

LIFE'S MOST URGENT QUESTION IS: WHAT ARE YOU DOING FOR OTHERS?

—Dr. Martin Luther King Jr.



THE KENSINGTON SIERRA MADRE RAISES DEMENTIA AWARENESS WITH FREE PROGRAM

By Kevin McGuire

It's estimated that over 50 million people globally suffer from some form of dementia. It's an alarming statistic considering this is more people than the population of Spain. In the United States alone, Alzheimer's disease, which falls under the umbrella of dementia, is the 6th leading cause of death and affects more than 5.5 million people.

According to the National Institute on Aging, dementia is defined as a cognitive loss of functioning and behavioral abilities to such an extent that it interferes with a person's daily life and activities. Symptoms of dementia can include memory loss, problems with thinking, reasoning, problem-solving, vision, language skills, and self-management. Alzheimer's disease and most forms of dementia are irreversible and eventually lead to death. It is basically brain damage. Neurons in the brain stop working and fail to connect with other cells and die.

There are many misconceptions about dementia. For example, just because a family member suffers with Alzheimer's disease, this doesn't automatically mean you will head down the same road. Alzheimer's is not cause by dental fillings, aspartame (artificial sweetener) or from drinking out of aluminum cans (yes, these were true beliefs). Dementia does not only affect persons 65 and older, as there are cases of people in their 30s, 40s and 50s with the disorder. And one of the biggest myths about dementia is that it's a normal part of ageing.

In response to the growing concerns about Alzheimer's disease, The Kensington Sierra Madre kicked off their 4-hour course on January 15 titled, "Caring For Loved Ones With Dementia." The free class lays out objectives for "normal" aging vs. "not normal" aging related to various cognitive functions. It is presented by John D. Graham, author of "Cheeseburgers for Seniors: Top 10 Reasons Your Parents Don't Want to Move to Senior Living."

On November 13, 2018, Steve Sciarba, Director of Community Outreach at The Kensington, was presented with a proclamation by City Council announcing that Sierra Madre will be a dementia-friendly city. "[177,000] Angelinos are stricken with Alzheimer's and it's going to double by 2030," Sciarba said while accepting the proclamation. "So, it's important to be aware

and learn how to work with them."

The program is based on the teachings of Teepa Snow, MS, a dementia care specialist with over 40 years of clinical experience. Some of her teachings include how to approach those with challenging behaviors. Many times, those with dementia come across as aggressive, when they are really just frustrated when they don't get the desired results they are looking for when performing day-to-day activities. In addition to learning about "normal" aging vs. "not normal" aging, attendees will study the five sensory input and processing systems, highlighting the dominant role of vision, and the major differences between protective and discriminating sensations in each. You will also discuss the impact of changing sensory awareness and processing as dementia progresses.

Presenter Graham has spent a lifetime in senior services and is said to have a "compassionate" voice.

Sciarba hopes everyone will take advantage of this course including individuals, businesses, banks, and police departments. "We just want to do our part to make sure citizens of Sierra Madre are aware of Alzheimer's disease," Sciarba said.

The Kensington is located at 245 W. Sierra Madre Blvd. They can be reached at 626.355.5700. The next presentation of "Caring For Loved Ones With Dementia" will take place on February 19th at 1 p.m.

Sources:

<https://www.dementiastatistics.org/statistics/global-prevalence/>
<https://www.alz.org/alzheimers-dementia/facts-figures>
<https://www.nia.nih.gov/health/what-dementia>
<https://alzheimer.ca/en/Home/About-dementia/What-is-dementia/Shattering-the-myths>
<https://www.alz.org/alzheimers-dementia/what-is-alzheimers/myths>
<http://publichealth.lacounty.gov/aging/docs/Alzheimer%20Association%20Report.pdf>
<https://thekensingtonsierramadre.com/events/caring-for-loved-ones-with-dementia/>

SIERRA MADRE FIRE DEPARTMENT RESPONDS TO FIRE, FATALITY



On Thursday, Sierra Madre Fire Department responded to a fire on North Lima. Picture above is Engine 41 in the midst of dismantling the equipment after the fire was extinguished.

Photo courtesy MVNews

Sierra Madre, CA. – January 17, 2019 –

On January 17, 2019, at 9:02 a.m., Sierra Madre Fire Department, with Engine 66 from Los Angeles County Fire Department, was dispatched to the 300 block of N. Lima Avenue on a reported structure fire. Sierra Madre Fire Engine 41 arrived on scene and reported heavy smoke coming from the rear of the structure and requested a full structure response from Verdugo Dispatch. Engine 41 initiated fire attack on the fire while Arcadia Battalion 105 assumed command of the incident. Sierra Madre Fire Department received additional mutual aid assistance from the cities of Arcadia, Pasadena, and Monrovia. During the course of

firefighting operations, it was determined that the occupant of the structure was found deceased near the fire origin. The fire was contained to the rear part of the structure; no other neighboring structures were damaged. No other injuries were reported.

The fire's cause and origin was investigated by Sierra Madre fire personnel, with assistance from Arcadia Fire Department Arson Unit. The fire's cause was determined to be accidental. Sierra Madre Police Department, with assistance from Los Angeles County Sheriff Department, determined that there was no evidence of foul play that lead to the fatality of the occupant. The fatality was determined to be accidental.

CHAMBER TO SPONSOR PUBLIC FORUM ON SMFD PROPOSED REORGANIZATION

On Thursday, January 24, 2019, the Sierra Madre Chamber of Commerce will host a public forum on the proposed reorganization of the Sierra Madre Fire Department.

Currently, the Arcadia Fire Department has been asked to analyze the feasibility of Arcadia taking over the SMFD out of the AFD station on Orange Grove in Arcadia (<http://mtnviewsnews.com/v13/hm/n02/p01.htm>).

Because the proposal is opposed by a large segment of the community this event is being held to allow residents to discuss the matter with city officials.

The forum will be held in the City Hall Chambers on Thursday evening, January 24, 2019 at 6:00 pm. Residents are encouraged to attend.

You may review the staff report and proposed agreement on the city's website: <http://cityofsierramadre.hosted.civiclive.com/common/pages/DisplayFile.aspx?itemId=15068446>.

SIERRA MADRE NEWS BRIEFS



CITY COUNCIL TO DISCUSS SHORT TERM RENTALS

On Tuesday, January 22, 2019, the SM City Council will discuss short term rentals such as Air BNB in the city. Council meeting will begin at 6:30 pm.

OLDER AMERICAN OF THE YEAR NOMINATIONS ARE NOW BEING ACCEPTED.

The Sierra Madre Older American of the Year is an honor bestowed upon an individual, couple or group that has made significant contributions to the betterment of the Sierra Madre community. Each year the Senior Community Commission seeks nominations for this award and a reception is held in the recipients honor at the Hart Park House. 2019 Nominations now being accepted. Call 626-355-7135 for applications.

SIERRA MADRE LAUNCHES EMERGENCY SIREN NOTIFICATION PROGRAM

To ensure the reliability of the Emergency Siren Notification Program, testing of the Emergency Siren will occur on the last Tuesday of each month at noon. January 29th will be the first official test. The Siren will be sounding for a few minutes to monitor its functions and effectiveness.

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Weather Wise

6-Day Forecast Sierra Madre, Ca.

Sun	Ptly Cldy	Hi	70s	Lows	40s
Mon:	Sunny	Hi	70s	Lows	40s
Tues:	Sunny	Hi	70s	Lows	40s
Wed:	Sunny	Hi	70s	Lows	40s
Thur:	Sunny	Hi	60s	Lows	40s
Fri:	Ptly Cldy	Hi	60s	Lows	40s

Forecasts courtesy of the National Weather Service

SIERRA MADRE CITY MEETINGS

CALENDAR

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

City Council
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 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.

Sierra Madre Woman's Club

550 W. Sierra Madre Blvd.

Founded February 23, 1907 - "Living the Volunteer Life" in Friendship
Member: General Federation of Women's Clubs cfwc.org & gfwc.org

Games Tea

Sat, Feb 2 @ 1:00 - 4:00 p.m.

Bridge? Scrabble? Rummy? Bunco? Mahjong? Other?

Lavish Tea Buffet Prizes

Tickets at Wistaria Thrift Shop thru 1/30; OR

RSVP 355-6225 by 5 p.m., Wed, Jan 30

\$25 Thurs/Fri, Jan. 31, Feb 1 @ Thrift Shop & at Door on Sat 2/2

Explore Opportunities & Membership with Us
Become a Member - Enjoy Yoga w/ Paul Hagan Tuesdays, 10 am
GFWCSierraMadreWomansClub.org

Facebook/SierraMadreWomansClub

Rent the 1914 Historic Essick House 355-4379

Shop Award-Winning Wistaria Thrift Shop 355-7739

Shop Donations Accepted Weekdays to 2 pm

Sierra Madre Woman's Club

550 W. Sierra Madre Blvd. 2018: 111 Years

Founded February 23, 1907 - "Living the Volunteer Life" in Friendship
Member: General Federation of Women's Clubs cfwc.org & gfwc.org



Rent The 1914 Essick House

Holiday Get-togethers, Seminars
Anniversaries, Parties, Weddings
Anita @ 626-355-4379

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GFWCSierraMadreWomansClub.org

Facebook/SierraMadreWomansClub 355-4379

Rent the 1914 Historic Essick House 626-355-4379

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The Hart Park House,
222 W. Sierra Madre Bl.,
Sierra Madre, CA 91024



This week at the

Sierra Madre Public Library

January 21-26

Monday at 9:00 am
Martin Luther King, Jr. Holiday, Library
Closed

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

Wednesday, 7:00 pm
Library Board of Trustees Meeting
City Hall

Saturday from Noon - 5:00 pm
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-- MONTHLY MEETING --

An Evening with Sierra Madre
Fire and Paramedics

Learn what life is like in the day of a
Firefighter/Paramedic. This we be a great opportunity
to learn about our department, how they operate,
and what it is they do on those long 24-hour shifts.
There will be a general Q&A session so think of
those questions you have always wanted to ask
a firefighter or paramedic.

As always, the public is welcome to attend!

Sierra Madre CERT General Meeting
Thursday, January 24th, 7:00 PM
Hart Park House - Memorial Park
222 W. Sierra Madre Blvd.
Sierra Madre, CA

SIERRA MADRE

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia



KATIE Tse.....*This and That*

WEATHER & WHETHER

Crazy rain we had this week, wasn't it? I know we need it, but to me it kind of got old after the third straight day. On the second day I made the mistake of checking the weather channel site and was pleasantly surprised to see that it was supposed to clear up and stay dry for a couple days. At that point it was only drizzling.

By the time I got to work it had progressed to a steady rain. I was annoyed because I'd worn my regular sneakers and permeable jacket, as opposed to my snow-worthy (and very UGLY!) indestructible shoes and heavy water-resistant jacket. The jacket's great for keeping me dry, but the hood's just a tad too short, so the faux fur lining the rim makes me look like my hair's gone wild (which of course is true of my hair most days regardless of the weather). My hair doesn't need any help to look crazy, it's got that job covered all by itself.

When I got back home I realized I had the weather channel site set to Washington DC. Oops. At least the heater in my office is powerful enough to go from ice box to sauna in about 30 minutes, so I really had nothing to complain about.

I work at a school, and it's always kind of funny to witness parents who keep their kids home when it rains. (The ones who don't work, that is.) I don't have kids, so I can't judge, but it seems like driving through a little water shouldn't be such a big deal.

I can understand the parents whose kids are on permits and therefore aren't located in the district, and they're bringing them to school from their home in Timbuktu, but for the ones who just live across the street, it seems like somewhat of a poor excuse.

Maybe we should start spelling weather as "whether," because the climate so often determines what we'll do any given day. Will I run after work today? I don't know, depends on the whether. Will people drive normally or will they be crazy fast? Or creeping like turtles? I don't know, depends on the whether.

We're blessed here in Southern California with a wonderful climate most of the time. Sure, it can get hot during the summer, but that's alright. We're used to it. My mom's family is from Michigan, and my mom and aunt are fond of telling about how they had to trudge through chin-high snow five miles on their way to school winter mornings, in the dark. Kids were tougher back then.

As you can see, I didn't have anything earth-shattering to write about this time. Sorry. But I'm bound

and determined to keep my New Year resolution of not recycling old stuff! My mom was supposed to go to lunch this week with her friend, Florence, whose stories I've lifted for my column before. She's always a great source for material. But they had to cancel their lunch due to the whether. Hopefully next week I'll have something more scintillating to offer you. I can't promise, but I'll try my best.



WALKING SIERRA MADRE by Deanne Davis

"This year I want to go on more adventures, be around more good energy, connect with people, learn new things and grow."

"What if you simply devoted this year to loving yourself more?"

"Do more of what makes you happy!"

We're three weeks into the New Year and I'm actually keeping the resolution I made. It's one of those above. How are you doing with yours? What's at the top of most people's resolution list? Lose weight. Yep, year after year, we all want to lose weight. What else do we want to change about ourselves? More exercise? Less TV? More reading? Tackle the World's Great Books? Get serious about cleaning out our closets and donating those size 6 jeans we're never going to fit into and that blazer with the Joan Crawford shoulder pads to the Salvation Army? Maybe pass along a book we've read to someone else instead of sticking it on a shelf?

Exercise. Sigh... I don't do enough of it and I know it. You probably don't either. But I have been doing a little more as I've got a new walk that takes half an hour, and at about the 2/3 mark there's a wall I sit on to watch the sun rise. Every day God paints a fantastic picture for me to see. Every day is an awesome sunrise, different than the day before. That's an excellent way to start the day, admiring God's creation peeking over the mountains.

The world of serious exercise folks tell us that we need just as much resistance training as we do cardio. Weight training makes for stronger bones and all sorts of good stuff. But you can't go to the gym till you do something with the bed-head hair, put some concealer on the bags under the eyes and, for pity's sake, just a little blush so one doesn't look like a zombie.

Unfortunately, a very dear friend just sent me a cute little tin full of fudge. I love fudge. My favorite treat in this world? A McDonald's hot fudge sundae. Yes, friends, I'm admitting that in print. I've already eaten 3 pieces of this fudge and have to figure out a way to store it out of my sight till Super Bowl Sunday so I can bring it out and leave it with other

people.

I made a few more resolutions after reading an editorial Susan Henderson wrote a while back. Here are some of her thoughts that really struck me: If we want to make society better, we must start with ourselves. How about not making generalizations that disparage people who are different. Consider making a concentrated effort to see people as individuals instead of lumping them in with whatever group is making bad news currently. If we start with ourselves, we can diminish the amount of hatred that permeates the air. Here is her resolution, with which I wholeheartedly agree: Let's all do better! Let's start with ourselves, one person at a time. Let's see if we can make love and respect spread that way. Let's make 2019 the year when we passionately, as individuals work on real change. There's a bulletin board in the office of the school where my Arizona granddaughters, Jessie and Emily, are in the fifth and third grade which says, "Some kids are smarter than you. Some kids have cooler clothes. Some kids are better at sports. It doesn't matter." It goes on and I know you want to see it so that's the picture. Bottom line: Be Kind! That's pretty easy to remember.

Oh, if you're wondering which resolution I picked for myself? It's actually all of those up there at the top. Well, yeah, I'd like to lose a little weight, too. And maybe go through my closet and take out all the clothes I haven't worn in five years or longer. Maybe get my car washed more than three times a year. And, as Aaron Burr says to Alexander Hamilton in Hamilton: "Smile more, talk less!"

"Let there be peace on earth and let it begin with me." Jill Jackson Miller and Sy Miller - 1955.

My book page: Amazon.com: Deanne Davis – check out Noah & The Unicorns...or maybe The Vuillaume Violin.

Both available there, along with other goodies! Star of Wonder the CD is now on TuneCore! Take a look!

Blog: www.authordeanne.com

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MONROVIA POLICE BLOTTER

December 31, to January 6, 2019

During this period, the Sierra Madre Police Department responded to approximately 219 day and night time calls for service.

Monday, December 31

Officers responded at about 6:37PM to a man passed out behind the wheel of a running car in the 00 block of Kersting Court. Following an interview and field testing, the man was found to be intoxicated and impaired by alcohol and was subsequently arrested and transported to the Pasadena Jail. Case to the DA's office

Tuesday, January 1

At about 4:43PM, a person came into the Sierra Madre Police Department lobby to report that his vehicle had been broken into. The victim stated that he parked his car in the 1200 block of Via Granate at about 3:00PM and returned at about 3:30PM to find that an unknown suspect(s) shattered the rear driver side window and removed a hang bag from the floorboard containing items inside. A set of golf clubs, sunglasses, and other small items were also removed from inside the vehicle. Case to Detectives

Wednesday, January 3

Officers responded to the 400 block of Canon Drive to speak with a female that reported that she was in an argument with her boyfriend that became physical. Following an interview of both parties, the boyfriend was arrested for domestic violence and transported to the Pasadena Jail. Case to the DA's office

Thursday, January 4

A resident came into the lobby at about 2:30PM, to report that he had been scammed out of \$1100. The resident posted on pefinder.com seeking a job and was contacted by a woman who was looking for him to run errands as well as pet sit. The woman sent him a fraudulent check, which he did not realize was fraudulent until after he sent money. Case to Detectives

January 6 to January 13, 2019

During this period, the Sierra Madre Police Department responded to approximately 241 day and night time calls for service.

Sunday, January 6

Officers responded at about 4:30PM, to a call regarding unsupervised juveniles at a residence in the 00 block of Esperanza Ave. Upon arrival, officers made contact with multiple juveniles in the home, where there was a heavy smell of marijuana. All the juveniles were released to their parents, with the exception of two male juveniles who live at the residence.

Tuesday, January 8

Dispatch received a call from a resident regarding the welfare of a family member. Officers made contact with the individual and determined that he may be a danger to his father. The male was taken to a local hospital for observation.

Wednesday, January 9

A disturbance call in the 300 block of W. Sierra Madre Bl was reported at about 1:08AM. Responding officers detained six subjects in and around a parked vehicle. Four glass methamphetamine smoking pipes were found in the vehicle that had expired registration. Case DA's office.

1:10PM

Officers were dispatched to the 300 Blk of Lima St regarding a suspicious male possibly under the influence of a controlled substance. Upon arrival, officers saw the suspect fleeing and jumping over a fence. A perimeter and containment was set up utilizing outside resources from Monrovia PD, Arcadia PD and air support from Pasadena PD. The suspect and a female were later located and apprehended. Further investigation revealed the suspect battered the female (his girlfriend). The male was arrested for domestic battery, being under the influence of a controlled substance and prowling. The female was also arrested for being under the influence of a controlled substance. Both subjects were transported to the Pasadena Jail for booking. Case to DA's office

Friday, January 11

A woman reported that her locked vehicle, parked at Mount Wilson Trail and Mira Monte had its rear window smashed

between 4:15PM and 6:40PM by unknown suspect(s). The loss is approximately \$300 worth of property. Case to Detectives

Sunday January 13

A resident in the 300 block of Toyon Rd. called regarding a vehicle burglary where the front passenger window was smashed and a backpack with personal items was taken.

Case to Detectives

10:12PM

Officers responded to a suspicious person call in the 500 block of Grove St. where an unknown subject walked on the driveway and tried to open the car doors. The subject was not at the location when officers arrived. The subject was viewed on surveillance cameras by the residents.

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MARCH 17, 2019

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9:00 am to 5:00 pm

Sierra Madre, Ca.

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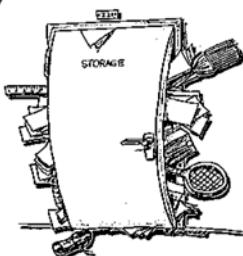
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Pasadena Altadena

News From Your Community For Your Community

Police Fire at Fleeing Suspect

Pasadena Police, last, week released information about an officer involved shooting that ended with no injuries and a suspect in custody.

According to Pasadena police, on January 11, at approximately 4:36 p.m., in the 1800 block of North Raymond Avenue, Pasadena Police officers attempted to contact Brandon Green on an outstanding drug warrant.

As officers approached on foot, Green took off running with officers in pursuit. During the foot chase, the suspect produced a handgun which led a Pasadena Police Department (PPD) officer to fire shots. Though uninjured, the suspect fell to the ground and was taken into custody without further incident. A firearm was recovered at the scene. Neither the involved officer, the suspect, nor any member of the community was injured during the incident.

As per department protocol, a review of the officer-involved shooting has commenced, officials said.

"This incident clearly shows the ongoing dangers of policing and the extraordinary efforts of our officers to keep our community safe," said Chief of Police John Perez. "We should continue to support our officers as we conduct our investigation and the difficult work ahead. The officers faced tremendous danger, and their courageous actions should be commended."

The suspect, Brandon Green, a 29-year-old African-American and Pasadena resident, was booked at the Pasadena jail for assault on a peace officer and the outstanding warrant, with bail set at \$126,000.

Anyone with information should call the Pasadena Police Department at (626) 744-4241 or anonymously, call "Crime Stoppers" by dialing (800) 222-TIPS (8477).

Pet of the Week



Ariès (A469666) is a sweet 9-year-old dog with an attitude of a puppy. He's a little shy when you first meet him, and tends to hide in his den when there is a lot of noise, but he warms up quickly. He likes the attention of others, especially volunteers who come into his kennel with a lot of treats, and likes to be petted. He's an obedient dog who knows the sit and down commands and knows shake!

The adoption fee for dogs is \$140. 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. 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.



Mayor's State of the City Moves Up the Board

Using a lighthearted presentation theme of popular board games, such as "Monopoly" and "Scrabble," Pasadena Mayor Terry Tornek talked city finances Thursday night during his annual State of the City.

"We got to lighten things up a little," he said, to a chuckling crowd, showing city hall as part of the board game "Life." The event programs, handed out at the door, were giant Monopoly trading cards.

Tornek stayed positive as he thanked Pasadena voters for passing both Measures I and J.

"Fiscal Year 20 should have an \$11million surplus, and looking further ahead you'll see that because of Measure I, the city will continue to be in good shape through FY 24 with income projected to exceed expenses," he said. Incidentally,... if Measure I had not passed — a deficit of \$2.3 million in FY 20 that would have ballooned to a \$13 million shortfall by FY 24. This would have meant imposing draconian cuts in order to maintain a balanced budget and a very different kind of speech tonight."

He said his proposal is to fund urgent capital projects, including, \$2.5million Colorado Street Bridge suicide barriers, \$20.8 million for High Voltage Series Street Light Conversion, \$120 million for fire station improvements and design for new facilities and other projects, a total of \$166 million.

Tornek noted that Measure J will share one-third of the revenue raised from Measure I.

"The City Council has entered into a serious and unprecedented dialogue with the PUSD Board to see how we can use this \$7 million per year to make a significant difference," he said.

The mayor's speech came on the 25-year anniversary of the 6.7 magnitude Northridge Earthquake, and also as the city looks to mandate "soft story" building retrofits by the property owners.

"We inventoried all of our building, we have a draft ordinance that is in preparation, there have been public discussions with building owners, I expect that will be coming to the council by April if not sooner," he said. "This is contentious because it means the property owners are going to have to spend money on these buildings to make them safer."

Unreinforced "soft story" buildings were a major factor in the devastation during the Northridge quake, January 17, 1994 that cost \$42 billion in total damages.

Pasadena City Manager Steve Mermell said that they expect some of the retrofit costs will burden tenants with rent increases.

"A lot of the cities that have done this already have some kind of rent control, which Pasadena doesn't have," he said. "You should assume that the

owners of the building will bare the cost."

Mermell also said they would continue looking at programs, used by other cities like Los Angeles, for seismic retrofit cost recovery.

Tornek also noted non-budgetary issues included Metro allocating \$105 million to build a grade separation of the Gold Line and California Boulevard. He also said that with the 710 freeway gap project abandoned, "This [the ditch] is a legacy land use planning effort with all kinds of legal, design and planning issues, but it will result in recapturing approximately 50 acres in the heart of our city for productive uses. To get a head start on what will take decades to complete, the city manager has assembled a staff task force to begin to define the issues."

The speech was held in Pasadena High School's new Tom Hamilton Gymnasium.

Nutritionist to speak at Woman's Civic League

The Woman's Civic League of Pasadena's monthly luncheon will be on Monday, February 4th at noon at the Women's City Club, 160 N. Oakland, Pasadena. Free parking behind the Clubhouse on Madison. guest speaker: Victoria-Buxton Pacheco is a Registered Dietitian and has a B.A. & M.A. in Nutrition and recently, completed & published a nutrition textbook. She has a Certificate in Adult Weight Management with the Academy of Nutrition and Dietetics so she will be focusing on Energy Balance and Weight Control: Healthy Body, Healthy Mind. Cost for lunch is \$25 at the door. Lunch reservations must be made by 8pm January 30th. To make luncheon reservations, call 626-888-9404. There is no cost to attend the 'program only' beginning at 12:30pm. For more information visit: clpasadena.org and for more information about joining The Woman's Civic League contact Membership Chairman Lela Bissner at lbissner@gmail.com

Senior Co-housing: Progressive and Creative

Cohousing, a unique housing model that began in Denmark and is growing in the U.S. brings adults ages 50+ together to imagine and design their own small communities. The model has surged in recent years as more and more baby boomers retire and look to downsize to a more community-oriented and environmentally-friendly lifestyle.

Alexandria Levitt, Senior Housing Specialist and Gerontologist, USC MS 2011, will discuss Senior Cohousing on Thursday, Jan. 24, 7 p.m. at Pasadena Central Library's Donald Wright Auditorium, 285 E. Walnut St. Learn about what's involved, successful communities already created, and how to make it happen here. For more information, contact Christine Reeder at (626) 744-7076.

Farber Elected President of Tournament of Roses

The Pasadena Tournament of Roses Board of Directors announced Friday Laura Farber as President for the 2019-2020 Tournament of Roses year. Farber will provide leadership for the 131st Rose Parade and the 106th Rose Bowl Game on Wednesday, January 1, 2020.

Farber announced "The Power of Hope" as the Pasadena Tournament of Roses theme to encourage creativity in float entries, marching bands and equestrian participants. "With hope – anything, in fact, everything is possible," shared Farber. "Hope is more than simply the possibility of fulfillment. Hope is dignity and respect, joy and happiness, aspiration and achievement. Hope never, ever quits. Through hope, we can aspire to be our best and in turn inspire those around us to reach higher."

Farber has been a volunteer member of the Tournament of Roses Association since 1993 and was elected to the Executive Committee in 2012. Throughout her extensive Tournament career, Farber has served on and chaired various committees including Decorating Places, Formation Area, Judging and Membership Development.

In addition to her many years of service in the



Tournament of Roses, her civic activities include being a member of the Rose Bowl Legacy Foundation Advisory Board and the Rose Bowl Legacy Foundation Museum Committee, member of the board of directors of the non-profit Clazzical Notes, a four-year member of the board of directors for the YWCA, a member of the school site council for Marengo Elementary School in South Pasadena, and an officer of the South Pasadena Middle School Booster Club.

Born in Buenos Aires, Argentina, Farber's native language is Spanish. She earned her bachelor's degree, cum laude, with departmental highest honors, in 1987 from University of California, Los Angeles and her juris doctor, cum laude, in 1990 from Georgetown University.

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.

LA Opera Talk: The Diva – Monday, Jan. 21, at 1 p.m. An LA Opera community educator will lead a celebration of famous operatic sopranos past and present.

Mediation and Dispute Resolution – Thursday, Jan. 24, from 10 to 11:45 a.m. Learn how to resolve conflicts without going to court. Appointments are required by calling 626-795-4331.

Five Wishes/Advance Directives – Thursday, Jan. 24, at 10 a.m. Do you know what kind of care you want if you become seriously ill? By filling out a simple form, you can tell your family and friends about your healthcare wishes ahead of time and spare them the uncertainty and confusion that can be associated with trying to make decisions without such a directive. Learn how a healthcare power of attorney is used in California and how to communicate your wishes with a concise yet comprehensive document. This class will highlight Five Wishes, the advance directive used by most physicians and health plans. Attendees will receive forms at no cost. Presented by Vitas Innovative Hospice Care.

Guide Dogs – Thursday, Jan. 24, at 12:30 p.m. Learn how Guide Dogs of America trains dogs to be paired with people who are blind, meet some of the dogs and see a demonstration of their intelligence and temperament.

Food Bank – Friday, Feb. 1, from 9 to 10:30 a.m. Low-income individuals 60 and older will receive one box of food (two boxes for couples). Proof of income and a California ID are required. Boxes are heavy, so bring a personal shopping cart.

Friday Movie Matinees – Fridays, Feb. 1, 8 and 15, at 1 p.m. Everyone enjoys the experience of watching movies and the pleasures they bring. Feb. 1: Colette (2018, R) starring Keira

Knightly and Dominic West. At the beginning of the 20th century, a Parisian convinces his young wife to ghostwrite successful books under his name, leading to disputes over creative ownership and gender roles. The film is based on true events. Feb. 8: A Star is Born (2018, R) starring Bradley Cooper and Lady Gaga. A seasoned musician discovers natural talent in a woman who has given up on her dream of becoming a successful singer, then helps her advance her career while his alcoholism sends his own career into a downward spiral. Feb. 15: Tea with the Dames (2018, NR). In this documentary film, four legends of the British stage and screen – Dame Maggie Smith, Dame Judi Dench, Dame Aileen Atkins and Dame Joan Plowright – spend a weekend in the country as they reminisce and discuss everything from art to aging to love.

Screening Mimis Film Discussion Group – Tuesdays, Feb. 5 and 19, at 1:30 p.m. Diehard film fans are invited to watch a movie the first and third Tuesday of every month, preceded by a presentation about the film's hidden history and followed by lively discussion. Feb. 5: The Gods Must Be Crazy (1980, PG) starring Nixau and Marius Weyers. After a Coke bottle thrown from a passing plane lands in the middle of his village, a Kalahari bushman believes it to be a gift from the gods. Feb. 19: Touching the Void (2003, R). This documentary film recreates the adventures of two young mountaineers who set off in 1985 to climb the treacherous west face of the Siula Grande in the Peruvian Andes.

For more information visit: 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

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

CITY OF ARCADIA SENIOR SERVICES NOMINATIONS FOR 2019 SENIOR CITIZEN OF THE YEAR

Nomination forms are available at the Arcadia Community Center, 365 Campus Drive and the Recreation Department office, 375 Campus Drive for the 2019 Senior Citizen of the Year! Do you know someone who is:

- 55+ years of age or older
- A current resident of Arcadia for a minimum of one year
- Contributed to better the Arcadia Community
- Not previously a recipient of the award

If so, please stop by one of these locations or log onto the City's website at www.arcadiaca.gov and download the nomination criteria and nomination form. Recipient of the award will be honored at the Arcadia Rotary Club Salute to Seniors Luncheon on Tuesday, May 7, at the Arcadia Community Center.

Nomination forms must be submitted to Gina Hernandez, Recreation Supervisor, by Friday, February 15 by 5:30pm. For more information, please call 626.821.4328.

About Arcadia

Nestled along the rolling foothills of the San Gabriel Mountains and Angeles National Forest, Arcadia is a charming, family-oriented community with a population of just over 57,000. Located only 13 miles east from downtown Los Angeles, regional transportation networks like the Metro Gold Line connect Arcadia as a



premier residential, shopping, and entertainment destination in the San Gabriel Valley. Arcadia is known for its top-rated schools, iconic landmarks, and serene neighborhoods. Arcadia is an award-winning community having been twice named as the Best City in California in which to Raise Kids and the 2017 Most Business Friendly City in Los Angeles County. With the conveniences and amenities of a full-service, mid-size city, Arcadia's "Community of Homes" provides a quality of life that will go Above & Beyond your expectations.

For more information, please visit ArcadiaCA.gov or follow us on Twitter by texting DISCOVER to 33222.



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MONROVIA - DUARTE

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CITY APPROVES GOMONROVIA PROGRAM ADJUSTMENTS

– Fares Set To Increase By \$0.50 / Ride (For Any Trips Not To Or From Old Town Or The Gold Line Station) On February 1



Given the overwhelming usage of the GoMonrovia program, we wanted to let everyone know that the City recently approved several program adjustments. A quick overview of the changes that will be implemented in February 2019 include:

1. A modest \$0.50 adjustment to the cost for most Lyft rides through the GoMonrovia program, pursuant to the following parameters.

Maintain fares at \$0.50 Shared Ride for any ride to / from Old Town and the Gold Line Station

Institute relatively minor \$0.50 price increase per ride for all other GoMonrovia service area locations

effective February 2019.
\$1.00 Shared ride
\$3.50 Classic Rides

2. Institute reforms to improve the efficiency of our current dial-a-ride operation for individuals with ADA needs
3. Achieve increased reimbursements and / or institute program modifications for LA County service area passengers
4. Achieve increased reimbursements and / or institute program modifications for Bradbury service area passengers A full overview of the proposed changes can be found online at the City's website.

CITY OF MONROVIA HOMELESS RESPONSE KIT IS NOW AVAILABLE

MONROVIA, CA – The City of Monrovia has released the new Homeless Response Kit: Resources to Prevent and End Homelessness containing a compilation of resources for Monrovia community members.

The Homeless Response Kit: Resources to Prevent and End Homelessness offers practical resources that outline tangible ways in which individuals can help address homelessness issues. Resources include information on the Coordinated Entry System, phone numbers for local service providers and tools for individuals to prevent and combat homelessness in Monrovia. To view the Homeless Response Kit, visit www.cityofmonrovia.org/homelessness.

Additionally, the City of Monrovia will participate in the 2019 Point-In-Time Homeless Count on Tuesday, Jan. 22, 2019, coordinated by the Los Angeles Homeless Services Authority.

The City encourages those interested in volunteering to assist with the homeless count to pre-register online at www.theycountwillyou.org. On the evening of Jan. 22, any interested individual is asked to arrive at the Monrovia Community Center (119 West Palm Avenue) at 8:00 p.m. A volunteer training and orientation session will occur at that time, and representatives from the City's Public Services Department and Police Department will be on hand to address any questions / concerns. The actual count is expected to begin at 9:00 p.m.

ARCADIA POLICE BLOTTER

For the period of Sunday, January 6th, through Saturday, January 12th, the Police Department responded to 864 calls for service, of which 114 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, January 6:

Shortly before 7:59 a.m., an officer responded to the 00 block of East Live Oak Avenue regarding a stolen vehicle report. The victim discovered her 1997 Honda Accord had been stolen from the location sometime between 4:00 p.m. and 10:00 p.m. on the previous day. The vehicle was recovered by the Los Angeles County Sheriff's Department in Norwalk. The investigation is ongoing as no suspects were arrested.

At approximately 1:38 p.m., an officer responded to the Santa Anita Mall, 400 South Baldwin Avenue, regarding a robbery report. An investigation revealed two suspects forcefully stole the victim's cellphone from her grasp and fled on foot.

They are described as two black males, with thin builds, seen wearing grey hooded sweatshirts and black pants. The investigation is ongoing.

Monday, January 7:

Just after 12:39 p.m., an officer responded to a residence in the 300 block of East Huntington Drive regarding a fraud report. The victim discovered the unknown suspect tried to file a fraudulent unemployment claim using her social security number. The victim does not know how the suspect obtained her personal information or the identity of the suspect.

At approximately 11:08 p.m., an officer responded to the 1100 block of West Huntington Drive regarding an activation of an Arcadia Police Department GPS tracker. Arcadia PD detectives had previously deployed bait bicycles to combat the increase in bike thefts throughout the city. An investigation revealed the suspect, a 31-year-old male from San Gabriel, was found to be in possession of the stolen bicycle and tracking device. A records check revealed he had three outstanding misdemeanor warrants and, during a search of the suspect, the officer located burglary tools. He was arrested and transported to the Arcadia City Jail for booking.

Tuesday, January 8:

Around 12:19 a.m., an officer responded to the 400 block of East Longden Avenue regarding a traffic collision between two vehicles. Upon contacting the drivers, the officer detected a strong odor of alcohol emitting from one of the driver's breath. The driver admitted to drinking two alcoholic drinks and smoking marijuana prior to the collision. The 24-year-old male from Alhambra also admitted to being on probation for DUI and having a suspended license. He was arrested and transported to the Arcadia City Jail for booking.

Just before 1:09 p.m., an officer responded to the 800 block of West Huntington Drive regarding a fraud report. The officer determined unknown suspects obtained the victim's debit card information and made two fraudulent transactions totaling a loss of \$806.00. The victim does not know how the suspect obtained his personal information or the identity of the suspect.

Wednesday, January 9:

MONROVIA POLICE BLOTTER

During the last seven-day period, the Police Department handled 397 service events, resulting in 90 investigations. To see a complete listing of crimes reported, go to <http://www.crimemapping.com/map/ca/monrovia> for crime mapping. For Police Department news and information, visit our website and follow us on Twitter, Instagram or Nextdoor.

Possession of Burglary Tools – Suspect Arrested

January 10 at 9:14 a.m., a resident in the 600 block of W. Foothill called to report a suspicious person in the laundry room of their apartment complex. Officers responded and located the subject. The subject was recently released from custody and is on probation. During a search of his person, a counterfeit key used to open mailboxes was discovered. He was arrested for possession of a burglary tools.

Drug Possession / Warrant – Suspects Arrested

January 10 at 8:39 p.m., an officer conducted a traffic stop at Ivy and Huntington for a traffic violation. During the traffic stop, it was discovered that the driver had a suspended license and was in possession of methamphetamine. A computer check revealed the passenger had an outstanding warrant for his arrest. Both subjects were arrested and taken into custody.

Fraud / Drug Possession / Warrant – Suspects Arrested

January 11 at 1:00 a.m., an officer was patrolling the 400 block of W. Foothill when he saw two suspicious subjects loitering in the parking lot. Officers contacted the subjects and discovered both were in possession of drug paraphernalia, a large quantity of mail addressed to over 40 different locations, and bank cards/checks in other person's names. The two subjects were arrested and taken into custody.

Vehicle Burglary

January 11 at 1:28 a.m., a vehicle burglary was reported in the 700 block of W. Huntington. The victim called to report his vehicle was broken into while he was inside a business. An unknown suspect smashed one of the vehicle windows and took the victim's wallet. Investigation continuing.

Domestic Violence – Suspect Arrested

January 11 at 1:58 a.m., an officer responded to a domestic violence report at a residence in the 1900 block of S. Peck. The victim called to report her husband had scratched and strangled her, and then left the location in a vehicle. Officers arrived and conducted an investigation. Later that morning, an officer located the suspect's vehicle driving south of the location. A high-risk stop was conducted and the suspect was arrested and taken into custody without incident.

Theft / Restraining Order Violation – Suspect Arrested

January 11 at 7:27 a.m., a gardener working in the 200 block of W. Palm saw a male subject steal his leaf blower and walk into the common area of an apartment complex. Officers arrived and knew of a possible suspect, based on the description provided by the victim. Officers conducted a door knock at an apartment and spoke with the female resident. She eventually admitted her ex-boyfriend stole the leaf blower and was hiding upstairs. The victim of the theft did not want prosecution, but the suspect was arrested for being in violation of an active, domestic violence restraining order.

At about 1:05 a.m., an officer responded to the Santa Anita Mall, 400 South Baldwin Avenue, regarding a vehicle burglary report. The victim discovered unknown suspect(s) entered his unlocked vehicle and stole a backpack and various other items. No suspects were seen and no witnesses were located.

Shortly after 1:36 p.m., an officer responded to the Santa Anita Mall, 400 South Baldwin Avenue, regarding a shoplifting report. Loss prevention witnessed the suspect, a 20-year-old female from Maywood, steal \$289.00 worth of merchandise from the Sephora inside JCPenney. She was arrested and transported to the Arcadia City Jail for booking.

Thursday, January 10:

Before 11:03 a.m., an officer responded to a residence in the 600 block of West Lemon Avenue regarding a burglary report. An investigation revealed unknown suspect(s) smashed the rear sliding glass door, ransacked the home, and fled with an unknown amount of property. The investigation is ongoing.

Around 1:05 p.m., officers responded to the intersection of Santa Anita Avenue and Live Oak Avenue regarding a stolen vehicle in the area. They located the 2013 Toyota Corolla and two suspects. A 23-year-old female from El Monte and a 28-year-old male from El Monte were arrested and transported to the Arcadia City Jail. A records check revealed each suspect had an outstanding misdemeanor warrant.

Friday, January 11:

At about 9:46 a.m., officers responded to a residence in the 600 block of Estrella Avenue regarding a burglary report. Since the residents are out of town, a friend discovered unknown suspect(s) smashed a rear window and ransacked the home. The loss is unknown at the time of this report. No suspects were seen and no witnesses were located.

Just before 10:33 a.m., an officer responded to 21 Dental Group, 21 West Duarte Road, regarding a theft report. Surveillance footage revealed an unknown transient stole six dental crown items from the company's mail box, valued at \$898.00. The investigation is ongoing.

Saturday, January 12:

Shortly after 1:05 a.m., an officer responded to a residence in the 1000 block of West Huntington Drive regarding a domestic dispute. An altercation escalated between a husband and wife when the husband struck the wife's face multiple times resulting in swollen eyes, lacerations to her lips, and a fractured nose. The suspect, a 38-year-old male from Arcadia, was arrested and transported to the Arcadia City Jail for booking. The victim was transported by Arcadia Fire to Huntington Memorial Hospital for treatment.

At approximately 1:38 p.m., an officer responded to the Santa Anita Mall, 400 South Baldwin Avenue, regarding a robbery report. An investigation revealed two suspects forcefully stole the female victim's cellphone from her hands while seated in the food court. The second suspect then stole her husband's phone from his hands. Both suspects fled on foot.

The suspects are described as two black males in their 20's, wearing hooded sweatshirts and sweatpants. The investigation is ongoing.

Grand Theft Auto

January 11 at 8:21 a.m., an officer was dispatched to the 200 block of S. Fifth regarding the report of a stolen vehicle. The resident had parked her vehicle in the carport at the location and it was stolen sometime overnight. The investigation is continuing.

Violation of Court Order – Suspect Arrested

January 11 at 9:20 a.m., a resident in the 100 block of N. Garfield called to report she had a domestic violence restraining order against her ex-boyfriend and he was sending her harassing text messages. Officers reviewed the text messages and contacted the ex-boyfriend. He initially denied the allegation and said the phone number was not his, but officers proved that to be false. Eventually, the subject admitted he sent the text message, and he was arrested for violating the restraining order.

Vehicle Burglary

January 11 at 3:32 p.m., an officer responded to the report of a vehicle burglary at a business parking lot in the 600 block of W. Huntington. While the victim was inside a business, an unknown suspect broke into her vehicle and took her purse. The suspect gained entry to the vehicle by smashing a window. Investigation continuing.

Attempted Robbery

January 11 at 5:31 p.m., an attempted robbery was reported to police. The victim called to report that while he was walking in the 400 block of S. Myrtle, an unknown, male, Hispanic subject attempted to steal his skateboard through threat of force. When he was unsuccessful, he fled from the area. The investigation is ongoing.

Driving Under the Influence / Public Intoxication – Suspects Arrested

January 12 at 12:16 a.m., a caller reported that a motorist had just crashed into a center divider in the 200 block of W. Duarte. Officers responded and determined it was a solo-vehicle collision. The driver was not injured, but was found to be heavily intoxicated. After field sobriety tests were conducted, he was arrested for DUI.

Grand Theft Auto

January 12 at 6:43 a.m., a resident in the 200 block of El Nido called police to report his Toyota 4Runner was stolen overnight. The vehicle was recovered several hours later by the El Monte Police Department. Investigation continuing.

Receiving Stolen Property – Suspect Arrested

January 12 at 8:51 a.m., an officer saw a known subject riding a bicycle in the 200 block of S. Alta Vista. The bicycle matched the description of one that had been reported stolen on January 10. He stopped the bicyclist and determined it was the stolen bike. The subject was arrested for being in possession of stolen property and the bicycle was returned to the owner.

Theft From a Vehicle

January 12 at 9:39 a.m., a resident in the 500 block of Norumbega called to report a theft from his vehicle that occurred overnight. He left his vehicle unlocked, and in the morning, he discovered some clothing that was left inside had been stolen. Investigation continuing.

ANIMALS & AUTISM TEMPLE GRANDIN HELPS BRIDGE THE GAP

Very little was known about autism back in in the 1950's when Temple Grandin was diagnosed with the, then, rather mysterious condition. Grandin didn't speak until she was three and a half years old, but unlike many autistic children at that time, she benefited from the loving structure provided by her mother and an excellent team of school administrators, which allowed her to develop and function to her best ability and start normal kindergarten by the age of five.

Autistic children have varying degrees of difficulty communicating and socializing, and they can lock into repetitive behaviors that are often misinterpreted as other forms of mental disability. But what a lot of people don't know is that many autistic children are quite gifted. The problem is that they struggle with developing and communicating the remarkable skills they possess in a way that most ordinary people can understand.

As a teenager, Grandin visited her aunt's cattle ranch in Arizona where she discovered that she has a very unique gift; the ability to connect mentally with animals. Scientific research indicates that the reason for Grandin's special gift stems from the fact that because she is autistic, she shares the animals' ability to think through visual associations, unlike non-autistic individuals who think more in terms of verbal language.

The more time Grandin spent with the horses and cows at her aunt's ranch, the more connected she became with them and as she grew into adulthood she set out to apply her unique thinking abilities to making a difference for the better on behalf of the animals.

When it came time to select a college to attend, Grandin made it clear that she wanted to go where she could learn more about how beef cattle are raised and slaughtered. Based on what she had already learned about the beef industry while visiting her aunt's ranch, Grandin was determined to find more humane ways to go about the slaughtering process.

She received her bachelor's degree at Franklin Pierce College, then went on to attend Arizona State University where she earned her master's degree. As if that wasn't amazing enough, Grandin then continued her academic career at the University of Illinois at

Happy Tails

by Chris Leclerc



Urbana where, in 1989 she earned a PhD in Animal Science. The public became aware of Temple Grandin in 1995, when neurologist Oliver Sacks wrote about her in his book, *Anthropologist on Mars*.

Dr. Temple Grandin has played a key part in formulating the beef industry's guidelines for more humane animal handling as well as in training a new generation of agricultural professionals in animal behavior theory. In 1999 she was hired by McDonald's as a consultant to audit the meatpacking plants that supplied their fast-food chain, and she is now a renowned figure who is well respected for her understanding of how animals think and feel. She shares her knowledge on animal husbandry at symposiums as well as at conventions and seminars on autism.

Now a professor at Colorado State University, Grandin is also sharing her unique knowledge and gifts with the graduate students she teaches. She has become a renowned master of animal behavior and helps others understand the importance of treating animals with the respect they deserve.

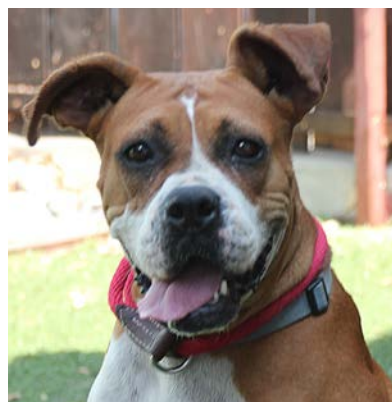
In 2010, Director Mike Jackson got together with Temple Grandin and writers, Margaret Scariano, Christopher Monger and Merritt Johnson to produce the made-for-television biopic, *Temple Grandin*, a true story about the life of an autistic woman who became one of the world's top scientists in the humane livestock handling industry. Grandin's character in the film is performed by Claire Danes who did a remarkable job playing the role.

As I read about Temple Grandin in preparation for this article, she became a hero in my mind. I imagine she wouldn't consider herself to be a hero, as she seems to be a very humble individual who would probably say she simply did what came natural for her. The fact is, Temple Grandin managed to overcome the obstacles of autism and used her unique skills to bring about change for the more humane treatment of animals, and to me that makes her a true hero!

Sources: 1) Seeing in Pictures, article by Richard Deitsch, Costco Connection magazine; 2) IMDb.com - synopsis on Temple Grandin, the movie; 3) Bio info from www.templegrandin.com

BEST FRIEND

Emma is a gentle boxer girl who was surrendered to the shelter when her family moved to a new home where pets are not allowed. She is 3-years old with brown and white fur. Emma has an easy-going, mellow personality and is easy to manage on a walk. She often sits at the front of her kennel watching all the activity going on in a calm, non-reactive manner. Emma is used to living in a home environment, and although she has adapted to shelter life, she would love to have a home and family to call her own. If you are looking for a sweet girl to be your new best friend, consider adding Emma to your family.



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

CAT OF THE WEEK

This is EMERY! She's a female tortie (short for tortoiseshell colored fur), between age 3 & 4 yrs. Sweet & may be easily held. She was living with an elderly person who did the best she could for Emery and a few other cats, but is now asking for help. Emery is healthy and ready to be in a forever home and be pampered! Contact us at 626-676-9505 to arrange a meet & greet of this beautiful girl! She will come microchipped, spayed, vetted, & vaccinated. www.lifelineforpets.org.





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THE WORLD AROUND US



WALKING INTO LOS ANGELES' EARLY PAST

[Nyerges is the author of "How to Survive Anywhere," "Self-Sufficient Home," "Foraging California," and other books. For more information about his books and classes, go to www.SchoolofSelf-Reliance.com.]

Each year on my birthday, I have attempted to do something special to recall the passage of years and the significant events of my life. Usually, this has taken the form of a run where I review each year of my life, and look at where I've been, and where I think I should be going.

In addition to this review this year, Helen and I chose to go into downtown Los Angeles to look-again at some of our cultural treasures, and to also look at the early history of this town.

First, we went to the "new" Catholic Cathedral at Hill and Temple. If you've never been there, you really should check it out. No one will ask you whether or not you're a Catholic, and they will welcome your \$22 fee to conveniently park in their lot. The Cathedral of Our Lady of the Angels is an impressive structure – Catholic's really know how to build churches.

You enter the vast plaza, planted with unique trees, and you enter into the high-ceilinged church, whose walls are lined with huge tapestries depicting the various saints and special ones of the Church. There are plenty of little side sanctuaries where you light a candle to the Virgin of Guadalupe, or various other saints. There's a lot to see, especially the little statues scattered here and there. I especially liked the fountain on the east end of the courtyard, whose floor is painted with the constellations. The store offers you any and all of the keepsakes of Catholicism that you can ever hope to find.

I was brought up in Catholicism, and so I had a natural interest in this large monument in the heart of the City of Angels. But, more than that, on my birthday, I wanted to walk in Yangna, the original Indian village from which sprang Los Angeles.

No one really knows where the village center may have been. The Cathedral is probably the western edge of the living area that extended eastward to the Los Angeles River. Native people used the river, but would have lived in the slightly higher ground, such as where the Cathedral is located. The Civic Center is often believed to be the center of Yangna, as well as the center divider of the 101 just south of the MTA headquarters. No one really knows, but this village occupied the triangle roughly bordered by the Pasadena Freeway, the 101, and Los Angeles River.

According to research by Dr. Harry Kelsey of the Los Angeles County Museum of Natural History, A Yangna settlement existed on the land of the current Los Angeles Civic Center, and it was a favorite trading place for native people. Governor de Neve, six months prior to the establishment of the Los Angeles pueblo in 1781, had undertaken preliminary diplomacy with the natives who lived there, in order to develop friendly relations before Spanish settlers began moving into the area. De Neve was apparently making some progress, but was replaced by Pedro de Pages later that year. Then, by 1828, a German immigrant purchased the land of the Yangna community and obtained the help of Mexican officials to evict the entire Yangna community who had been living there for possibly up to 3000 years.

Spanish missionaries in the 1700s impacted the Yangna people, and after the fall of the Spanish mission system, Mexican families founded the new pueblo where the native people once had their village. We think of it today as Olvera Street.

After we left the Cathedral, we drove to the Terminal Annex Post Office where it's easy to park, and walked to the Our Lady Queen of the Angels Catholic Church, across the street from Olvera Street.

This is the original Catholic church, going back to the early days, with its courtyard bearing a resemblance to the early mission style of architecture. This is a small church compared to the Cathedral, and it was full of the serious, mostly older, Catholics, who are there to pray and to cry. There is none of the hipster atmosphere that you witness at the Cathedral, and none of the cameras hanging from every hand looking for a photo op. This is the real thing, and you're quiet here, or you're told to leave. This church is very reminiscent of the many old churches that you find still in small towns of Mexico.

After a bit, we crossed the street to the Olvera Street plaza, and read the names of the founding fathers of Los Angeles on a somewhat inconspicuous plaque while mariachis played in the background. The 11 founders were Villavicencio, Rodriguez, Quintero, Vanegas, Lara, Mesa, Moreno, two Rosas, Camero, and Navarro, of the town they called El Pueblo de la Reina de Los Angeles sobre el Rio de la Porciuncula – the Pueblo of the Queen of the Angels on the River Porciuncula – Los Angeles for short.

I was a bit amazed at how little traffic we encountered getting into downtown on a Friday, and I was struck by how quiet Olvera Street was. It was the first time I was there when it was not shoulder to shoulder. Of course, I usually go there on the weekends or on Dia De Los Muertos. I learned that the mobs of office workers of downtown Los Angeles have learned how to adjust their schedules so that they are no longer there on Fridays. It turns out that the busiest freeway day is now Thursday.

We browsed at many of the items sold at Olvera Street, mostly interested in the molcajetes and some of the beautiful art and woven objects from Mexico.

We finally wanted to get an early dinner, and so we went to a Mexican restaurant I'd been to before – I am very much a creature of habit, often going back again to my familiar places. We went to Casa La Golondrina, at 17 West Olvera Street. Inside, it was like going back more than a century to early Los Angeles as we could see the original wood, and fire was burning in the big stone fireplace in the corner. The restaurant was part of the Pelaconi house, built in 1855, and because it was such a quiet time, we enjoyed talking about the history of the building with the waiter and the proprietress. We could imagine how this early city could function in the pre-electric days, with cooking by fire, and the springs and river bringing the water into the town via the zanja.

Of course, if you only go to this part of downtown as a tourist, you miss the depth. Within these several urban blocks was once the center of Indian culture, slowly pushed back by the Spanish missionaries, and then pushed back by the Mexican ranch owners, who were pushed back again by the new Americans. As you dig beneath the surface, you realize there was much pain and killing and suffering along the way. Another part of the story is Chinatown, just to the north, where the Chinese workers came until they were marginalized and considered no longer needed. It's all a long a sordid history, painfully documented in such books as "The Other Californians: Prejudice and Discrimination under Spain, Mexico, and the United States to 1920" by Heizer and Almqvist.

George Santayana is famously regarded as telling us that we who do not learn from history are doomed to repeat it. Los Angeles is probably not unique in the way that each culture builds atop the old one, and then tries to forget its past. But such a great city as the City of Angels with its unique diversity provides us with the opportunity to learn from our past, and to respect and embrace all those who came before. It would be a remarkable destiny for this great city if everyone chose to do that, though the jury is still out as to whether we are collectively learning from the past, or just repeating old mistakes.



OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

WHY CHILDHOOD IS BETTER THE SECOND TIME AROUND

This week the Gracious Mistress of the Parsonage and Yours Truly had the privilege of attending our youngest granddaughter's second birthday party. I wanted to go to her third birthday party but she was not old enough yet.

So, I will have to wait another year.

On the way home we sat in silence thinking about the party we had just attended. It just does not seem possible that we have eight grandchildren. I broke the silence with a little comment along this line. "I'm just not old enough to be a grandfather of eight grandchildren. I don't feel old enough to be a grandfather"

From the other passenger in the car came a rather sarcastic snicker, if I say so myself.

"What's that supposed to mean?" I retorted.

"Well," she said rather slowly as if she was trying to collect her thoughts and use the right words, "believe me, putting all feelings aside, you're old enough."

I did not quite know what she meant by that, and I was afraid if I ask she would tell me. I quickly changed the subject and said, "Didn't Jordin look cute with birthday cake all over her face?"

She laughed.

Then, I thought I was talking to myself but apparently, I said it aloud, a least loud enough for my wife to hear. "I wonder what it's like to be two years old?"

"Get ready," my wife said with a laugh in her voice, "you're about ready to enter into your second childhood"

At the time, I rather resented the comment, but upon further reflection, I do not see anything wrong with that. After all, what is wrong with enjoying childhood the second time around?

I really do not think it is possible to enjoy childhood the first time. There are so many things to interfere.

First off, are parents constantly telling you what to do or not to do. Telling you when to go to bed. Telling you when to get up in the morning. Telling you when to eat. Telling you what to eat. Telling... telling... telling...

How in the world can anybody enjoy life when people are always telling them what to do? The problem is, when a person is two years old they have absolutely no leverage against overbearing parents. The only thing the two-year-old can do to get the upper hand with his parents is to wait until they are in the supermarket with lots of people around and then throw a temper tantrum.

Here is the advantage of entering a second time into your childhood. Nobody is around to tell you what to do or what not to do. You are on your own, at least in this area. Of course, in your second childhood it is not possible to throw a temper tantrum in a public supermarket and get away with it.

The advantage of having a second childhood is that you have all that experience behind you to use to your advantage that a two year old could not possibly have. This in itself covers a multitude of sins.

"What's wrong with your husband?" Somebody may ask my wife.

"Oh," she responds quite mechanically, "he's into his second childhood."

"I understand, my husband's there too."

And all is right with the world.

In a person's first childhood, he is quite limited in his outlook. He does not know what he is missing. But during the second childhood, he has the benefit of knowing this and using it for his own personal profit.

For example, when the parents of a two-year-old take him out to a restaurant he is completely at the mercy of the parents.

"Eat your vegetables," the parents demand, "then you can have dessert."

There is nothing the two-year-old can do at this point. After all, the one who pays the bill gets to say who does what.

Now, as I enter my second childhood I have the advantage of knowing that all that malarkey about eating your vegetables first is just that... malarkey. And, since I am paying the bill, I will eat the desert whenever I want to eat it. In fact, I will start with dessert and end with dessert. And while I am on the subject, if I do not want to order vegetables, I will order no vegetable.

Many has been the time when my wife and I are out to a restaurant and she will order a properly balanced meal, while I order dessert.

"You do know vegetables are good for you?" my wife will insist.

"I know no such thing," I reply.

The two-year-old believes it when his parents say that vegetables are good for him, especially the green vegetables. But someone like myself, enjoying the second go around of his childhood, knows this is absolutely not true. And, it is not true that I have to clean my plate before I can have my dessert.

As a mature man enjoying his second childhood, I do not have to believe everything people tell me. If dessert was not good for me, why in the world does it taste so good to me?

I have good scriptural evidence that God is on my side here. In the Psalms I read about God, "Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagles" (Psalms 103: 5 KJV). God has my best interest in mind for the longest period of time.

Dr. James L. Snyder is pastor of the Family of God Fellowship, 1471 Pine Road, Ocala, FL 34472. He lives with his wife in Silver Springs Shores. Call him at 352-687-4240 or e-mail jamesnyder2@att.net. The church web site is www.whatafellowship.com.

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

When is a wine sale really not such a sale at all? One of our Southern California Grocery stores just finished with their 30% off sale I just wanted one bottle though, as I looked at the "so called" regular price before discount I found myself shaking my head there is no way that these wines are regularly priced so high, wines that I have never seen in the \$20 range like Domaine Chandon, Roeder Estate, Kendall Jackson and even Korbel were all priced like I was at Spago (writers right to exaggerate). A non-grocery beverage center does a 5 cent sale, buy one and get one for 5 cents, seems like a good deal, even at the regular price of \$120 a bottle I'll take a bottle of Dom Perignon if the next one is for 5 cents. Oh but the small print is selected wines. Now my favorite retailer has come up with a buy one get one for 10 cents, why not 8 cents? Every student of wine or expert in the field "Sommelier" says no matter the price if you like it buy it. My word to the wise is that if you can handle buying six bottles at a time these "grocery store sales" can yield you a bit of savings, don't buy into the "regular" price I sure don't!

I had to drink the cool aid myself, so I bought the Clos du Bois Chardonnay 2015 at the buy one get the next one for 10 cents, I scanned the bar code with my smart phone to find out the "true" discount price and this is what I found. The lowest price was \$9.00 though you have to buy through the Internet and with shipping that doesn't make sense. The wine retails for \$12.99 and that is what you'd pay for the one bottle plus the ten cents which makes it 6.55 a bottle now if you get six bottles there is another 10% my accounting got me in trouble a few months ago, so let's call that a guesstimate, but the savings are real.

In summary yes, the Clos du Bois is great value at the discounted price, and with the Valentines



fast approaching there will be more sales at supermarkets and that is for sure. Try the scan on your favorite wine, it will give you roughly what you should be paying, if you don't have a smart phone, ignore the retail price and look at the bottom price and the total discount there are some real deals out there.

Clos du Bois For Value B+, Taste B perfect wine for a picnic or tailgate party.

Email Peter at thechefknows@yahoo.com and follow me on Twitter @KINGOFCUISINE. Listen to Dining w/Dills on KLAA 830 AM on Sundays at 5 PM.

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THE FROSTIG CENTER SPEAKER SERIES EXPERTS OFFER ADVICE FOR FAMILIES WITH SPECIAL NEEDS

Pasadena, CA.—Families face new challenges when young people with disabilities become adults. To help families plan for the future, The Frostig Center will hold a special presentation by experts who will address pathways to employment for young adults with learning disabilities and alternatives to conservatorships.

The event, which is part of The Frostig Center Speaker Series, will be held Tuesday, Jan. 29, at 6 p.m. The event is free and open to the public.

Ibrahim Saab, a client's rights advocate at the North Los Angeles County Regional Center, will provide information about power of attorney, assignment of education decision-making authority, and other issues related to conservatorships.

Rebecca Hoyt, a client advocate with Disability Rights California, will focus on how young adults can prepare for and obtain meaningful employment in the community. She

will share information on agencies that assist people with disabilities and the types of services available.

Their discussion will be geared toward families with high school students who are preparing for adulthood. Families with younger children who want to look ahead, as well as teachers and therapists who work with children with special needs, will also benefit from the presentation.

The Frostig Center is a non-profit organization that strives to improve the lives of children with learning differences through research, community outreach, and Frostig School. Frostig also provides services to young adults with learning differences who are transitioning to college and work.

The Speaker Series is a public service of The Frostig Center.

Free parking is available at The Frostig Center, located at 971 N. Altadena Drive.

SUPERVISORS CALL FOR THE DEPARTMENT OF MENTAL HEALTH TO PROVIDE SCHOOL-BASED SERVICES COUNTYWIDE

LOS ANGELES COUNTY – The Board of Supervisors approved a motion by Supervisors Kathryn Barger and Janice Hahn to create a countywide plan for the provision of school-based mental health services through the Department of Mental Health.

"There are 80 school districts in Los Angeles County and it is important for us to look at this as a countywide effort, as the issue impacts all of our schools," said Supervisor Barger. "I have met with local schools in my district and they agree there is a critical need for mental health programs and services to support our students."

The motion by Supervisors Barger and Hahn came as an amendment to a motion by Supervisors Ridley-Thomas and

Solis, which sought to provide Los Angeles Unified School District (LAUSD) with funding to enhance health and mental health services provided to students, staff, and others within LAUSD specifically.

The motion directs the Department of Mental Health to work with the Los Angeles County Office of Education, the Auditor-Controller, and the Chief Executive Office to develop a countywide plan to provide school-based mental health services including but not limited to prevention and early intervention services, education, support, and outreach. This plan will include the identification of resources, timeline for implementation, and any other relevant information with a comprehensive report back to the board in 45 days.

SCHOOL DIRECTORY

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

Arcadia High School
180 Campus Drive Arcadia, CA 91007
Phone: (626) 821-8370, Principal: Brent Forsee
bforsee@ausd.net

Arroyo Pacific Academy
41 W. Santa Clara St. Arcadia, Ca,
(626) 294-0661 Principal: Phil Clarke
E-mail address: pclarke@arroyopacific.org

Barnhart School
240 W. Colorado Blvd Arcadia, Ca. 91007
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Head of School: Ethan Williamson
Kindergarten - 8th grade
website: www.barnhartschool.org

Bethany Christian School
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Preschool-TK-8th Grade
Principal: Dr. William Walner
website: www.bcsllions.org

Clairbourn School
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San Gabriel, CA 91775
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FAX: 626-286-1528
E-mail: jhaves@clairbourn.org

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Head of School, Carl Parke
website: www.goodenschool.org

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Head of School: Gary Stern 626-798-8989
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Principal Mrs. Courtney Kassakhian

Monrovia High School
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(626) 471-2800 Principal Darvin Jackson
Email: schools@monrovia.k12.ca.us

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

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

St. Rita Catholic School
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Principal Joan Harabedian (626) 355-9028
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THE GOOD LIFE

CAN YOU DEDUCT MEDICARE COSTS ON YOUR INCOME TAXES?

Dear Savvy Senior,
Can I deduct my Medicare premiums, deductibles and copayments on my income taxes? I had a knee replacement surgery last year and spent quite a bit on medical care out-of-pocket and would like to know what all I can write off.

Frugal Dave

Dear Dave,
The short answer is yes, you can deduct your Medicare costs but only if you meet certain conditions required by the IRS. Here's how it works.

As a taxpayer, you're allowed to deduct many medical and dental expenses as well as your Medicare out-of-pocket costs. But you can deduct only those expenses that exceed 7.5 percent of your 2018 adjusted gross income (AGI), and you'll also need to itemize your deductions. Next year, (2019 tax season) the threshold will rise to 10 percent.

Here's an example. Let's say that your AGI in 2018 was \$50,000. Of that, 7.5 percent is \$3,750. If your total allowable medical expenses last year were \$8,000, you'd be able to deduct \$4,250 (\$8,000 minus \$3,750). But, if your medical expenses were less than \$3,750, you couldn't claim any as a deduction.

You also need to understand that when taking a medical expense deduction, you don't actually get back every dollar you claim. While a tax credit reduces your taxes dollar-for-dollar, tax deductions simply reduce your taxable income, and your savings ultimately depend on the effective rate at which you're taxed. So, for example, if you qualify for a \$4,250 deduction and your effective tax rate is 22 percent, you would get \$935 in savings from that particular deduction.

To get this deduction you will need to file an itemized Schedule A (1040) tax return. You cannot claim medical expenses on Form 1040A or Form 1040EZ.

Allowable Medical Expenses

The list of allowable medical expenses, as defined



by the IRS, is long and fairly flexible. As a Medicare beneficiary, you can deduct your monthly premiums for Part B, Part C (Medicare Advantage plans), Part D drug plans, and any supplemental (Medigap) insurance you have. If you have to pay a premium for Part A, that's allowed too. You can also deduct the cost of all your deductibles, coinsurance, and copayments under Medicare.

In addition, you're also allowed to deduct the cost of medical services not covered by Medicare, including dental treatment, vision care, prescription eyeglasses, hearing aids, and even long-term care. They also allow transportation to and from medical treatment to count as an eligible medical expense. And if necessary, you may even be able to deduct home alterations and equipment, like entrance ramps, grab bars, stair lifts etc., that can help you age in place.

Some things, however, you cannot deduct like vitamins and supplements unless recommended by a physician to treat a specific medical condition. And Medicare late penalties added to Part B or Part D premiums. Medicare beneficiaries who fail to sign up during their initial enrollment period are typically hit with a penalty that gets added to their monthly premiums, but these additional costs won't count for tax purposes.

For more information, including a detailed rundown of allowable and unallowable medical expenses, see IRS Publication 502 "Medical and Dental Expenses" at IRS.gov/pub/irs-pdf/p502.pdf or call the IRS at 800-829-3676 and ask them to mail you a copy.

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! ...January Birthdays*

Gerald Day, Mary Tassop, Judy Webb-Martin, John Johnson, Mary Bickel, Marlene Enmark, Shirley Wolf, Ross Kellock, Ruth Wolter, Sue Watanabe, Sandy Thistlewaite, Bobbi Rahmaman, Fran Syverson, Shirley Wolff, Judy Zaretska and Becky Evans.
* To add your name to this distinguished list, please call the paper at 626.355.2737.

YEAR of birth not required

HART PARK HOUSE MONTHLY PROGRAMS:



Unless listed differently, all activities are at the Hart Park House (Senior Center) 222 W. Sierra Madre Blvd., Sierra Madre
Hawaiian & Polynesian Dance Class: Every Tuesday Morning from 10:00 a.m. - 11:00 a.m. Join the class with Instructor Barbara Dempsey as she leads you in the art of Hula!
Bingo Time: Every Tuesday beginning at 1:00 p.m. Cards are only \$0.25 each! Everyone is

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

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

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

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

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

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

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

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

Free Strength Training Class: Fridays 12:45 p.m. - 1:30 p.m. with Lisa Brandle. 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.

NOW ACCEPTING OLDER AMERICAN 2019 NOMINATIONS

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

If you know someone who lives in Sierra Madre, has demonstrated outstanding community service, and is 60+ years of age or older please be sure to fill out a nomination form due by Thursday, March 21st, 2019.

Forms are available at the Hart Park House or by calling the Senior Services Office at 626-355-5278 x 704.



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he did, we're both thrilled

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2329 WARWICK AVENUE / \$1,200,000
LOS ANGELES



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represented buyer



783 S. ORANGE GROVE BLVD. / \$930,000
PASADENA
represented buyer



80 W. BONITA AVENUE / \$865,000
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represented buyer



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UPCOMING

Class: The Writings of C.S. Lewis
with Dr. Robert Covolo

An introduction to one of the greatest
Christian thinkers of the twentieth century.

Sundays at 10:45a
January 13 - February 17

Class: Science & Faith
with Dr. Hugh Ross

Astrophysicist Hugh Ross reveals how recent
scientific discoveries point to a creator.

Sundays at 9:00a
January 13 - February 17

Series: Sermon on the Mount
with Pastor Josh Swanson

A study on Jesus's transformative vision
of a life well lived.

Sundays at 9:00a & 10:45a
starting January 13th

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SATURDAY, JANUARY 19, 2019

AROUND SAN GABRIEL VALLEY

UPDATE ON JAY COHEN AND OTHER SANTA ANITA NEWS

By Joan Schmidt

First of all, I spoke with our beloved and much-missed Santa Anita Trumpeter, Jay Cohen, this morning. He was in good spirits, but fighting a cold. By now, you must know he has Bell's palsy, which has caused paralysis of the right side of his face. It happened at the beginning of this year. He told me for about three days, he was having trouble playing the trumpet, then woke up with the paralysis and knew something was wrong. He went to the hospital and all sorts of MRIs, CAT SCANS and tests were done. There had been no stroke, so it was Bell's palsy. Currently, he has about 11% back, but when he's 80%, he'll begin to play again. He thinks he caught the cold, while at the hospital.

Jay was born in Camden, N.J.; at age 10, he knew he wanted to become a musician and the instrument had to be a trumpet. One day, Jay was in his father's store, and heard a man, an electrician, making the sounds of a trumpet, and fell in love with it. So Jay's lessons began. Jay went on to college-graduated from Mansfield University in PA, with a teaching degree. He revealed to me that he had a tremendous professor with whom Jay credits his great playing skills. Jay also studied with a couple guys from the Philadelphia Orchestra. Jay had taught for eight years before he became a professional musician and playing the trumpet is what he loves.



TOURNAMENT OF ROSES® FOUNDATION NOW ACCEPTING GRANT APPLICATIONS

New for 2019, three \$25,000 grant awards

PASADENA, Calif. (January 14, 2019) – The Pasadena Tournament of Roses Foundation is now accepting applications for its 2019 grant assistance program. Since its inception in 1983, the Foundation has invested over \$3 million in more than 200 Pasadena-area organizations. The grant awards in 2018 totaled \$200,000, which funded 33 organizations. The Foundation has historically funded grantees up to \$10,000 per year. This practice will continue for the upcoming grant cycle, and the Foundation is now accepting applications for three \$25,000 grant awards as a part of the annual grants process. One of these new awards will be a two-year grant, which will be \$25,000 each year. The other two awards will be single-year grants.

Eligible applicants are organizations with 501(c)(3) status, as of the 2019 submission deadline, that serve one or more of the following communities: Alhambra, Altadena, Arcadia, La Cañada Flintridge, Monrovia, Pasadena, San Gabriel, San Marino, Sierra Madre, South Pasadena, and Temple City. Grants will be given in the categories of Performing and Visual Arts, Sports and Recreation, and Education (Early Childhood Education, Literacy and Science, Technology, Engineering and Math) programs.

To apply and for additional details, eligible organizations should visit the Tournament of Roses Foundation page; www.tournamentofroses.com/foundation/.

New applicants will need to enter "apply" for both the "username" and "password." Returning applicants will use their previously approved username and password. Returning applicants should contact the Foundation directly at foundation@tournamentofroses.org for questions on their approved username and/or password. The website will then direct users to a welcome page with instructions on how to begin the application process.

process.

Applications will be accepted from January 14, 2019 through February 22, 2019 at 5:00PM. The Foundation's Board of Directors will make the final grant selections at its annual spring meeting, and applicants will be notified of their funding status via email in May 2019.

About the Pasadena Tournament of Roses Foundation

The Tournament of Roses Foundation is a tax exempt, non-profit public benefit corporation established to receive and manage contributions from the Pasadena Tournament of Roses Association, its supporters and the general public. The 13-member board of directors is comprised of community leaders and Tournament members, appointed by the Pasadena Tournament of Roses Association. Organizations or individuals interested in making a contribution or inquiring about the grants process should contact the Foundation by calling (626) 449-4100 or visiting the Tournament of Roses website at www.tournamentofroses.com/foundation. Like us on Facebook.

About the Pasadena Tournament of Roses®

The Tournament of Roses is a volunteer organization that hosts America's New Year Celebration® with the Rose Parade® presented by Honda, the Rose Bowl Game® presented by Northwestern Mutual and a variety of accompanying events. 935 volunteer members of the association will drive the success of 131st Rose Parade and 106th Rose Bowl Game on Wednesday, January 1, 2020. For more information, visit www.tournamentofroses.com. Like us on Facebook and follow us on Twitter, Instagram and YouTube. For more information, please contact LaWayne Williams at 626-449-4100 or foundation@tournamentofroses.org.

E-SCOOTER PILOT PROGRAM APPROVED

LOS ANGELES COUNTY – The Board of Supervisors approved a motion by Supervisor Kathryn Barger directing county agencies to develop a regulatory framework for the safe commercial operation of e-scooters in the communities of unincorporated Los Angeles County.

In November 2018, the arrival of e-scooters in unincorporated Altadena and East Pasadena created a serious concern about the potential public safety and nuisance issues that e-scooters have caused in other jurisdictions.

Supervisor Barger's motion directs the CEO, in collaboration with county departments and agencies, to develop a pilot program in 45 days

with regulations allowing for the safe operation and storage of shared e-scooters and bikes on County roadways.

"We want a collaborative plan that allows operators to provide a viable transit option for our residents while minimizing the potential for public nuisances, safety issues, and lawsuits ultimately paid by taxpayers," Barger said.

The program will also include a consumer-focused website regarding safety and other information to set the stage for a safe, sustainable, and innovative approach to incorporating e-scooters and bicycles as a service to residents looking to bridge gaps in transit access.

NAPOLITANO'S WATER INFRASTRUCTURE IMPROVEMENT ACT BECOMES LAW

(WASHINGTON, DC) Today, Rep. Grace F. Napolitano (D-El Monte) released the following statement after President Donald Trump signed into law the bipartisan Water Infrastructure Improvement Act:

"This law delivers much needed federal assistance to cities in our San Gabriel Valley who have been working hard to meet the challenges of the Los Angeles County MS4 Stormwater permit," Napolitano said. "They and communities nationwide will benefit from greater flexibility in addressing these permits, while ensuring the protection of our precious rivers, lakes, and streams. We look forward to the law being implemented and continuing to work in a bipartisan manner to provide clean, safe, and affordable water to all American families."

The Water Infrastructure Improvement Act

codifies a concept from the Obama administration known as "Integrated Planning," which can assist communities with meeting their requirements under the Clean Water Act while maintaining their obligation to achieve improvements in local water quality. EPA's Integrated Planning framework pro-vides communities with a voluntary opportunity to prioritize local clean water investments with the greatest benefit to human health and the environment. It builds on a provision Napolitano included in the America's Water Infrastructure Act that authorized \$450 million in stormwater municipal grants to plan, design, and construct stormwater, water recycling, and sewer overflow projects.

Napolitano is the top Democrat on the House Transportation and Infrastructure Subcommittee on Water Resources and Environment.



How did Jay come to California? His first wife had a great job opportunity at a studio in Burbank, CA. The studio took care of their relocation to CA moving expenses and their first months' housing. Jay began playing gigs all around Burbank, and within a few weeks, someone told him of an opening at Santa Anita Park. The rest is history-Jay has been at the Great Race Place 31+ years.

Jay also revealed to me that he and Doc Severinsen are friends and have played music together. Doc also has had Bell's palsy and has been giving Jay advice. One day, Doc asked Jay, "What do you enjoy doing if you have time off?" Jay loves hiking and that is what Doc told him to do. Jay told me that musicians NEVER really have a vacation, because they always practice when they are on vacation. So he looks forward to more hiking when he gets over the cold! Speedy recovery to Jay, a real "People's Person" who walks among spectators, granting requests and having us all in stitches! He's one in a million, whom we all love!

Congrats to Jockey Ruben Fuentes. At 20 years old, he has 93 wins in 900+ mounts. This past week, Ruben was voted "Jockey of the Week" by Jockeys' Guild Foundation Detox. This award is voted on by a panel of experts for riding accomplishments by members of the Jockey Guild organization that represents more than 950 riders in North America. Ruben had two "Stakes" wins at Turf Paradise: Impasse in the 5th race and Ohio in the 7th race. Both are trained by Michael McCarthy. Ruben's younger brother Luis has moved his tack to Oaklawn and we all wish Luis success.

Lastly "Happy 98th Birthday" to Santa Anita worker, John Shear who still has NO intention of retiring. See you all at the track!

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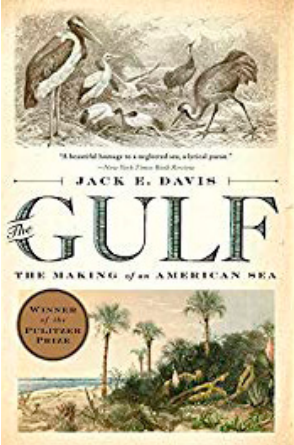
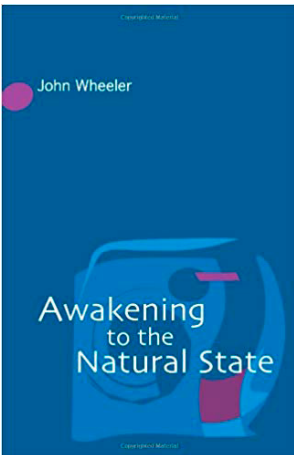
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Jeff's Book Pics

By Jeff Brown

The Gulf: The Making of An American Sea

by Jack E. Davis
Winner of the 2018 Pulitzer Prize for History “Davis has written a beautiful homage to a neglected sea” (front page, New York Times Book Review). Hailed as a “nonfiction epic... in the tradition of Jared Diamond’s best-seller Collapse, and Simon Winchester’s Atlantic” (Dallas Morning News), Jack E. Davis’s The Gulf is “by turns informative, lyrical, inspiring and chilling for anyone who cares about the future of America’s Sea” (Wall Street Journal). Illuminating America’s political and economic relationship with the environment from the age of the conquistadors to the present, Davis demonstrates how the Gulf’s fruitful ecosystems and exceptional beauty empowered a growing nation. Filled with vivid, untold stories from the sportfish that launched Gulfside vacationing to Hollywood’s role in the country’s first offshore oil wells, this “vast and well told story shows how we made the Gulf... [into] a ‘national sacrifice zone’” (Bill McKibben). The first and only study of its kind, The Gulf offers “a unique and illuminating history of the American Southern coast and sea as it should be written” (Edward O. Wilson). 26 illustrations



The Broken Earth Trilogy: The Fifth Season, The Obelisk Gate, The Stone Sky

by N. K. Jemisin
This collectable boxed set edition includes all three books in N. K. Jemisin’s incredible three-time

have been drawn to this radical and direct approach to self-realization. John’s has talks on YouTube.com. The 3 reviews are from Amazon.com

Hugo award-winning Broken Earth Trilogy. This is the way the world ends for the last time...A season of endings has begun. It starts with the great red rift across the heart of the world’s sole continent, spewing ash that blots out the sun. It starts with death, with a murdered son and a missing daughter. It starts with betrayal, and long dormant wounds rising up to fester. This is the Stillness, a land long familiar with catastrophe, where the power of the earth is wielded as a weapon. And where there is no mercy.

Awakening to the Natural State

by John Wheeler
John Wheeler met Bob Adamson (a student of Nisargadatta Maharaj) on a trip to Australia. In short order, Bob cleared up John’s doubts and questions and pointed out to him the fact of our real nature: self-shining, ever-present awareness. Bob Adamson has encouraged John to share this understanding of ‘who we really are.’ The articles contained in this book (extended by another 30 articles in this edition) cover some of John’s experiences with meeting ‘Sailor’ Bob Adamson and various aspects of the understanding which subsequently unfolded. Interspersed with these are chapters of email correspondence with enquirers who have been drawn to this radical and direct approach to self-realization. John’s has talks on YouTube.com. The 3 reviews are from Amazon.com

FAMILY MATTERS

By Marc Garlett



partner, you’ll need a different planning strategy.

A better option may be to place the assets you want your partner to inherit in a living trust. First off, trusts can be used to transfer assets in the event of your incapacity, not just upon your death. Trusts also do not have to go through probate, saving your partner precious time and money. What’s more, leaving your assets in a continued trust that your partner could control would ensure the assets are protected from creditors, future relationships, and/or unexpected lawsuits.

2. Durable power of attorney

When it comes to estate planning, most people focus only on what happens when they die. However, it’s just as important—if not even more so—to plan for your potential incapacity due to an accident or illness.

If you become incapacitated and haven’t legally named someone to handle your finances while you’re unable to do so, the court will pick someone for you. And this person could be a family member who doesn’t care for or want to support your partner, or it could be a professional guardian who will charge hefty fees, possibly draining your estate.

Since it’s unlikely that your unmarried partner will be the court’s first choice, if you want your partner (or even a friend) to manage your finances in the event you become incapacitated, you would grant your partner (or friend) a durable power of attorney.

Durable power of attorney is an estate planning tool that will give your partner immediate authority to manage your financial matters in the event of your incapacity. He or she will have a broad range of powers to handle things like paying your bills and taxes, running your business, collecting government benefits, selling your home, as well as managing your banking and investment accounts. Next week, I’ll continue with part two in this series on must-have estate planning strategies for unmarried couples.

Dedicated to empowering your family, building your wealth and defining your legacy,

MARC

A local attorney and father, Marc Garlett is on a mission to help parents protect what they love most. His office is located at 55 Auburn Avenue, Sierra Madre, CA 91024. Schedule an appointment to sit down and talk about ensuring a legacy of love and financial security for your family by calling 626.355.4000 or visit www.GarlettLaw.com for more information.

FREE EVENT! FATHER OF THE BRIDE AT SIERRA MADRE PLAYHOUSE ON JANUARY 28

The next selection in the Off The Page series of free staged play readings at Sierra Madre Playhouse will be Father of the Bride.

Mr. Banks learns that one of the young men he has seen occasionally about the house is about to become his son-in-law. The young couple don’t want a “big” wedding—just a simple affair with a few friends! We soon learn, however, that the “few” friends idea is out. Then trouble really begins...

You’ve seen the Spencer Tracy & Elizabeth Taylor classic and the Steve Martin remake, now hear it live on stage!

Adapted by Caroline Francke. Based on the novel by Edward Streeter. Directed by Roxanne Barker, who coordinates the Off The Page series

with Artistic Director Christian Lebano.

Caroline Francke’s other plays include The 49th Cousin, The Fighting Littles and Exceeding Small. She also wrote for the screen: Bombshell, starring Jean Harlow; The Wiser Sex; The Misleading Lady. Additionally, she wrote many episodes of the Henry Aldrich radio series. She died in 1960.

Father of the Bride will be performed as a staged reading on Monday, January 28, 2019 at 7:00 p.m. at Sierra Madre Playhouse, 87 W. Sierra Madre Blvd., Sierra Madre, CA 91024. This is just east of Pasadena. There is ample free parking behind the Playhouse. Admission is free. Donations are gratefully accepted. Website: www.sierramadreplayhouse.org Phone: (626) 355-4318.

HEALTHY LIFESTYLES

LIVING IN OPTIMISM



Do you remember the “like attracts like” principle? It illustrates the idea that the more energy and thought we put into something, the more it will grow. Also, the longer we are in that place or state of mind, the greater the tendency is to stay there. It becomes comfortable.

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

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

fear, truthfulness (honesty), or satya must be present.

Second, after becoming aware and acknowledging the feeling of fear or the train of thought of negativity, cultivate the opposite. Optimism and love are the antidotes to overcoming negativity. Even doing this begrudgingly will call upon those higher principles when we act in our higher selves.

This process will lead us into the spirit of open-mindedness. This process is one of the core reasons why yoga benefits the world. The world has enough pain and negativity. Yoga cultivates compassion and tolerance –for everyone- and that means everyone! Each one of us is experiencing the human condition together. Any actions I take affect not only others but myself as well by creating my own internal suffering from living in a negative frame of mind. Resist and defeat negativity with hope and a positive attitude.

Knowing all of this, my yoga practice, meditation, and a practice of loving-kindness feel more important than ever.

Namaste,
Keely Totten, Yoga & Meditation Teacher,
Fan of the resistance against negativity
Keely@keelytotten.com

THE MISSING PAGE

Real Life Tips from Life's Instruction Manual



HELP THE BEAR?

You have to have a thick skin if you have ever been friends with a defense attorney. The same is true for personal coaches. Why? We are always looking for the silver lining. We can always see a different way to look at things, we

look for a different point of view, and that is not always a welcome quality when all you want to do is rant and vent. Many folks are looking for blanket support, a ride or die, a friend. Picture this: Your spouse has returned from a hard day at work. They are complaining about some injustice from the supervisor. As they describe the event to you, your response is, “well maybe he didn’t mean it that way, or have you considered this?” Your poor spouse could feel further dejected and alone like they are in a true help the bear moment.

“Help the Bear. That means if you see me and a bear fighting and you can’t come with something good and supportive, then help the bear, cause you ain’t no help to me.” “Checkmates”, Ron Milner, 1987

The truth is that there is always another way to look at things and we can all benefit from a willingness to see things from the opposite side. Pretty much nothing is black and white. Two people in any situation may, honestly,

perceive a circumstance differently. In your personal relationships, it with serve you well to consider another perspective. Do you want to be right or do you want to have a relationship? If you are prepared to fight every disagreement or opposing point of view, you and your relationships will suffer.

Conversely, if you are willing to not make assumptions and not take things personally those two qualities will help you to foster loving and enriching relationships. Be willing to consider you might be wrong or there may be another way to look at things. Further, ask yourself, “is this disagreement worth damaging my relationship? Do I need to be right?” In the words of the Disney Princess Elsa, “Let it go.” Give people the benefit of the doubt. Ask yourself, “Is there a positive way to characterize my beloved’s behavior?”

Perception is one of our six mental faculties. If we would change our point of view of ourselves, if we would look at ourselves a different way, our whole world will begin to change. When we are willing to monitor our perceptions we open ourselves to an entirely new, elevated level of being.

We have more power than we realize, let’s use it wisely.

Lori A. Harris is a lawyer and coach. She helps mid-career professionals get more love, creativity, and fun out of life. Learn more at LoriAHarris.com or download her complementary Gratitude Train app to your smartphone or tablet.

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

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Mountain Views News Mission Statement

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

TOM Purcell



IT'S UP TO US TO REALIZE DR. KING'S DREAM

We'll celebrate Dr. Martin Luther King Jr.'s birthday and legacy next week. In these angry and divisive times, we all could benefit by reminding ourselves of his words' truth, civility and wisdom.

Too many of us are consumed with hatred and anger, which have reared their ugly heads in our public discourse lately. Dr. King, who endured hatred so ugly and excessive that it led to his assassination, spoke often of the futility of hating anyone or anything - of how hating harms the hater than the hated:

"Darkness cannot drive out darkness: Only light can do that. Hate cannot drive out hate: Only love can do that."

"I have decided to stick to love Hate is too great a burden to bear."

"Let no man pull you so low as to hate him."

Our political leaders' courage has always been in regrettably short supply. If only those leaders - who are more concerned with partisan interests than with our country's many challenges - would heed these words from Dr. King:

"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."

"There comes a time when one must take a position that is neither safe nor politic nor popular, but he must take it because his conscience tells him it is right."

"A genuine leader is not a searcher for consensus but a molder of consensus."

Pride, the worst of the seven deadly sins, blinds us and holds us back. Dr. King taught us that forgiveness is the way to defeat pride:

"Forgiveness is not an occasional act; it is a constant attitude."

"Forgiveness means reconciliation, a coming together again."

"We must develop and maintain the capacity to forgive. He who is devoid of the power to forgive is devoid of the power to love. There is some good in the worst of us and some evil in the best of us. When we discover this, we are less prone to hate our enemies."

Something my father did in the military in the 1950s still makes me proud. He was raised in Pittsburgh in an era when he had limited interaction with the African-American community. In the Army, however, he became best friends with an African-American who was being harassed by another fellow solely because of his skin color.

My father, a large, powerful man, used his fists to put an end to the harassment. His friend went on to become a physician. My father says of him, "He was the finest man I ever met."

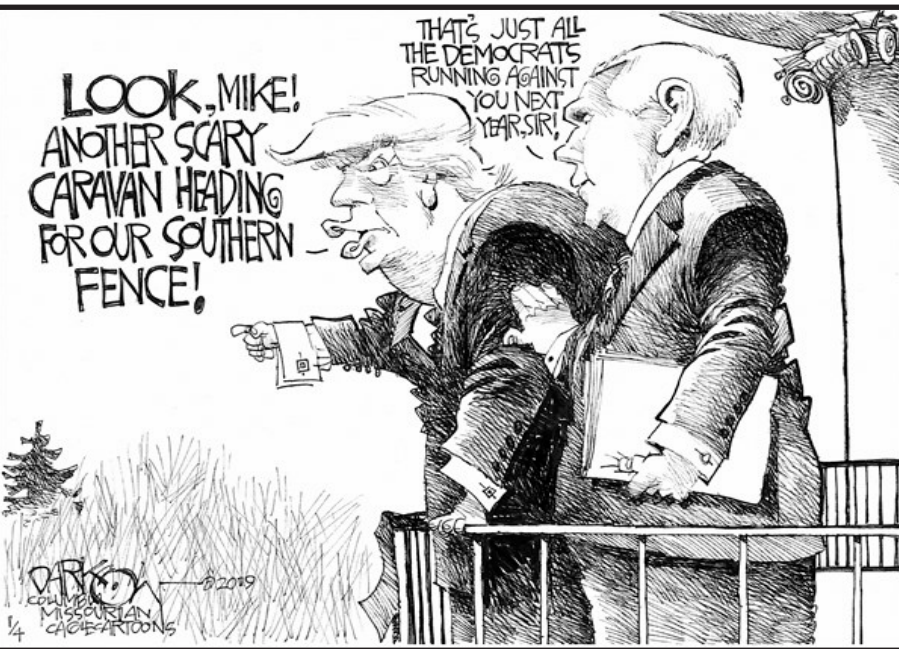
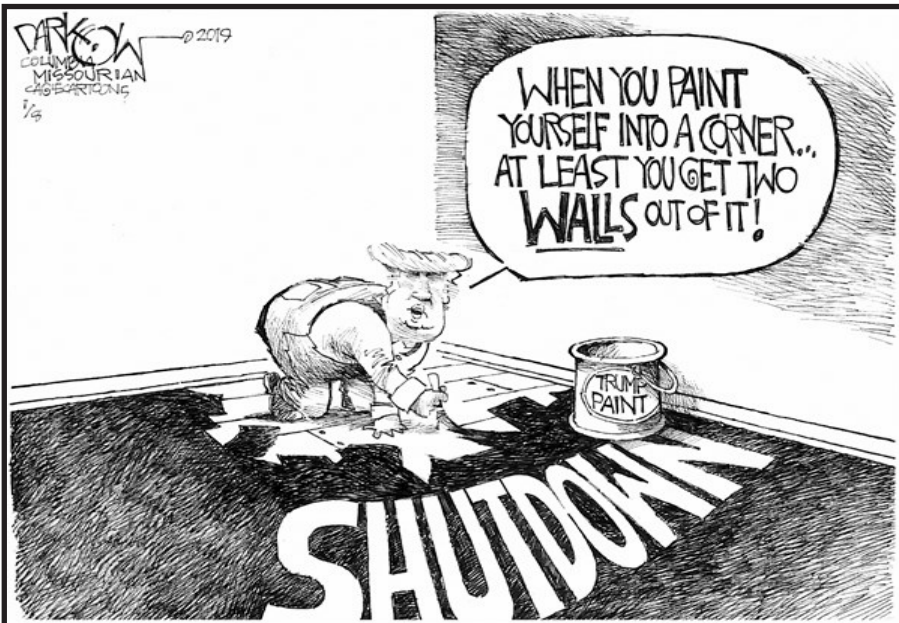
Dr. King understood that each of us walks the same path - that only a lack of good communication is holding us back:

"People fail to get along because they fear each other; they fear each other because they don't know each other; they don't know each other because they have not communicated with each other."

Dr. King's dream was that his "four little children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character."

My dream is that one day, we'll get there - that one day, we'll realize Dr. King's wisdom, fully embrace it and act on it, fulfilling his dream and America's promise of equality for all

Tom Purcell, author of "Misadventures of a 1970's Childhood," a humorous memoir available at amazon.com, is a Pittsburgh Tribune-Review humor columnist and is nationally syndicated.



LEFT TURN/RIGHT TURN

BLAIR Bess



DONALD J. TRUMP: MASTER OF DISASTER

Threats to withhold federal emergency relief funds to aid victims of the forest fires that recently ravaged California offer further evidence that Donald J. Trump knows how to harbor a grudge.

The president is not popular in California. Results of the 2016 election, in which Hillary Clinton garnered nearly 9 million votes and trounced Trump by a margin of almost 2-to-1, are the most obvious indicator. Although having his star on the Hollywood Walk of Fame sporadically come under siege by paint and pick-ax wielding fans appears to be further confirmation.

No matter. Californians are just a bunch of losers anyway. Trump doesn't like losers. Nor does he like to lose. And when he does, it's inevitable someone else will be made to pay. Big league. In this instance, that might mean the 6,646 individuals who have already applied for Federal Emergency Management Agency assistance to find temporary housing, pay for home repairs, or buy groceries, new clothes and furniture.

The men, women and children who have lost homes, friends, family members, pets, possessions and livelihoods to conflagrations in both the northern and southern parts of the state are already victims. Any actions on Trump's part to keep them from gaining access to the nearly \$50 million in FEMA aid that had already been earmarked would only further victimize them.

Then again, why should they be any different than the 800,000 federal employees who are now jobless as a result of the president's intransigence over funding for his wall or steel picket fence or whatever he wants to call it? Or the 13,000 migrant children currently held in detention centers? Or the thousands of family farmers and small business owners whose livelihoods are threatened as a result of his ill-conceived and poorly executed trade wars?

Playing with the lives of working-class men and women is nothing more than a means to an end for Donald Trump. No matter the cost.

While the president's declaration of Ventura, Los Angeles, and Butte counties as disaster areas was a momentarily presidential move, he couldn't leave well-enough alone. It was quickly followed by his pronouncement that the devastation wreaked by wildfires in California

was a result of "poor forest management"

This analysis was part of a thoughtful, thoroughly-researched screed unleashed by the president via Twitter that went on to say, "Billions of dollars are given each year, with so many lives lost, all because of gross mismanagement of the forests. Remedy now, or no more Fed payments!"

What to do with those already-allocated funds? Here's a great idea: take them back from people in need and use them to pay for the president's steel slat monstrosity on the southern border. Better yet, how about clawing back disaster relief funds set aside for Puerto Rico, Florida and Texas as well? Why go to the trouble of declaring a national emergency when so much money is readily available? After all, those billions of dollars would be much better spent fulfilling ludicrous campaign promises rather than helping struggling U.S. citizens. And by throwing a few Republican bastions in the mix, no one could possibly accuse Trump of red-blue bias (that bias is limited to other colors in this president's box of crayons).

Questions of the legality of the president's use of funds apportioned for disaster relief, as well as bipartisan antipathy toward the proposal, have resulted in some of the president's more lucid advisers walking back his more outrageous suggestions. Still, the president's transactional approach to governance is disturbing and should serve as a clarion call no matter what one's political beliefs or place of residence are.

True national emergencies arise. At any given time, any one of us could fall victim to fire, flood, hurricane, tornado, earthquake or volcanic eruption. Catastrophic events happen. And insurance doesn't always provide a solution to the problems that ensue.

Americans need to trust that petty partisanship will in no way interfere with our health, safety and well-being. We should feel confident that our leaders will have our backs regardless of whether one lives in a state that did or did not vote for the president. Left to his own devices, that appears unlikely so long as Donald Trump continues to occupy the White House and dominate members of the Republican Party.

Sadly, the trail of destruction left in the wake of this administration and the toll it's taking on all of us may one day rival any natural disaster yet to befall this nation.

Blair Bess is an award-winning journalist and columnist. He can be reached at bbess@soaggregated.com.

MICHAEL Reagan



AVOIDING THE SHUTDOWN -- FOR FUN AND LAUGHS

No matter where you look, you can't escape it. "Government Shutdown - Day 27..." "Government Shutdown - Day 28..."

The partial government shutdown - and who's to blame for it, who's being hurt most by it and who's going to blink first - is the top topic on television, cable, talk radio, the internet and in the papers.

It's so pervasive in all the news media it feels like you're watching a daily "Groundhog Day" movie about partisan politics and biased journalism.

Everyone who is interviewed about the shutdown on Fox, CNN, NBC and elsewhere says the same predictable things over and over.

If Republicans are asked who's to blame, it's Pelosi and Schumer. If a Democrat is asked, they blame the President and Republicans.

You already know by now nearly everything you're going to see or hear in the future about the shutdown. You don't have to listen to today's repeat questions because you already know the answers.

The same thing was true for those who watched this week's Senate hearings on Trump's Attorney General nominee William Barr.

It was the same bad TV movie starring politicians we've all seen in DC many times before. You knew every politician would go by the script, play to the cameras and pander to their party's base -- and they did.

You also knew how the media coverage would go down: You were going to love what Fox said and hate what CNN said, or vice versa.

So the big question is, why should you waste a minute of your time on the daily news coverage of the government shutdown? Why torture yourself? Why get frustrated and angry?

You know you can't do a thing about ending the government shutdown or brokering a compromise deal between the Democrats and the president.

Instead of getting so mad you feel like throwing your beer bottle or coffee cup at the TV set, why not find something more enjoyable to do with your time?

Maybe you should do what I do.

Turn off the TV and talk radio for a few days. Don't listen to the news. When you're in the car, tune into to Y2 Country, the Highway or the Bridge on Sirius XM.

Turn on sports radio. Binge on Netflix. Watch an NFL playoff game this weekend. Better yet, try to find a good laugh or joke in everything you do or see in your political world, as I do as often as possible.

Sometimes my search for humor in the swamp of politics goes a bit too far, I admit. For example, when I had a colonoscopy a while ago the doctors found a bit of colon cancer. They cut it out and I'm good, thanks. (By the way, everyone should get colonoscopy. It could save your life.)

When I told people about my medical procedure, my little joke was that, "The president was lying next to me in the recovery room and he had a colonoscopy too - and they found Fox News. They did one on Chuck Schumer too - and found CNN." If I told that joke on TV, they'd never have me on the air again, but I still think it's an example of good, bipartisan political humor.

The sad truth is, in the Age of Trump, jokes and humor of any kind are getting harder to find - or tell.

Too many Americans have not only lost their sense of humor, they've lost their ability to take a joke.

Comedians like Seinfeld won't perform on college campuses because students are such over-protected snowflakes.

Meanwhile, people like me who grew up in the 1960s can't bear to watch "Saturday Night Live" or late-night television anymore.

The openly partisan hosts of those shows today are not only not very funny, they think their nightly job is to prove how much they hate the president and Republicans.

They don't want to send you to sleep with a smile on your face the way Johnny Carson, Jay Leno and even David Letterman did in his early days.

They want you to go to bed angry - especially at Trump.

The late-night hosts and their liberal soulmates in Hollywood have not just poisoned our pop culture with their political correctness and left-wing politics.

By making it harder and harder to find a good laugh when you need one to make our bad politics go away, they've taken a lot of the fun out of America.

Michael Reagan is the son of President Ronald Reagan, a political consultant, and the author of "Lessons My Father Taught Me: The Strength, Integrity, and Faith of Ronald Reagan." He is the founder of the email service reagan.com and president of The Reagan Legacy Foundation. Visit his websites at www.reagan.com and www.michaelreagan.com. Send comments to Reagan@caglecartoons.com. Follow @reaganworld on Twitter.

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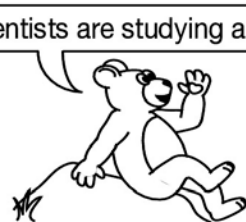
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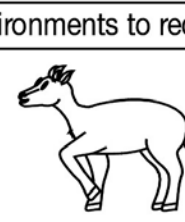


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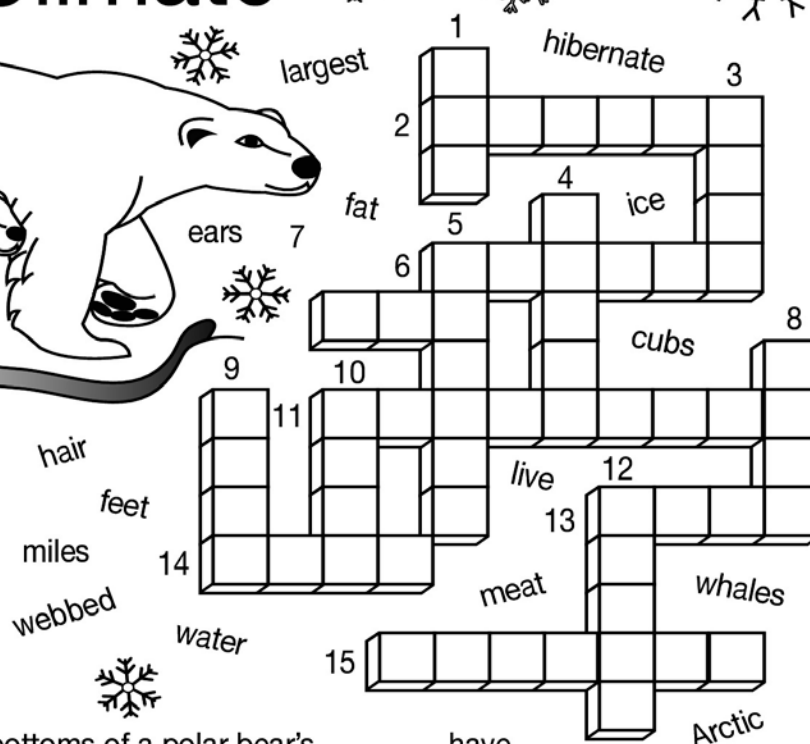
...environments to record any changes.

Kids:
color
stuff
in!

Studying Earth's Climate

For many years, scientists have been charting the world's changing temperatures. It is natural for some movement of temperatures to occur, but many people wonder how the changes in climate that result will affect animals and people in their habitats and daily lives.

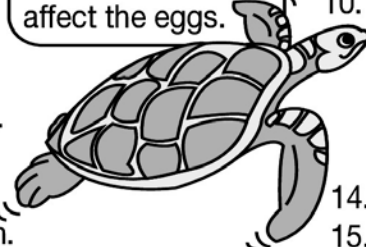
In the coldest northern parts of the world, scientists are studying ice and the way it freezes and melts. Some are also studying the region's polar bears, marine animals that spend most of their time at sea rather than on land. Scientists have seen that the ice that these bears live and hunt upon is starting to melt earlier in the season than it once did. The bears are swimming farther from home to hunt for food (seals) and some are not making it back. Some reports say that polar bears are getting thinner and that more of their cubs are dying. By studying such changes, scientists hope to understand how people can respond to protect themselves and wildlife around the globe.



Read the clues to fill in this puzzle about polar bears:

1. A polar bear's _____ layer can grow up to 4 inches thick. It provides warmth and can keep them from going hungry.
2. Polar bears live in the _____ region around the North Pole.
3. Mothers care for their _____ for about 2 1/2 years.
4. The "food" or prey for polar bears mostly lives in the _____.
5. The foot of a polar bear is partially _____ to help it swim.
6. Polar bears have been known to kill Beluga _____.
7. The loss of _____ may push polar bears closer to extinction.

People check the temperature of the sand at the green sea turtles' nesting area. They want to see if any changes affect the eggs.



8. The bottoms of a polar bear's _____ have hair to keep them warm.
9. In the wild, polar bears _____ 25-30 years.
10. The skin of a polar bear is actually black, but its _____ makes it look white.
11. Polar bears do not _____ in the winter like other bears.
12. Polar bears can swim up to 60 _____!
13. Polar bears don't like fruit or vegetables; they mostly eat _____.
14. Polar bears have small _____ so they don't lose too much heat.
15. Polar bears are, on average, the _____ bears in the world.



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