

## SIERRA MADRE HONORS:



On Thursday evening, the City of Sierra Madre and the Sierra Madre Chamber of Commerce paid tribute to the Men and Women, Organizations and Businesses who have made extraordinary efforts to preserve the pride of the foothills, Sierra Madre. Honorees included: Public Service Award: Laura Aguilar, Asst. City Clerk; Employee of the Year SMPD Sgt. Henry Amos; Exemplary Employees Timmy Liang, Sr. Accountant and Ruby Valasquez; Wistaria Award Sierra Madre Kiwanis Club; Mayor's Special Award Sierra Madre Rose Float Association (see related story below); George Maurer Lifetime Achievement Award Bud Switzer,



2018 Business of the Year: GEM Plumbing and the 2018 Citizen of the Year: Michelle Keith.

More than 150 neighbors, friends and family came out for the event that was catered by Corfu. Dessert was provided by Poppy Cakes Bakery and Fred Thomas kept the evening festive with music of the 80's. Mayor Denise Delmar was the Mistress of Ceremonies and guests were welcomed by Chamber President Luther Tsinoglou. Above, Mayor Denise Delmar, COTY Recipient Michelle Keith, Judy Webb Martin, Kiwanis President; Below, Chamber President Luther Tsinoglou.

S, Henderson/MVNews Photos courtesy City of Sierra Madre.

## MAYOR'S SPECIAL AWARD GOES TO: SIERRA MADRE ROSE FLOAT ASSOCIATION



Pictured Above: Members of the Sierra Madre Rose Float Association as they receive the Mayor's Special Award

The Sierra Madre Rose Float Association is a non-profit, all volunteer organization dedicated to entering a float in the annual Pasadena Tournament of Roses Parade on behalf of the City. The 2019 entry will be their 87th entry in the Pasadena Tournament of Roses.

SMRFA is one of only 6 all-volunteer self-built floats in the 2019 parade. I has won awards for 12 of the last 13 years and has represented the City of Sierra Madre with pride and honor.

A Chat with Dave Karp, SMRFA: (R.Wright/MVNews) Dave Karp is one on the newer SMRFA Board members. He is currently in his second year on the board of directors-though he is not an officer and has one year left before he is up for reelection. When asked about why he ran in the first place, he said that he was asked to run and was more than happy to do so because the people involved are, "Nice people... always really wonderful to work with and for." He went on to add that they all work very hard but are humble about it. He also loves his community, he lived in Sierra Madre 20 years ago, moved away, and came back to the area about 6 years ago.

Dave has put a lot of work into Rose Floats over the years. He has a nickname around the float, "Doc". This came about because at one point in time there were six different Dave's volunteering and he happened to be

wearing a shirt that said "Doc". Even though there are no longer six different Dave's working on the float, the nickname has stuck.

One of the most important weeks of float decorating is the aptly named "Deco Week". Because the flowers on the float need to be fresh, most of them must be put on at almost the last minute to ensure that they are ready for the parade and the camera. Despite how busy and hectic it can be, Dave loves Deco Week.

There are several different skills in high demand during Deco Week, and Dave enjoys learning one, and then teaching it to the crew of volunteers that have been assigned to him. Regarding Deco Week, Dave says that people, "need to be in shape," and that the whole process, "is like chess, one move cannot happen without the next," He also says that, "Deco Week is fun but very crowded; lots of children,". The added help is much appreciated, especially because working on a Rose Parade Float is a "special opportunity that not many people get a chance to have,". People from all over come to help out during Deco Week, the vast majority are not even from Sierra Madre, but they love the float and want to help.

In addition to serving as a Board Member for the Sierra Madre Rose Float, Dave does roller derby and works a lot in the Sierra Madre Community Garden. The garden is where Dave meets a lot of new people, so he has ended up with a lot of connections. Stop by sometime soon and ask him how you can help out with the Sierra Madre Rose Float.

## MLS CHAMPIONS TACKLE MT. WILSON; LOCAL TRAINER LEADS THE WAY

By Kevin McGuire



From left to right: (Back) Nick Theslof (Assistant Coach), Jim Liston (Director of Sports Science), Jed Reitman (Owner of Sierra Juice Shop), Jay Chapman (Midfielder), Tom Williams (Head of Strength and Conditioning), Aiden Daniels (Midfielder), Alex Bono (Goalkeeper), Liam Fraser (Midfielder) (Front) Jon Bakero (Forward), Auro Junior (Defender), Marky Delgado (Midfielder)

Kersting Court, the charming center of Sierra Madre, is known for its niche shops, eateries and as the gathering spot to meet up with friends for coffee and conversation. If you live in this town, you can be sure you'll run into someone you know at Kersting Court. On Saturdays, this quaint, nestled area is usually filled with cyclists taking a rest, grabbing water or some caffeine before heading out in droves to finish their ride.

Bright and early, this past Tuesday morning, Kersting Court regulars, having their first cup of joe and maybe a tasty croissant, were met with something different. A lively bunch of good-looking, young, athletic gentlemen were enjoying their Starbucks drinks in the park, chatting about their earlier trek up Mt. Wilson trail, and discussing the next venture ahead of them.

Curious locals observed from a far as the polite assembly told stories, kidded around and laughed across the way. In a town where everyone knows everybody, it was obvious these guys were from out of town. Well, most of them anyway. Turns out, this was a gathering of teammates, professionals and champions from Canada, though each of them are from various parts of the globe. This was the Toronto FC (Football Club) Major

League Soccer team, or at least a handful of the squad who were getting ready to compete in the 2019 Concacaf Champions League. Though, their presence might not have sat well with diehard fans of the L.A. Galaxy, the Reds, as they're called due to their bright, red uniforms, were happy to be in here—especially Jim Liston, Director of Sports Science and resident of Sierra Madre since 1999.

Galaxy fans might remember Liston, who previously served as their strength and conditioning coach, but now is excited to be in training with this club—the MLS Cup Champions of 2017. "This morning I picked them up at 6:00 a.m. and drove to the trailhead and watched the sunrise," said Liston, a Massachusetts native who left to the warmer climate of Pasadena in 1992. "We ran to the yucca plant, just about 0.7 miles just past First Water," Liston added, describing the team's early run up Mt. Wilson Trail.

Liston was accompanied by Assistant Coach, Nick Theslof (USA), Head of Strength and Conditioning Tom Williams (Wales) and players: Goalkeeper Alex Bono (USA), Midfielder Marky Delgado (USA),

(Continued on page 2)

## ST. RITA TO HOST HOLIDAY CONCERT



Community Chorus of Redlands  
Jeffrey H. Rickard, Director  
presents

A Concert of Anthems, Readings  
and Carols of the Season

- Friday December 7-8:00 pm  
First Congregational Church  
Cajon and Olive, Redlands
- Saturday, December 8-4:00pm  
Faith Lutheran Church  
12449 California St. Yucaipa
- Sunday, December 9-4:00 pm  
St. Rita Catholic Church  
321 N. Baldwin, Sierra Madre

\* Free Will Offering at all events \*

The Community Chorus of Redlands, a choral ensemble of 70 voices directed by Jeffrey H. Rickard - will present A Concert of Anthems, Readings, and Carols for the Christmas season at First Congregational Church, corner of Cajon and Olive, Redlands, on Friday, December 7 beginning at 8:00 p.m.

This program will be repeated at St. Rita Catholic Church, 318 North Baldwin, Sierra Madre on Sunday, December 9 at 4:00 p.m..

A wide variety of sacred Christmas anthems and carols will be offered including works by Johann Sebastian Bach, Ernest Bloch, Andrew Carter, John David, Dan Forrest, Kyle Haugen, Elaine Hagenberg, John Rutter, Michael W. Smith, and Z. Randall Stroope. As in the past several traditional carols will be sung by audience and choir, accompanied by a Chamber Ensemble of Strings, Winds, Harp, Piano and Organ. Readings from several sacred and secular sources will again be read by Patrick Anderson and Mary Beth Richardson.

Ensemble XXI, an ensemble of 30 voices, will join this presentation and offer unaccompanied carols by English, Canadian and American composers. This presentation - 90 minutes in length - is free of charge, although a free-will offering will be received in support of the participating ensembles.

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## Weather Wise

6-Day Forecast Sierra Madre, Ca.

<b>Sun</b>	Ptly Cldy	Hi	70s	Lows	40s
<b>Mon:</b>	Ptly Cldy	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>	Ptly Cldy	Hi	60s	Lows	40s

Forecasts courtesy of the National Weather Service

## SIERRA MADRE CITY MEETINGS

### CALENDAR

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

**City Council**  
December 11th, 2018 at 6:30 pm  
December 25, 2018 at 6:30 pm - CANCELLED

**Planning Commission**  
December 20th, 2018 at 7:00 pm  
January 3rd, 2019 at 7:00 pm  
January 17th, 2019 at 7:00 pm

**Community Service Commission**  
December 17th, 2018 at 6:30 pm  
January 21st, 2019 at 6:30 pm

**Senior Community Commission**  
January 3rd, 2019 at 3:00 pm CANCELLED  
Special Meeting January 10th, 2019 at 3:00 pm

**Library Board of Trustees**  
December 26th, 2018 at 7:00 pm - CANCELLED  
January 23rd, 2019 at 7:00 pm

**Energy, Environment, and Natural Resource Commission**  
December 19, 2018 at 7:00 pm  
January 16th, 2019 at 7:00 pm

Can't make it to the meeting, but still want to share your thoughts? You can mail or drop off a written statement to City Hall or email city@cityofsierramadre.com before 30 the night of the meeting and your statement will be delivered to all the Council Members. Sierra Madre City Hall 232 W. Sierra Madre Blvd. Sierra Madre, CA 91024 (626) 355-7135

## 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).



## This week at the Sierra Madre Public Library

December 10-15

Monday at 9:00 am  
**Baby Rhyme Time**

Monday at 10:00 am  
**Preschool Storytime**

Tuesday from 2:00 - 5:00 pm  
**LEGO Play Day**

Tuesday at 3:00 pm  
**Cricut Workshop**

Wednesday at 4:00 pm  
**Middle School Crafty Book Club**

Thursday at 3:30 pm  
**Barks and Books**

Saturday at 10:00 am  
**3D Printing Workshop**

Saturday from Noon - 5:00 pm  
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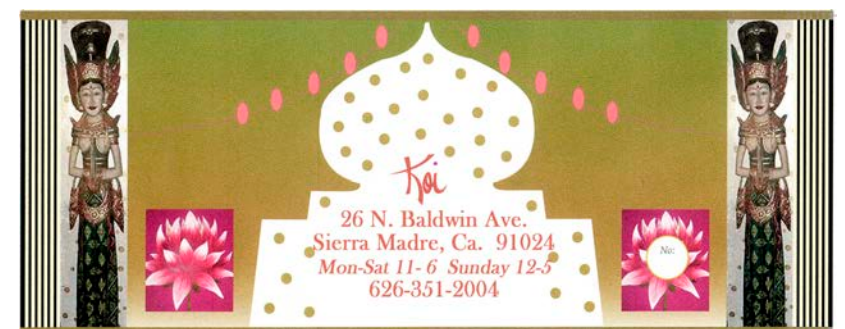
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## Catch breaking news at: mtnewsnews.com

CHAMPIONS (continued from page 1)

Midfielder Jay Chapman (Canada), Midfielder Liam Fraser (Canada), Forward Jon Bakero (Spain), Midfielder Aidan Daniels (Canada) and Defender Auro Junior (Brazil). This young group traveled with Liston to train "the way we use to train" and get ready for the next match in Panama. "It's good for the young guys to get out of Toronto and experience how we use to prepare in the off season to get ready for the next year," Liston said. In addition to tackling Mt. Wilson Trail, the team worked out at Catz in Pasadena and will also train at the Rose Bowl.

Toronto FC, led by head coach Greg Vanney, is the first team in MLS history to win the domestic championship, Supporters' Shield for best record, and the MLS Cup—beating the Seattle Sounders 2-0. The road to winning was not smooth for Toronto who came in as an expansion team in 2007. They did not qualify for the MLS playoffs their first eight seasons. In 2015, the added Sebastian Giovinco from Italy, who broke the MLS record that year for most combined goals and assists in a season. He is currently the all-time top scorer for Toronto with 83 goals. The Reds ended up hitting a wall in 2015, though, and were knocked out of the first round of the playoffs. In 2016, they faced off against the Seattle Sounders in the MLS Championship and lost in penalties. They later headed to the Concacaf Champions League in and lost a heartbreaker on a penalty shot by the Chivas Guadalajara club. But, finally, 2017 has been the Reds' year so far. After their successful rematch against Seattle, a championship and parade in Toronto, they head back to the Concacaf Champions League, which traditionally has been won by Mexican clubs. Toronto now has the chance for an upset win.

Liston, who coached kids' soccer in his early days in Sierra Madre, now spends most of his time in Toronto, but keeps his home right here and has enjoyed returning to show off his town to the team who thoroughly enjoyed the run up Mt. Wilson. Auro Junior, from Brazil was thankful he made it and didn't get lost, while Jon Bakero of Spain loved the scenery. "It reminds me of the mountains back home," Bakero said. They ended their cool-down at Kersting Court with some smoothies from the Sierra Juice Company.

Monday night, Liston and the team learned they will challenge Club Atletico Independiente in the first round of the Concacaf Champions League, which runs from February to April. Until then, the training continues—though the team is hoping to sneak in a Lakers game and watch a little LeBron action. Shh...don't tell the Raptors.

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SIERRA MADRE LITTLE LEAGUE 2019 Spring Baseball for Boys & Girls For Sierra Madre Residents and Children that attend School in Sierra Madre is now open. <http://www.sml.org>



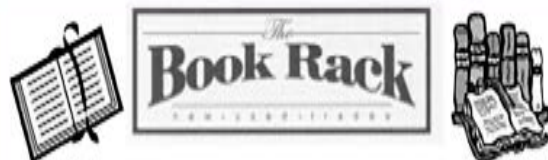
SIERRA MADRE GIRLS SOFTBALL ASSOC. Spring 2019 registration is now open for the San Gabriel Valley's premier girls softball league featuring players ages 5 to 16. Sign up by January 12th to secure your player's spot.

<https://www.smgsa.org/>



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# SIERRA MADRE

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia



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

Did you like the rain we been so overused it just had? Winter's finally here, at long last. I've been terms "new" and pretty good recently about "trend." If you're not recycling old articles, unaware of this but this was a busy week. Besides that, I barely even remember this article, it's so old! And like I always say, if I hardly remember it, that means for sure you won't! It's unseasonal, though. The topic is summer, but in the dead of winter we need to remind ourselves that there's a light at the end of the tunnel, as far as the calendar's concerned. But before I launch into my lightly used article, let me apologize for my photo of Fibs, my parrot, not making it into the paper last week. My last story referenced it, and I asked you to use your imagination to envision rabbit ears on his head. Looks like you had to imagine not only the rabbit ears, but the whole parrot! Anyway, sorry about that. So here goes. I promise I'll try harder next week. Thank you for your patience!

Ah, summer! Three mellow, sunny months that make the other nine tolerable. There are a myriad of ways to celebrate summer. People enjoy the beach, gardening, barbeques, floating in a pool, or just chilling on the deck appreciating being alive in Southern California in the summer. One of summer's many advantages over the rest of the year is there are not gift-giving holidays you feel obligated to attend (Fourth of July doesn't count). But on that same note, summer has one pitfall --it's wedding season.

Have you been to a wedding this summer? I haven't... yet. Possibly you got by without having to go to any, but most likely you'll have to do face time at at least one. Is it just me, or have a lot of weddings (like the rest of the culture) become totally overblown spectacles of excess? I must confess a couple elements of my wedding (not my idea) were more elaborate than they needed to be, but that's a whole other article.

In the olden days, being a bridesmaid only required that you wear an ugly dress and show up for the rehearsal and wedding. But these days I've heard of brides asking their bridesmaids to change their hair color or get Botox in preparation for the big day. And bachelor/bachelorette parties have grown into week-long affairs such as golf excursions in Arizona and cruises to Mexico. Resorts spas are also popular. I understand that some girls like to bond while getting peeled and exfoliated together, but I ain't one of them.

Of course probably the most annoying new wedding trend is the "surprise" first dance. This has

Some even go as far as having their bridal party join the action, and put on a highly choreographed show. It's hard enough coordinating ten or more people for the wedding and one regular rehearsal; I can't imagine the planning necessary for a group that size to learn something worthy of "The Lion King."

While the whole surprise first dance idea is ridiculous in and of itself, it reveals a larger concept now widely accepted regarding weddings. They must be unique and entertaining. Those aren't evil desires, but they have become the driving force among many weddings. I've quoted the book, "The Narcissism Epidemic: Living in the Age of Entitlement" before, and this seems like a good opportunity to put another plug in for it. I agree that no one should purposely bore their guests, but when everyone is trying to have a unique wedding, that means no one really is. And frankly, if I remember someone's wedding because the groom arrived by helicopter or they had Justin Timberlake MC-ing, I'm just going to remember that they overdid it.

I can only speak for myself, but I would wager that most guests don't come to be entertained. If that's what they wanted, they'd go to a Lakers' game. They come because they like you or they're related to you --sometimes even both. At the end of the day, guests have only a few requests: don't make them sweat (literally), don't ask for audience participation (If uncle Bob didn't plan a speech, don't have your MC stick a microphone in his face), the food need not be gourmet, but shouldn't bounce if it falls off the plate. Finally, and most universally agreed upon: make it brief. That's all! No helicopters necessary!



## WALKING SIERRA MADRE.. The Social Side By Deanne Davis

Have you walked through Kersting Court and admired our really handsome Christmas tree, with wonderful red bows, ornaments, and even a gift or two beneath? And the dreidel and the Festus Pole, so named by Robert Gjerde. I think it gets better every year! I was delighted to see a family of Mom, Dad and three young adult kids, decked out in red Santa hats, standing in front of our community tree, tripod set up on the sidewalk, Dad taking one last look into the lens then vaulting over the wall to get into position for the family Christmas photo. They were having such a great time. If you haven't done yours yet, there's a new idea.

All this Christmas tree talk reminds me that my moment is coming, too, when it's time to trim the tree. Lovingly, all the boxes of Christmas stuff is unearthed, I try to remember what I did last year with the manger scene that made it look so sweetly reverent, promise myself I'm not going to do so much this year, and then put up more than ever before.

There's no way we can't put out all the Christmas goodies the children made in Sunday School through the years; the little hands pressed into plaster of paris, the pictures mounted in bread dough frames, the miniature red felt stockings with family names in glitter, the red globes that date from the beginning of our marriage, which are cracked and crazed (which occasionally, our marriage was, too), but precious in our sight.

Yep, it's two weeks before Christmas, you've bought a beautiful real tree at enormous expense that smells so fresh and forest-y that you want to bury your face in it. It's in the house in the time-honored Christmas tree spot and it's time to decorate. The family scatters like roaches when the light is turned on, and you and Tree find yourselves alone, even though you made cookies to convince everyone how much fun this is going to be. This intimate moment deserves a small celebration. It's definitely time to make Egg Nog!

Look through any Christmas Cookbook and you'll find Egg Nog, all right, the Victorian version requiring way too much labor, and you've already got the labor ahead of you: Tree, Naked.

Here's your traditional Egg Nog: Beat yolks and whites of 8 eggs separately. Add 1/2 lb. sugar to whites, beat until stiff. Add beaten yolks to whites, mix until blended. Beat in 2 jiggers Rum. Add 1 bottle (4/5 qt.) Whiskey. Beat mixture. Add 1 pint heavy cream. 1 quart of milk. Mix. Chill well. Grate nutmeg over top. Serve.

A bottle of whiskey?? Make this and Tree will still be naked tomorrow and you'll have an unbelievable headache! Here's a much easier, kinder, gentler version:

1. Buy a carton of prepared low-fat eggnog right out of the dairy case at your favorite market.
2. Put a tray of ice cubes in your blender.
3. Fill the blender two thirds full of eggnog mix.
4. Add a half cup of rum, brandy, or a little of both to the blender (or more, or less, depending on how annoyed you are).
5. Blend until ice is pleasantly crunchified.
6. Pour into a large, beautiful, stemmed glass. Grate fresh nutmeg over top.
7. Sit down and admire Tree, while enjoying eggnog.
8. Realize that peace reigns now that family has scattered to unknown destinations.
9. Put on the Christmas CD that YOU likeY. the one that has AGrandma Got Run Over By a Reindeer@ on it, if that's your cup of eggnog.



10. Allow joy to flood your heart, soul and mind.  
11. Plug in that first string of lights and think about that first Christmas night, that first Light.  
12. Rejoice! Peace on Earth, Good Will to Men!  
13. Know in your heart that Tree will be the most beautiful one ever!  
14. Invite friends and family over to share your eggnog and admire Tree.

"On a night like this, centuries ago, A brilliant star rose in the East, To show the Wise Men where to go. They set out on a journey, To find an unknown King. Their hearts were filled with happiness And praises they would sing!"

("A Night Like This" from "Star of Wonder - A Christmas Musical"  
Book & Lyrics by Deanne Davis, Music by David Wheatley)  
My book page: Amazon.com: Deanne Davis  
"Star of Wonder - A Christmas Story,"  
A Kindle Book which will fill your heart with joy is available there!  
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## FALSE ALARM REDUCTION AND REGISTRATION PROGRAM



Nearly 98% of all fire and security alarm calls are false alarms. In an effort to reduce the number of false alarms and conserve valuable City resources, the City of Sierra Madre is partnering with PM AM Corporation to implement and administer an Alarm Permit Program for residents and business within the City of Sierra Madre.  
\*The annual registration fee will not apply to Fire and Life Safety systems or Med-Alert systems.

For more information, FAQ and registration link visit [www.CityofSierraMadre.com/FALSEAlarmProgram](http://www.CityofSierraMadre.com/FALSEAlarmProgram)

## SMPD TOY DRIVE



The Sierra Madre Police Department is once again pleased to participate in toy campaigns for the United States Marine Corps, "Toys for Tots" and Pasadena Foothill Air Support Team (FAST). Please bring unwrapped toys to drop in the appropriate bin in the SMPD lobby from now until Dec. 24th!

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## Legislation Declares 710 Tunnel Option Dead

Assemblymember Chris Holden will introduce legislation Wednesday to remove the 710 North Project Area between Interstate 210 and Interstate 10 from the California State Freeway and Expressway code. The legislation, also became public Monday, and came just days after the California Department of Transportation (Caltrans) did not identify the freeway tunnel as the preferred alternative in its Final Environmental Impact Report/Environmental Impact Statement (EIR/EIS) for the SR 710 North Project Area according to Holden.

"Fixing our state's highway code to reflect the new reality is the logical next step to bury the tunnel idea once and for all," said Assemblymember Chris Holden who represents the cities of Pasadena and South Pasadena in the California State Assembly.

The legislation aims to quell lingering concerns about Caltrans' Final Environmental Impact Report and a 2017 Los Angeles Metro motion to move away from the tunnel concept for largely financial reasons. The reasoning for both decisions may leave the tunnel solution open to future consideration he said.

Holden's legislation specifies that State Route 710 is from Route 1 to Route 10, essentially eliminating any future possibility of freeway tunnel.

The bill is also the result of a two year legislative effort by Assemblymember Holden that began with the introduction of AB 287 in 2017. After many discussions with Caltrans, Metro and, most importantly, members of the community Assemblymember Holden's AB 533 (last legislative session) came to be. The bill brought together the cities of South Pasadena, Alhambra, and Pasadena to create language they could all agree on. This historic collaboration will be memorialized in the bill being introduced today.

"We couldn't get to this point without the decades of hard work, passion, and leadership of community stakeholders, who have also made a direct impact on my views on this issue," said Holden.

For more information visit: [a41.asmdc.org](http://a41.asmdc.org).

## Pet of the Week



Chipa (A469091) is a beautiful 7-year-old cat with soft green eyes. She is gentle and eager to meet new people. Chipa will let you know how she is feeling through her purring and appreciates human affection. She enjoys relaxing throughout the day and would be the purrfect pet to cuddle with. Come meet her at the Neely Cat Center at the Pasadena Humane Society & SPCA.

The adoption fee for cats is \$75. All cats are spayed or neutered, microchipped, and vaccinated before being adopted.

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.

## PCC Names Endrijonas Sixteenth President

The Pasadena Community College Board of Trustees announced Wednesday that they have chosen Erika Endrijonas, Ph.D. (pictured right) as the next superintendent/president succeeding Rajen Vurdien. She is currently president of Los Angeles Valley College.

Endrijonas is set to begin late January.

"My entire career has been focused on finding new ways to ensure students succeed in their goals – no matter their background or their dreams," Endrijonas said. "The team at PCC is firing on all cylinders and helping more and more students reach new heights. I can't wait to get to work."

Endrijonas hire is subject to the parties reaching mutual agreement on an employment contract, with formal approval expected at the district's Jan. 16, regular board meeting officials said.

"Dr. Endrijonas is exactly the leader that PCC needs at this moment," said Anthony Fellow, Ph.D., board president of the Pasadena Area Community College District. "Her exceptional record as an administrator and her service throughout her community have distinguished her as a stellar executive who will guide the college into the next chapter of its history."

Prior to her service at L.A. Valley College, Endrijonas was executive vice president and accreditation liaison officer at Oxnard College and dean of educational



programs at Santa Barbara City College. Statewide, she has served on the California Community College boards of the Chief Instructional Officers and Chief Student Services Officers associations and the Association for Occupational Education. She is also a board member of the California Community College Athletic Association and co-chairs the board of the national association LGBTQ Presidents in Higher Education.

She holds a bachelor's degree in history from California State University, Northridge, and a master of arts and Ph.D. in history from the University of Southern California.

In May 2018, the Aspen Institute named PCC one of ten finalists in a \$1 million national competition to honor innovation in two-year colleges, citing its achievement in graduating students who go on to succeed at four-year universities. The honor represents the second

consecutive time PCC has been recognized by the Aspen Institute, placing it in a select set of institutions that are adapting to meet the needs of the next generation of community college students.

In the 2017-18 academic year, it awarded more associate degrees (4,028) and associate degrees for transfer (1,393) than any other community college in California. It has been recognized for embedding equity and diversity in its hiring and retention of faculty and staff, and in Spring 2019 it will begin offering college classes in Northwest Pasadena on the campus of John Muir High School.

Endrijonas succeeds Rajen Vurdien, Ph.D., who is retiring after having served as the college's chief executive since 2015.

## Health Care Open Enrollment

Meet with a certified enrollment counselors at the Altadena Library.

For this year's Open Enrollment period, ChapCare will have a certified enrollment counselor at the Altadena Library to help community members renew and sign-up for Covered California plans.

In order to successfully enroll, you must bring the following documents:

Identification: California State ID, Driver's License, Passport, Utility Bill  
Proof of Legal Residency: Social Security Card, Birth Certificate, Legal Resident Card, Naturalization Certificate, Certificate of Citizenship  
Proof of Income: Recent tax return, W-2, recent paystubs

Information necessary for ALL household members. The enrollment counselor will be at the Library from 5:00pm to 9:00pm on: Mondays, December 10, and 17

To make your appointment, call (626) 486-9729. The Altadena Main Library is located 600 E. Mariposa Street. Counselors will be in the small meeting room.

Walk-ins are allowed but are not guaranteed, appointments depending on schedule and availability.

## The 30th Annual Kwanzaa Celebration

Join The Pasadena Library for Kwanzaa: A Celebration of Family, Community & Culture. Enjoy music, stories and tasty dishes prepared by members of the Pasadena Alumnae Chapter of Delta Sigma Theta Sorority. Thursday, Dec. 27 • 11 a.m.-1 p.m. • La Pintoresca Branch located 1355 N Raymond Ave, Pasadena.

## Tournament Announces Opening Spectacular



The Pasadena Tournament of Roses announced Wednesday the Opening Spectacular presented by Honda, the Grand Finale presented by Wells Fargo. This year's theme, "The Melody of Life," celebrates music, the universal language. Music has the power to bring us together and create the soundtracks that define our lives.

The 2019 Opening Spectacular presented by Honda exemplifies "The Melody of Life." The musical celebration will be led by Dancing with the Stars Champion and a host of Dancing with the Stars Jr., Jordan Fisher. He will be joined by 2019 Tournament of Roses Grand Marshal and ten-time GRAMMY Award winner Chaka Khan, and a cast of over 400 as they welcome the first day of the year with musical performances, dancing and a few surprises in between.

The Opening Spectacular features:

Jordan Fisher, Multi-talented Actor, Musician and Dancer HTEDance & Spirit Group (Irving, TX)

Kaiser Catamount Pride Band & Color Guard (Fontana, CA)

Chaka Khan, 2019 Tournament of Roses Grand Marshal, joined by her

nephew Tyler McCrary and grandsons, Jett and Josh Khan-Corley

The Boys of Temecula, Temecula Dance Company (Temecula, CA) Wilson Middle School Drum Corps (Pasadena, CA)

The 2019 Grand Finale Presented "Where Flowers and Football Meet" caps off this year's stunning Rose Parade featuring multi-platinum pop artist Anne-Marie. Anne-Marie is welcomed to the parade route by Jordan Fisher as they bring parade fans, football fans, and music fans together in the Grand Finale of America's New Year Celebration.

The Grand Finale Features: Anne-Marie, multi-platinum pop artist

To punctuate the Grand Finale theme, a celebrity guest will throw a football from the parade route that will magically soar to the Rose Bowl Stadium and be caught by another notable personality. Who's going to make the throw? Who's going to make the catch? Stay tuned for the anticipated surprise reveal.

The Pasadena Tournament of Roses also announced the 40 float entries that will participate. For a complete list visit: [tournamentofroses.com](http://tournamentofroses.com).

## Free Monthly Events at Pasadena Senior Center

There is something for everyone in December 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.

**Stay Connected with Social Media – Tuesdays and Thursdays to Dec. 27, from 9 to 11 a.m.** Learn how to keep in touch with family and friends via email, Skype, Facebook and other forms of social media during a 30-minute, one-on-one session with instructor Edison Samuel. You'll choose which applications you want to learn. Bring a laptop or use one of the onsite computers. If you have an email address, bring it and your password. Sign up at the Welcome Desk or by calling 626-795-4331.

**Screening Mimi's Film Discussion Club – Tuesday, Dec. 18, at 1:30 p.m.** Diehard film fans are invited to watch a movie the first and third Tuesday of every month, preceded by a presentation about the film's hidden history and followed by lively discussion. Dec. 18: The Red Violin (1998, R) starring Carlo Cecchi and Samuel L. Jackson. A perfect red-colored violin inspires passion, making its way through three centuries, several owners and many countries, and eventually ending up at an auction where it may find a new owner.

**Friday Movie Matinees – Fridays, Dec. 14, 21 and 28, at 1 p.m.** Everyone enjoys watching movies and the pleasures they bring. Dec. 14: The Preacher's Wife (1996, PG) starring Whitney Houston and Denzel Washington. As a preacher's struggles to keep his church afloat during hard economic times begins to take a toll on his marriage, an angel is sent to help him out. Dec. 21: The Night They Saved Christmas (1984, NR) starring Jaclyn Smith

and Art Carney. A woman and her three children help Santa save his toy factory at the North Pole from being destroyed due to nearby oil drilling. Dec. 28: Crazy Rich Asians (2018, PG-13) starring Constance Wu and Henry Golding. An Asian American New Yorker is apprehensive about meeting her longtime boyfriend's family when she accompanies him to his best friend's wedding in Singapore.

**Improvisation for Lifeskills PLAYshop – Fridays, Dec. 7 and Jan. 11, from 10 a.m. to noon.** Tap into your natural, creative talents while enhancing your health and well-being. This series will focus on improv techniques, theater games and creative drama to increase your spontaneity, memory, focus and interactive social and communication skills in a fun, playful and creative environment. Sign up at the Welcome Desk or by calling 626-795-4331. Presented by Trisha Jauchler, founder and director of On Bright Wings and Theatre on the Threshold.

**Tree Trimming Party and Holiday Treats – Monday, Dec. 10, from 8:30 11 a.m.** Help decorate the Pasadena Senior Center's Christmas tree while enjoying holiday music. There will be free coffee, hot cocoa and festive treats at the Coffee Bar.

For more information visit [www.pasadenaseniorcenter.org](http://www.pasadenaseniorcenter.org) or call 626-795-4331.

**Healthy Holiday Snacks – Thursday, Dec. 13, at 10 a.m.** Get ready to entertain this holiday season with yummy, guilt-free snacks. A live demonstration will help you learn how to succeed. Presented by Anthem Blue Cross.

The Pasadena Senior Center is an independent, donor-supported nonprofit organization that offers recreational, educational, wellness and social services to people ages 50 and older.







MY TAKE ON THE  
SNIFF BREAK

I enjoy learning new techniques for proper dog-handling and I try to expand my knowledge on the subject by reading on-topic books and articles, and by viewing tutorials and television programs that might help enhance my skills. I go through phases of learning, followed by purposeful application of what I've learned while I'm working with my four-legged friends. This process serves me well, but most importantly I endeavor to remain teachable and keep an open mind about what a healthy human-canine relationship looks like.

Many of us two-leggers have a tendency to assume we know more than our pets know, therefore we think we need to get them to do what we want them to do, without gaining an understanding of who they are and what they feel or think. I, personally believe that more often than not, I'm the one who can learn from the dog, rather than the other way around. I suppose there are important lessons to be learned on both our parts, but I'm very aware of my own need to look, listen and anticipate the interesting and enlightening messages the dog has to offer.

Domesticated dogs do benefit from the structure and consistent routines we humans set forth for them, and I agree that basic behavioral training is an important aspect of nurturing a puppy to maturity. But I also think there is an extremely important balance to be achieved in a relationship with a canine companion. Whether the dog is to be trained as a family pet or for a position of service, the human owes it to the dog to give him all due respect and get to know the person inside first. Once a bond is established, formal training will go much more smoothly, built on the basis of trust.

I think we can all agree that some basic leash-training is in order if we want our pups to have a happy, healthy life. Of course, every pet owner wants to be able to take their dog out for a walk in public without the stress of excess pulling or over-excitement when another dog passes by, and fortunately there are some very simple techniques that can help in training a dog to walk obediently on-leash.

But what about when it comes to allowing a dog to take time out for a sniff break during a walk? Should that be allowed or does it mean you are being a push-over by letting the dog take charge? There are various schools of thought regarding this issue, from far right to far left, and for some, the bottom-line question is, "Who's walking who?" But I often wonder, is it really necessary to control every single moment of the dog's attention during a walk? Exactly what is to be gained by maintaining such an extreme, strict regimen with a family pet?

## Happy Tails

by Chris Leclerc



I was 'on the fence' regarding this aspect of dog-handling for quite some time, but I now know for sure where I stand. My personal take on allowing the dog to stop and have a sniff break during a walk is based on what I've learned about the canine's olfactory system, along with what I understand to be true about the dog's way of thinking. First and foremost, I accept that a dog does, indeed think for himself and that his original thoughts do, indeed matter.

I won't go into the specific 'rules of the road' I've heard told by the many trainers I've come across over the years, as it amounts to too wide a variety of opinion to consider in this column. And I don't claim to have all the right answers on this subject because I am not a professional trainer, myself. However, I am a person who spends lots of time with lots of different dogs on a daily basis, and I've come to realize that each one is an individual, just as my human friends are individuals.

In any given situation, I don't assume any particular reaction or response from one human to another, and the same goes for my canine friends. There are no two exactly alike. However, there are a few predictable traits I can definitely anticipate from every dog I know, one of which is the intense desire to take a sniff break during a walk.

Based on my experience and what I've read and heard on the subject, I am confident that, to a degree, a dog's mental health depends on being allowed to take periodic breaks for sniffing, and I'm here to tell you every normal, healthy dog wants to imbibe in those brief yet precious moments. Why? Because the dog's nose works over time. He views the world mainly through his nostrils much like we view the world through our eyes. Imagine being forced to wear a blind-fold every time you leave the house. It would be frustrating and ultimately depressing for a human to live life blindfolded, and that is how I imagine it is for a dog to be prohibited from "viewing" the world with his nose.

There is also another, more physiological reason why a dog is sure to benefit from taking a sniff break during a walk around the block. In lay terms, it lies in the fact that what happens in the dog's olfactory system can serve as a stimulant to what happens in his digestive system. In other words, if you want your dog to do his "business" during your daily outings, perhaps you should start letting him read his pee-mails! Don't be a bully who always feels the need to be large and in charge. Be kind and humane in the way you handle the animals. They will live happier healthy lives, and they will genuinely love you for it.

## BEST FRIEND

Ambrosia is a dazzling 5 year old medium-size German Shepherd girl with a beautiful black and tan coat, lively brown eyes and the cutest perked up ears that are uniquely round in shape. This sweet girl was rescued by the shelter's humane officers when she was found confined and abandoned in a property in Rosemead. Weighing 56 pounds, she arrived to the shelter hungry and with fly strike on both ears but has made a great recovery since then and now she has a clean bill of health. Ambrosia is a playful and rambunctious girl who enjoys long walks, playing fetch and hanging out with her human friends. She also does well in the bathtub and enjoys frequent brushing of her beautiful coat. Despite the way she was abandoned,



Ambrosia has remained a happy-go-lucky girl and is now waiting for the forever loving family that she deserves. If you are a German Shepherd fan, Ambrosia is your girl! 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).

## Katnip News!

LET SASHA SASHAY HER WAY  
TO YOUR HEART!

Meet Sasha, a female Carolina dog, age 2+. This little girl is such a sweetheart! She is potty-trained and behaves very well.

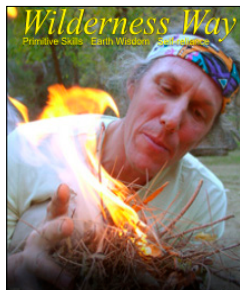
She gets along great with other dogs. She loves going for car rides. She might be a little nervous and shy in a new home, and will take her 3-4 days to open up. Once she opened up, she is so fun and affectionate. Sasha is spayed and her vaccination records are included. Sasha is currently in a foster home until a loving forever home can be found. To find out more about Sasha and her story, call our

dog coordinator at 626-358-3726. Sasha will come spayed, current on vaccines, and microchipped. See our website at [www.lifelineforpets.org](http://www.lifelineforpets.org), where you will see more pictures and video of Sasha on our Pooch Place page.



## THE WORLD AROUND US

## CHRISTOPHER Nyerges

THE CHRISTMAS FOLLY OF  
SPENDING

*[Nyerges is the author of several books, such as "Self-Sufficient Home," "Extreme Simplicity," "How to Survive Anywhere," and other books. Information about his classes, and Blog, can be found at [www.SchoolofSelf-Reliance.com](http://www.SchoolofSelf-Reliance.com).]*

"Look at all the money I saved," my friend excitedly told me with an enthusiastic grin, pointing to various boxes with Christmas wrappings on his table. I was visiting an old friend who I'd not seen in years, who I'd heard was experiencing financial hard times.

"What did you get?" I asked.

He proceeded to show me some electronic items, objects that I mostly did not recognize, plus many gifts that he described as "obligatory."

"So, how much did you save?" I ventured.

"Forty percent," was his quick answer.

"Forty percent of what?" I asked. I could tell that my friend wanted to share his excitement with me, but he chose the wrong person to revel in his shopping savvy.

"The retail of this new phone is \$300," he told me.

"Really?" I said, picking it up and turning it over in my hands. "And why do you need this? Was the one you already have malfunctioning?"

"Are you serious?" he challenged. "It's working, but it's obsolete. This one," he said, holding it a few inches in front of my face, "is the coolest latest model."

"I see," I said, rather detachedly. "And you paid for it with your credit card?"

"Of course," he said, shocked that I would even ask such a ridiculous question.

"And do you pay off your credit card bill when it arrives each month?" I ventured.

"Of course, I mean, I pay off what's required."

"So you pay the minimum?" I said. "So you don't pay off the card. You pay interest month after month." I paused. I knew I was not there to make him feel good about his shopping. I knew that his shopping was the reason he was having financial difficulty.

"Look," I said, "I hope I'm not the first one telling you this, but your electronic gadget is usually sold for less than \$300. That's an inflated retail price and so you didn't really save 40%. And since you're paying interest on it, that supposed savings is even less. Are you willing to have a chat about some basics of personal economics? I mean, I saved much more than you simply by not buying something that I don't need, and can't afford." My friend seemed forlorn, and went quiet.

Though my friend was constantly having "money problems" such as running out of money that he needed before the end of the month, I knew that his problem wasn't "money," per se. In this case, my friend's sense of self-importance was boosted each time he purchased something new, even if he didn't need it, even if he really couldn't afford it.

And if spending money provides one with a sense

of self-importance, I knew that my friend would continue to make bad monetary decisions until he found a more substantial concept upon which to base his self-image.

"Look," I told him, "do you really want to get out of debt? Do you really want your life to be different?" He nodded enthusiastically.

"OK," I continued. "To begin with, you need to keep track of your income, and never spend more than you make each month. For example, if you can't pay off your total credit card each month when the bill comes then you can't afford those purchases. Unless you experienced an emergency, you should not have purchased those items, Period." I emphasized that he really needed to scrutinize each purchase and buy only those things he really needed, and not just stuff that he desired.

In our short time together, I doubt that I changed my friend's mental wiring that causes him to justify the excessive shopping. But perhaps it was a step in the right direction. To use the alcohol analogy, he wasn't quite an alcoholic yet who needed rehab; rather, he was the guy whose drinking was starting to cause more and more problems and disruptions in his life. He was not yet beyond redemption.

As an environmentalist, I have long believed that one of our biggest ecological problems is that we all want more and more, and that demand pulls excessively hard on the supply chain, meaning, more and more raw materials, and energy, and water, are required to produce the mountains of "stuff" that we all seem to revel in. Especially at Christmas. And if material things were the source of true happiness, I wouldn't mind, but just the reverse seems to be true.

I tried to instill in my friend the sense that each item, each resource that he handles, came from somewhere. Someone mined the materials, processed the materials and turned them into some object, and then packaged and shipped the materials, all using up way more resources than just the object in question. My friend nodded, but I'm not sure he cared so much about the environment.

"Try making something yourself," I suggested. "You know, carving something out of scrap wood, growing some food items and canning jam or pickles, even fixing up old furniture and chairs and selling them or giving them as gifts," I said. I even suggested that he learn to sew and develop the appreciation that comes with making something with your own hands. "Then, the objects of your life – and the gifts you give – have a story, and they don't add to the burden of trash in the world." He nodded.

I don't know if he will change, but as I left, I shared with him the old adage from the Depression: Fix it up, wear it out, use it over, or do without. Not only would this help him to economize and save money, but I believe it will give him an improved self-image. What do you think?

## OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

BE SURE YOUR GRIN WILL FIND  
YOU OUT

Christmas is a wonderful time of the year and I appreciate it so very much. I recognize I'm difficult to purchase presents for because I have my books, my pens, what else do I really need?

Once in a while I get a Christmas present to beat all Christmas presents. This year was one of those "once in a while's."

It's a pretty well known fact that the Gracious Mistress of the Parsonage and myself differs when it comes to culinary likes and dislikes. How we got along for so many years is truly a miracle, I suppose.

She, for example, loves vegetables, particularly broccoli. (Excuse me, I need to go and wash out my mouth.)

On the other side of the table, I love Apple Fritters. (Excuse me, I need to relish the thought of an apple fritter.)

Throughout the year she tries tricking me into eating vegetables. I'll take so much, but then I draw a line in the sand. That sand sometimes gets a little disheveled and I know who is disheveling it.

I have tried to tell her that a good mother will make Apple Fritters for her family. She dismisses that and says quite emphatically, "No good mother will ever do anything of that nature. A good mother will make vegetables for their family."

And so the "discussion" goes on and on.

We were watching the news as they were reporting on the funeral of the 41st President of the United States. Someone was giving some kind of a eulogy concerning that president and said something that caught my attention.

According to this eulogy, the 41st President of the United States hated broccoli. Let me repeat that, he hated broccoli, as well as all other vegetables.

I looked at my wife and said, "I'm in good company."

She just dismissed that and went on with her work in the kitchen. I grinned a lot and relished the moment. I just don't get too many moments like that.

Then, something wonderful happened.

Christmas cards were coming from family members all over the place. I think people send an early Christmas card to make sure we will return a Christmas card. I was opening the Christmas cards and came to one that made my Christmas the delight that it has become.

Some of my wife's sisters were sending her throughout the year recipes from their mother in their mother's own handwriting. I didn't take much note to that because I'm not allowed in the kitchen to do any cooking.

Very nonchalantly I was opening these Christmas cards and then I came upon "the" Christmas card. I noticed it was from my wife's sister and as I opened it

there was a little card inside that made my life a true joy.

The sister was sending in her Christmas card one of their mother's recipes written in their mother's old hand. You will never guess what the recipe was in that card!

When I opened it up I could not believe my eyes. My eyes have fooled me quite a bit down through the years, but this time I had to rub them several times in order to believe what I was seeing.

There in their mother's own handwriting was her recipe for "Apple Fritters." I had it in my wife's mother's own handwriting.

You can hardly imagine my joy. There is no Christmas joy equal to the joy I felt looking at this recipe.

Now, how was I going to present this to my wife and get all the benefit out of it?

I put all the cards back together and laid this particular Christmas card on the top. I invited my wife to come and sit down and look at some of the Christmas cards that has come from the family.

She sat on the couch and I gave her the Christmas cards and then returned to my chair to watch her opening up these Christmas cards. In the meantime, I had such a big grin on my face and I didn't know how to hide it.

As my wife is opening up the Christmas card she looked up at me and said, "What in the world are you grinning about?"

"I'm just having a happy Christmas season."

Then she opened the Christmas card containing her mother's recipe it her own handwriting for "Apple Fritters." She just stared at it for a few moments and then's looked up at me with one of her classic stares.

"What did you find?" I said as calmly as I could.

"You know exactly what I found." She was quiet for a few moments as she looked at that handwritten recipe from her mother.

"So," I said rather slowly, "when can we expect that recipe to be used in our kitchen?"

She looked at me, then look back at the recipe card and spontaneously we both burst out into hilarious laughter.

I don't think I could have received a better Christmas present than that. Proof positive that good mothers do make Apple Fritters. Maybe they'll be some changes to our kitchen.

Thinking about that I was reminded of a Scripture in the Old Testament. "But if ye will not do so, behold, ye have sinned against the Lord: and be sure your sin will find you out" (Numbers 32:23).

No matter what it is, it will always be exposed in the end.



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

### HOLIDAY BUBBLES PART 2

Fiction is sometimes better told than fact. The wine industry is no exception. I am told German draft-dodger Jacob Schram made camp in Calistoga in 1860 looking for a place to plant his vines. One hundred sixty years later “Schramsberg” is producing some of my all time favorite sparkling wines to this very day. Is it good enough for me? It certainly was for Richard Nixon. In 1972, Barbara Walters hosted then-President Nixon and China's premier Zhou Enlai with it, and Schramsberg sparkling wine has been served at state functions by every president (and yes, in the Dills household) since the mid-eighties.

Sparkling wines are all blends and can be vintage, although the Schramsberg Blanc de Noir is a composition of grapes and regional combination. Blanc de Noir (meaning “white from black”) is 85% pinot noir and 15% chardonnay - thus the blend title - and that is just fine with this writer. With any “bubbles” yeast plays an important role in the fermentation role of the wine's richness and body, making the wine crisp and low in tannins (The Monks found this out by accident). Many readers ask me about sparkling wine or champagne storage. I buy champagne to drink right away, but if you are able to purchase a six-pack to save a few dollars, that's fine. This 2014 Schramsberg, if stored properly, in a nice cool place bottle on it's side, it will be good for years to come, but why let it sit all alone when it should be enjoyed?

Yes, the holidays are here, and my research tells me that consumption of bubbles goes way up during the holidays. This is not a picnic sparkling wine - this is one of my favorites and I savor every zesty sip. Enjoy with a special friend, dinner, or a nice soft cheese.

Closure: Corked

Dills Score: 91

Retail: \$34, supermarket about \$29. Restaurant around \$60+

Each week I will give you my Dills Score. I have added points for value. I'm starting with a base of 50 points; I added 8 points for color, 8 points for aroma or “nose”, 8 points for taste, 9 points for finish, and 8 points for my overall impression, which includes my value rating.

Join me this Sunday at 12 PM for Dining w/Dills AM 830 KLA follow me on twitter kingofcuisine and my blog <http://peterdills.tumblr.com> Plus I will be at the Wine Of the Month Club doing my show live this Sunday. *SEE OUR AD IN SECTION B1*



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# Looking Up

with Bob Eklund



## A PERFECT CHRISTMAS GIFT: FIRST STAR I SEE TONIGHT

By Bob Eklund

This book invites the scientist and poet to set aside their differences for a night—to come outside, stand very still as the sun sets, feel the earth turning eastward, be dazzled by a moonrise, catch a falling star, walk with constellations, ride a rocket to Jupiter space, and finally look back at the Home Planet with new eyes. In poetry, prose, and picture, author/poet Robert Eklund and illustrator Virginia Hoge have created a unique mix of astronomy and art that asks you to join them in the billion-year mission of “descrambling the wonder, outside and inside.”

FIRST STAR

The evening burns,  
The dark earth turns,  
The mountains loom against the sky;  
One star looks down  
To bless the town,  
While sunset clouds sail grandly by.  
And if the light  
Of noon's delight  
Moves on, and leaves us where we are,  
The darkest night  
But aids our sight—  
The better to reveal the star.

Excerpt: Introduction

One starry night many years ago, while driving alone up the wild and rocky Big Sur coast of California, I pulled over and stopped mycar for a break. Stepping out into the starlight, I walked a few feet to the edge of the cliff and looked down. From somewhere farbelow came a growl of surf. As my eyes grew accustomed to the dark, I looked with awe at the brilliant Milky Way stretching overhead and down the sky to the southwest, out over the sea. Then I did a double-take—and thought I was going to fall off the cliff.

What I thought I was seeing was the Milky Way continuing down, down, below what must have been the horizon and deep into the sea itself. The dizzying impression was that I was standing on a flat earth and seeing stars beyond and below its edge. What I was really seeing was the Milky Way reflected on the ocean hundreds of feet below me—but I was not immediately aware of that, and so startling was the impression on my senses that I panicked. Feeling lost, disoriented and frightened under that vast sky, I turned and ran for my car! I only felt safe again when I had the engine running, lights on, and the car in motion.

As other recollections of that trip faded, that single moment of bedazzled stellar awe and panic remained with me as one of my most cherished memories. Later, when I began to read Japanese

haiku poetry, I realized that my Big Sur night was exactly the kind of experience that the best haiku poems are able to record and transmit to others. The great haiku-master Matsuo Basho perhaps summed it up best. His own experience on the cold, lonely coast of northern Japan, on a dark night in the 1600s, must have been much like mine. He wrote:

How wild the sea!  
And, stretching over Sado's isle,  
The Galaxy!

The poignant sense of space, of loneliness, felt in Basho's encounter with the night sky becomes all the more intense when you know that, in his time, Sado's isle was a penal colony.

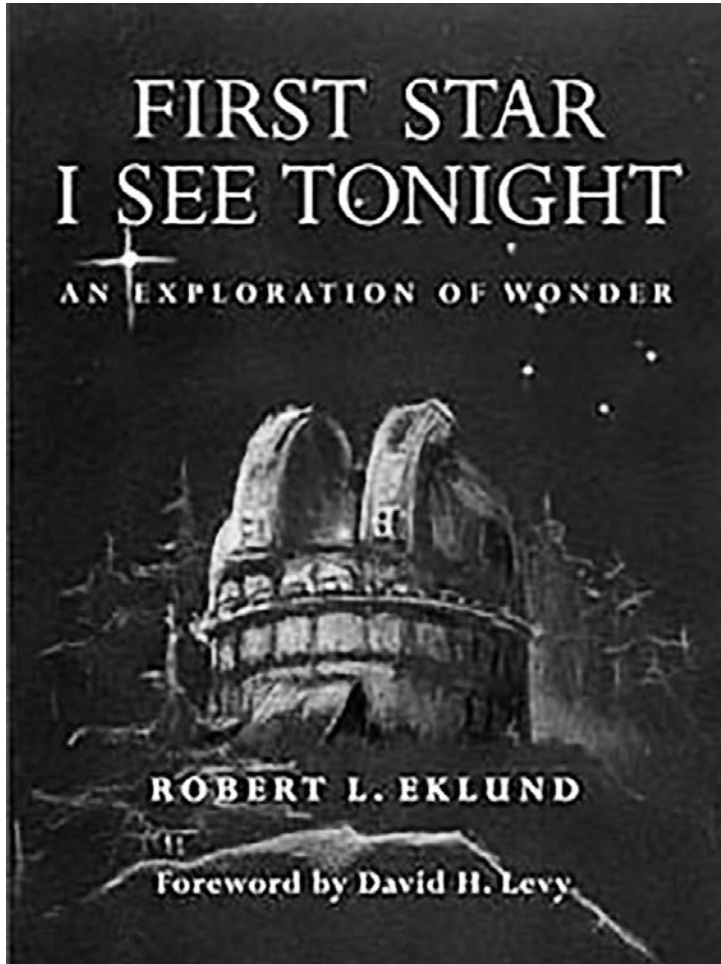
A poem can intensify, compress, and store our experiences and emotions, just as a painting intensifies and preserves an artist's vision—or as a capacitor stores and holds an electric charge. This is a book of experiences under the sky, most often the sky of night. In recording such moments, I frequently have used the compact, 17-syllable haiku form of poetry, borrowed from the Japanese. This form seems especially suited to encapsulate and preserve meaningful encounters with nature, to “call forth in 17 syllables the limitless nuances of earth and sky,” as the classic haiku poet Masaoka Shiki put it.

When I was a child, it was my good fortune to grow up on the grounds of Yerkes Observatory, a major astronomical observatory in southern Wisconsin, where my grandfather was employed for many years as a photographer and lecturer. No doubt the seeds for these poems were sown in those early years when, as a six-year-old, I would sometimes be roused out of sleep by my mother at midnight to go outside and watch a display of the aurora borealis or a shower of meteors. Over the years, while pursuing other careers, I have learned a few things about astronomy, but always as an amateur—in the original meaning of that word: a lover. The naturalist John Burroughs said it so well: “To know is not all, it is only half. To love is the other half.”

A word about the organization of this book may be useful. I have endeavored to so blend science and art that readers may gain unexpected insights in the twin realms of the mind and the heart. The book is structured as an encounter with a starry night—from nightfall through moonlight and starlight and on to bedtime—with excursions, along the way, into both outer and inner space.

You may find it helpful to refer to the “Endnotes” section (starting on page 205) while reading this book. The comments there, keyed to the book's page numbers, add perspective to the main text and provide resources for further learning.

Basho wrote: “Before the light that things give off dies in the heart,



it must be expressed.” My hope is that this book may inspire readers to go out, observe the “limitless nuances of earth and sky,” and then express, in their own words, “the light that things give off.”

I write for all who love the starry sky, the setting sun, the full moon rising, and even the stormy night full of raindrops and snowflakes. The beauty of these things is never far from us.

— Robert L. Eklund

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## LA SALLE ACADEMIC DECATHLON TEAM WINS MEDALS AT THE INTERNATIONAL TOURNAMENT OF CHAMPIONS AT YALE UNIVERSITY



La Salle "World Scholars", from left, Joshua Ng, Kees Hood, Samantha Grijalva, Kate Mena, Gwyneth Schoenbaum and Katie Nuzzi.

Pasadena, CA. - Six students from La Salle College Preparatory Academic Decathlon team garnered 39 medals in the World Scholars Cup Tournament of Champions at Yale University. Two Lancer trios competed against over 400 other teams from 58 other countries. The WSC competition is comprised of four separate events: a Scholars Challenge which is an arduous 120-question multiple choice test on six different subjects, a collaborative essay involving all members of the team, three team debates, and a Scholars Bowl which is a combination of game show and audio-visual madness. These six Lancers had competed in the Global Round in Sydney, Australia, and advanced to the annual Tournament of Champions at Yale. This is the third consecutive year that a team from La Salle has qualified for this ultimate competition.

The team comprising seniors Gwyneth Schoenbaum, Joshua Ng, and Samantha Grijalva

finished in 69th place overall. Individually, they won eleven gold medals and seven silver medals. Together they finished in 26th place for the team challenge, 70th place for the collaborative essay, and 69th overall for the team debate.

The team with seniors Kate Mena, Katie Nuzzi, and Kees Hood combined to win eleven gold medals and five silver medals. As a team, they finished in 19th place for the Team Challenge, which is the highest finish that either team received in any event.

This event completes the annual competition for these six students but they have not completed their academic competitions yet. In January and February these same Lancers (along with about 20 others) led by coach John Erb will vie in the Academic Decathlon competition at Alemany High School where they will compete against more than 40 teams from other private schools in the greater Los Angeles area.

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## THE GOOD LIFE

### DOES MEDICARE COVER DENTAL CARE?

*Dear Savvy Senior,*  
I will turn 65 in a few months and will be enrolling in Medicare, but I am concerned about Medicare's coverage of dental care. Does Medicare cover dental procedures? And if not, where can I get dental coverage?  
Almost 65



Dear Almost,  
Medicare's coverage of dental care is extremely limited. It will not cover routine dental care including checkups, cleanings, or fillings, and it won't pay for dentures either.

Medicare will, however, cover some dental services if they are required to protect your general health, or if you need dental care in order for another health service that Medicare covers to be successful. For example, if you have cancer and need dental services that are necessary for radiation treatment, or if you need surgery to treat fractures of the jaw or face, Medicare will pay for these dental services.

Although Medicare's coverage of dental services is limited, there are other ways you can get coverage and care affordably. Here are several to check into.

Consider a Medicare Advantage plan: While dental services are mostly excluded under original Medicare, some Medicare Advantage plans do provide coverage for routine dental care. If you are considering joining a Medicare Advantage plan, find out what dental services, if any, it covers. Also, remember to make sure any Medicare Advantage plan you're considering covers the doctors and hospitals you prefer to use and the medications you take at a cost you can afford. See Medicare.gov/find-a-plan or call 800-633-4227 to research plans in your area.

Purchase dental insurance: If you have frequent gum problems and need extensive dental care, a dental insurance plan may be worth the costs versus paying for care yourself. Expect to pay monthly premiums of \$15 to \$40 or more for insurance. To find dental plans in your state, go to NADP.org and use the "find a dental plan" tool. Then review a specific plan's website.

Consider dental savings plans: While savings

plans aren't as comprehensive as insurance, they're a good option for those who can't get covered. How this works is you pay an annual membership fee – around \$80 to \$200 a year – in exchange for 10 to 60 percent discounts on service and treatments from participating dentists. To find a savings plan, go to DentalPlans.com (or 888-632-5353) where you can search for plans and participating dentists, as well as get a breakdown of the discounts offered.

Check veterans' benefits: If you're a veteran enrolled in the VA health care program or are a beneficiary of the Civilian Health and Medical Program (CHAMPVA), the VA offers a dental insurance program that gives you the option to buy dental insurance through Delta Dental and MetLife at a reduced cost. The VA also provides free dental care to vets who have dental problems resulting from service. To learn more about these options, visit VA.gov/dental or call 877-222-8387.

Shop around: FairHealthConsumer.org and HealthcareBlueBook.com lets you look up the cost of different dental procedures in your area, so you can comparison shop – or ask your regular dentist for a discount.

Try community health centers or dental schools: There are many health centers and clinics that provide low-cost dental care to those in need. And all university dental schools and college dental hygiene programs offer dental care and cleanings for less than half of what you would pay at a dentist's office. Students who are supervised by their professors provide the care. See ToothWisdom.org to search for a center, clinic or school near you.

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

## SENIOR HAPPENINGS



### HAPPY BIRTHDAY! ....December Birthdays\*

Pat Karamitros, Joan Hufnagel, Mary Alice Cervera, Carol Horejsi, Shirley Anhalt, Mignon Grijalva, Helen Reese, Levon Yapoujian, Toni Buckner, Lottie Bugl, Pat McGuire, Sheila Wohler, Nan Murphy, Eleanor Hensel, Sylvia Curl, Elizabeth Levie, Gayle Licher, Cindy Barran, and Melissa Stute. \* To add your name to this distinguished list, please call the paper at 626.355.2737. YEAR of birth not required but you must be over 60.

### HART PARK HOUSE MONTHLY PROGRAMS:



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 10:00 a.m. - 11:00 a.m. Join the class with Instructor Barbara Dempsey as she leads you in the art of Hula!  
*Bingo Time:* Every Tuesday beginning at 1:00 p.m. Cards are only \$0.25 each! Everyone is

welcome to play! Activity may be canceled if there are less than five people.

*Free Blood Pressure Testing:* 2nd Tuesdays Monthly from 11:00 a.m. - 12:00 p.m. No appointment is necessary.

*Brain Games:* Thursday, December 13th 10:30 - 11:30 a.m. Join us for Scattergories, a creative thinking game by naming objects within a set of categories; or Jenga, a block-building challenge that keeps you stacking and balancing your tower. Everyone is welcome, and no experience is needed. A great way to strengthen your mind and make new friends... Games are facilitated by Senior Volunteers.

*Free Legal Consultation:* Wednesday, December 19th from 10:30 a.m. - Noon. Attorney Lem Makupson is available for legal consultation. Specializing in Family Law, Wills, Trusts, Estates and Injury. Please call the Hart Park House for an appointment, 626-355-5278 ext. 704.

*Senior Club:* Meets Saturdays Monthly at Hart Park House... Brown Bag Lunch and great company at 11:30 a.m.

*Chair Yoga:* Mondays & Wednesdays 11:00 - 11:45 a.m. with Paul Hagen. Classes include Yoga and balance exercises. All ability levels are encouraged and welcomed! \* Voluntary Donations of \$5.00 per week per participant are suggested but not required.

*Birthday Celebration:* Every 2nd Thursday Monthly at the Hart Park House. Share free birthday cake and ice cream kindly provided by the Senior Community Commission!

*Game Day:* Every Thursday Monthly 12:00 Noon come into the Hart Park House and join a lively poker game with friends!

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

*Save the Date:* Senior Excursion, Wednesday, Dec. 19th to Rogers Gardens in Corona Del Mar.

**SENIOR MOVIE:** 1st and 3rd Wednesdays Monthly 1:00 p.m.

**December 5th National Lampoon's Christmas Vacation**  
**Rated - PG-13 1hr 37 min**

Its Christmas time and the Griswolds are preparing for a holiday celebration. Things never run smoothly for Clark, his wife Ellen and their children. His bad luck is worsened by obnoxious family but he stays positive knowing his Christmas bonus is near.



**December 19th Book Club**  
**Rated - PG-13: 1hr 59 min**

When deadly ghost pirates led by his old nemesis, the terrifying Captain Salazar escape from the Devil's Triangle, determined to kill every pirate at sea, Captain Jack Sparrow's only hope for survival lies in seeking out the legendary Trident of Poseidon, the powerful artifact bestows upon its possessor total control over the sea.



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*The angel said to them, "Behold, I bring you good tidings of great joy which shall be  
to all the people; for there is born to you this day a Savior, who is Christ the Lord."  
~ Luke 2:10*

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SATURDAY, DECEMBER 8, 2018

## AROUND SAN GABRIEL VALLEY



### ALEX VILLANUEVA SWORN-IN AS SHERIFF AND NEW EXECUTIVE STAFF IS APPOINTED

By Joan Schmidt

Recently, retired Lieutenant Alex Villanueva was sworn in as Sheriff. His wife Vivian, a retired LASD Deputy of 30 years held the Bible as he was sworn in. His son Jared pinned him. The hall was full with rank and file personnel, County officials and even activists. A lady in the audience yelled, "Si se puede" (If you can). (Dolores Huerta coined that term as she worked side by side with Caesar Chavez for migrant workers who had deplorable working and living conditions.)

After he was sworn in, Villanueva spoke to his wife; the both of them were derailed because of his public stances, "You bared the brunt of retaliation leveled my way for years."

After declared winner, Villanueva had said he "was going to clean house" Changes include: Undersheriff Ray Leyva, Assistant Sheriffs Bob Olmsted, Tim Murakami and Maria Gutierrez, all with many years of LASD experience.

I have known Leyva for 20+ years; first as a Captain at Sheriff's Headquarters. He has a Bachelor's Degree from Cal State LA, and his Masters from Pepperdine University, both in Business Administration. A member of the Hispanic American Police Commander Association, he served as President from 2006-2007. In 2006, he ran against Baca for Sheriff, because although warned there was excessive force at Men's Central Jail, Baca would not listen. Ray retired in 2016 with 25 years at LASD.

Bob Olmsted, a new Assistant Sheriff has 32 years experience with the Department. He was a Commander, even submitted three reports of documented excessive force at Central Jail, but again, nothing was done. He went to the FBI and many criticized him for bringing the Department down. I saw an ethical man who had a lot of guts. Frustrated,

he resigned and ran for Sheriff in 2014. One of his supporters was Lieutenant Alex Villanueva!

The other two newly-appointed Assistant Sheriff's are Industry Captain Tim Murakami and Chief Maria Gutierrez. I've known Tim many years since his days as a Lieutenant at Industry Station; he served its communities so well, he promoted to their Captain. An LASD Captain of a Sheriff's Station is a "Police Chief" for a few cities. You work with city officials, residents, and Code Enforcement.

I don't personally know the new Assistant Sheriff, former Chief of Court Services, Maria Gutierrez. But she has many years of experience and I like that she is cognizant of the Court System.

Villanueva spoke of immigrants feeling safe and not worrying about the LASD calling Immigration on them. Twenty years ago on a Compton Ride-along with Sgt. Birtness, we answered a call of a child being bitten by a vicious dog, sometimes left outside and not secured. The Sergeant said the tenants were afraid to call LASD, because LASD might call Immigration. This upset Sgt. Birtness, "Our job is the safety of our residents. We are NOT going to call Immigration."

Many people were upset Jim McDonnell wasn't re-elected. I had supported him. However, I like Villanueva's choices for his Executive Staff. Four years ago, Villanueva had supported Olmsted, "He has a very easy-going style, very personable with all our troops. People aren't afraid to speak to him."

After the ceremony, our Supervisor Kathryn Barger congratulated Villanueva and told said, "Public Safety is our utmost importance and I will support the new Sheriff." (So will I.)

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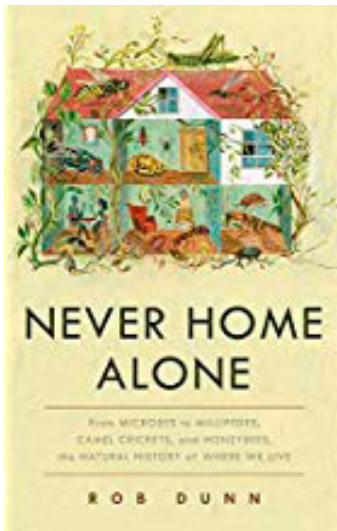
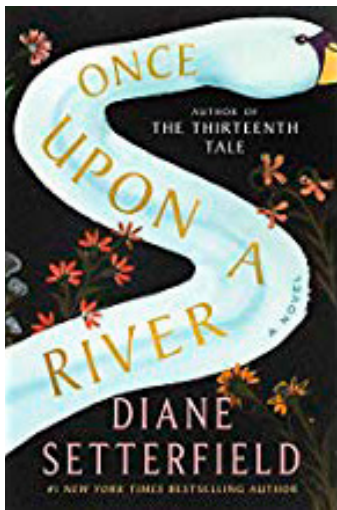
## Jeff's Book Pics

By Jeff Brown

### Once Upon a River: A Novel

by Diane Setterfield

"One of the most pleasurable and satisfying new books I've read in a long time. Setterfield is a master storyteller...swift and entrancing, profound and beautiful." —Madeline Miller, internationally bestselling author of Circe and The Song of Achilles. On a dark midwinter's night in an ancient inn on the river Thames, an extraordinary event takes place. The regulars are telling stories to while away the dark hours, when the door bursts open on a grievously wounded stranger. In his arms is the lifeless body of a small child. Hours later, the girl stirs, takes a breath and returns to life. Is it a miracle? Is it magic? Or can science provide an explanation? These questions have many answers, some of them quite dark indeed. Those who dwell on the river bank apply all their ingenuity to solving the puzzle of the girl who died and lived again, yet as the days pass the mystery only deepens. The child herself is mute and unable to answer the essential questions: Who is she? Where did she come from? And to whom does she belong? But answers proliferate nonetheless. Three families are keen to claim her. A wealthy young mother knows the girl is her kidnapped daughter, missing for two years. A farming family reeling from the discovery of their son's secret liaison, stand ready to welcome their granddaughter. The parson's housekeeper, humble and isolated, sees in the child the image of her younger sister. But the return of a lost child is not without complications and no matter how heartbreaking the past losses, no matter how precious the child herself, this girl cannot be everyone's. Each family has mysteries of its own, and many secrets must be revealed before the girl's identity can be known. Once Upon a River is a glorious tapestry of a book that combines folklore and science, magic and myth. Suspenseful, romantic, and richly atmospheric, the beginning of this novel will sweep you away on a powerful current of storytelling, transporting you through



worlds both real and imagined, to the triumphant conclusion whose depths will continue to give up their treasures long after the last page is turned.

### Never Home Alone: From Microbes to Millipedes, Camel Crickets, and Honeybees, the Natural History of Where We Live

by Rob Dunn

A natural history of the wilderness in our homes, from the microbes in our showers to the crickets in our basements. Even when the floors are sparkling clean and the house seems silent, our domestic domain is wild beyond imagination. In Never Home Alone, biologist Rob Dunn introduces us to the nearly 200,000 species living with us in our own homes, from the Egyptian meal moths in our cupboards and camel crickets in our basements to the lactobacillus lounging on our kitchen counters. You are not alone. Yet, as we obsess over sterilizing our homes and separating our spaces from nature, we are unwittingly cultivating an entirely new playground for evolution. These changes are reshaping the organisms that live with us--prompting some to become more dangerous, while undermining those species that benefit our bodies or help us keep more threatening organisms at bay. No one who reads this engrossing, revelatory book will look at their homes in the same way again.

### New Selected Stories

by Alice Munro

Spanning her last five collections and bringing together her finest work from the past fifteen years, this new selection of Alice Munro's stories infuses everyday lives with a wealth of nuance and insight. Beautifully observed and remarkably crafted, written with emotion and empathy, these stories are nothing short of perfection. A master class in the genre, from an author who deservedly lays claim to being one of the major fiction writers of our time. The 3 reviews

are from Amazon.com

## All Things

By Jeff Brown

### CLIMATE CHANGE

Climate scientists have some good news, for a change. Global economies are growing at a much faster rate than their greenhouse gas emissions, according to the Global Carbon Project, an international scientific collaboration. Nineteen countries, including the U.S. and the U.K., have seen a decade of economic growth and lower carbon dioxide emissions. Renewable power capacity is at a record high and coal-burning might have peaked. The bad news, inevitably, from the Global Carbon Project is that emissions are projected to rise 2.7 percent in

2018, to 37.1 billion metric tons of CO2. That's more than a full point higher than 2017, a year that saw 1.6 percent growth. The previous three years had seen no emissions growth, prompting speculation that global levels may have been stabilizing. This year is also shaping up to be the fourth warmest on record, behind 2015, 2016 and 2017. Naturally varying temperatures account for annual differences, but the bumpiness smooths out over time into a clear trend: Twenty of the hottest years since the 1880s have occurred in the last 22.

## HEALTHY LIFESTYLES



### THE POWER OF LETTING GO

Yoga is, in many ways, about becoming free of struggle.

First, we gain awareness. We wake up to what's going on in our bodies and minds and discover how things are affecting us. Only then, can we determine what we need to let go. Sometimes, this 'need to let go' realization almost occurs after the fact. Have

you every noticed how hard you were struggling until you were not struggling anymore? Similar idea with letting go. The tighter the grip, the harder to let go and the greater the need to release. Ideally, we'd identify tension within us as it builds. There's good news though, Yoga has many practices to assist this letting go process.

Accessing a nourishing, full, deep breath and finding a sense of relaxation are probably two of the most important remedies. Have you noticed how a deep breath can change things? Finding even, smooth breaths changes our physiology and greatly affects the Sympathetic and Parasympathetic Nervous Systems. When we breathe in a deliberate way, the energy and the mind are soothed and

refined. The road to freedom and letting go can be found this way.

With the breath as a catalyst, yoga allows us to find relaxation and cultivate a sense of ease. It's when we find the rhythm of relaxation that we are able to go deeper in yoga. Deep physical relaxation is found in savasana, the final resting pose. However, mentally, the mind is being soothed throughout practice. If the practice is approached by trying "too hard" or wanting to accomplish, then the profound sense of relaxation and letting go is not going to happen.

You've probably come upon this principle in other areas of life. Letting go allows abundance and exerting too much self-will is ultimately limiting. Relaxing into practice and agreeing to be fully present will break down resistance and create freedom on all levels. As you move along, restorative yoga is incredible and the practice of Yoga Nidra (yogi sleep) is profound and sublime.

Learn what exerting great effort and feeling comfortable feels like at the same time! Contact me to learn more and be introduced to the practices that have the potential to change your life. [keely@keelytotten.com](mailto:keely@keelytotten.com).

Love and Namaste,  
Keely Totten, E-RYT 500, Yoga & Meditation Teacher, An Earnest Practitioner of Letting Go

### THE MISSING PAGE

Real Life Tips from Life's Instruction Manual

## THE HOLIDAYS ARE HERE, LAY DOWN YOUR WEAPONS

The holidays are here, and for some people, they represent stress. Some folks dread having awkward conversations or having to interact with their parents' weird friends who manage to offend everyone present before the end of the holiday meal. Some start the season by getting their guard up and preparing for battle.

Do you plan your arguments in your head before approaching another party for a conversation? If so, stop it. The only difference between a human being and a cow, horse, or a pig is our consciousness and ability to reason. Planning to argue or disagree is an abuse of your imagination. When we are confronted with a potential conflict with another person, there are several fundamental truths at play.

First, most humans long for and crave human connection. We want to be heard. Next, we all want to be understood. "The Course in Miracles" suggests that every human interaction is an expression of love or a request for love. May I suggest that you approach all of your holiday exchanges with the assumption that no one means you any harm? Would it be possible for you to give someone the benefit of the doubt?

We are all blessed with the gift of perception. As you interact with others this season, I invite you to consider other possibilities before taking offense. Ask yourself,

is there another way to look that statement or view that behavior? Try to see things their way. Look for the good; it might be there if you look.

Wallace Wattles in his book, "The Science of Getting Rich", describes an interaction he had with a costume designer. She complained that her director was difficult and impossible to please. He encouraged her to stop replaying old disagreements in her mind. He coached her to imagine instead that the director and she had excellent communications, that he loved her designs and that all of their contacts were positive. Soon she reported their relationship had greatly improved and completely turned around. That happened because she changed. We can be powerful creators, use your powers for good.

So if you have someone that you have difficulty communicating with, rather than planning for conflict imagine a peaceful, fruitful conversation. Everything starts in mind, so why not rehearse a good positive interaction?

*Lori is a lawyer and coach. She helps mid-career professionals live more fulfilling and enriched lives. Learn more about her on her free app Gratitude Train in the App Store and Google Play.*

## FAMILY MATTERS

By Marc Garlett



## THINK YOUR HOMEOWNERS INSURANCE OFFERS PROTECTION FROM NATURAL DISASTERS? THINK AGAIN

The recent wildfires in California were devastating to the communities and families affected by them. The threat of earthquake is always present for those of us in the Golden State. Yet despite the danger posed by natural disasters, many California homeowners still lack the insurance needed to protect their property and possessions from such catastrophes.

In fact, roughly two-thirds of all homeowners are underinsured for natural disasters, according to United Policyholders (UP), a nonprofit organization for insurance consumers. One contributing factor to this lack of coverage is the mistaken belief that homeowners insurance offers protection from such calamities. In reality, natural disasters are typically not covered by standard homeowners policies.

In order to obtain protection, you often need to purchase separate policies that cover specific types of natural disasters. Here, we've highlighted the types of insurance coverage available and how the policies work.

### Wildfires

While homeowners insurance typically doesn't pay for damage caused by natural disasters, most policies do protect against fire damage, including wildfires like the recent ones in California. The only instances of fire damage homeowners policies won't cover are fires caused by arson or when fire destroys a home that's been vacant for at least 30 days when the fire occurred.

That said, not all homeowners policies are created

equal, so you should check your policy to make certain that it includes enough coverage to do three things: replace your home's structure, replace your belongings, and cover your living expenses while your home is being repaired, known as "loss of use" coverage.

In certain areas that are extremely high-risk for wildfires, it can be difficult to find a company to insure your home. In such cases, you should look into California's FAIR Plan.

### Earthquakes

Unlike fires, earthquakes are typically not covered by homeowners policies. To protect your home against quakes, you'll need a freestanding earthquake insurance policy.

While earthquake insurance is available throughout the state, policies in high-risk areas (such as on fault lines) typically come with high deductibles. What's more, though earthquake insurance covers damage directly caused by the quake, some related damages such as flooding are likely not covered. Carefully review your policy to see what's included—and what's not.

### Floods

Though homeowners insurance generally covers flood damage caused by faulty infrastructure like leaky pipes, nearly all policies exclude flood damage caused by natural events like heavy rain, overflowing rivers, and hurricanes. You'll need stand-alone flood insurance to protect your property and possessions from these events.

The threat from flooding is so widespread, Congress created the National Flood Insurance Program (NFIP) in 1968, which allows homeowners in flood-prone areas to purchase flood insurance backed by the U.S. government. To determine the risk for your property, consult FEMA's Flood Map service center.

Get the disaster coverage you need today To make certain you have the necessary insurance coverage to protect your home and belongings from natural disasters, consult with your insurance agent or let us know and we'll be happy to refer you to one of the trusted insurance advisors we know.

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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 626.355.4000 or visit [www.GarlettLaw.com](http://www.GarlettLaw.com) for more information.*

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Mountain Views News has been adjudicated as a newspaper of General Circulation for the County of Los Angeles in Court Case number GS004724: for the City of Sierra Madre; in Court Case GS005940 and for the City of Monrovia in Court Case No. GS006989 and is published every Saturday at 80 W. Sierra Madre Blvd., No. 327, Sierra Madre, California, 91024. All contents are copyrighted and may not be reproduced without the express written consent of the publisher. All rights reserved. All submissions to this newspaper become the property of the Mountain Views News and may be published in part or whole.

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Letters to the editor and correspondence should be sent to:

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**Mountain Views News Mission Statement**

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

**BLAIR BESS**



recent passing we as a nation are still mourning. Again, timing is everything. In this instance, it's the perfect time to pause and consider the significance of this piece of legislation.

The elder President Bush understood the disastrous consequences of climate change. According to Monica Medina, a former principal deputy undersecretary of the National Oceanic and Atmospheric Administration, Bush 41 knew that global warming posed "a risk to our health, to our prosperity, and to our national security."

President Bush's commitment to the environment is in stark contrast to opinions expressed by the current occupant of the Oval Office. When questioned about the climate report's validity, President Trump reacted dismissively and said, "I don't believe it"

Climate change deniers like President Trump and many of his party's leadership in Congress choose to pooh-pooh the findings of the climate assessment because it is contrary to "evidence" proffered by fossil fuel industry-affiliated experts and the special interests funding their careers. Their views are not predicated on potential environmental hazards or the health concerns of ordinary Americans. They are rooted in increased profits; the public be damned.

The consequences of the administration's recent actions and inactions relating to environmental regulation and its withdrawal from the Paris climate agreement are a far greater matter of national security than the attempts of undocumented immigrants to "invade" our southern border. They just don't play as well with the Trump base.

Since the last climate assessment was released four years ago, states in the west and southwest have increasingly been subjected to devastating droughts. Dwindling water supplies have affected the livelihood of farmers. Uncontrollable wildfires have taken a human toll, causing loss of life, property, and natural resources.

Coastal flooding and erosion, which is attributed to a decrease in sea ice, have impacted Alaskans as well as Americans in offshore territories of the U.S., like Puerto Rico and the Virgin Islands. Hotter temperatures are life-threatening to both elderly and young Americans.

Scientists who contributed to the National Climate Assessment note that by 2050 those higher temperatures and dramatic changes in rainfall will also reduce agricultural productivity and impact the health of livestock.

The report further notes that extreme weather events driven by global warming are "virtually certain to increasingly affect U.S. trade and economy, including import and export prices and businesses with overseas operations and supply chains." We may expect shuttering of factories and a resultant hardship for American workers at home.

It's quite possible that climate change will eventually have a greater negative impact on businesses large and small than the administration's ill-conceived tariffs on imports, and its "America First" trade policies.

During the administration's first two years, the wholesale elimination of regulations enacted by the Environmental Protection Agency and other government institutions have removed safeguards meant to keep Americans healthy and secure. The economic health of American workers - not their employers - is often cited as the motivating factor behind these changes.

To varying degrees, all administrations pander to those whose financial support helped put and keep them in office. The Trump administration is no different. Yet fixes that favor short-term corporate interests over those of ordinary Americans who voted for the president will inevitably yield economic consequences that affect the bottom-line and well-being of us all.

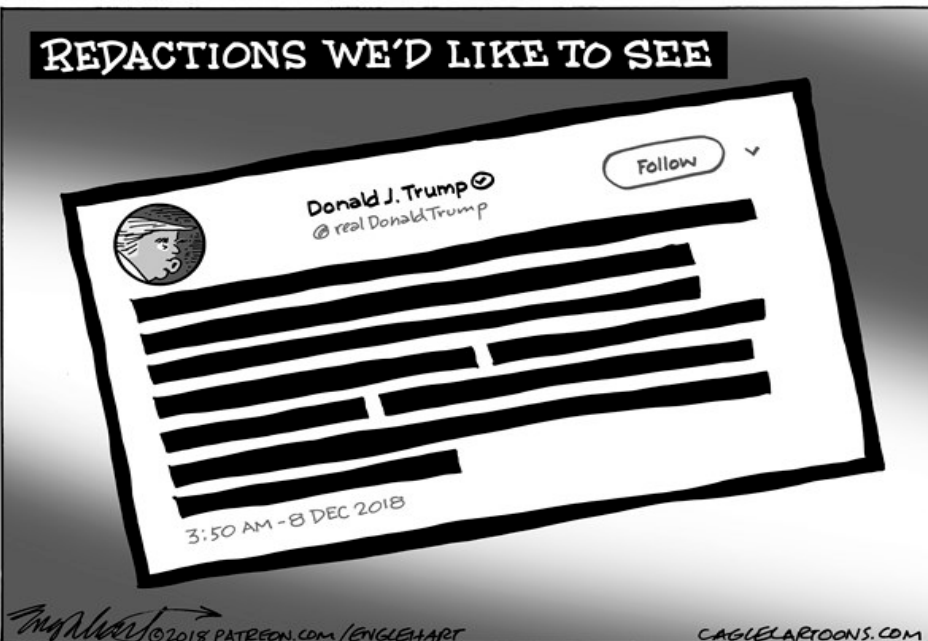
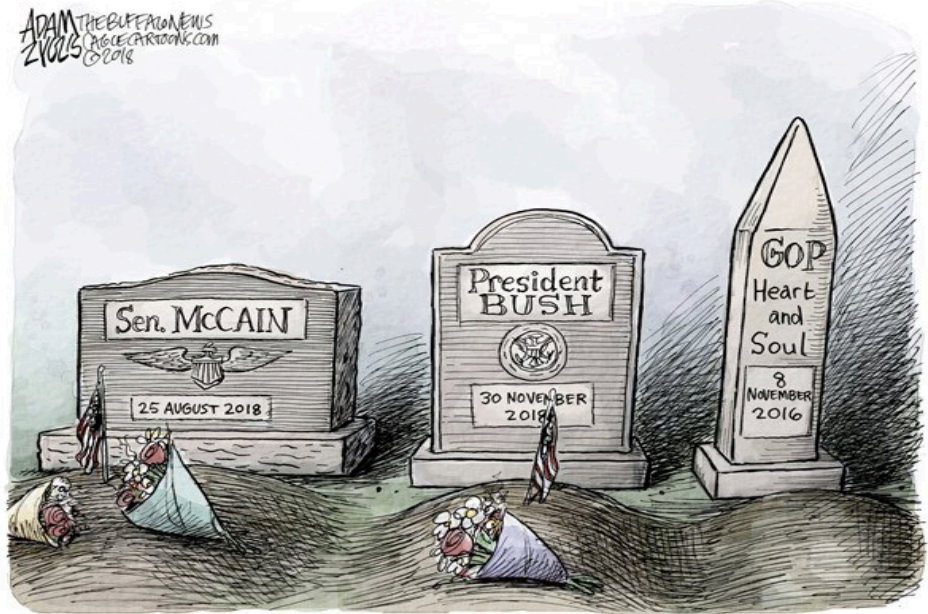
Global warming and the environment need not be a political hot potato. As the late President Bush told an audience thirty years ago, "Those who think we're powerless to do anything about the greenhouse effect are forgetting about the White House effect." In the wake of the latest National Climate Assessment, it is in everyone's interests for the current occupant of that house to retake his temperature and reconsider his position on climate change.

Blair Bess is an award-winning journalist and columnist. He can be reached at [bbess@soaggragated.com](mailto:bbess@soaggragated.com).

**NATIONAL CLIMATE ASSESSMENT A POLITICAL HOT POTATO**

Timing is everything. Take for example the Trump administration's decision to release the latest National Climate Assessment during last month's Thanksgiving holiday. No shocker. The president and his team consistently dump unwelcome information at times they believe no one is paying attention.

Publication of the climate assessment is mandated by Congress. It has been released every four years since the requirement to do so was signed into law by President George H.W. Bush in 1990. That's right, Bush 41, whose



**LEFT TURN/RIGHT TURN**

**JOHN L. MICEK**



**WILL TRUMP LISTEN TO LINDSEY GRAHAM?**

What got into Lindsey Graham? Maybe it was the wave of nostalgia for an old school Washington brought on by the funeral of former President George H.W. Bush this week. Or maybe it was the collective yearning for a simpler time when American presidents could walk 250 yards across the street to Blair House instead of taking a preposterous motorcade.

Whatever it was, it was nice to see the Republican senator from South Carolina temporarily shed his skin as a creature of the Washington establishment and return - however temporarily - to being the truth-teller of old who wasn't afraid of jousting with then-candidate Donald Trump in the heat of the 2016 GOP primary campaign.

In case you missed it, Graham suggested this week that one [Read: Trump] had to be "willfully blind" to not conclude that Saudi Arabian Crown Prince Mohammed bin Salman was not responsible for the Oct. 2 murder and dismemberment of dissident Saudi journalist (and legal American resident) Jamal Khashoggi at the Saudi mission in Istanbul.

As he and other senators exited a Tuesday briefing with CIA Director Gina Haspel, Graham said he'd been left with no doubt that the Saudi crown prince - whom the Washington media and political class insists on referring to as "MBS," as if he's some wayward Hollywood C-lister and not a murderous despot - was behind the gruesome killing.

According to reports, Khashoggi was cut apart with a bone saw. His body was still has not been recovered.

"I think Secretaries Pompeo and Mattis are following the lead of the president," Graham said, referring to Secretary of State Mike Pompeo and Defense Secretary James Mattis, who have parroted the White House line by refusing to strongly condemn or blame the Saudi leader for a gross attack on human rights, press freedom, and the rule of law.

"There is not a smoking gun, there is a smoking saw," Graham continued "You have to be willfully blind not to come to the conclusion that this was orchestrated by people under the command of MBS and he was intricately involved in the demise of Mr. Khashoggi."

Trump has steadfastly refused to criticize the Saudi leader, claiming that he doesn't want to jeopardize exaggerated billions in arms contracts with the Gulf kingdom. As recently as last week, Trump again questioned the CIA's assessment that bin Salman was behind the journalist's death.

"If you look at my statement, it's maybe he did and maybe he didn't," Trump told The Washington Post "But he denies it. And people around him deny it"

Trump continued, telling The Post that the Saudi leader had spoken to him about the case in three phone calls.

"And the CIA did not say affirmatively he did it, either, by the way. I'm not saying that they're saying he didn't do it, but they didn't say it affirmatively," Trump told the newspaper.

That, of course, is a ridiculous and offensive proposition given the apparent preponderance of the evidence against bin Salman.

But it isn't the first time - nor will it be the last - that Trump has undercut and dismissed the findings of the American intelligence community.

Nor is it the first time that Trump has coziered up to a dictator and put their interests ahead of the compelling national security interests and bedrock values of the United States. If given the choice, from Vladimir Putin to Kim Jong Un, Trump will always, always Put Despots First.

In an appearance on Fox News on Tuesday night, Graham upped the ante, telling an interviewer that world leaders were watching how the White House is handling the Khashoggi controversy and that if Trump "[gives] this guy [bin Salman] a pass after he disrespected you, you will look weak and you don't want to look weak"

And, that ironically, might have been the most effective way for Trump to get the message that he's in the wrong.

The president might not care about the rule of law. And he might not care about human rights. And he might not care about the United States' place on the global stage. He certainly doesn't care about press freedoms.

But it's pretty clear that he cares about his image and his so-very-fragile ego. And the last thing our narcissistic leader wants is to look weak in front of his fellow strongmen.

-

An award-winning political journalist, Micek is the Opinion Editor and Political Columnist for PennLive/The Patriot-News in Harrisburg, Pa. Readers may follow him on Twitter @ByJohnLMicek and email him at [jmicek@pennlive.com](mailto:jmicek@pennlive.com).

**MICHAEL REAGAN**

**WORTHY ASYLUM SEEKERS – OR NOT?**



Earlier this week I was at an event that honored Malala Yousafzai.

Malala, in case you don't recall, is the brave young school girl from a village in Pakistan who was nearly killed in 2012 by the Taliban.

She was just 15 when she was shot in the head by a Taliban gunman for publicly speaking out for the right of all girls to receive a free, safe and quality education.

Malala, who became world famous while she lay in a coma for 10 days in a British hospital, was lucky to be given asylum in Britain with her family.

She went on to create the Malala Fund, which she says is dedicated to giving every girl in the world "an opportunity to achieve a future she chooses."

In 2014 she became the youngest person to win a Nobel Peace Prize and now, at the ripe old age of 21, she's studying philosophy, politics and economics at the University of Oxford.

When I texted my son Cameron to tell him I was at the event honoring Malala, he pointed out that she was a perfect example of why the United States and countries like Britain offer asylum to refugees.

Unlike the 6,000 migrants from Honduras that are now in Tijuana trying to crash their way into the United States, Malala and her family were in serious danger.

They met the international definition of a refugee perfectly - "a person with well-founded fear of persecution for reasons of race, religion, nationality, political opinion or membership in a particular social group, who has been forced to flee his or her country because of persecution, war or violence."

Those 6,000 Central American refugees, as my son also pointed out, are not just trying to take advantage of our generous immigration system and hours of sympathetic liberal media coverage.

By cutting in line, and by clogging up an already backed up application process, they are making it so that the people that truly deserve asylum - worthy refugees like Malala and her family - might not be able to get it.

Realistically, despite Rachel Maddow's tears, most of the migrants from Honduras or Guatemala rushing our southern border are never going to meet the qualifications for asylum, a bureaucratic legal process that takes a long, long time.

Only about 40 percent of applicants from around the world in any given year qualify for asylum, according to the National Immigration Forum's web site.

As of July there were more than 700,000 pending asylum cases in our overwhelmed immigration courts and the average wait time for a hearing was 721 days.

During 2017, when there was a big jump in asylum applications from Central America and the total cases filed hit 200,000, only about 30,000 individuals were approved.

As Tucker Carlson pointed out last week, to argue, as the left and liberal media do, that those Honduran migrants in Tijuana automatically deserve to be let into the U.S. because of the poverty and violent crime in their native land is patently absurd.

If poor living conditions and rampant violence are the basis for asylum in America, Carlson said, then the whole country of Honduras should get it.

I don't know if most people know it, but more than half of the individuals who were granted asylum in the United States in 2016 - 20,500 souls - came from two places:

China (22 percent) and the Central American countries of El Salvador (10.5 percent), Guatemala (9.5 percent), Honduras (7.4 percent) and Mexico (4.5 percent).

Most of them - 44 percent - ended up living in California, which helps to explain why one of the richest states in the Union is now the home for about 7.4 million people who live in poverty, more than any other state.

Michael Reagan is the son of President Ronald Reagan, a political consultant, and the author of "Lessons My Father Taught Me: The Strength, Integrity, and Faith of Ronald Reagan." Visit his websites at [www.reagan.com](http://www.reagan.com) and [www.michaelreagan.com](http://www.michaelreagan.com).





















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