

Happy New Year

SIERRA MADRE EDITION

Where Your  
Community News Comes First

# Mountain Views News

Sierra Madre Edition: Sierra Madre - Arcadia - Monrovia - Duarte

Pasadena Edition: Pasadena - South Pasadena - Altadena - San Marino

SATURDAY, DECEMBER 29, 2018

VOLUME 12 NO. 52

## TIM OSTI PASSES AWAY



Just as we come to the end of the year, Sierra Madreans learned of the passing of another one of its treasures, Tim Osti. Known for his love and concerns for others, Tim, 51, was a well loved and his untimely death was a shock to the community. He passed away on Thursday, December 27, 2018 of natural causes while at work. He worked with his dad, Danny Osti in the family business, Osti Tree Service. He is survived by his wife Diane and many other family members and friends. At press time, more information was unavailable.

Word of Tim's passing spread quickly

throughout town and on social media. Friends quickly established a Tim Osti Memorial Fund on Go Fund Me to assist his family. The posting on the site sums up Tim quite well, "He left behind numerous wonderful relationships with everyone with whom he crossed paths during his life. Consistent with his devotion to Jesus Christ, Tim was the first person to offer whatever was necessary to anyone in need, if it was a smile, a word of encouragement, or the shirt off his back. A lifelong member of Sierra Madre, Tim mentored others, whether with respect to conquering our local trails or finding peace in 'The Lord.'" If you would like to donate to the Memorial Fund, go to: [www.gofundme.com/tim-osti-memorial-fund](http://www.gofundme.com/tim-osti-memorial-fund).

In April, 2013, Tim, an avid runner, ran the Boston Marathon (right), and escaped injury from the bomb that was detonated on runners and spectators. In an interview for the Mountain Views News after he returned he said, "I don't know why, but God directed me away from that finish line". Osti said he had every intent of hanging around with other runners who had completed the run, but all of a sudden he just "decided to get on the bus, and I really don't know why. I was directed away from the danger, and I am so grateful." His first action after he realized what happened was to call home and let his family and church know he was ok. (Read more at <http://mtnviewsnews.com/v07/htm/n16/index.htm>).

Information on services for Tim were not available at press time.

S. Henderson/MVNews

## REMEMBRANCES ALMA MAYS

Alma J. Mays, who joined the Sierra Madre Woman's Club in 1996, was born October 12, 1929 in Decatur Illinois, and passed away December 23, 2018. She married George Mays in 1945 and had four sons in Illinois before they moved to the East Coast. There they raised the boys until 1961, when they moved the family to Sierra Madre, California. Alma worked at various jobs during her life, which gave her great satisfaction, also receiving a Bachelor degree from Cal State Los Angeles. After joining the Sierra Madre Woman's Club, she served on the Board as Auditor, and re-established our corporate registration. Following her more than a decade as Auditor, she was awarded Life Membership. She also supported the Seirra Madre Library, as well as being active in other community affairs. She is survived by three of her sons, John, Jim and Richard. She was very proud when Richard was named Sierra Madre 2011 Citizen of the Year. A Celebration of her Life will be held at the Sierra Madre Woman's Club on Saturday, January 12, 2019 from 1 - 3 pm.



### ESTHER GARCIA

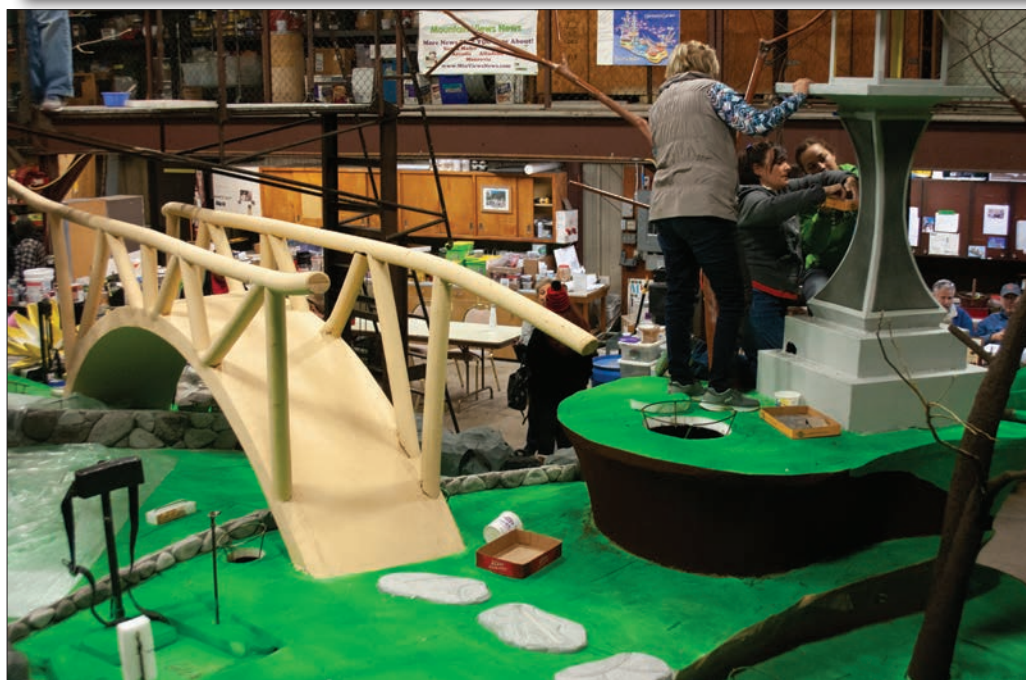
Esther Garcia 97, a Sierra Madre resident since her parents moved the family here in 1942. died of natural causes earlier this month. Mrs. Garcia was a World War II veteran, having served in the U.S. Marine Corp. She was married for more than 60 years to Jim Garcia who preceded her in death. She is survived by two children, her son Steve and daughter Elizabeth, and

many, many other family members. To read more about Mrs. Garcia's remarkable life, go to: [http://mtnviewsnews.com/old/mvobs/v01/MVObs\\_2007\\_09\\_15.pdf](http://mtnviewsnews.com/old/mvobs/v01/MVObs_2007_09_15.pdf). At press time, no additional information was available.



## THE FINAL STAGES

The Sierra Madre Rose Float Association is putting the finishing touches on the 2019 entry, Harmony's Garden. The design was inspired by Sierra Madre Elementary School's Japanese Garden and was designed by Jason Redfox. The rendering was created by Thom Neighbors and photos are by Dean Lee, Mountain Views News.



HARMONY'S FLOAT will be on the following schedule on Monday, December 31, 2018 for those who would like to get a glimpse as it leaves Sierra Madre: (This schedule may change due to weather).

FLOAT DEPARTURE CEREMONY	6:10 pm	Float Barn
FLOAT LEAVES BARN	6:30 pm	
FLOAT ARRIVES KERSTING COURT	6:45 pm	
While in Kersting Court float will raise and run animation.		
FLOAT DEPARTS FOR PARADE ROUTE	7:15 pm	

## SIERRA MADRE HOLIDAY PARKING SCHEDULE Christmas/New Year's Holidays

Please be advised that beginning at 2:00AM on Saturday, December 15th, 2018 there will be a City wide exemption for parking related to Permit Parking and Overnight Parking. This Exemption will extend until 2:00AM on Wednesday, January 2nd, 2019, in observance of the Holiday Season. Please note that safety violations related to parking will be enforced 24/7.

There will be Officers staffing the SMPD, 24/7 to handle enforceable parking issues and safety violations during these times.

\*\*\*SAFETY VIOLATIONS\*\*\* (e.g. Red Zones, White Zones, Blue Zones, parking violations obstruction egress/ingress to the roadway or sidewalk).

**SIERRA MADRE CITY HALL,  
COMMUNITY SERVICES  
AND THE LIBRARY WILL CLOSE AT  
NOON ON DECEMBER 24TH, 2018 AND  
RE-OPEN AT 7:30AM ON JANUARY 2ND, 2019.  
ALL EMERGENCY SERVICES  
WILL REMAIN ON CALL.**

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## Weather Wise

6-Day Forecast Sierra Madre, Ca.

<b>Sun</b>	Sunny	Hi	60s	Lows	40s
<b>Mon:</b>	Sunny	Hi	60s	Lows	40s
<b>Tues:</b>	Sunny	Hi	60s	Lows	40s
<b>Wed:</b>	Sunny	Hi	60s	Lows	50s
<b>Thur:</b>	Sunny	Hi	70s	Lows	50s
<b>Fri:</b>	Sunny	Hi	70s	Lows	50s

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**  
Tuesday, January 8, 2019  
Tuesday, January 22, 2019

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

**Community Service Commission**  
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**  
January 23rd, 2019 at 7:00 pm

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

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

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

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

Your event must:

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

Just write a Public Service Announcement that describes your event and e-mail it to [radio@cityofsierramadre.com](mailto:radio@cityofsierramadre.com).



## Sierra Madre Woman's Club

550 W. Sierra Madre Blvd.

Founded February 1907 – 111 Years of "Living the Volunteer Life"

Member of General Federation of Women's Clubs [cfwc.org](http://cfwc.org) & [gfwc.org](http://gfwc.org)



**Merry Christmas**





**Joyous Kwanzaa**

**Explore Opportunities & Membership with Us**

*Come Join us for Member-Only Yoga w/ Paul Tuesdays, 10 am*

[GFWCSierraMadreWomansClub.org](http://GFWCSierraMadreWomansClub.org)

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

Rent Our 1914 Historic Essick House 355-4379

Shop Award-Winning **Wistaria Thrift Shop** 355-7739

*Donations Accepted Weekdays to 3 pm*

Sierra Madre Woman's Club

## Wistaria Thrift Shop

Retail Shop Hours – Through – May 2019

Monday, Thursday, Friday 10am – 3 pm

Closes for Holidays Starts December 22, 2018

Reopens Thursday, January 3, 2019

"Spring Fling" April 4, 5, & 6  
Brown Bag Sale – June 1


Gladly Accepting Clean, Gently Used Donations  
10 am – 1 pm Weekdays at our donations drop-off  
SMWC – Essick House Parking Lot

550 W. Sierra Madre Blvd. Sierra Madre, CA 91024

626-355-7739

[GFWCSierraMadreWomansClub.org](http://GFWCSierraMadreWomansClub.org)

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



## Rotary Is Being A Part Of Our Town.

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For more info go to FB or Meetup.

Rotary of Sierra Madre

We meet Tuesdays: 7-8:30 a.m.

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Sierra Madre, CA 91024



*This week at the*

## Sierra Madre Public Library

Library Will Re-open on  
**January 2, 2019**

*Jan 2-5, 2019*

**Drop-In Winter Art Activity for kids,  
Pre-k – school age,  
12 – 5 pm,  
Library Be Creative!**

**The Library will provide  
supplies for your self-  
directed art creation  
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## SIERRA MADRE LITTLE LEAGUE

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>



## SMGSA

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



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## REDUCE FALSE ALARMS



## 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)

## HOLIDAY TRASH SCHEDULE AND CHRISTMAS TREE RECYCLING

There will be a one-day delay in collection of residential and commercial refuse, green waste, and recyclables after both Christmas Day and New Year's Day.

Also, please note that Christmas trees are 100% recyclable! Athens Services collects Christmas trees each year, from the day after Christmas through the second week of January, on your normal pickup day. Trees are delivered to various landfills to be used as mulch or cover material, or to Athens' American Organics compost facility in Victorville.

Tips to ensure your tree is properly collected:

- Remove stands, ornaments, lights and tinsel.
- Place holiday trees next to your regular trash containers.
- Trees over 6 feet in length must be cut in half.
- Trees with flocking or fire retardants ARE acceptable.
- If you miss the date for recycling, please cut up your tree and place it in your yard waste container(s).

Please help keep our parks clean and safe during holidays. If you see anyone illegally dumping holiday trees, please call your city's Police Department.



# SIERRA MADRE

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia



## KATIE Tse.....This and That CHRISTMAS MESSAGE

Merry Christmas! I actually submitted this article for last week's edition, but something must've happened, and one of my other articles got recycled.

Oh well. I was a little upset that this one didn't make it to print in time, but then I felt a stab of conviction for being more concerned about how the town might perceive me as a columnist than I was about how people might perceive Jesus, who is, after all, supposed to be the whole focus of my piece. So, even though it's a week late, I hope you still enjoy it, and that Jesus will be glorified, despite my guilty pride.

I frequently recycle old articles, and you may think this one is, too, since it has the same title as my Christmas article from last year. But this is, in fact, a new article.

Actually, that's not entirely true. The Christmas message hasn't changed from last year or the year before that, or the year before that. In fact, it hasn't changed in 2018 years. If you were to go back and read my article from last year, much of it will probably be almost word for word the same as the article you're reading now.

Some well-meaning Christians try to dress up the Gospel to attract a certain group of people. Maybe they want to reach millennials, or maybe they want to bring more people of a different ethnicity into the church. That's all well and good, but you don't have to doctor up the message of salvation to do that. The Gospel stands on its own. As soon as you try to add your own personal touch, you taint it a bit, or a lot.

So I'm going to try to present it to you in the plainest way I know how. The message of Christmas, Christ's birth, is just the first chapter in His purpose in coming to earth --to die for me and for you. Why did He have to die for us? Why did He have to be born as a human?

He had to be made like us to atone for our sins. If someone sins and is put to death, that person's death fulfills the punishment for their own sin, but it does nothing to pay for the sins of anyone else. In order to cover for someone else's sin, the person who dies would have to be, themselves, sinless. So why would Jesus' death be able to cover the sins of everyone from Adam to the present day? Because Jesus was not just a man. He was, and is, God.

"But I'm a good person," someone may be thinking. True, many people are "good people" --compared to their family members, coworkers, the criminal in state prison, and the drunk down

the street. But are they "good people" compared to a holy and sinless God? Because that's the only comparison that matters in the end.

I was talking with a coworker the other day and the conversation touched upon religion. She knows I'm a Christian and I know she's not, and we have a lovely relationship. At one point, she mentioned that it's fine for everyone to believe what they want, as long as they don't try to tell her what to believe.

I don't know if the right thing at that moment would have been to delve into a discussion on her spiritual condition and need for a Savior. I didn't feel that it was the right thing to do at that time, and hopefully I made the right call. I continue to pray for her, and hope that my witness to her as a friend will somehow contribute to her coming to Christ. That may sound like a cop out, and maybe it is, but at least I'm being real with you about it.

What my friend might not realize, however, is that if someone really loves someone else, they will want to spare that person from danger and harm. Real love sometimes means telling others that they're wrong. Not simply because the person disagrees with someone else, but when the person disagrees with what God has set forth, it's a problem. And if they die in that state, that's an eternal problem.

I know people don't like to think about death, and certainly not at Christmas time, but death is a reality we all will face. If there had been any other way for God to save sinners without having to send His own beloved Son, don't you think He would've done it?

The Christmas message is the same as the Easter message: God loves you, wants to be in relationship with you, and wants you to spend the rest of eternity with Him in Heaven. He has done all the work of salvation for you. There's nothing you can do to earn it and nothing you can do to add to it. It is finished. Your only job is to reach out and take hold of the only life line available to you. And that life line is named Jesus.

\*If you choose to accept Jesus as your Savior you can pray this prayer and He will come into your heart and give you peace with God --today and forever!

"Dear Lord Jesus, I know that I am a sinner, and I ask for Your forgiveness. I believe You died for my sins and rose from the dead. I turn from my sins and invite You to come into my heart and life. I want to trust and follow You as my Lord and Savior. In Jesus' name. Amen."

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

*"So much has been given to me; I have no time to ponder over that which has been denied."*  
Helen Keller

We've done it, friends and neighbors, we've gotten through another Christmas and a brand New Year stands panting outside our doors, just waiting to get this show on the road. We've put all the wrapping paper in the appropriate bin, made a list of people to thank and our thank you notes are sitting on the counter, ready to write.

"Thank you is the best prayer that anyone could say. I say that one a lot. Thank you expresses extreme gratitude, humility, understanding." Alice Walker

We can leave the Christmas decorations up another week without feeling shame or guilt. After all, it was a lot of work to get them just right and, seriously, what's the rush? The tree is beautiful, whether it's real or not, and the "stockings we've hung by the chimney with care, in hopes that St. Nicholas soon would be there," (Thank you, Clement Moore for "A Visit From St. Nicholas") can stay up just a little longer.

*"Feeling gratitude and not expressing it is like wrapping a present and not giving it."*  
William Arthur Ward

We've been to lots of nice events, maybe even a memorable church service or two, where the thoughts expressed fit our sentiments exactly. People have invited us out for a glass of wine, or to dinner or breakfast and we enjoyed the pumpkin pancakes at MiMi's Café more than once if we planned carefully enough.

*"Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace and gratitude."* Denis Waitley

The children in our lives loved whatever it was we got them, the \$25 Target Gift Card being a popular favourite among the younger set so they can pick out exactly what they want, rather than smiling grimly at what we thought they wanted. The picture is Jessie and Emily in front of their Christmas tree.

*"Gratitude can transform common days into Thanksgivings, turn routine jobs into Joy, and change ordinary opportunities into Blessings."*

We've had a wonderful Christmas. For me, the second one without my best friend, John, was OK. I was surrounded by family and we had a great time together. God has been good to me and I'm sure He's been good to you, too. I thought I'd pass along one more little gift to wind up the year. The easiest and best coffee cake ever. Give this a try New Year's morning when you're getting ready to watch the Rose Parade, or maybe a test run today.

### CINNAMON COFFEE CAKE

Starting this particular day should be a delightful experience. Force yourself out the door to get a little exercise to get everything moving - as a friend of ours, Harvey Hyde, says, "gettin' it done!" Start the brain working, and take a few thankful moments to tell the Lord you are grateful for life, for the ability to walk, for eyesight to see the flowers in everybody's yard and hear the birds singing. Now, go back inside, make some coffee and put together this quick and easy coffee cake. It's great with some fruit and you can double and triple it with impunity!

1/4 cup butter or margarine  
3/4 cup sugar  
2 eggs beaten  
2 cups flour  
3/4 tsp. salt  
1 TB. baking powder  
1-1/2 tsp. cinnamon (generous)  
1 cup milk (nonfat works fine, or you can use orange juice if you're out of milk).

Cream butter and sugar together, add eggs, beat till light and fluffy. Mix together flour, salt, baking powder and cinnamon. Add alternately with butter-sugar mixture and milk. Pour into greased 9" baking pan. Sprinkle with topping mixture.

Topping:

1/1-2 tsp. cinnamon (generous)  
1/2 cup sugar  
2 TB melted butter

Bake at 350 degrees for 45 minutes. Topping melts down into coffee cake creating deliciously cinnamon-y valleys amongst the cake.

Take your coffee and a good sized piece out to the couch and enjoy your Christmas tree just a little longer.

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!

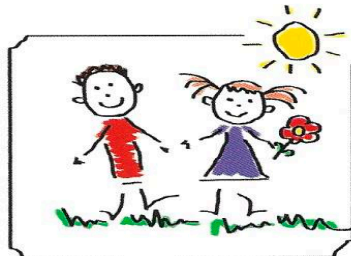
As is "A Tablespoon of Love, A Tablespoon of Laughter"

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

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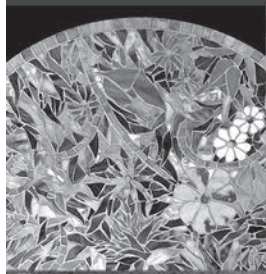


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## Start the New Year nurturing your Creativity Hurry! Winter Session Begins January 21!

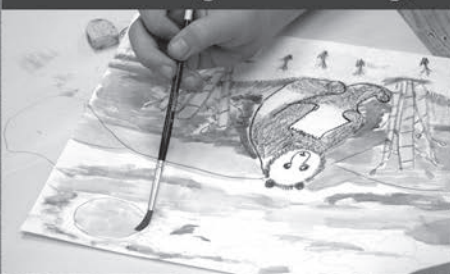
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**Creative Arts Group**

108 N. Baldwin Ave. Sierra Madre  
(626) 355-8350 [CreativeArtsGroup.org](http://CreativeArtsGroup.org)



**[www.mtnviewsnews.com](http://www.mtnviewsnews.com)**

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# Pasadena Altadena

News From Your Community For Your Community

## Cheeseburger Week Returns

During Cheeseburger Week from January 6th to January 11th, Pasadena honors Lionel Sternberger's genius in being the first to put cheese to hamburger and serve it at the Rite Spot in Pasadena in 1924. Forty of Pasadena's favorite restaurants, lounges and burger joints offer their signature burgers, some special creations and great deals during Pasadena Cheeseburger Week.

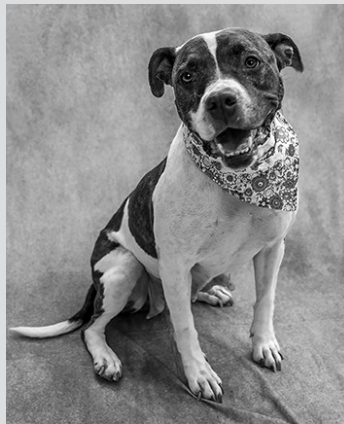
In 1924, as legend has it, teenaged Lionel Sternberger burned one side of a hamburger patty at The Rite Spot, his father's roadside stand in Pasadena, rather than throw away the spoiled burger, he masked his mistake with a piece of cheese and served it to a very appreciative customer. Sternberger's achievement is the first verified instance of someone serving a hamburger with cheese. Over the years, Sternberger perfected his Aristocratic Burger, much to the delight of customers at The Rite Spot. Sternberger's culinary achievement has been documented by Hamburger America, the Los Angeles Times and even Time magazine in its obituary of Sternberger.

To celebrate Sternberger's culinary masterpiece, Pasadena restaurants are offering specials, unique creations and the tried and true. Patrons can experience the Zacatecas Burger from El Portal and Yahaira's, the K-POP from Dog Haus and Dog Haus Biergarten, sliders at Vertical Wine Bistro, the Impossible Burger at Umami or the traditional, and nationally recognized cheeseburger at Pie 'n Burger. New participants for 20-19 include 1919 Café at The Huntington, Trejo's Cantina, Foothill and the New School of Cooking.

Patrons can experience a terrific burger experience, from top-of-the-line fine dining experiences to burger stands and lounges. Those wanting a variety of experiences can organize a cheeseburger crawl or follow one of the pre-planned themed crawls.

Information on venues, specials, cheeseburger crawls and more can be found at: [pasadenarestaurantweek.com](http://pasadenarestaurantweek.com).

## Pet of the Week



Rexi (A468001) is a 4-year-old puppy who perks up as soon as you walk up to her kennel and will bounce up and down in excitement. She takes treats very gently from your hand and likes to be petted. Belly rubs are her favorite! She tends to lean into your arms for hugs and will lick your face to show how grateful she is to be around you. Rexi is looking for a new best friend today.

The adoption fee for dogs is \$130. All dogs are spayed or neutered, microchipped, and vaccinated before going to their new home.

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

View photos of adoptable pets at [pasadenahumane.org](http://pasadenahumane.org). Adoption hours are 11 a.m. to 4 p.m. Sunday; 9 a.m. to 5 p.m. Tuesday through Friday; and 9 a.m. to 4 p.m. Saturday.

Pets may not be available for adoption and cannot be held for potential adopters by phone calls or email.

## Rose Floats Get Final Preparations



*Pictured (top) volunteers prepare Honda's five satellite units, that will surround the main "Celebration of Dreams" float entry that will lead the 130th Rose Parade. The 25-foot tall float will be shaped like a giant birthday cake. In the background is the 2019 Rose Parade opening banner float. The company said "In keeping with Honda's commitment to the environment, the float will be powered by a specially configured low-emission, Honda hybrid powertrain. The Parade's theme banner float will also be powered by Honda hybrid technology."*

*Pictured (bottom) is Kiwanis International float theme is "Helping Kids Rock Their Future," a giant jukebox spilling out records.*



Photos By D. Lee/MVNews

## Millard Campground Closed

Los Angeles County Sheriffs, Altadena Station, are advising residents that Millard Campground Closed Due to the government shutdown Millard campground will be closed and Chaney Trail gate to remain locked for the foreseeable future. People will still be able to hike in the forest, however the facilities within the forest will be limited if at all.

Please call (818) 899-1900 for current conditions and open/closed status. Interagency Pass or Adventure Pass is required for vehicles parked at this campground.

They also noted that the [fs.usda.gov](http://fs.usda.gov) website will not be updated during the shutdown.

## Royal Court Visit with Future Royals

The 2019 Rose Queen and her Princesses will share their favorite princess stories and recent Tournament experiences as members of the Royal Court on Saturday, Jan. 12, 2019 from 1:30 to 3:30 p.m. at Pasadena Public Library's Hastings Branch, 3325 E. Orange Grove Blvd.

Future Kings, Queens and Princesses are invited to come dressed in their finery for this special visit. Parents are encouraged to bring a camera and take photos of their own prince or princess with the Royal Court.

For more information, contact Diane Walker at (626) 744-7262.

## Police on the Lookout for DUI Drivers

Pasadena police officials announced that they will be on the lookout for impaired drivers during the holiday. Whether you are out celebrating with friends at your favorite restaurant or enjoying a holiday party at a residence, please find a safe way home. Remember that averting a holiday tragedy starts with all of us. DO NOT drink and drive. Authorities said "make the smart choice - go safely and arrive at your destination safe and sound."

## Rose Parade Safety Tips

As the 130th Rose Parade approaches on Tuesday, Jan. 1, 2019, Pasadena's Fire and Police departments are issuing the following safety tips for the thousands of overnight campers who will line the route on New Year's Eve. The parade route will be a safer place if everyone follows the rules and regulations intended for the safety of all parade-goers.

What You Can Do:

- Overnight camping is permitted only on the night of Monday, December 31st.
- A position on the sidewalk may be maintained along the parade route beginning at Noon Dec. 31, 2018. All persons and property, such as blankets, chairs and personal items, must remain on the curb until 11 p.m. At that time, spectators may move out to the blue "Honor Line" but not past it.
- Small, professionally manufactured barbecues, elevated at least 1 foot off the ground are allowed on the parade route as long as they are 25 feet from buildings and other combustibles. A fire extinguisher must be readily available.
- Minors under the age of 18 may be on the parade route from 10 p.m. to 5 a.m. only if they are supervised by an adult.
- Dress for cold weather! Children and seniors may need extra layers of clothing to avoid hypothermia. Remember hats and gloves.
- Drink healthy fluids and consume nourishing meals to avoid dehydration.
- "If You See Something, Say Something!" Report suspicious activities and packages to emergency authorities along the parade route.
- In case of emergency, call 9-1-1 and know the cross streets from where you are calling. For a non-emergency, call (626) 744-4241.

- What You Can't Do
- Appearance in the parade is prohibited for any entries/marchers who have not been approved by the Pasadena Tournament of Roses. Stay off the street and do not pass the blue "Honor Line."
- Tents, sofas and boxes of any type that can be used as stools or seats are prohibited along the route.
- Unoccupied chairs are not allowed and will be removed from the parade route.
- Bonfires are strictly prohibited and considered "illegal burns."
- ALL Fireworks are prohibited except as part of scheduled official events.
- No items may be sold along the parade route without a City permit.

- Selling space along the parade route, other than grandstand seating, is illegal.
- It is illegal to buy, sell or give away horns on the parade route.
- No public areas—sidewalks, curbs, gutters, streets, ramps—may be cordoned or roped off.
- No ladders or scaffolding may be used as elevation for viewing the activities.
- Pets are not recommended along the parade; keep them safe at home!
- Throwing any object into the parade; or at passing vehicles or pedestrians the night before the parade is dangerous and prohibited. Violators can be cited and property seized.
- Unauthorized vehicles obstructing emergency travel lanes or parked in restricted areas will be towed; at owners' expense. No exceptions.
- Open containers of alcohol are illegal on public streets, sidewalks and all other public areas. Violators may be cited or arrested.
- Sale, possession and use of illegal drugs will not be tolerated.

Enhanced security measures will be in effect on the parade route. Pasadena Police Officers will resolve problems quickly and remove from the scene anyone violating the law or disturbing the peace. Also, police canine teams will be patrolling Colorado Boulevard.

Colorado Boulevard will once again close to motor vehicles earlier than in prior years for the staging of the January 1, Tournament of Roses Parade. Colorado Blvd. will close beginning at 10:00 pm on Monday, December 31, and will remain closed through the conclusion of the staging and clean-up following the parade. The parade route will re-open by 2:00 pm on Tuesday.

If you plan to host an event, viewing party, or anticipate vendor deliveries, and your property's access is via Colorado Blvd., please let your guests and vendors know that they must arrive prior to 10:00 pm or park in areas without restricted parking and walk in.

The Pasadena Fire Department responds to more than twice the number of calls on parade day than on average days. These calls include reports of hypothermia, illegal burning, miscellaneous medical issues, assaults and alcohol-related incidents.

For more information about Rose Parade safety, rules and regulations, visit: [visitspasadena.com](http://visitspasadena.com), [cityofpasadena.net/](http://cityofpasadena.net/) police or call the Pasadena Fire Department at (626) 744-7276.

## 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.

California Legislation that Affects Seniors – Thursday, Jan. 10, at 10 a.m. Significant progress has been made in expanding services for older adults in the past five years, but recent state budget cuts have led to cost-cutting measures. Learn more at this informative talk presented by Wise & Healthy Aging.

Cultural Thursdays – Thursdays, Jan. 10 and 17, at 2 p.m. Jan. 10: Pianist Bob Lipson and commentator/singer Saul H. Jacobs will lead a musical journey through the life and works of George and Ira Gershwin. Jan. 17: Musicians from the Pasadena Symphony and Pops will perform in concert

Improvisation for Lifeskills PLAYshop – 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.

Screening Mimis Film Discussion Club – Tuesday, Jan.

15, at 1:30 p.m. Diehard film fans are invited to watch Sinbad the Sailor (1947, NR) starring Douglas Fairbanks Jr. and Maureen O'Hara. An ocean of adventure awaits Sinbad as he sets out in search of the fabled lost treasure of Alexander the Great. The film will be preceded by a presentation about the film's hidden history and followed by a lively discussion.

Chair Yoga – Wednesday, Jan. 16, at 1 p.m. Improve your balance and confidence through gentle yoga exercises while sitting in a chair or standing and using a chair for support.

My Gift to You: The Importance of Planning Ahead – Thursday, Jan. 17, at 10 a.m. What to do when a loved one passes away is a difficult topic to discuss, and most families spend fewer than five minutes talking about it. This can cause them to be completely unprepared and overwhelmed by all the details that must be handled. A representative from Forest Lawn will explain how you and your loved ones can plan ahead to maneuver through this emotional and financial experience.

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

Founded in 1960, 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 in a welcoming environment. Services are also provided for frail, low-income and homebound seniors.



# ARCADIA

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Arcadia

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Altadena


Monrovia

# Transitions:



## Photography of Julie Grace Immink

January 12 ~ February 16  
Opening Reception: January 12: 2:00 ~ 4:00pm



## Arcadia Immigration Story Project

Write your story to preserve Arcadia's heritage!

You can help the Gilb Museum tell the story of Arcadia as it gathers personal histories that reveal how and why diverse people from all over the world have arrived in Arcadia.

After the Museum has accumulated these memories, it will use selected stories to create an exhibit that will share these journeys with everyone.



Write your own story

Write your parent's or grandparent's stories

Write an ancestor's story

...and submit a photograph...

All stories will be preserved in the Museum's Memory Archive.

## ARCADIA POLICE BLOTTER

For the period of Sunday, December 16th, through Saturday, December 22nd, the Police Department responded to 983 calls for service, of which 131 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

### Sunday, December 16:

Shortly before 1:57 a.m., an officer initiated a traffic stop on a vehicle in the area of First Avenue and Huntington Drive for being parked too far away from the curb. Upon contacting the driver, the officer noticed a pellet gun rifle in the back seat. An investigation revealed the driver was in possession of burglary tools, a meth pipe, and believed the suspects were about to commit an armed robbery. The driver, a 24-year-old male from Pico Rivera, was arrested and transported to the Arcadia City Jail for booking.

At approximately 6:04 p.m., an officer responded to a residence in the 300 block of South Baldwin Avenue regarding a battery report. The wife stated she was pushed and punched by her husband, whom she is separated from, resulting in her hitting her head on a window. The suspect, a 27-year-old male from Bellflower, was gone before officers arrived. The suspect is outstanding at the time of this report.

Monday, December 17 just after 7:52 a.m., an officer responded to the 200 block of East Colorado Boulevard regarding a stolen vehicle report. The victim had his Hyundai Sonata stolen from the location sometime during the previous evening. No suspects were seen and no witnesses were located.

At approximately 8:12 a.m., an officer responded to a construction site located in the 500 block of North Santa Anita Avenue regarding a grand theft report. The officer determined unknown suspect(s) entered the construction site by cutting a lock and fled with scaffolding planks valued at \$1,620.00. No suspects were seen and no witnesses were located.

### Tuesday, December 18:

Around 10:00 a.m., an officer responded to the Arcadia Library, 20 West Duarte Road, regarding a vandalism report. A library employee discovered an unknown suspect hacked into a public computer within the library and installed malware. The investigation is ongoing.

Just before 12:09 a.m., an officer responded to the 300 block of Joyce Avenue regarding a theft from vehicle report. An investigation revealed an unknown suspect entered the unlocked car and stole headphones and knives. No suspects were seen and no witnesses were located.

### Wednesday, December 19:

At about 2:34 a.m., officers responded to a home in the 300 block of Walnut Avenue regarding a domestic disturbance. An argument between a husband and wife escalated when the husband began to choke his wife. The wife sustained bruising to her neck. The suspect, a 56-year-old male from Arcadia, was arrested and transported to the Arcadia City Jail for booking.

Shortly after 3:30 a.m., officers responded to a residence in the 1400 block of San Carlos Road regarding a burglary in progress. The victim was

awoken to two male suspects inside her home. One asked for money and the other grabbed her Life Alert device from around her neck. When the victim went to call police, the suspects fled.

They are described as two males wearing dark colored hooded sweatshirts with the hoods over their heads, 6' tall, with slender builds. The investigation is ongoing.

### Thursday, December 20:

Before 1:20 a.m., an officer initiated a traffic stop on a vehicle in the area of Huntington Drive and Baldwin Avenue for having defective lighting. An investigation revealed the 32-year-old male driver from Los Angeles was driving with a suspended license and was in possession of a stolen driver's license and burglary tools. The passenger, a 20-year-old female from Los Angeles, was also in possession of burglary tools, and a records check revealed she had two outstanding misdemeanor warrants. Both were arrested and transported to the Arcadia City Jail for booking.

Around 9:40 a.m., an officer responded to a residence in the 1000 block of Hampton Road regarding a burglary report. The officer determined unknown suspect(s) smashed a rear window, ransacked the home, and fled with costume jewelry. The investigation is ongoing.

### Friday, December 21:

At about 2:50 p.m., an officer responded to Johnny Rockets Restaurant, 400 South Baldwin Avenue, regarding a theft report. The suspect ordered a full meal and when the employee approached the suspect about paying, the 22-year-old male from Los Angeles ignored the employee and fled on foot. Officers located the suspect, arrested him and transported him to the Arcadia City Jail for booking.

Just before 6:59 p.m., an officer responded to the intersection of Huntington Drive and Santa Anita Avenue regarding the activation of an Arcadia Police Department GPS tracking device. An investigation revealed a male and female suspect stole a generator containing a tracking device. A records check revealed the 29-year-old male from Santa Fe Springs was on probation. The 18-year-old female from Whittier provided the officer with a false name to avoid identification. Both were arrested and transported to the Arcadia City Jail for booking.

### Saturday, December 22:

Shortly after 4:37 p.m., officers responded to Sephora, 400 South Baldwin Avenue, regarding a theft report. A loss prevention specialist witnessed the suspect steal nearly \$670.00 worth of merchandise before exiting the store, failing to make payment. The 24-year-old female from Whittier had also stolen merchandise from other stores within the Santa Anita Mall. She was arrested and transported to the Arcadia City Jail for booking.

At approximately 7:06 p.m., an officer responded to the 800 block of South Baldwin Avenue regarding a vehicle burglary report. Sometime between 6:10 p.m. and 7:10 p.m., an unknown suspect smashed the front passenger window and stole the victim's purse. No suspects were seen and no witnesses were located.

# MONROVIA - DUARTE

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## NATIONAL RECREATION AREA UPDATE – SENATOR HARRIS’ PROPOSAL TO ESTABLISH THE SAN GABRIEL MOUNTAINS FOOTHILLS AND RIVERS PROTECTION ACT DOES ENCROACH INTO MONROVIA

As you may know, California Senator Kamala Harris recently introduced Federal legislation known as the San Gabriel Mountains Foothills and Rivers Protection Act. During the past several weeks, staff has been making additional inquiries with various sources to determine the extent of the proposed legislation. Our efforts have been two fold – to conduct additional research into the proposed legislation to determine its potential impacts on Monrovia, and to see if we can find a map which outlines the boundaries of the proposed National Recreation Area (NRA).

The assessment has been rather difficult to conduct, as repeated attempts to obtain a map of the NRA (including through direct contact with Senator Harris' staff) have resulted in staff being told that "there is no map" of the boundaries of the proposed NRA. Our team here at the City has, however, continued to dig for additional information, and based on this analysis, we can confirm that there is indeed a map of the proposed NRA associated with Senator Harris' legislation, and that the proposed measure is a companion bill to the NRA legislation previously introduced by Congressmember Judy Chu. Our preliminary findings are summarized as follows:

- A map of the proposed NRA boundaries associated with Senator Harris' legislation does exist. In reading through the legislation, it refers to several different studies in identifying the boundaries of the proposed NRA. Our team went back to those source documents, and found the actual map that is being referred to in the current NRA measure being considered. A higher resolution of that map is included as an attachment to this email for your reference, and a couple of screen shots to highlight that information are included below.
- A full copy of Senator Harris' proposed NRA legislation can be found online. A press release issued by Senator Harris highlighted that her NRA bill (known as the San Gabriel Mountains Foothills and Rivers Protection Act) seeks to "restore, enhance, and preserve California's wilderness and public lands, as well as expand economic and recreational opportunities for the surrounding communities."

Furthermore, the press release highlights that the measure introduced by Senator Harris is a companion to the "House legislation introduced by Rep. Chu (D-CA)." [A copy of that press release can be found online.](#)

- Of note, the proposed measure does not seem to impact non-Federally owned land, however, it does create an additional overlay of Federal bureaucracy over the entire NRA area (including portions of Monrovia), and it mandates that within 3-years after the passage of the law, the Secretary of the Interior prepare a comprehensive Management Plan to further the goals of legislation. Those goals include:
  - To conserve, protect, and enhance for the benefit and enjoyment of present and future generations the ecological, scenic, wildlife, recreational, cultural, historical, natural, educational, and scientific resources of the recreation area.
  - To provide environmentally responsible, well managed recreational opportunities within the recreation area, and improve access to and from the recreation area.
  - To provide expanded educational and interpretive services that will increase public understanding of and appreciation for the natural and cultural resources of the recreation area.
  - To facilitate the cooperative management of the lands and resources within the recreation area, in collaboration with the State and political subdivisions of the State, historical, business, cultural, civic, recreational, tourism and other nongovernmental organizations, and the public.
  - To allow the continued use of the recreation area by all persons, entities, and local government agencies in activities relating to integrated water management, flood protection, water conservation, water quality, water rights, water supply, groundwater recharge and monitoring, wastewater treatment, public roads and bridges, and utilities within or adjacent to the recreation area.

Staff will continue monitoring this particular matter, and we will certainly let everyone know about any relevant developments that occur regarding this issue.



# CITY OF MONROVIA

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## CLASSICAL FOR THE CANINE?

## Happy Tails

by Chris Leclerc



I believe most would agree that music can play a major part in altering a person's mood. I know this is true from my own experience. For example, if I'm functioning on a low energy level and I need a boost, I put on one of my favorite rock-and-roll albums and before I know it I'm up and about, cleaning my house. On the other hand, if I'm stressed or on-edge, I tune in to Chopin because I know listening to his works will calm me down. Music inspires us in so many ways. But what, if anything, does it do for the dog?

Numerous research studies have been conducted over the years, to determine how sounds might effect the feelings and behavior of the canine. Among the more scientifically important studies is one that was performed by Belfast-based psychologist and animal behaviorist Dr. Deborah Wells in 2002.

Dr. Wells undertook a research project specifically designed to determine the influence of five types of auditory stimulation on the dog: human conversation, classical music, heavy metal music, pop music, and a silent control (no music at all). The results of Dr. Wells' study clearly indicate that classical music had a marked soothing effect on dogs in animal shelters when compared to all the other types of auditory stimulation tested.

In the discussion section of her published research, Dr. Wells states, "Classical music resulted in dogs spending more of their time resting than any of the other experimental conditions of auditory stimulation. This type of music also resulted in a significantly lower level of barking. Research suggests that calming music may have a beneficial effect on humans, resulting in diminished agitation, improved mood and lower levels of stress. Although the specific effect of classical music on dogs remains unknown, the findings from this study suggest that it may, as in humans, have a calming influence."

Wells also observed that heavy metal music tended to agitate the dogs, which was mainly manifested by increased frequencies of standing, fretting and barking. Upon completion of the project, Dr. Wells stated, "Further work is still required to unravel the specific acoustic elements that dogs respond to." Dr. Wells' research results inspired a small group of American scientists & musicians to embark on a subsequent study of their own. Their mission was to take canine bioacoustics research to a higher, more specified level.

In 2005, neurologist Susan Wagner initiated and directed the Bioacoustics Research & Development (BARD) project, and working closely with her associates Joshua Leeds (sound researcher) and Lisa Spector (concert pianist), she came up with some very interesting and enlightening results which she and Lisa Spector later documented in a book entitled Through a Dog's Ear.

Sound is a complex phenomenon consisting of energy waves, the speed of which are measured in units called hertz (one wave cycle per second). The normal range of sound heard by the human is about 20-20,000 Hz. Although audible frequencies vary from one species to another, most animals have a much higher range of perception than that of the human, and dogs can receive up to at least 50,000 Hz.

Volume of sound is measured in decibels (dB). A whisper is measured at a range of about 30 dB's and a normal conversation occurs at about 50 dB's, while the average rock concert is measured at around 130 dB's. Dr. Wagner refers to perception of sound - commonly called hearing - as the science of psychoacoustics, which involves an individual's psychological and physical orienting response to incoming Hz frequencies. In other words, it is the combined biological and mental means by which one perceives what one hears.

Although I prefer to refrain from using technical terminology in this light-reading weekly column, I describe these terms to help explain the overall point I wish to make in this Happy Tail, which is the soothing effect that classical music can have, not only on humans, but on animals as well, most particularly on dogs. Interestingly, the results of Dr. Wagner's 2005 study on how sounds effect the behavior of the dog, re-confirmed Dr. Wells' findings back in 2002.

In short, because of physical sound receptors and an ability to interpret what is heard, a dog's response to sound is much like that of a human, though perhaps more intense. Therefore, because of the way a dog hears and responds to sound, it is safe to assume that classical music is an excellent choice to bring relaxation and rest to our canine companions. This all comes as no surprise to me, but if you're skeptical, I suggest you test the theory out for yourself. The next time your canine gets uptight (New Year's Eve, perhaps?), play him a little Mozart and watch him go from manic to mellow in moments. Love and let live!

## BEST FRIEND

Memphis is a stunning one-year old Mastiff-Shepherd mix boy with a beautiful and soft tan coat and black markings on his goofy puppy face. This 75-pound pup was rescued by humane officers when he was found tied to a tree in a San Gabriel park with a collar embedded into his neck. Poor Memphis is recovering from this cruel experience and learning to trust others again but it is clear that he has a sweet, gentle, and playful personality. Despite this terrible experience, he remains a bouncy puppy disguised in the body of a big dog who wants to nothing more than love, treats, and tender pats. Memphis deserves to live his puppyhood and adult years with a family who truly



loves him and will love and care for him through his golden years. There is no doubt this sweet survivor will make a wonderful companion! Feel free to call us at (626) 286-1159 for more information. His adoption fee is \$145 and includes neuter surgery, vaccinations, microchip and a free wellness exam at a participating veterinarian. He currently resides at the San Gabriel Valley Humane Society located at 851 E. Grand Avenue in San Gabriel. We are located off San Gabriel Blvd. north of Mission and south of Las Tunas Drive. To arrange a 'Meet and Greet', please stop by any time from 10:30am to 4:30pm Tuesday through Sunday. Website: [www.sgvhumane.org](http://www.sgvhumane.org)

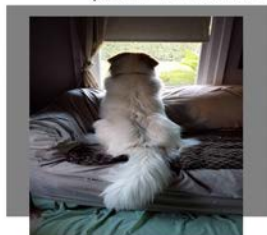


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## THE WORLD AROUND US



**CHRISTOPHER Nyerges**

## LESSONS FROM THE TONGVAFOODS THAT WERE EATEN IN THIS AREA

[Nyerges is the author of "Guide to Wild Foods" and other books. He leads classes to identify

common wild foods. He can be reached at Box 41834, Eagle Rock, CA 90041, or [www.ChristopherNyerges.com](http://www.ChristopherNyerges.com)] Growing up in the Pasadena/Altadena area, I had the regular opportunity to hike these mountains of my "backyard." I had a great interest in the native American culture, and foods. What did our ancestors eat for centuries if they did not practice agriculture and had no Von's for shopping? I wondered if I could find the food plants that the natives regularly used. As out-of-towners flood into Pasadena for the Rose Parade and game, they see a modern city, and little of what was here in the pre-Mission days. There is barely an awareness that native peoples exclusively lived here, residing along the banks of the Arroyo Seco.

When out-of-town visitors see the denuding of the Hahamongna basin that the County Flood Control is now wastefully doing in the name of "flood control," there is little sense that this is the land that fed, clothed, and housed our geographical ancestors. For me, growing up, I was first interested in getting to know and taste the foods that had sustained my geographical ancestors. Such personal experience would be invaluable if I ever got lost while hiking. These plants still grow all around us, in the canyons, river beds, vacant lots, and in the chaparral and mountains. In July 1769, Father Junipero Serra, writing of the areas near Pasadena, said, "We found vines (wild) of a large size and in some cases quite loaded with grapes. We have seen Indians in immense numbers.... They continue to make a good subsistence from various seeds and by fishing." Wild oats (*Avena fatua*) and various other grasses were harvested for their grain. And the wild grape vines can still be found in some of the foothill canyons, though they rarely produce fruit today. ACORNS The main plant staple was the acorn which falls from the oak trees every fall. Acorns are edible, but very bitter when raw due to the presence of tannic acid. To remove the bitterness, the Native Americans first shelled the acorns and ground them in stone mortars. The meal was then put directly in a hollowed-out section of sandy stream bed, or placed in a shallow basket. Then hot water was poured over the meal so that the tannin would wash out. The processed acorn meal was then made into

bread, or boiled into a mush-like soup and eaten cold. PRICKLY PEAR CACTUS The Indian residents of this area ate the young succulent pads and the sweet fruits of the prickly pear cactus. Stands of the prickly pear cactus are still common. I eat the raw pads in salads, or peeled, diced, and cooked in omelettes. The fruits are tasty raw, or made into juice, pie, jam, and even ice cream. YUCCA The yucca plant, the most important fibre plant for all the Southwestern Indians, was also a source of food. Both the green and ripened fruits were roasted or boiled, and the newly-emerging yucca flower stalks were also cut down and cooked like a giant asparagus, peeled, and eaten. The leaves of yucca were one of the most important fibre sources. Once processed to get just the hardy fibre, the leaves were made into rope or braids, which were then used to weave sandals, construct shelters, make packs, bow strings, nets, etc. BERRIES AND CHERRIES

The Gabrielinos ate the native wild berries, such as wild grapes, elderberries, blackberries, currants and gooseberries, manzanitas ("little apple" in Spanish). Another common food was the wild or holly-leaf cherry (*Prunus ilicifolia*). The fruit consists of a large stone wrapped by a thin layer of pulp. These wild cherry pits were dried, ground, and leached in much the same way as acorns, and mixed with other ingredients into a "soup." All of these berries and fruits can still be found throughout the foothills, making good trail snacks for hikers. Though cranberries don't grow here in the wild, we do have the common native toyon tree. These are perhaps the closest you'll get to cranberries out west. The fruits are dry and astringent when picked off the tree, but when boiled and sweetened, can be used in a variety of dishes. Learning the skills and specialized knowledge of our ancestors provides us with one tool to break our unnecessary dependence upon others. Learning these skills instills a deep desire to "live lightly on the earth" as much as possible. Knowing these basic survival skills enhances our day-to-day life, and certainly increases our safety when we travel into the forest. And even more, when so much is lost today, when we discover the vast richness of our wild lands, we should do everything possible to see that it remains as pure and native as possible, in perpetuity, so that we and our children can continue to learn the lessons that we can only gain in the wild places.



## OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

## ITEMS NOT ON MY NEW YEAR'S RESOLUTION LIST

It is typical this time of year to prepare a list of resolutions for the coming year. I believe this goes all the way back to the Garden of Eden when Adam said to Eve, "I think I'll turn over a new leaf this year." And so the tradition has come down to us today.

Normally, people will make a list of all the things they will give up during the ensuing year. All kinds of bad habits find their way on the list like smoking, drinking and other nefarious activities. Of course, nobody actually plans to keep his New Year resolutions but the act of writing them down on a piece of paper seems to give a sense of accomplishment to people.

One of the big things on the resolution list has to do with diet and losing weight during the coming year. I have often wondered why this seems to be number one on most of those New Year resolution list. Even Yours Truly has succumbed in years past to attend this resolution on his list.

This year I discovered why that is so high on people's list. It begins with Halloween and all of the candy that is consumed. Now, there is a purpose behind all of this. And it is only recently that I have put it all together. And to my loyal reading fans (both of you) I would share with you the wisdom of my muse.

The reason it starts with Halloween candy is that candy is sweet. This sweet serves to prime the pump, so to speak, for the eating frenzy that is about to begin. Approximately 3 weeks following the Halloween candy blowout comes Thanksgiving.

When our forefathers did a Thanksgiving dinner, they had to chase the turkey down and kill it themselves. Following that, they had to pluck the feathers, clean the turkey, stuff it and get it ready for roasting. All of this activity burned up all the calories from the Halloween candy frenzy.

Now, all we do is pop it into an oven and the most activity we have is bending our elbows to see how fast we can get the turkey from the plate into our mouth. Even though this activity is quite strenuous it actually burns no calories whatsoever in the process.

If it was just the turkey it would not be so bad, but nobody can eat turkey without all the culinary accoutrements. Roast turkey without a generous slice of pumpkin pie is the closest thing to blasphemy that I know.

No sooner has the Thanksgiving dinner settled in our stomach, it is Christmas time, and all of the parties associated with Christmas. Nobody can refuse a Christmas party with all the delicacies that had been so meticulously prepared. When I go to a party, I think it rather rude not to indulge in the party snacks.

I like to join organizations right around the

October keeping a sharp eye out for the annual Christmas party. Soon after the New Year, I dropped out of that organization. Call me a slacker, if you wish, but in my book, the Christmas party is worth the subterfuge.

Then there is the marvelous family Christmas dinner. Need I say more?

So we come to New Year's Eve. By this time, everybody has eaten so much that hardly anybody can take another bite. Not only that, but many people feel guilty for eating so much during the holiday season. Others, like me, are made to feel guilty for eating so much during the holiday season.

To deal with this sense of guilt many people make a New Year's resolution to go on a diet during the coming year.

Many years ago around this time of the year, I made a drastic tactical error. It had been a particularly good holiday season with many parties and Christmas dinners. I was feeling rather expansive at the time and sighed deeply and said, "After all that eating I should go on a diet."

Quick as a wink the Gracious Mistress of the Parsonage took that as a cue and responded, "I think that's an excellent idea. That will be your New Year's resolution for the coming year."

And thus it was.

I quickly learned that such resolutions come with a great deal of superfluous supervision. Every time I turned around my wife said, "How is your diet coming?" Of course, she knows exactly how it is coming because she is the one who was supervising this aspect of my life.

When going out to eat at a restaurant she was most helpful in supervising my ordering by observing, "You can't order that because it's not in your diet."

There are many things that will not show up on my New Year's resolution list and the number one item that will not be there is dieting. Gone from my vocabulary are such phrases as, "Boy, I've eaten too much tonight." Or, "After eating like this I should go on a diet."

I am not sure God is quite as concerned about my eating habits as other people are. I like what David writes in the 23rd Psalm. "Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over" (Psalms 23:5).

When God sets the table, he expects me to feast, and I do not anticipate disappointing Him.

The Rev. James L. Snyder is pastor of the Family of God Fellowship, 1471 Pine Road, Ocala, FL 34472. He lives with the Gracious Mistress of the Parsonage in Silver Springs Shores. Call him at 352-687-4240 or e-mail [jamesnyder2@att.net](mailto:jamesnyder2@att.net). The church web site is [www.whatafellowship.com](http://www.whatafellowship.com).



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

### THE 10 COMMANDMENTS OF 2019 FOR PETER DILLS

The List that you've been waiting for

1. I resolve to drink more water when I drink.  
- Translation - add more ice to my drinks

2. I resolve to send back cold food, even if I'm starving.  
Translation - No Mr. Nice Guy

3 I resolve to ask to be moved if there are screaming kids next to me.  
Translation - "Two things I can't stand crying women and crying babies."

4. I resolve to send back my meat if its not cooked to my liking.  
Translation - I want more perfection in 2019

5. I resolve to order a Grande at Starbucks instead of a Venti to save money.  
Translation - Watch out Starbucks a big dip in the stock in 2019

6. I resolve to smoke more cigars this year.  
Translation - I always smoke with my friends.

7. I resolve to ask the dumb question, is it really a Champagne Brunch  
or a Sparkling Wine Brunch?

Translation - It is always a Sparkling Wine Brunch

8. I resolve to ask, is it really World Famous?  
Translation - Never World Famous, often people in the neighborhood don't know the place.

9. I resolve to tip 10% if the service warrants it.  
Translation - Yeah right - I know I am a coward when it comes to stiffing these waiters, even when they deserve it.

10. I resolve to cook one meal a week at home.  
Translation - One more than I am now!  
Bonus When ordering to-go food I will have my order ready before getting on the phone!

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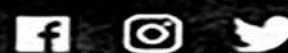
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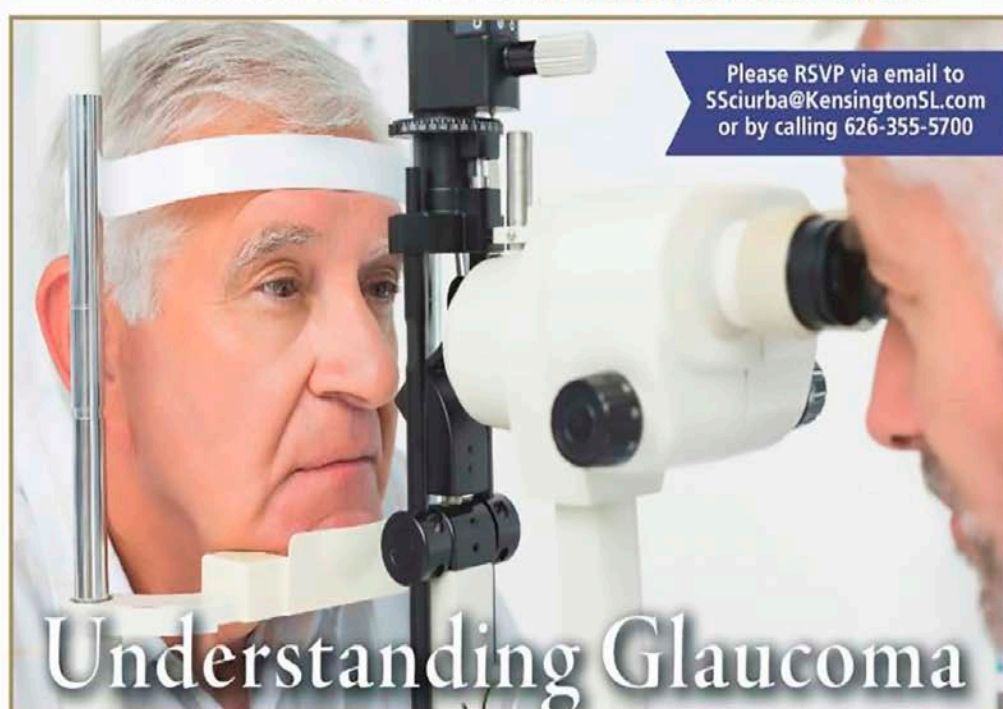
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Dr. Xu attended Yale University where he graduated cum laude with a bachelor of science in biomedical engineering. He received his MD and PhD degrees from Columbia University where he was part of the NIH-sponsored Medical Scientist Training Program. He completed a well-received thesis studying how the brain uses eye position signals to coordinate accurate eye movements. Dr. Xu completed his residency in ophthalmology at the LAC+USC Medical Center and USC Roski Eye Institute, where he served as Chief Resident and was recognized for his academic and teaching achievements. He completed his glaucoma fellowship with Dr. Robert Weinreb at the UCSD Shiley Eye Institute and Hamilton Glaucoma Center.



Speaker: Dr. Benjamin Xu  
USC Roski Eye Institute

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# Happy New Year



## WAYS TECHNOLOGY CAN HELP YOU ACHIEVE NEW YEAR'S RESOLUTIONS



You may have a long list of New Year's resolutions. Luckily, these days, your efforts can be simplified with the use of technology. Check out these high-tech ways to achieve your 2019 goals:

- **Focusing:** An ancient practice with renewed popularity today, the benefits of meditation can't be overstated. If you're resolving to meditate in the New Year, you may be hard pressed to actually go about it, particularly if you haven't meditated before. Luckily, there are plenty of handy apps available that can lead you through a guided practice. From Headspace to Stop, Breathe & Think, a calmer day is at your fingertips.

- **Staying Active:** If staying active is a struggle for you, consider some wearable tech for that needed jolt of motivation. Whether you are already an outdoor enthusiast or an aspiring one, a watch that's also an activity tracker, compass, altimeter and more is a great tool for getting active in the New Year. For example, the WSD-F30 from the PRO TREK Smart series has Bluetooth connectivity, Wi-Fi and enables the use of offline maps and GPS log recording for up to three consecutive days. And because it is water-resistant up to 50 meters and boasts environmental durability built to military specifications, it's a sound choice no matter what your 2019 plans include -- be it mountain biking, hiking or whitewater rafting.

- **Making Music:** Resolving to finally learn to play

the piano? The struggle to learn a new skill can be disheartening. Learn to make music in a way that's intuitive and fun so that you stick with it. New models of keyboards often offer features that can help. The CT-X700 from Casio is an affordable option that features a Step-Up lesson system that displays proper fingering and notation so you can quickly learn songs, and a six-track recorder is waiting for you when you are ready to put your new skills to the test and record your music.

- **Boosting Knowledge:** Taking on a foreign language in the New Year is easier than ever before. Whereas in the past, you may have been inclined to buy language CDs and sit in a quiet room to study, now apps such as Duolingo are allowing language learners to squeeze in lessons and practice whenever they have downtime.

- **Getting Organized:** With tax season on the horizon, and the perennial importance of building savings and having good credit, if you resolve to organize one aspect of your life in the New Year, let it be your finances. Use next generation tools to do so, like the HR-170RC, a printing calculator, which can help you find discrepancies, keep records and get a great start to 2019. Be sure to look for features like fast, two-color printing, tax keys, a calendar and multicolor display.

This new year, achieve your resolutions with style and ease, using up-to-date technologies to learn new skills, get organized and more.

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## THE GOOD LIFE

### HOW TO COPE WITH SEASONAL AFFECTIVE DISORDER

*Dear Savvy Senior,*  
What can you tell me about seasonal affective disorder? I have always hated wintertime, but since I retired and am home a lot more, the dark and cold winter months make me depressed and lethargic.

*Fighting the Blues*

Dear Fighting,  
If you get depressed in the winter but feel better in spring and summer, you may indeed have seasonal affective disorder (or SAD), a wintertime depression that affects roughly 6 percent of Americans.

In most cases, SAD is related to the loss of sunlight in the winter months. Reduced sunlight can upset natural sleep-wake cycles and other circadian rhythms that can affect the body. It can also cause a drop in the brain chemical serotonin, which affects mood, and can increase the levels of the hormone melatonin, which can make you feel more tired and lethargic.

If you think you may have SAD, a trip to your doctor's office is the best way to diagnose it or you can take a SAD "self-diagnostic" test at the Center for Environmental Therapeutics website at CET.org/self-assessment. In the meantime, here are several treatment options and remedies that can help.

Light therapy: The most effective treatment for SAD is sitting in front of a specialized light therapy box for 15 to 20 minutes a day. Light therapy mimics outdoor light to cause a change in brain chemicals linked to mood. It's most effective when timed to fit a person's individual circadian rhythm, which varies widely from person to person depending on whether they're a night owl or a morning lark. You can calculate the proper time for doing light therapy by taking the circadian rhythm test at CET.org/self-assessment.

The best light therapy lamps provide 10,000 lux of illumination, many times stronger than typical indoor light, and have a diffuser screen that filters out ultraviolet rays and projects downward toward the eyes.

Some top-rated products as rated by Wirecutter.com include the Carex Day-Light Classic Plus Lamp (\$115), Verilux HappyLight Deluxe 10,000-Lux Sunshine Simulator (\$160), and the Northern Light



Technology Boxelite Desk Lamp (\$190), all of which are available at Amazon.com.

Cognitive behavioral therapy: Even though SAD is considered to be a biological problem, identifying and changing thought and behavior patterns can help alleviate symptoms too. To help you with this, choose a therapist who specializes in cognitive behavioral therapy and who has experience in treating SAD. To locate someone in your area, check with the Association for Behavioral and Cognitive Therapies (FindCBT.org), or the Academy of Cognitive Therapy (AcademyofCT.org).

Antidepressants: Some people with SAD benefit from antidepressant treatment, especially if symptoms are severe. Some proven medications to ask your doctor about include the extended-release version of the antidepressant bupropion (Wellbutrin XL, Aplenzin), and antidepressants selective serotonin reuptake inhibitors (S.S.R.I.s), sertraline (also known as Zoloft) and fluoxetine (also known under the brand name Prozac).

But keep in mind that it may take several weeks to notice full benefits from an antidepressant. In addition, you may have to try different medications before you find one that works well for you and has the fewest side effects.

Lifestyle remedies: Some other things you can do to help alleviate your SAD symptoms include making your environment sunnier and brighter. So, open up your blinds, sit closer to bright windows and get outside as much as can. Even on cold or cloudy days, outdoor light can help, especially if you spend some time outside within two hours of getting up in the morning. Moderate exercise such as walking, swimming, yoga and even tai chi can also help alleviate SAD symptoms, as can social activities.

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:* Thursdays, 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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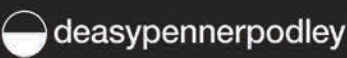
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SATURDAY, DECEMBER 29, 2018

## AROUND SAN GABRIEL VALLEY

### 2018 IN MONROVIA, ARCADIA, AND DUARTE... A YEAR TO REMEMBER

By Joan Schmidt

2018 was quite a noteworthy year in the Monrovia, Arcadia, and Duarte communities with many unexpected and remarkable happenings.

Let's begin with Duarte, where History was made. Cities have been forced to form districts for better ethnic representation: two qualified candidates (often close friends) ran against each other. Not Duarte. It chose to add two new districts; now there are seven council members: Mayor Tzeitel Paras-Caracci, Mayor Pro Tem Sam Kang, Council Members John Fasana, Liz Reilly, Margaret Finlay, Brian Urias and Jocelyn Nunez. Residents also voted to ban fireworks.

In Monrovia, Foothill Unity Center moved to a wonderful, much larger building to better serve many communities. What began as a food pantry is now a multi-service resource helping low income and homeless people gain stability and begin the journey out of poverty. Prior to school opening, 1200 students were prepared for a great year, and December saw a toy give-away. Two great supporters were honored: Dr. Adam Kendal at a "Thank You" reception and Gaetano D'Aquino received their Heart in Hand Humanitarian Award for contributions and support to various cities and community groups.

Monrovia's Fire Department held a wonderful Memorial Dedication and Reception for their late Fire Chief Harry A. Stevens, who died in the line of duty on December 4, 1934. Stevens was with the Department eighteen years and recognized the community's needs. He ordered a new American La France Pumper, built a new fire station, and hired more firemen which allowed the community to be serviced by two complete fire companies. (Thank you Fire Chief Dover, Historian Steve Baker, and Stevens' grandson Marshall.)

In Arcadia, the Great Race Place provided many memorable events. Bob Baffert did the unthinkable and won ANOTHER Triple Crown with Justify, ridden by Mike Smith. Justify went on to win his next six races and then had to be retired. Jockey Joel Rosario has returned to Santa Anita; he went on to the Breeder's Cup and won on Accelerate after Victor Espinosa was seriously injured. (Victor wants to return to racing next month.) Victor's nephew Assael and Heriberto Figuera, two apprentices, tied for most wins at a Los Al Meet. Santa Anita's Winter Meet opened December 26; everyone got a calendar; kids, stuffed horses from Mathis Brothers, who also awarded College Scholarships. Big Stakes Winners were: Flavien Pratt: Spiced Perfection (La Brea) and River Boyne (Mathis Brothers), Joel Rosario: Gift Box (San Antonio) and Mike Smith: McKinzie (Malibu). Other Opening Day wins: Joel Rosario (Twentytwentyvision), Jose Ortiz (Amers), Heriberto (I Am the Danger), Drayden Van Dyke (Amandine), Mike Smith (Big Scott Dandy), and Rafael Bejarano (Acker).

The first Winterfest at Santa Anita has been a great success with its skating rink, snow, horse-drawn carriage rides, Petting Zoo, train, Santa, children's Play Area with Bouncers, Christmas Music, great food and gift booths.

Lastly, the 2018 election results brought MANY surprises. Challenger Alex Villanueva was elected Sheriff, and Susan Rubio defeated Mike Eng.

Yes, 2018 certainly was a year to remember.

Above: Mike Smith reunites with Justify. Right: Joan Schmidt with Dr. Kendall and Gaetano D'Aquino. Below: Mike Antonovich with Sam Kang & Margaret Finlay after he swears them in.



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#00942500



**Judy Webb-Martin**

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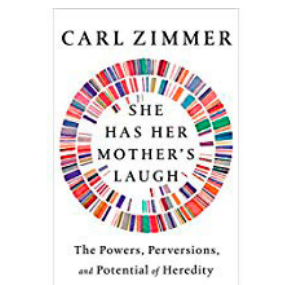
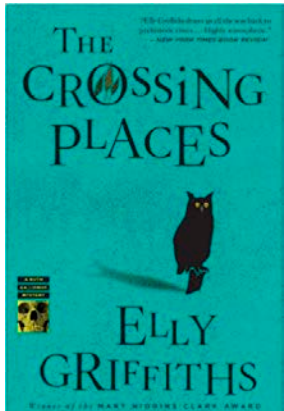
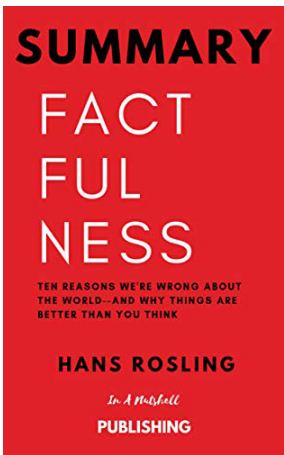
## Jeff's Book Pics

By Jeff Brown

**She Has Her Mother's Laugh: The Powers, Perversions, and Potential of Heredity** by Carl Zimmer

"Leading contender as the most outstanding nonfiction work of the year"—Minneapolis Star-Tribune. Heredity is redefined in this sweeping, resonating overview of a force that shaped human society—a force set to shape our future even more radically. Award-winning, columnist and science writer Zimmer presents a profoundly original perspective on what we pass along from generation to generation. Charles Darwin played a crucial part in turning heredity into a scientific question, and yet he failed spectacularly to answer it. The birth of genetics in the early 1900s seemed to do precisely that. Gradually, people translated their old notions about heredity into a language of genes. As the technology for studying genes became cheaper, millions of people ordered genetic tests to link themselves to missing parents, to distant ancestors, to ethnic identities...But, Zimmer writes, "Each of us carries an amalgam of fragments of DNA, stitched together from some of our many ancestors. Each piece has its own ancestry, traveling a different path back through human history. A particular fragment may sometimes be cause for worry, but most of our DNA influences who we are—our appearance, our height, our penchants—in inconceivably subtle ways."

Heredity isn't just about genes that pass from parent to child. Heredity continues within our own bodies, as a single cell gives rise to trillions of cells that make up our bodies. We say we inherit genes from our ancestors, but we inherit other things that matter as much or more to our lives, from microbes to technologies we use to make life more comfortable. We need a new definition of what heredity is and, through Zimmer's exposition and storytelling, this resounding tour de force delivers it. Weaving historical and current scientific research, his own experience with his two daughters, and the kind of original reporting expected of one of the world's best science journalists, Zimmer ultimately unpacks urgent bioethical quandaries arising from new biomedical technologies, but also long-standing presumptions



about who we really are and what we can pass on to future generations.

**The Crossing Places (Ruth Galloway Mysteries)** by Elly Griffiths

The first entry in the acclaimed Ruth Galloway series follows the "captivating"\* archaeologist as she investigates a child's bones found on a nearby beach, thought to be the remains of a little girl who went missing ten years before. Forensic archeologist Dr. Ruth Galloway is in her late thirties. She lives happily alone with her two cats in a bleak, remote area near Norfolk, land that was sacred to its Iron Age inhabitants—not quite earth, not quite sea. But her routine days of digging up bones and other ancient objects are harshly upended when a child's bones are found on a desolate beach. Detective Chief Inspector Nelson calls Galloway for help, believing they are the remains of Lucy Downey, a little girl who went missing a decade ago and whose abductor continues to taunt him with bizarre letters containing references to ritual sacrifice, Shakespeare, and the Bible. Then a second girl goes missing and Nelson receives a new letter—exactly like the ones about Lucy. Is it the same killer? Or a copycat murderer, linked in some way to the site near Ruth's remote home?

**Factfulness: Ten Reasons We're Wrong About the World--and Why Things Are Better Than You Think** by Hans Rosling

In the book, Hans Rosling manages to achieve the unexpected and completely alter the way in which we view the world. What exactly is "factfulness"? Factfulness is a new thinking habit that will change the way you see the world and empower you to respond to challenges and opportunities of the future. It is the stress-reducing habit of only carrying opinions for which you have strong supporting facts. Like a healthy diet and regular exercise, it can and should become part of people's daily lives. Start to practice it, and you will make better decisions, stay alert to real dangers and possibilities, and avoid being constantly stressed about the wrong things. Learn how to fight your own personal bias and get a more realistic perspective on the world around you.' One of the most important books I've ever read - an indispensable guide to thinking clearly about the world.' Bill Gates

## All Things

By Jeff Brown

### RUPERT SPIRA QUOTES

As the witnessing background of all experience,I, Awareness,am inherently free from all things;as the substance of all experience,I am intimately one with all things.We are the open, empty, allowing presence of Awareness, in which the objects of the body, mind and world appear and disappear, with which they are known and, ultimately, out of which they are made. Just notice that and be that, knowingly.

Our self – luminous, empty Awareness – knows no resistance and is, therefore, Peace itself; it seeks nothing and is, thus, happiness itself; it is intimately one with all appearances and is, as such,

pure love.

All experience is illuminated, or made knowable, by the light of pure Knowing. This Knowing pervades all thoughts, feelings, sensations and perceptions, irrespective of their particular characteristics. We are this transparent, unchanging Knowing.

When everything that can be let go of is let go of, what remains is what we desire above all else. Be neither the knower nor the known but only the knowing of experience, and you will find your self as everyone and everything.

Be still and know that I am God! Psalm 46:10

## HEALTHY LIFESTYLES



### YOGIC WISDOM - RADICAL SELF CARE

As the end of the year calls for self-reflection, we look at what the landscape of our life looks like on the inside and on the outside. The inside is most important - and most reflective of true health and wellness. When there is love, support, safety, spiritual and mental health, and high life-functionality, inside is quite happy. Self-care is how we seek this quality "inside" life and improve our experience.

When you take care of yourself, everyone benefits-- you, the people who love you, and everyone who you encounter. It just works well in the universe. So, this year, I'll provide ideas for self-care —radical self-care:

Practice yoga daily. Take a nap. Write in a journal. Take your vitamins/herbs. Meditate. Eat

more plant-based foods. Exercise. Talk to your friends about what's really going on. Have fun. Take a trip. Say "No." Care for your skin. Pray. Learn something you don't know. Satisfy a curiosity. Be in nature. Have boundaries. Say "thank you" often. Read books. Stare at the moon and wonder. Sing. Be in community. Donate your time. Practice relaxation daily. Listen to your highest self. Take action fearlessly. Share a secret you've been holding on to. Make a new friend. Cook your meals. Did I say meditate every day?

Yoga is a practice and a journey to the Self. The greater care we take, the easier it is to be in alignment with Self. We also get to know ourselves well in the process. What did I miss? Please email me what you do: [Keely@keelytotten.com](mailto:Keely@keelytotten.com). All my love, Keely Totten  
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## THIS IS WHAT A SOCIAL SECURITY SCAM SOUNDS LIKE

by Jennifer Leach

*Acting Associate Director, Division of Consumer and Business Education, Federal Trade Commission*

Earlier this month, we told you about a growing scam: people pretend to be from the Social Security Administration (SSA) and try to get your Social Security number or your money. That scam is now growing exponentially. To compare: in 2017, we heard from 3,200 people about SSA imposter scams, and those people reported losing nearly \$210,000. So far THIS year: more than 35,000 people have reported the scam, and they tell us they've lost \$10 million.

Here's what one of those scam calls sound like:

Scammers are saying your Social Security number (SSN) has been suspended because of suspicious activity, or because it's been involved in a crime. Sometimes, the scammer wants you to confirm your SSN to reactivate it. Sometimes, he'll say your bank account is about to be seized – but he'll tell you what to do to keep it safe. (Often, that involves putting your money on gift cards and giving him the codes – which, of course, means that your money is gone.)

Oh, and your caller ID often shows the real SSA phone number (1-800-772-1213) when these scammers call – but they're faking that number. It's not the real SSA calling.

Here's what to know:

Your Social Security number is not about to be suspended. You don't have to verify your number to anyone who calls out of the blue. And your bank accounts are not about to be seized. SSA will never call to threaten your benefits or tell you to wire money, send cash, or put money on gift cards. Anyone who tells you to do those things is a scammer. Every time. The real SSA number is 1-800-772-1213, but scammers are putting that number in the caller ID. If you're worried about what the caller says, hang up and call 1-800-772-1213 to speak to the real SSA. Even if the wait time is long, confirm with the real SSA before responding to one of these calls. Never give any part of your Social Security number to anyone who contacts you. Or your bank account or credit card number.

If you get one of these calls, tell the FTC at [ftc.gov/complaint](http://ftc.gov/complaint).

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## THE MISSING PAGE

Real Life Tips from Life's Instruction Manual

### START 2019 WITH A YEAR END REVIEW

Next week we will start a new year, we get a clean slate and begin anew. Before making plans for 2019, let's reflect. Let's look back at 2018 to review the year to remember what went well. I encourage my clients to use Gratitude Train, a free smartphone app, as an electronic journal. Researchers have proven over and over that a regular gratitude practice is an essential component of good mental health and self-care.

Think about the past year. Did you make some new friends or learn a new skill? Did you make a significant improvement? Now is a good time review and celebrate. I call it celebrating the win, and it is an essential element of any vibrant gratitude practice. Go ahead and pat yourself on the back, you deserve it, and it is a foundational step for progress.

To reap the benefits of gratitude, we must go beyond merely making a list of events, things or people. The practice calls for reflection and allowing yourself to feel the emotion that sparks the feeling of gratefulness.

The perfect way to lift your mood is to tap into the feeling of appreciation. Allow yourself to feel and relive the experience or memory that sparked your gratitude, then record your appreciation in your journal. Writing it down increases the effectiveness of the exercise.

In a university study, researchers created three groups of gratitude journalers. The first group recorded their gratitude at the end of the day. In addition to recording it, the second group of journalers contacted someone and expressed their appreciation directly to the person they appreciated and recorded their reaction. A third group wrote their gratitude notes throughout the day.

At the end of the three week study period, everyone reported feeling better: less anxiety, depression, and overall improved well-being. The study revealed that the gratitude sharers had the most improvement.

Can you imagine telling someone you appreciate them? How do you think that would make them feel? How would you feel? As you bring 2018 to a close, take the time to celebrate what's right, what's working, and tell somebody, "thanks." It is a significant first step in creating a wonderful new year.--

Lori A. Harris is a Life Mastery Consultant and transformational coach. She is the creator of the Gratitude Train App available in the App Store and Google Play store more at [GratitudeTrain.com](http://GratitudeTrain.com)

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## Mountain Views News

**PUBLISHER/ EDITOR**  
Susan Henderson

**PASADENA CITY EDITOR**  
Dean Lee

**EAST VALLEY EDITOR**  
Joan Schmidt

**BUSINESS EDITOR**  
LaQuetta Shamblee

**PRODUCTION**  
Richard Garcia

**SALES**  
Patricia Colonello  
626-355-2737  
626-818-2698

**WEBMASTER**  
John Avery

**DISTRIBUTION**  
Lancelot

## CONTRIBUTORS

Mary Lou Caldwell  
Kevin McGuire  
Chris Leclerc  
Bob Eklund  
Howard Hays  
Paul Carpenter  
Kim Clymer-Kelley  
Christopher Nyerges  
Peter Dills  
Rich Johnson  
Lori Ann Harris  
Rev. James Snyder  
Dr. Tina Paul  
Katie Hopkins  
Deanne Davis  
Despina Arouzman  
Jeff Brown  
Marc Garlett  
Keely Toten  
Dan Golden  
Rebecca Wright  
Hail Hamilton

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Mountain Views News  
80 W. Sierra Madre Bl.  
#327  
Sierra Madre, Ca.  
91024

Phone: 626-355-2737  
Fax: 626-609-3285  
email:  
mtnews@aol.com

## 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.

## HAIL Hamilton



## CRUELTY—IS THIS WHAT AMERICA IS ALL ABOUT?

Remember the skinny, little 8 year old Guatemalan refugee, Javelin Caal Masuin, who died December 7, while in Border Patrol custody. DHS has now reported that an 8 years old boy, Felipe Alonzo-Gomez, also from Guatemala, died late Christmas Eve, also while in the custody of U.S. Border Patrol. The deaths of two refugee children in less than a month, both legally seeking asylum regardless of entering the U.S. illegally (see Equal Protection Clause of 14th Amendment), raises grave concerns about the cruelty of both DHS policies of “No-Tolerance” and “Catch and Return”—as well as the possibility of less than professional treatment of refugees by Border Patrol officers themselves.

These deaths also illustrate the heartless lengths President Trump is willing to go to enforce his un-constitutional and unlawful asylum-ban, and cruel treatment of Central American refugees trying to escape the violence, poverty, and almost certain starvation from in there dysfunctional autocratic homelands—autocratic oligarchies that we have supported for two hundred years.

It also shows Trump’s willingness to use desperate refugees to blackmail Congress to fund his wall. Not surprising, his ignorance of the crisis facing the economies of the Central America nations, where these refugees come from, caused by recent the worldwide crash in the prices of coffee and sugar.

More troubling is the testimony by DHS Secretary Kirstjen Nielsen before the shutdown after the death of Javelin Masuin. Grilled by Democratic members of House Judiciary Committee about how many migrants—children and adults—have died while in Border Patrol custody? Secretary Nielsen couldn’t answer with a definitive number, and instead replied, “I will get back to you with the numbers.” Most importantly, Nielsen’s answer mirrors the utter depravity of Trump’s racist views of minorities, women, and people of color as unintelligent, inferior “Enemies of the People,” both from home and afar!

Now, just days before Democrats take control of the House, the President has shut down the government, like a spoiled crybaby, because is unwilling to drop the \$5 billion seed money to get his wall started. Everybody knows a 30 foot high by 2,000 miles long wall of any kind, except paper is going to cost a lot more—like maybe \$25 to \$40 billion!

And a Cruel Holiday Card to some 420,000 federal government employees, forced to work for free or sent home without pay with the prospect of being permanently cut from their jobs— not to mention all of the rest of us who depend on them for the services they provide—Happy Holidays, Donald J. Trump.

Critics of the wall all agree its purpose could be much more easily, more cheaply, and much more effectively filled by a combination of immediately hiring, training and deploying 10,000 more border patrol officers. Add to that increasing the use of surveillance drones, motion sensors, and require (with mandated fines) the federal e-verify program to make certain all people who work within the U.S. have the right to do so—nothing very clever there, but it sure costs a lot less than \$5 billion!

We could instead possibly placate Trump’s wall obsession by tearing down the Statue of Liberty as a monument to immigrants and replacing it with a Russian-financed monument to the President, “Trump Liberty Tower.” Unthinkable, you say? Think again!

Then there’s the 30 of 43 the top federal officials who have either resigned or been fired this year. Most importantly, former Marine Corps 4-Star Generals Chief of Staff John Kelly and Secretary of Defense James Mattis, both highly respected by the Pentagon and, until now, able to keep Trump’s administration from careening off the rails entirely! Who will replace them? Best bet more Trump cronies.

It’s no exaggeration, to say, working for President Trump is like sailing with White Star Lines Captain Edward Smith on the doomed 1912 maiden voyage of the RMS Titanic, listening starry eyed to his band of cronies singing his favorite tune, “Lies, lies can break my bones, but the truth can only hurt me...” until they all drown together under a moonless black sea of hate-filled controversy.

Trump is like the Energizer Bunny. He keeps insisting building a hideous, ineffective 2,000 mile wall separating the United States from Mexico. It is a boondoggle, only surpassed by the Great Wall of China—even a Republican-controlled Congress has refused to fund it for the past two years! It is totally political; it’s about pleasing his base before in-coming Democrats take over the House. It is why Trump has been backpedaling after telling Nancy Pelosi (D-SF) and NY Senator Chuck Schumer in the White House televised Tussle with the Muscle, “I will take responsibility for a shutdown!”

Cruelty —Is this what America is all about? God, I hope not—for the whole world’s sake!

## DICK POLMAN



## ARE REPUBLICANS FINALLY SMELLING THE TRUMPSTER FIRE?

Did my ears deceive me? Did I actually hear Pat Toomey, a Pennsylvania Republicans and one of Trump’s infamous abettors, actually warn us that the president is a clear and present danger to our national security?

In so many words, yes. And it’s about time. Maybe, just maybe, the Republicans in Washington - most notably, the Senate Republicans who might be tasked with voting in a 2019 impeachment trial - are finally rousing themselves from their long shameful slumber. If Toomey’s willingness to speak out is any indication, maybe it means they’re finally awakening to the long-proven fact that Trump is betraying their party principles, imperiling our increasingly fragile democracy, and wreaking global havoc. And heck, maybe they’ll actually do something about it.

Granted, Trump’s racism, serial lies, and endless scandals (both foreign and domestic) should’ve triggered Republican ire long ago, but, hey, in this desperate hour we’ll take what we can get. If Trump’s impulsive military retreat from Syria - which blindsided the military and the anti-terrorism experts - is the seminal event that wakes up the Republicans, fine.

When Toomey was asked earlier this week whether he was disturbed by Trump’s foreign policy wreckage, he replied, “Yes”

“The president has views that are very, very distinct from the vast majority of Republicans and, probably, Democrats, elected and un-elected. And I think the president does not share, I would say, my view that the Pax Americana of the post-war era has been enormously good for America,” Toomey said. “I don’t think the president shares that view nearly to the extent that the rest of us do. And I think senators need to step up and reassert a bigger role for the Senate in defining our foreign policy... I think senators should speak out. And look, we were elected separately from the president. We don’t report to the president.”

We should hold our applause, of course. Trump would not be where he is if Republicans had stepped up in 2016. Instead, they succumbed to the laughable fantasy that this guy could be controlled by “adults.” But we are where we are, and, at this point, it’s nice to hear rumblings of dissent from a Republican who will still be on the job in 2019. Because, frankly, I’m tired of hearing from Bob Corker.

The lame duck Tennessee senator is heading for the exit, and whenever he talks the truth about Trump, I can’t help but remember that Corker did nothing with his subpoena power as chairman of the Senate Foreign Relations Committee. No oversight, no probes, no signals to Trump (beyond occasional verbal jibes) that he’d pay a price for his wanton behavior.

Remember when the GOP prided itself on being the national security party? Some Republican senators clearly do. Last week, in a letter to Trump, four of them (Tom Cotton, Joni Ernst, Lindsey Graham, and Marco Rubio) said that his decision to cut and run from Syria was “a premature and costly mistake” that “threatens the safety and security of the United States.”

It’s a noteworthy development that such a quartet is essentially calling Trump a threat to American security. David Frum, the conservative commentator and ex-Bush speechwriter, offers this perspective: “So long as Mattis stayed on the job, Republicans in Congress could indulge the hope that responsible people remained in charge of the nation’s security. That hope has now been repudiated by the very person in whom the hope was placed... And now the question for Congress is: The Klaxon is sounding. The system is failing. What will you do?”

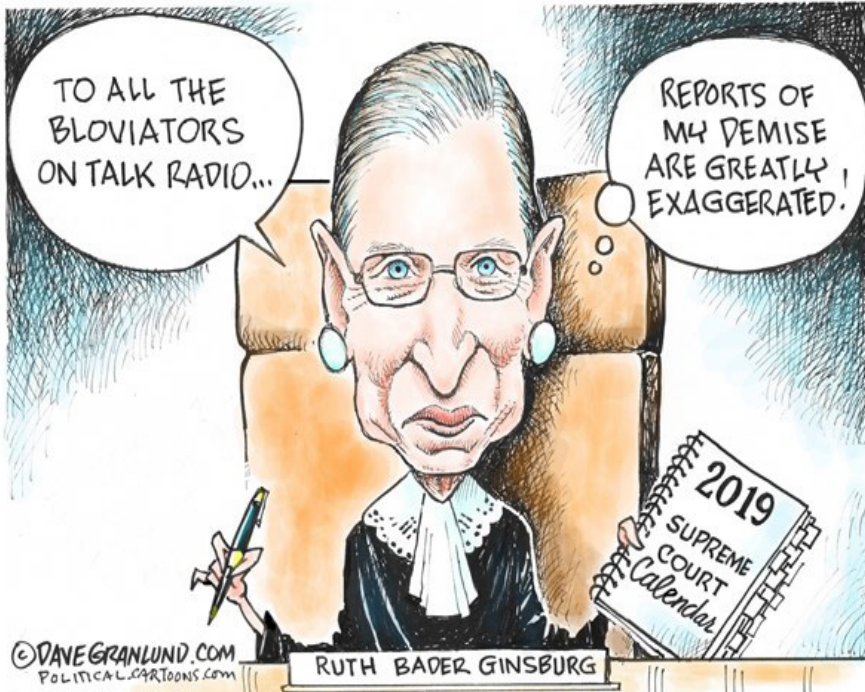
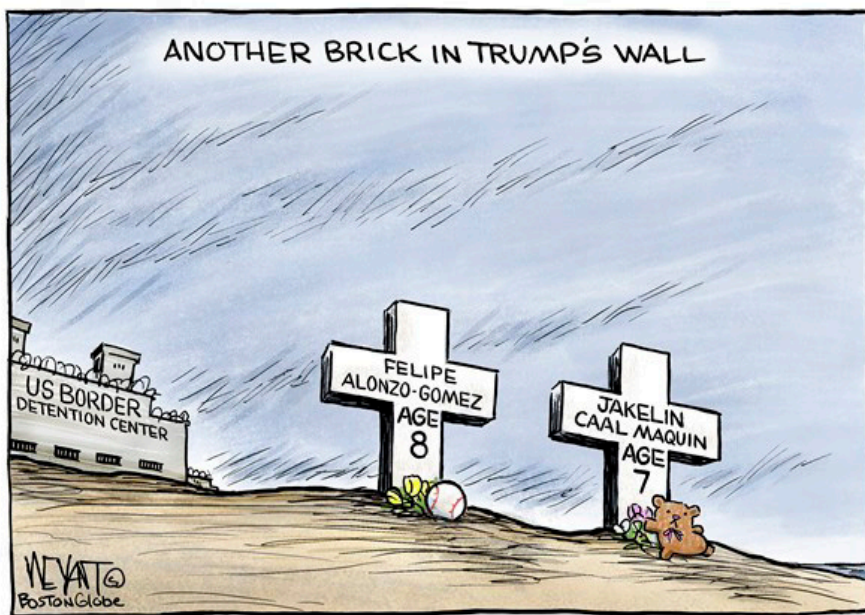
What indeed. A former Trump aide, a self-described “Trump ally,” told Axios last weekend that if Republican senators become sufficiently terrified about Trump’s threats to our national security, many will be less willing to save him in the wake of a House impeachment. The Trump ally said: “Once Republican lawmakers start rebuking the president publicly like this over policy, it makes it easier for them to say, ‘It’s not Mueller or ethics. There are other concerns.’ Then it’s a slippery slope.”

But let’s not get ahead of ourselves. What are Senate Republicans prepared to do in the short term? Assuming that Trump nominates a new Defense secretary to replace Mattis, would they vote to confirm someone who supports Trump’s pro-Putin weakening of America? Would Toomey vote to confirm such a person?

His reply: “The president’s views are so divergent, certainly, from mine that I think I’ll be much - this one - this one’s going to be tough. I’m going to be looking for a defense secretary that shares a more traditional view about America’s role in the world.”

Is it actually possible - at this eleventh hour of peril - that some Republicans are rediscovering their spines? What a gift to America that would be.

Copyright 2018 Dick Polman, distributed exclusively by Cagle Cartoons newspaper syndicate. Dick Polman is the national political columnist at WHYY in Philadelphia and a “Writer in Residence” at the University of Pennsylvania. Email him at [dickpolman7@gmail.com](mailto:dickpolman7@gmail.com).



## BLAIR BESS



## THE FIX IS IN

“I alone can fix it”

That’s what the current occupant of the Oval Office told cheering delegates to the 2016 Republican National Convention.

He pointed to “war and destruction abroad” as one of the most critical challenges facing the United States. And he told the American people that he alone could “fix” it.

Unfortunately, the only thing Donald J. Trump appears capable of fixing is the 2016 election that put him in office.

Despite denials and repeated lies that he took no part in violating federal election laws, the Justice Department has clearly identified him in court documents as an unindicted co-conspirator.

More criminal is Trump’s unilateral decision to pull 2,000 American troops out of Syria, thus ending a critical mission that supported rebels intent on ending the authoritarian regime of Syrian President Bashar al-Assad. The move places at risk our longtime allies, the Kurds, stymies the progress we’ve made against ongoing threats posed by ISIS, provides solace and assistance to Russian troops and the Iranian military, and could lead to a terrorist staging ground for Hezbollah.

In addition, Trump’s misguided actions have compromised the security of our chief ally in the Middle East - the State of Israel.

In Trump’s perverse world view, making nice with murderous heads of state in Saudi Arabia is far more constructive to maintaining stability in the region than taking them to task and expressing outrage over the assassination of Washington Post journalist Jamal Khashoggi. Responsibility for the murder has been placed squarely at the doorstep of Saudi Crown Prince Mohammed bin Salman by the president’s own intelligence advisers. The same prince whose government is committing ongoing war crimes against the people of Yemen. With the full support of this president.

At the outset of the Trump presidency, many in Washington were comforted when Trump surrounding himself with experienced, competent advisers like Chief of Staff John Kelly, whose feet are now halfway out the door of the Oval Office. Also among that group: National Security Adviser H.R. McMaster - gone. Secretary of State Rex Tillerson - gone. And, now, Defense Secretary James Mattis - gone.

Syria was the final straw that broke the proverbial camel’s back for Mattis, prompting this much-decorated Marine Corps general with forty years of experience leading our nation’s most elite troops to sever his ties with the Trump administration.

In Mattis’s letter of resignation, the defense secretary wrote, “My views on treating allies with respect and also being clear-eyed about both malign actors and strategic competitors are strongly held and informed by over four decades of immersion in these issues.”

Contrast Mattis’s decades engaged in helping to formulate the strategic military and defense goals of the nation (as well as combat experience in various theaters of war) versus Trump’s boyhood time served in a military school due to incorrigible behavior and two years of diplomatic, military, and economic chaos while occupying the White House.

Mattis went on to say, “I believe we must be resolute and unambiguous in our approach to those countries whose strategic interests are increasingly in tension with ours. It is clear that China and Russia, for example, want to shape a world consistent with their authoritarian model - gaining veto authority over other nations’ economic, diplomatic, and security decisions to promote their own interests at the expense of their neighbors.”

And there lies the rub, plain and simple: Russia. Remember, “No collusion?” Why then, within hours of the commander-in-chief’s move to withdraw troops from Syria, did Russian President Vladimir Putin laud Trump’s action? And why did Putin take it one step further and question when we would be withdrawing our forces from Afghanistan, only to have Trump acquiesce hours later by ordering the draw-down of half our forces now based there? No collusion, indeed.

Under this administration, our country has been on life support. We are nearing a Constitutional breaking point and in danger of forfeiting our place as the shining light and spirit of free democratic societies throughout the world.

What is most frightening is that the true leaders Americans had counted on to guide us through the Trumpian debacle have either thrown up their hands in disgust and resigned, or have been unceremoniously kicked out the door of the Oval Office like rusty tin cans.

Not to worry, though. The “fix” is in. Because as long as Trump is in the White House and he has allies like Vladimir Putin to guide him, our nation’s position in the world will be forever secure.

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



Mountain Views News 80 W Sierra Madre Blvd. No. 327 Sierra Madre, Ca. 91024 Office: 626.355.2737 Fax: 626.609.3285 Email: [editor@mtnviewsnews.com](mailto:editor@mtnviewsnews.com) Website: [www.mtnviewsnews.com](http://www.mtnviewsnews.com)















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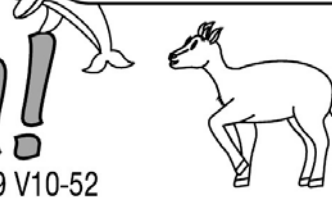


# Newspaper Fun!

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...friends will stand the test of time too!



It's time to get the grandfather clock checked and oiled. It's a beautiful way to tell time, but most of the day I use a wristwatch or cell phone.

Sunrises and sunsets are natural ways to mark time.

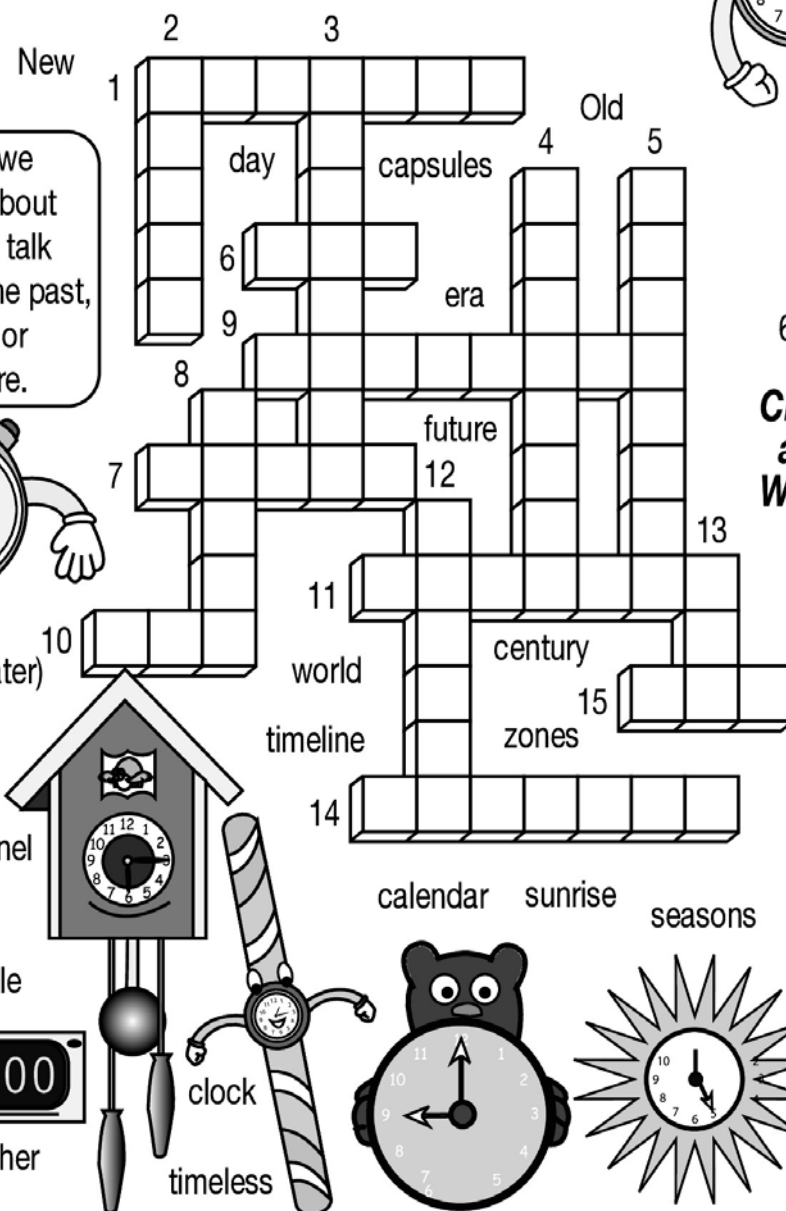


## It's About Time!

When we speak about time we talk about the past, present or the future.

Read the clues to fill in the puzzle:

- one hundred years
- common way to tell time
- shows events in order of when they happened
- tool to keep track of activities, days and months
- fun way to capture a moment in time (item is dug up later)
- Baby \_\_\_\_\_ Year is full of energy to start the year
- there are 24 time \_\_\_\_\_ throughout the world
- \_\_\_\_\_ clock shows what time it is anywhere on the planet – often shown by a series of clocks on a panel
- something that isn't affected by the passage of time
- \_\_\_\_\_ Father Time is tired after working all year; he is often shown with a long beard, sundial and sickle
- the start of each morning, dawn
- time that has yet to pass
- period of time marked by important events
- parts of the year that mark the temperature and weather
- twenty-four hours



Clocks and Watches

Read the clues below to fill in the puzzle:

Many kinds of clocks and watches have been invented through the years. A watch was even made for engineers to help them run the trains on time.

- \_\_\_\_\_ clock, tall standing clock with swinging pendulum
- \_\_\_\_\_ watch, timepiece you can wear to school
- \_\_\_\_\_ watch, great for measuring races
- \_\_\_\_\_ watch, can be underwater without being damaged
- \_\_\_\_\_ clock, hangs on the wall and sings a song every hour
- \_\_\_\_\_ watch, often on a chain and kept in a small pouch on vest

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