides illustrated examples of exercises you can do at home to strengthen your body. You can order your free copies online or by calling 800-222-2225.

To improve your strength you have to keep stressing your muscles, so you'll need to exercise at least two or three days a week for 30 to 45 minutes, and increase resistance and the number of repetitions over time. But be sure you give your muscles a day off between workouts. It makes the muscle stronger and more able to resist future injury.



#### Equipment

If you work out at home you'll probably need to invest in some equipment. While some strength training can be done using your own body weight (like push-ups, sit-ups and leg squats), hand weights, ankle weights, medicine balls, resistance bands or rubber tubing, are all great tools for strength training. You can find all these products at sporting goods stores, or online at Amazon.com for around \$10 or less. Cans of soup, water bottles or plastic milk containers filled with water or sand can also be used (like small hand weights) for resistance.

#### Senior Classes

If you don't like exercising alone consider joining a gym, or call your local senior center to see if they offer any strength training exercise classes.

You should also check out SilverSneakers (SilverSneakers.com, 888-423-4632) or Silver&Fit (SilverandFit.com, 877-427-4788), two fitness programs offered in thousands of fitness centers, gyms and YMCAs throughout the U.S. that offer special classes designed for older adults. These programs are available for free to seniors that have certain Medicare supplemental policies or Medicare Advantage plans.

#### Aerobic and Balance Exercises

Some other good fall-prevention exercises that can help you get stronger include aerobic activities like walking, cycling or water aerobics. And to improve your balance there's Tai chi, along with a number of simple balance exercises that you can do anytime like standing on one foot for 30 seconds then switching to the other foot, and walking heel-to-toe across the room.

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

## KATIE Tse .....This and That



## DOPEY OLYMPICS

I hope you're enjoying the Olympics. I haven't been keeping up with it except for when it's being shown on TV when my husband and I eat out. I know it's the Winter Olympics and that it's in South Korea. For me, that's pretty good. Heck, for all I know it might be over by the time you read this. Oh well. We'll relive the magic again four years from now. So with that non-informative introduction, I hope you don't mind reading an article I wrote a long time ago when Lance Armstrong was first discovered to have been doping (if that's the right term...). At least it's a blast from the past.

Growing up without a TV, I've never been up on current events. However, it'd be hard to escape coverage of Lance Armstrong's recent doping confession.

Yes, what's long been suspected is now undeniable, Lance was taking human growth hormone, testosterone, oxygenated blood, "Pop Rocks" with Red Bull, and who knows what else. A hero defrocked. So sad. But let's not get too self-righteous; if the man says "everyone was doing it," who are we to judge?

I do not, in any way, condone the use of illegal, potentially harmful artificial stimulants (except perhaps caffeine --as in coffee, not Red Bull). Of course, injecting yourself with hormones or doctored blood can't be good for you. But we have these competitions, such as the Olympics and the Tour de France, etc. For the majority of athletes, this is their only opportunity to shine before they succumb to the inevitable pitfalls of age and injury. And to top it off, they're probably competing against others who are cheating with the latest form of doping. And let's not forget all the lying regarding participants' ages (and sometimes gender). That girl twirling through the air is so young that that she has no discernable hips, but they claim she's 16. You can't blame her parents for not keeping birth records in the wilds of rural North Korea.



To say it's unfair is a gross understatement. But how do we correct this wrong? Like the market for illegal drugs, the practice isn't going to stop just because someone says it's not allowed. No matter how sophisticated pre-game testing gets, there are still going to be the persistent few (or many) who lie and shoot up with some contraband substance.

I propose a new approach to this perennial problem. Why not have our same competitions, but allow everyone to use whatever enhancing substances they choose? There'd have to be a comprehensive legal waiver; something along the lines of "If your chest explodes while racing to the finish line, we're not responsible," and "Managers of child laborers assume all liability."

Some might find this morbid or immoral. But I don't consider it much worse than the standards we have now. There could, of course, be "clean" games to offset "dirty" ones. For these competitions, participants would have to actually follow the rules. Of course, there probably wouldn't be the spectacular feats of human strength and endurance we're used to seeing --primarily because the athletes would be limited to their actual human strength and endurance. But even these events would probably soon become as contaminated as our current system is.

At the end of the day, it's no doubt best to simply acknowledge the achievements of those who've won. Don't give them ten million dollars. Don't sign them up for sponsorship contracts. Don't plaster their faces on boxes of Wheaties. Don't make them into some kind of moral role model for schoolchildren. They didn't find a cure for cancer or save a village in Africa. They won a race. Maybe if we kept things in perspective, athletes and their coaches wouldn't feel driven to such acts of chicanery. In the meantime, we might choose to find a channel that's not sensationalizing Armstrong's fall from grace. And we can look forward to the 2016 games in Rio. Oh, boy. (You can see how old this article is!)

## 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 &amp; 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.

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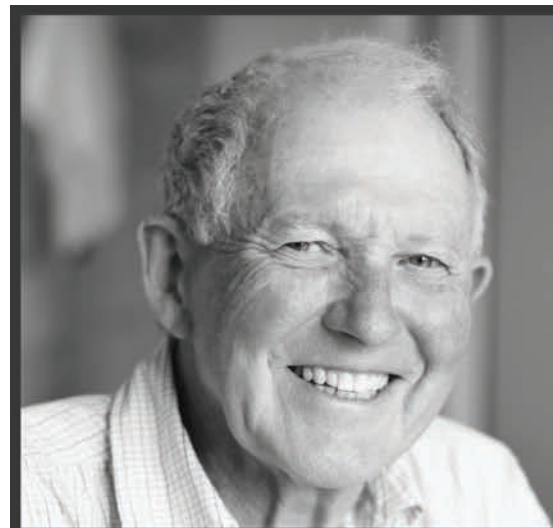
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Looking Up  
with Bob Eklund

## A PIECE OF MARS IS GOING HOME

A chunk of Mars will soon be returning home.

A piece of a meteorite called Sayh al Uhaymir 008 (SaU008) will be carried on board NASA's Mars 2020 rover mission, now being built at the agency's Jet Propulsion Laboratory in Pasadena, California. This chunk will serve as target practice for a high-precision laser on the rover's arm.

Mars 2020's goal is ambitious: collect samples from the Red Planet's surface that a future mission could potentially return to Earth. One of the rover's many tools will be a laser designed to illuminate rock features as fine as a human hair.

That level of precision requires a calibration target to help tweak the laser's settings. Previous NASA rovers have included calibration targets as well. Depending on the instrument, the target material can include things like rock, metal or glass, and can often look like a painter's palette.

But working on this particular instrument sparked an idea among JPL scientists: why not use an actual piece of Mars? Earth has a limited supply of Martian meteorites, which scientists determined were blasted off Mars' surface millions of years ago.

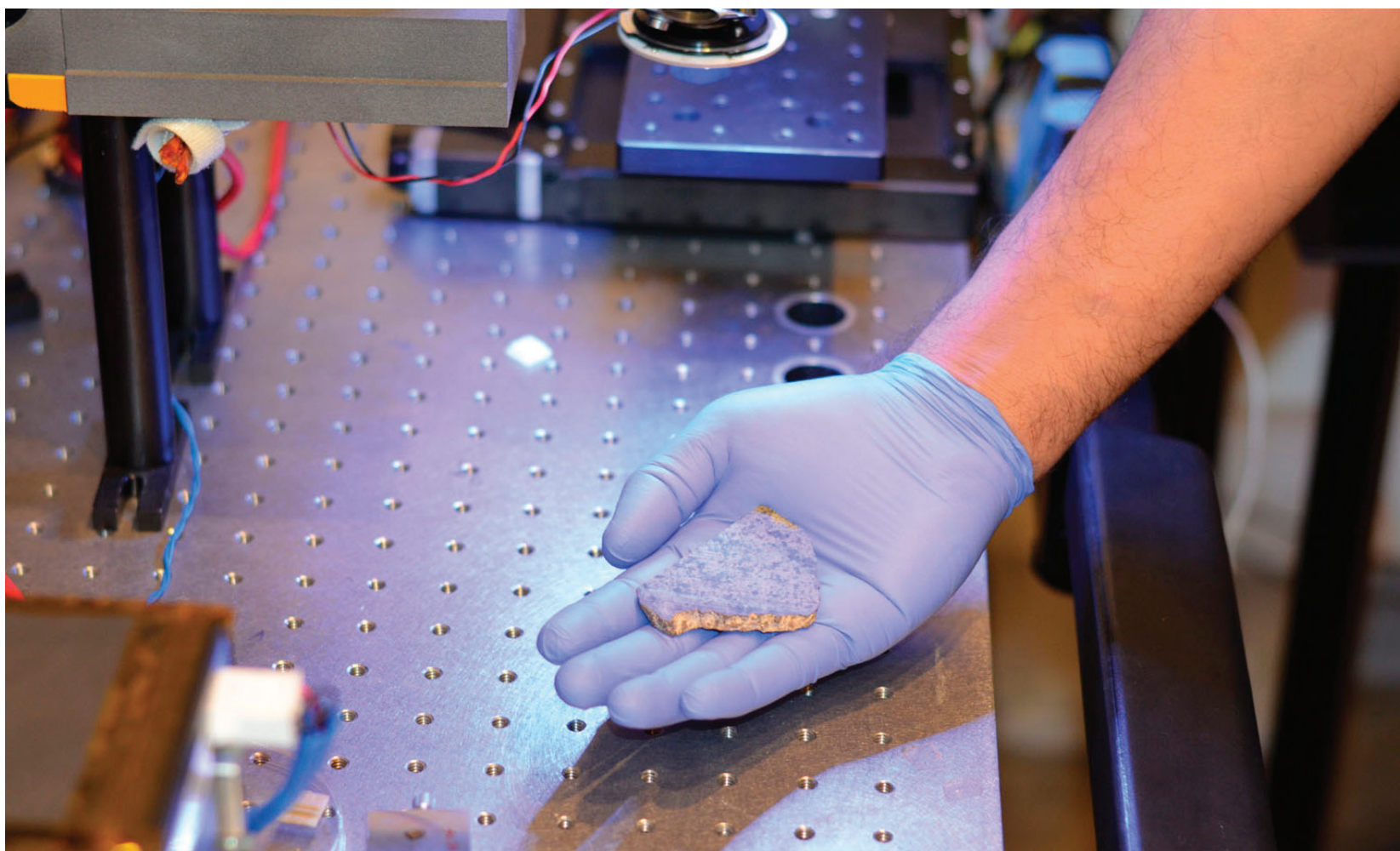
These meteorites aren't as unique as the geologically diverse samples 2020 will collect. But they're still scientifically interesting—and perfect for target practice.

"We're studying things on such a fine scale that slight misalignments, caused by changes in temperature or even the rover settling into sand, can require us to correct our aim," said Luther Beegle of JPL. Beegle is principal investigator for a laser instrument called SHERLOC (Scanning Habitable Environments with Raman and Luminescence for Organics and Chemicals).

SHERLOC will be the first instrument on Mars to use Raman and fluorescence spectroscopes, scientific techniques familiar to forensics experts. Whenever an ultraviolet light shines over certain carbon-based chemicals, they give off the same characteristic glow that you see under a black light.

Scientists can use this glow to detect chemicals that form in the presence of life. SHERLOC will photograph the rocks it studies, then map the chemicals it detects across those images.

Martian meteorites are precious in their rarity. Only about 200 have been confirmed by The



Meteoritical Society, which has a database listing these vetted meteorites.

To select the right one for SHERLOC, JPL turned to contacts at NASA's Johnson Space Center in Houston, as well as the Natural History Museum of London. Not just any Martian meteorite would do: its condition would need to be solid enough that it would not flake apart during the intensity of launch and landing.

It also needed to possess certain chemical features to test SHERLOC's sensitivity. These had

to be reasonably easy to detect repeatedly for the calibration target to be useful. Experts tried several samples, cutting off thin bits to test whether they would crumble. Using a "flaky" sample could damage the entire meteorite in the process.

The SHERLOC team ultimately agreed on using SaU008, a meteorite found in Oman in 1999. Besides being more rugged than other samples, a piece of it was available courtesy of Caroline Smith, principal curator of meteorites at London's Natural History Museum.

"Every year, we provide hundreds of meteorite specimens to scientists all over the world for study," Smith said. "This is a first for us: sending one of our samples back home for the benefit of science."

Along with its own Martian meteorite, SHERLOC's calibration target will include several interesting scientific samples for human spaceflight. These include materials that could be used to make spacesuit fabric, gloves and a helmet's visor.

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



## CHRISTOPHER Nyerges

[Nyerges is the author of several books, a teacher, and blogger. He can be reached via School of Self-reliance at Box 41834, Eagle Rock, CA 90041, or [www.ChristopherNyerges.com](http://www.ChristopherNyerges.com), where one can view his various blogs.]

Way back in the pre-Christian era of Europe, when many gods were worshipped, there was Lupercus, a pastoral god, sometimes identified with Faunus or Pan. Lupercus/Faunus is depicted as having the body of a man but the horns, pointed ears, tail, and hind legs of a goat. That is, Faunus is more or less identical with the satyr, who was said to be lustful, ever ready to party. And the folks back then had a special commemoration day just for this party animal.

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

OK, fast forward to 2017, and the stores of our town are full of red and pink hearts, and lovers and sweethearts are looking for something to give that special person. Why? Because February 14 is the day set aside to commemorate a real historical person named Valentinus, the day we now call "Saint Valentine's Day." And who was Valentinus? With just a little bit of research, we learn that this Valentinus person was stoned, clubbed, and beheaded in about the year 270 A.D. He was violently killed by an unruly mob. But why? Did Valentinus have something to do with chocolates and hearts? Did he have anything whatsoever to do with the festivities of Lupercalia?

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

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

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

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

Through research, we learn that Valentinus was influenced by Plato (the main source of the teachings of Socrates), Zoroastrianism, and Christianity. Valentinus also spoke of a spiritual realm which he called Pleroma, which consisted of "emanations" evolving from an original divine being. These have been described as the layers of an onion, with each layer being a wholly complete reality. It's all very interesting, though it's all a bit second-hand because whatever Valentinus wrote was apparently "lost" or destroyed by opponents.

The term Gnosticism came from the word "gnosis," defined as spiritual knowledge. Those who followed this line of study were called the Gnostics, and many were referred to as Christian Gnostics. But by the third century, the more orthodox Christian church (and the political power of the day), decided to oppose and persecute the Gnostics. By the end of the third century, Gnosticism as a distinct movement had largely disappeared.

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

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

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

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

## OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder



## OH, DEM GOLDEN TONES OF SILENCE

Last Saturday evening the Gracious Mistress of the Parsonage and Yours Truly were reclining on the living room sofa enjoying our evening cup of coffee. It is a wonderful way to unwind after a week of activity. No matter how hectic the week was, a few quiet moments with a cup of Joe can put everything in perspective.

After an extended time of silence my wife spoke. "Listen. Do you hear that?" "Hear what?" I enquired. "That. Don't you hear it?"

The smile on her face indicated that what she was hearing was rather pleasing.

Well, I strained my ears as if they were corn and I still did not hear a thing. Usually, I am up on all the sounds echoing throughout our abode, mainly because I am the source of most of them, but this had me baffled. The more I strained the less I heard.

"You don't hear that?"

I put my coffee cup down so I could give all my attention to hearing exactly what she was hearing. It is a proven fact that women hear a lot more than men do. It probably is a genetic thing wives inherit from their mothers. The only things men inherit from their fathers are "pull my finger" jokes, which only come in handy at family reunions.

Then, to my delight, I heard it, too. It was the golden tones of silence whistling through the corridors of our house. Ah, silence, my old friend.

For the past week that sound was a stranger within our walls. But now, much to our delight, it had returned and what a return.

For the past week, all the Snyder grandchildren had invaded our home front. At last count, there were eight. I can't be sure because several of them, I'm not sure how many, were running around so much I could not count them. They ranged from 9 months all the way to 13 years. There are two girls and the rest are...well, not girls. When someone said that boys will be boys, they sure knew what they were talking about.

It was one glorious seven-day-period of activity, noise and, yes, something I had forgotten, smells. I can never figure out how something so cute and so small can smell...well...so bad. Why is it grandchildren always want to sit on grandpa's lap when they are in such a delicate condition? Do they think, as we get older our nose goes into hibernation? Mine hasn't, yet. Believe me.

My wife and I tried packing into those 7 days as much memories as humanly possible. It is a rare time when the grandchildren are all in one place – our place. We enjoyed some great times together and went to some local places of interest, interest to children. For some reason my suggestion of visiting some of my favorite used bookstores did not fly, but the beach was a resounding "Yeaaaaaa."

So, to the beach we went fully attired in the proper swimming gear. As the official family

photographer, I could not go into the water. I actually made that rule up, but nobody objected. Everyone was too busy yelling, "Hey, grandpa, watch this," to worry about my swimming.

Once back home I broke out my secret cache of water pistols and the water fight to end all water fights commenced. All I know is that next month when I get my water bill I will wonder who in the world used all that water. Then, I will smile when I remember how in the world it was used. Money well spent, I assure you.

Now, all of that is memory, and oh, what memories. For months, my wife and I will say to each other, "Do you remember what Owen said?" Then we will laugh again. Or, "Do you remember what Simon did?" And the memory will have us in hysterics.

In some quiet moment one of us will say, "I was just thinking of what Dylan did at the beach when he they were all here." And the other will smile and nod remembering the incident.

"Remember when all the grandchildren were on the trampoline?"

We will and it will be hard to wipe the smile from our faces. Memories are better remembered in silent moments when they can rightly be appreciated.

Then my wife said, "Didn't Tyler and Taylor and Jordan and Olivia seem to enjoy playing with their cousins from Ohio? I've never seen them so happy."

In one of those pensive moments I thought about who had the good sense to invent grandchildren. There must have been a quiet moment in heaven when God looked around and said, "It's too quiet here. What can we do to liven things up a little?"

Everybody looked at each other and the silence got quieter. It was then that God had one of those moments that changes everything. He smiled and looked at everyone and said, "I know exactly what is needed." Then God created his greatest work, grandchildren.

I like what the Bible says along this line. "Children's children are the crown of old men; and the glory of children are their fathers." (Proverbs 17:6).

God seems to like the idea of grandchildren. "But the mercy of the LORD is from everlasting to everlasting upon them that fear him, and his righteousness unto children's children," (Psalms 103:17).

Silence may be golden but it does not compare to the silver trumpet of grandchildren all talking at the same time.

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 [jamesnsnyder2@att.net](mailto:jamesnsnyder2@att.net). The church web site is [www.whatafellowship.com](http://www.whatafellowship.com).

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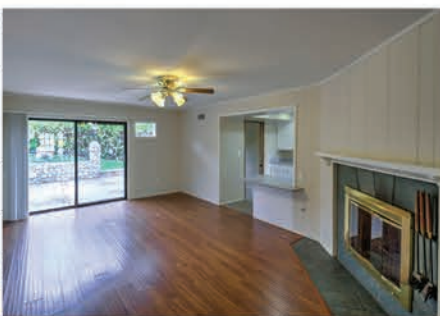
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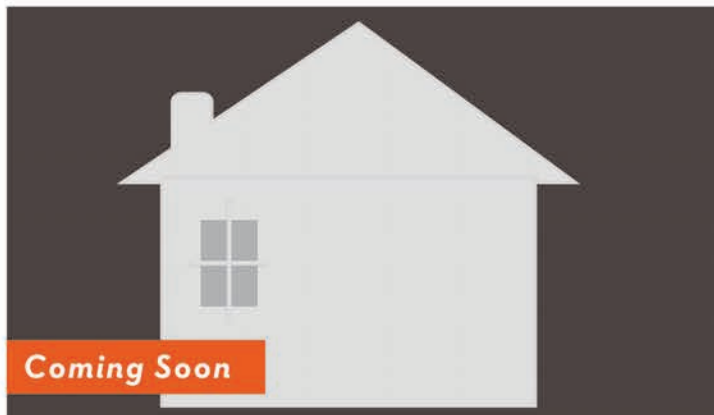
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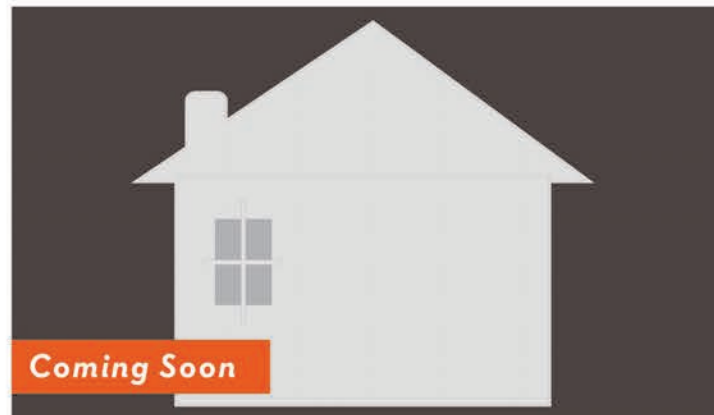


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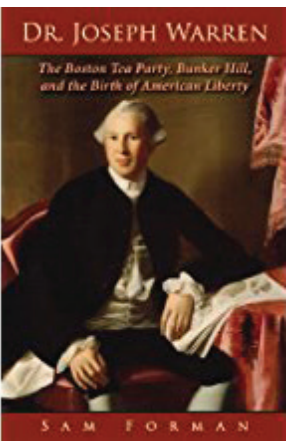
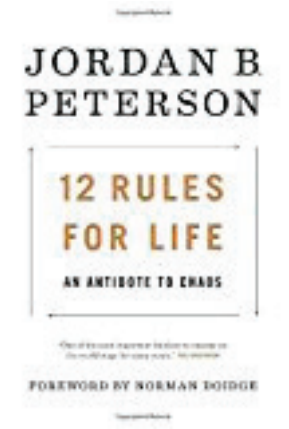
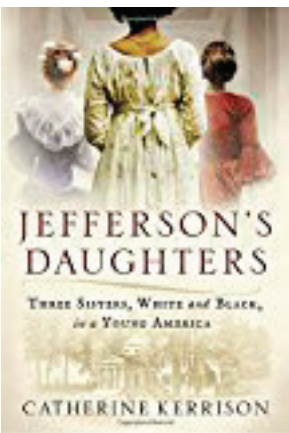


## Jeff's Book Pics

By Jeff Brown

**Jefferson's Daughters: Three Sisters, White and Black, in a Young America** by Catherine Kerrison

The remarkable untold story of Thomas Jefferson's three daughters—two white and free, one black and enslaved—and the divergent paths they forged in a newly independent America. Thomas Jefferson had three daughters: Martha and Maria by his wife, Martha Wayles Jefferson, and Harriet by his slave Sally Hemings. In *Jefferson's Daughters*, Catherine Kerrison, a scholar of early American and women's history, recounts the remarkable journey of these three women—and how their struggle to define themselves reflects both the possibilities and the limitations that resulted from the American Revolution. Although the three women shared a father, the similarities end there. Martha and Maria received a fine convent school education while they lived with their father during his diplomatic posting in Paris—a hothouse of intellectual ferment whose celebrated salonnieres are vividly brought to life in Kerrison's narrative. Once they returned home, however, the sisters found their options limited by the laws and customs of early America. Harriet Hemings followed a different path. She escaped slavery—apparently with the assistance of Jefferson himself. Leaving Monticello behind, she boarded a coach and set off for a decidedly uncertain future. For this groundbreaking triple biography, Kerrison has uncovered never-before-published documents written by the Jefferson sisters when they were in their teens, as well as letters written by members of the Jefferson and Hemings families. She has interviewed Hemings family descendants (and, with their cooperation, initiated DNA testing) and searched for descendants of Harriet Hemings. The eventful lives of Thomas Jefferson's daughters provide a unique vantage point from which to examine the complicated patrimony of the American Revolution itself. The richly interwoven story of these three strong women and their fight to shape their own destinies sheds new light on the ongoing movement toward human rights in America—and on the personal and political legacy of one of our most



controversial Founding Fathers. **Dr. Joseph Warren: The Boston Tea Party, Bunker Hill, and the Birth of American Liberty** by Samuel A. Forman  
The definitive biography of the Revolutionary War doctor and hero. An American doctor, Bostonian, and patriot, Joseph Warren played a central role in the events leading to the American Revolution. This detailed biography of Warren rescues the figure from obscurity and reveals a remarkable revolutionary who dispatched Paul Revere on his famous ride and was the hero of the battle of Bunker Hill, where he was killed in action. Physician to the history makers of early America, political virtuoso, and military luminary, Warren comes to life in this comprehensive biography meticulously grounded in original scholarship.

**12 Rules for Life: An Antidote to Chaos** by Jordan B. Peterson  
What does everyone in the modern world need to know? Renowned psychologist Jordan B. Peterson's answer to this most difficult of questions uniquely combines the hard-won truths of ancient tradition with the stunning revelations of cutting-edge scientific research. Humorous, surprising and informative, Dr. Peterson tells us why skateboarding boys and girls must be left alone, what terrible fate awaits those who criticize too easily, and why you should always pet a cat when you meet one on the street. What does the nervous system of the lowly lobster have to tell us about standing up straight (with our shoulders back) and about success in life? Why did ancient Egyptians worship the capacity to pay careful attention as the highest of gods? What dreadful paths do people tread when they become resentful, arrogant and vengeful? Dr. Peterson journeys broadly, discussing discipline, freedom, adventure and responsibility, distilling the world's wisdom into 12 practical and profound rules for life. *12 Rules for Life* shatters the modern commonplaces of science, faith and human nature, while transforming and ennobling the mind and spirit of its readers. The preceding book reviews are from Amazon.com.

## All Things

By Jeff Brown

### EDITOR'S LETTER BY WILLIAM FALK EDITOR IN CHIEF "THE WEEK"

As you squeeze into a downsized airline coach seat that would be snug for a 9 year old, you find a peacock in the next chair, warily eyeing you. Or a diapered duck. Or a pig (without a diaper). Or a large, growling dog. Absurd, I know, but entirely possible: Last year, Delta alone flew 250,000 service and emotional support animals brought be passengers who insisted they needed cats, turkeys, rodents, untrained dogs, and even a peacock to keep them calm at 30,000 feet. (The Peacock, thankfully, was rejected.) Some of these animals have pooped in seats and aisles; others have bitten passengers and other support animals. If there's a single phenomenon that captured the spirit of this age, It's this one. As David Leonhardt put it in the New York Times this week, the support animal is one more piece of proof that we live in a culture that "fetishizes individual preference and expression over communal well being." The credo of this culture is simple and shameless: I am the center of

the universe. What I want is what I need, and who cares what I need affects you? This worldview, unfortunately is promoted and magnified by technology that encapsulates people in a bubble of personal preferences. Thus it is that public places are filled with oblivious morons loudly running their mouths on smartphones, or plowing down crowded sidewalks with their ears plugged and their downturned heads buried in texts. In fetishizing individual expression, social media has fouled the virtual public square with bile and menace. And national politics, there are no longer any commonly agreed upon facts, no basic standards of decency, just tribes fighting for dominance. If you disagree, you are an un-American loser. Am I reading too much into the story of the peacock on the plane? Perhaps so. But just wait until the next time you settle into an airline seat and there is a comfort creature with a sharp beak glaring at you.

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## FAMILY MATTERS

By Marc Garlett



### WHAT DO SUCCESSOR TRUSTEES AND EXECUTORS DO?

**Executor's Duties**  
An executor, sometimes called a personal representative, is the person who is named in a will, appointed by the court, and responsible for probating the will and settling the estate.  
Typically, a petition of probate must be filed with the court for an executor to be appointed. If the person agrees to be the executor, and no one objects, the court will issue letters of testamentary. These letters authorize the executor to gather the estate's assets, sell assets, pay creditors, and open an estate bank account. An executor is ultimately responsible for distributing the estate assets to the heirs in accordance with the terms of the will. If there is no will, then your executor will distribute assets in accordance with California state law. Distribution of estate assets, in either case, happens only after debts, taxes, and administration expenses are paid.

**Trustee's and Successor Trustee's Duties**  
A trustee, on the other hand, is an individual or trust company named in a trust document and is in charge of the assets that are held in a

trust. Assets held in a living trust avoid probate, which means court supervision is not required. In most revocable living trusts, the trust creator acts as the trustee and can make changes including moving assets to and from the trust, changing its beneficiaries, or even revoking the trust entirely if it is no longer necessary. Once the trustee is no longer able to manage his or her affairs, because of cognitive impairment or another injury, the successor trustee will step in and handle the trust management. Upon the trustmaker's death, the successor trustee will distribute the assets held in the trust to the trust's beneficiaries and subsequently close down the trust. So this role is similar to an executor, but without the burden of probate.

**Other Thoughts**  
You do have the option of having more than one trustee or executor. It is often better to name a sequence of trustees or executors, however, rather than joint ones. The executor and successor trustee can be different people, but do not have to be. There are advantages and disadvantages to each setup. Be sure to speak with your trusted advisor about the nuances and legal strategies important to consider when selecting your executor and successor trustee.  
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*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](http://www.GarlettLaw.com) for more information.*

## BUSINESS TODAY

The latest on Business News, Trends and Techniques

By La Quetta M. Shamblee, MBA



### GETTING AN "A" FOR HANDLING A CUSTOMER COMPLAINT

Years ago, I went to lunch at a local restaurant with a group of seven co-worker's to celebrate our supervisor's birthday. It seems that we were forgotten after we were seated at our table as orders were taken and delivered to most of the tables around us. Somehow, our table had not been assigned to any of the servers on the floor and none of the staff had notices. Finally, the manager made the rounds to our table and realized the oversight. We informed her that we had already been waiting for almost 20 minutes and had a limited amount of time to get back to the office.  
She apologized, called a server over to take our order immediately, then instructed the server to inform the kitchen staff to expedite it. When our orders were ready, the manager helped the server deliver the food to our table. She was making it clear to us that we mattered as customers as she demonstrated her intention to "right the wrong." About half way through the meal, she returned to check on us, asking if everything was okay and if we needed anything else. We were impressed with how she'd handled the situation, but she went even further when she handed us dessert menus and informed us, "A dessert for each of you is on the house, and since you may not have time to eat it here, we'll pack it go."  
This scenario holds some important lessons about turning a negative customer experience into something really positive. If the manager were to receive a grade for how this was handled, it would definitely be an A+. All businesses can take a page from this manager's playbook, which is outlined in three steps:

- 1) Acknowledge the problem that the customer is having. Initially, it is important to listen to what the customer has to say and it doesn't matter whether

you agree or not. By listening, it may minimize or alleviate the customer's frustration and set the stage for an amicable resolution. Sometimes, a customer simply wants to be heard, with not further expectation other than "reporting" the problem to someone in charge.  
2) Address the problem by letting the customer know what you can do, and plan to do. It isn't always possible to resolve the problem immediately, so it may entail informing the customer that it will require an addition process and additional time on our part.  
3) Action by you "in the moment" gives the customer confidence that something concrete will be done to address their concerns. Your first action must be a sincere face-to-face apology for their inconvenience.  
4) Atone with an offer of something appropriate for your customer's unfortunate experience. Sometimes, the initial policy is sufficient, but you should use discretion to select a response to encourage the customer to have a positive impression of your business.  
In the earlier example, the manager understood both the challenge and opportunity of resolving the matter with our group. We were a table of customers who worked at a nearby company, which meant that some of us might be regular customers, and we were there for a special birthday celebration. Considering that our final lunch tab was over \$150 (without the tip), her offer of a free dessert was the "icing on the cake" for how each us viewed her impressive approach to customer service approach. When we returned to the office and shared our experience, the restaurant became of the most popular "go-to's" for special office celebrations, as well as the weekly after-work "happy hour" spot. You can bet the restaurant recouped the cost of our six free desserts many times over.

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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



GEORGE WASHINGTON'S HISTORY? IT'S COMPLICATED

"What do you mean that America's youth know little about George Washington, except that he was a slave owner?"  
"Few schools teach children about George Washington anymore.

And as more towns remove Confederate statues from public land, related news stories are emerging that focus on the complications of historical figures, such as Washington, who owned slaves."

"As we apply contemporary morality to historical figures, I can understand how things might get complicated. But Washington was still one of our greatest leaders!"

"It's true. Many scholars and historians rank him as our greatest president and one of the primary reasons the experiment called America was able to work. His story is one and the same with America's story."

"Go on."

"From early on, Washington was a natural leader. He had an imposing presence, standing nearly 6-foot-3 at a time when the average man was about 5-foot-8. And he was invincible. During one battle in the French and Indian War, four bullets ripped his coat and two horses were shot from under him, yet he was unscathed."

"He was our first real action figure!"

"He represented the rebellious American spirit, you see, and he led the charge to break away from the restrictions and regulations of the British. In 1775, he took command of our motley crew of an army and led it in a war that lasted six grueling years. Many historians believe that no other leader could have won this war."

"I read that he was so popular after winning the war, he could have become a king, but wanted nothing to do with that."

"That is also true. He used his immense popularity to help establish our Constitution, which grants power to us little folks. Then he reluctantly became our first president. He wanted nothing to do with that job, either, but knew our fledgling government needed his leadership to survive."

"Well, we did survive and went on to become quite a success story. What did Washington do after serving his country for so many years?"

"He returned to his beloved Mt. Vernon to farm and enjoy life. He devoted himself to innovating new farming techniques and he also owned one of the largest whiskey distilleries in the country. Which brings us back to the domestic slaves who helped him run his vast business operations."

"Go on."

"History.com says Washington's views of slavery evolved over his life: 'During the Revolutionary War, he became more uncomfortable with the thought of purchasing and owning other human beings. But though he supported abolition in theory, he never tried it in practice.'"

"I thought that upon his death, he freed the slaves who worked on his plantation."

"According to History.com, he did promise in his will to free all of his slaves upon his death. But only one slave went free initially."

"Why the heck did that happen?"

"History.com says that it had to do 'with law, marriage and a family that disagreed with their patriarch's evolving views on slavery.' Washington's will also stipulated that his slaves would remain with his wife, Martha, for the rest of her life."

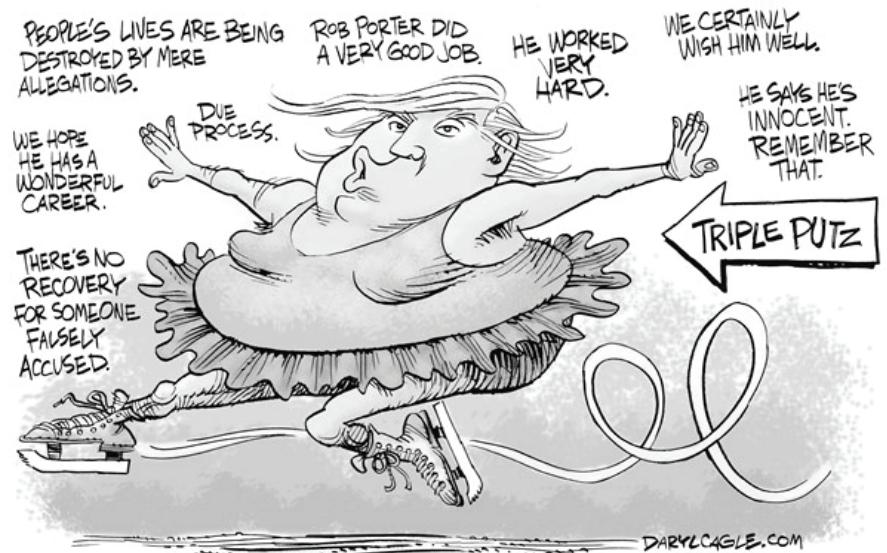
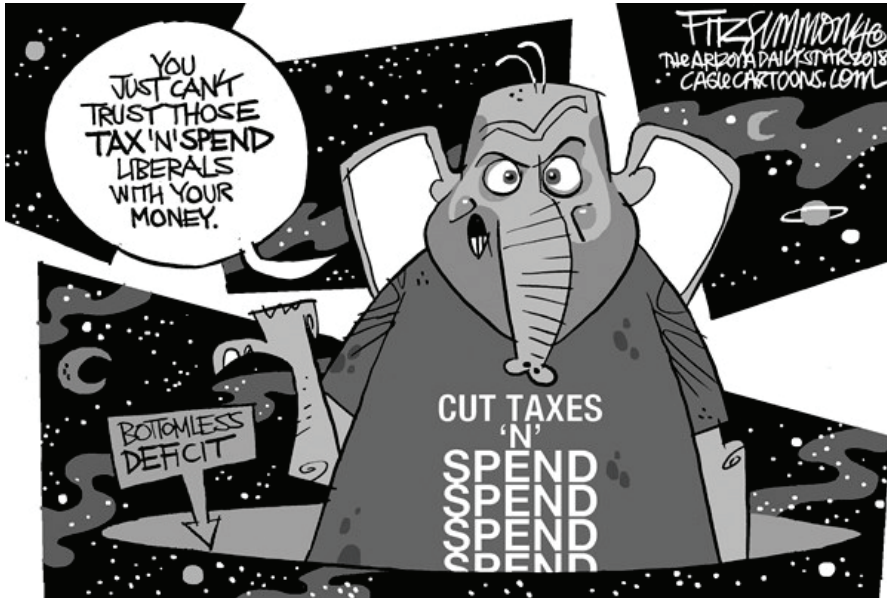
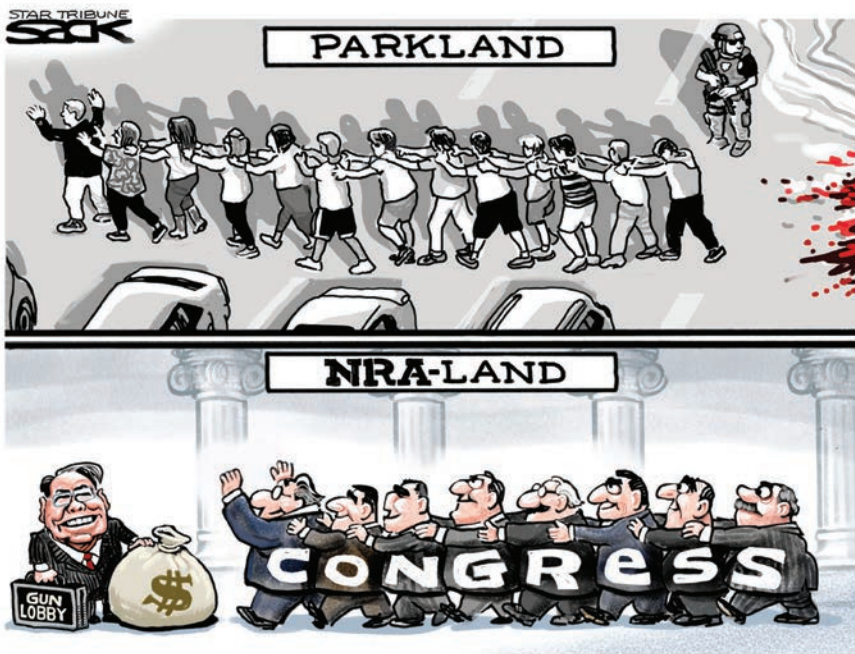
"But Martha freed them?"

"History.com says that she may have done so either because they were expensive to keep or because she feared they would poison her. She freed the rest of his 123 slaves one year after his death, though she kept 153 of her own slaves."

"I see what you mean by our history being 'complicated.'"

"Look, Washington was a great man by multiple measures. But his thoughts on slavery were contradictory. The fact is, according to MountVernon.org, he was America's only slave-owning Founding Father to free his slaves in his will!"

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-R



LEFT TURN/RIGHT TURN

DICK POLMAN



YES, A REPUBLICAN RUNNING FOR CONGRESS IS ALSO A NAZI

Forget Washington for a moment. Forget the news that the Republican Congress has voted to massively deepen the budget deficit, the same deficit they used to blame Obama for. Instead, let's trek to the American Midwest and play "Meet the Nazi."

In case you haven't heard - and this will be a worthy footnote in the annals of dystopic 2018 - an actual Nazi is the official House Republican candidate in Illinois' third congressional district. There's virtually zero chance that he will triumph in November, given the district's longstanding Democratic tilt, but we do have to wonder what in blazes is wrong with the GOP that it would leave a vacuum for a Nazi to fill.

It's rare to see on cable TV the kind of exchange that transpired on the air last week. A CNN host conversed with Republican candidate Arthur Jones - who spent eight years in the National Socialist White People's Party, who assails "the Jew-party system," who thinks the Holocaust is a crock - and we got this:

Host Alisyn Camerota: "Mr. Jones, it is shocking to hear how vocally and unapologetically racist you are. Are you a Nazi?"

Jones: "Well, for the past 15-20 years I have not had anything to do with any national socialist organization on a formal basis... I call myself an American patriot and statesman, OK?"

Camerota: "You've been part of anti-Semitic groups since the 1970s. You go to neo-Nazi rallies - we have pictures of you there. You are - were part of the White People's Party. You dress in Nazi garb and you celebrate Hitler's birthday. You're a Nazi..."

Jones: "...You Jews-media, you've gone absolutely nuts..."

Jones has been quite candid about his life-perspective - he calls the Holocaust "an international extortion racket by the Jews," he stands "shoulder to shoulder" with Donald Trump, he says he's a "white racist" who thinks blacks are dumb - and I'm loath to detail his loathsomeness any further, lest I risk lowering the ambient IQ of this column. Suffice it to say, this dude doesn't exactly burnish the GOP's reputation.

So how did Jones wind up on the Republican congressional ballot, with the GOP primary just weeks away - running for the party nomination unopposed?

For starters, Illinois' Third Congressional District, which takes a slice of Chicago and adjoining liberal-leaning suburbs, hasn't elected a Republican congressman since the 1970s. Some people blame Democratic gerrymandering, but no matter how you carve up that particular area, the district would be solidly blue. As a result, the Illinois GOP has had a tough time recruiting quality candidates.

But as Illinois political analyst Christopher Mooney reportedly said the other day, "Anytime you've got a Nazi running, somebody was asleep at the switch." By all accounts, the state GOP is extra somnolent this year because Trump, who lost Illinois in a landslide, has further soured the grassroots' mood. Nobody wanted to risk time and money losing the Third District race in the midst of a nationwide blue tsunami.

So as the GOP sat on the sidelines, Jones sallied forth, taking advantage of Illinois' easy ballot-access rules. All he needed to get on the Republican line was 603 petition signatures. He did the job all by himself, going door to door, talking vaguely about economic security, ending wars in the Middle East - and saying nothing about his Nazi track record. He found a sufficient number of incurious citizens (you find 603 people to sign anything). And now that he's on the ballot, he's dialing up the candor: "I don't believe in this doctrine of racial equality."

With the March 20 primary looming, with all deadlines having expired, the state GOP can't even field a write-in candidate. All it can do is distance itself from Jones with all deliberate speed: "The Illinois Republican Party and our country have no place for Nazis like Arthur Jones. We strongly oppose his racist views and his candidacy for any public office." The national GOP says: "We condemn this candidate and his hateful rhetoric in the strongest possible terms."

Well, at least that's something. No party wants to be publicly defined by its worst bottom-feeder. But for the next nine months Jones will be peddling what he pitched on CNN - "I am not campaigning as a National Socialist, I campaign as a Republican" - and in a tough election year, Jones will be dead weight on the GOP's potentially heavy lift.

Dick Polman is the national political columnist at NewsWorks/WHYY in Philadelphia (newsworks.org/polman) and a "Writer in Residence" at the University of Pennsylvania. Email him at dickpolman7@gmail.com.

MAKING SENSE by  
MICHAEL REAGAN

he wanted one badly enough.



Anyway, guns aren't the problem. There are 300 million of all kinds floating around the country. An infinitesimal fraction are used by people to hurt other people.

But there has to be something going on in our society that has caused angry, evil or mentally disturbed young men to plan and carry out these rare mass shootings at Columbine, Sandy Hook and Parkland.

Is it because of social media? Violent video games? Bullying in schools? Broken families? Anti-depressant drugs? Boredom? All of the above? Something else?

Whatever the cause, we need to sit down as a country and figure out how we can identify, help or stop crazy or violent individuals before they carry out their deadly attacks.

Meanwhile, forget the gun-control politics. If we really want to protect our kids in schools we have to get serious.

We need to put guards in our schools - armed guards, not spectators.

We need make sure any potential mass killer, young or old, knows that our schools are no longer "gun free" zones.

Better yet, as Judge Andrew Napolitano of Fox News suggests, we need to copy the Israelis.

For years they've successfully protected their schoolchildren's lives from attack with strong fences, locked gates, careful ID checks and cameras.

But they've also done the smartest thing - arming and training classroom teachers who can defend against intruders. And no one knows which teacher is packing a gun.

Increasing security at our nearly 100,000 public schools to prevent future Parklands will cost us a lot of money.

Local districts and the states should pay most of the tab. But how about this idea:

Instead of the federal government raising my gas tax 12 cents a gallon and pretending it's going to be used to fix our highways, why not use the money to hire guards for our schools - and give them guns they know how to use.

IT'S STILL NOT GUNS

During the intense media coverage of Wednesday's tragic events in Parkland, Fla., I was shocked to hear it was the 18th school shooting so far this year.

18. In 45 days.

That sounds terrible.

That sounds like a huge American crisis that needs to be addressed immediately by our great leaders in Washington.

But that 18 number, which the anti-gun lobby in the media has emphasized without going into the details of the individual incidents, is highly misleading.

None of those previous shootings was anything like the horrible one on Wednesday that left 17 students and teachers dead at Marjory Stoneman Douglas High School.

The year's worst previous shooting, which happened in Kentucky at a high school less than a month ago, left two students dead and 14 wounded by gunfire.

The only other death was a single murder that occurred on a college campus.

Two of the shootings that occurred at one of the country's 120,000 public and private schools this year were suicides.

Some involved guns firing accidentally. And most of the other incidents were random shootings on public school property that resulted in no one being hurt.

But these details of the earlier shootings didn't matter to religious anti-gun nuts in the media like Don Lemon of CNN and liberal politicians like Sen. Chris Murphy of Connecticut.

Before we knew hardly anything about the Parkland shooting they were offering their usual simplistic solution for stopping what Murphy exaggeratedly called "this epidemic of mass slaughter" in our schools.

To no one's surprise, they called for new laws to control or outlaw guns, especially semi-automatic rifles like the AR-15.

Lemon and Murphy will never give up their gun-control pipe dreams.

But those of us who live in the real world know that no law will ever be devised or enforced that can stop a determined mass killer from getting his hands on a gun if











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as: JALPA LINPIESA, 6401 MARRIBSA AVE, HUNTINGTON PARK, CA 90255. Full name of registrant(s) is (are) TOMAS ORTIZ TORRES, 6401 MARRIBSA AVE, HUNTINGTON PARK, CA 90255. The filing of this statement is required by law. Signed: TOMAS ORTIZ TORRES. This statement was filed with the County Clerk of Los Angeles County on 01/24/2018. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed with the County Clerk of Los Angeles County. Business Name Statement was filed prior to this date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under

The following person(s) is (are) doing business as: JAVI CABINET INSTALLATIONS, 6544 1/2 E. OLYMPIC BLVD, LOS ANGELES, CA 90002. Full name of registrant(s) is (are) JAVIER RAUL JUAREZ VILLANUEVA, 6544 1/2 E. OLYMPIC BLVD, LOS ANGELES, CA 90002. This Business is conducted by: AN INDIVIDUAL. Signed: JAVIER RAUL JUAREZ VILLANUEVA. This statement was filed with the County Clerk of Los Angeles County on 01/25/2018.

The registrant(s) has (have) commenced to transact business on 01/25/2018. If not, the date is listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself

No. 2018-017447

The following person(s) is (are) doing business as: JB AUTO GLASS MOBILE SERVICE; BEST AUTO GLASS MOBILE SERVICE, 3718 1/2 FLOWER ST, HUNTINGTON PARK, CA 90255. Full name of registrant(s) is (are) ELISA BLANCO, 3718 1/2 FLOWER ST, HUNTINGTON PARK, CA 90255. This Business is conducted by: AN INDIVIDUAL. Signed: ELISA BLANCO. This statement was filed with the County Clerk of Los Angeles County on 01/22/2018.

The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. NOTICE- This Fictitious Name Statement expires five years from the date it was filed in the office of the County Clerk. A new Fictitious

date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See section 14441 et seq. of the Civil Code and Professions Code/Publish: Mountain Views News  
Dates Pub: FEB 3, 10, 17, 24, 2018)

FICTITIOUS BUSINESS NAME STATEMENT File No. 2018-0117351

The following person(s) is (are) doing business as: JJ SERRATO TRUCKING, 2642 E WASHINGTON ST, CARSON, CA 90810. Full name of registrant(s) is (are) JOSE JESUS SERRATO, 2642 E WASHINGTON ST, CARSON, CA 90810. This business was conducted by an INDIVIDUAL. Signed: JOSE JESUS SERRATO

This statement was filed with the County Clerk of Los Angeles County on 01/22/2018. The registrant(s) has (have) commenced to transact business under the fictitious business name or names listed above on N/A. The filing of this statement does not authorize the use five years from the date it was filed in the office of

This Statement must be filed prior to that date. The filing of this Statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or common law (See 15 U.S.C. § 1111 and 15 U.S.C. § 1120 and Professions Code/Publish: Mountain Views News Dates Pub: FEB 3, 10, 17, 24, 2018)

FICTITIOUS BUSINESS NAME STATEMENT File No. 2018-017767

The following person(s) is (are) doing business as: JUANITO'S TOWING, 667 E 48<sup>TH</sup> ST, LOS ANGELES, CA 90001. Full name of registrant(s) is (are) JUAN BERNARDO PRADO TORRES, 667 E 48<sup>TH</sup> ST, LOS ANGELES, CA 90001. This Business is conducted by: AN INDIVIDUAL. Signed: JUAN BERNARDO PRADO TORRES . This Statement was filed with the County Clerk of Los Angeles County on 01/22/2018. The registrant(s) has (have) commenced to conduct business in the state of CA on 01/22/2018. If the registrant(s) has (have) changed or names listed above on 01/22/2018. NOTICE: This Fictitious Name Statement expires five years from the

new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the provisions of the Uniform Federal, State, or common law (See section 14411 et seq. Business and Professions Code)(Publish: Mountain Views News Date: Feb. 10, 17, 24, 2018

FICTITIOUS BUSINESS NAME STATEMENT File No. 2018-019945

The following person(s) is/are doing business as: JULIAN MEX-PRODUCTS, 2675 FASHION AVE., BEACH, CA 90801. Full name of the registrant(s) is/are: FERNANDO JULIANMANIR, 2675 FASHION AVE, LONG BEACH, CA 90810. This Business is conducted by: AN INDIVIDUAL. Signed: FERNANDO JULIANMANIR. This statement was filed with the County Clerk of Los Angeles County on 01/24/2018. The registrant has (has not) conducted or transacted business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious

filed in the office of the County Clerk. A New Fictitious Business Name Statement must be filed prior to that date. The date of filing of this statement shall authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, and Commerce Law (See Section 4466 and see the Business and Professions Code)Publisher: Mountain View News Date: Feb. 10, 17, 24, 2018

**FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 18-022992**

The following person(s) is (are) doing business as: JIMMY L. BELL, 4055 E GARRETT AVE, BELL CA 90201. Full name of registrant(s) is (are) MARIAMIA MONTEON, 4055 E GARRETT AVE, BELL CA 90201. This Business is conducted by: AN INDIVIDUAL. Signature: JIMMY L. BELL. Date: 02/16/2018. This statement was filed with the County Clerk of Los Angeles County on 01/26/2018. The registrant(s) has (have) commenced to transact business under the fictitious business name on 02/16/2018. This statement shall expire on 02/16/2021. Name Statement expires five years from the date it was filed in the office of the County Clerk. A New Fictitious

date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code) Publish: Mountain Views News  
Dates Pub: FEB 3, 10, 17, 24, 2018

FICTITIOUS BUSINESS NAME STATEMENT File No. 2018-019772  
The following person(s) is (are) his business as: KUNCHORN THAT FOOD, 15315 S. FIGUEROA ST #107, GARDENA, CA 90248. Full name of registrant(s) is (are): NICK BOUNSON KEBOBOUTH, 591 PRICE DRIVE, HUNTINGTON BEACH, CA 92649. This Business is conducted by: AN INDIVIDUAL. Signed: NICK BOUNSON KEBOBOUTH. This statement was filed with the County Clerk of Los Angeles County on 01/24/2018. This statement is required to be renewed in a business year. If the business is not renewed, the business may not transact business under the fictitious business name or names listed above on N/A. NOTICE: This Fictitious Name Statement expires five years from the date it was

Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use of the fictitious business name. In violation of the rights of another under Federal, State, or common law (See section 14411 et seq. Business and Professions Code)(Publish: Mountain Views News  
Dates Pub: FEB 3, 10, 17, 24, 2018  
FICTITIOUS BUSINESS NAME STATEMENT FILE  
No. 2018-017650  
The following person(s) is (are) doing business as:  
L. J. LUMBING, 1154 S MAGNOLIA AVE  
APT 106, LOS ANGELES, CA 90006. Full name of  
registrant(s) is (are) RUFINO JUAREZ ANTUNEZ,  
1154 S MAGNOLIA AVE APT 106, LOS ANGELES,  
CA 90006. This Business is conducted by: AN  
INDIVIDUAL. Signed: \_\_\_\_\_ RUIZ ANTUNEZ  
This statement was filed with the County Clerk of  
Los Angeles County on 01/22/2018. The registrant(s)

fictionitious business name or names listed above on N/A.  
NOTICE: This Fictitious Name Statement expires five (5) years from the date of filing in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of others under federal, state or common law. (See Section 14411 et seq. Business and Professions Code) Publish: Mountain Views News  
Dates Pub: FEB 3, 10, 17, 24, 2018

FICTITIOUS BUSINESS NAME STATEMENT File No. 2018-017598

The following person(s) is (are) doing business as: LAX  
5405 CHERRY AVE. LONG BEACH,  
CA 90805. Full name of registrant(s) is (are) MANDIRA  
DHAKAL, 5405 CHERRY AVE, LONG BEACH, CA  
90805. PARBATI GHIMIRE, 5405 CHERRY AVE,  
LONG BEACH, CA 90805. This Business is conducted  
by (each) of the following person(s):

LONG BEACH, CA 90805. This Business is conducted by: A GENERAL PARTNERSHIP Signed: PARBATI







