

SATURDAY, JANUARY 26, 2019

VOLUME 13 NO. 4



## CITY COUNCIL TO ATTEND PUBLIC FORUM ON PROPOSED SIERRA MADRE FIRE DEPARTMENT REORGANIZATION

The public concern over the proposed reorganization of the city's fire department has prompted the City Council to call a Special Meeting that will incorporate the previously scheduled Town Hall sponsored by the Chamber of Commerce. By calling the special meeting all five council members will be able to attend without violating California's Brown Act.

On **MONDAY January 28, 2019**, the Sierra Madre Chamber will moderate the forum on the proposed reorganization of the Fire Department and all five council members will be in attendance. The event will be held in the City Council Chambers, 232 W. Sierra Madre Blvd., Sierra Madre at 6:00 pm. Residents are encouraged to attend.

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/htm/n02/p01.htm>).

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



## SIERRA MADRE JOINS THE CLEAN POWER ALLIANCE TO PROVIDE RESIDENTS AND BUSINESSES A CHOICE FOR THEIR ENERGY NEEDS.

Clean Power Alliance is a public entity, formed as a Joint Powers Authority (JPA) made up of 31-member jurisdictions across Los Angeles and Ventura Counties.

will continue to deliver power to your home or business, send one bill, and be responsible for resolving any issues with your electricity service.

A presentation was made at the January 22nd Council meeting which provided an update on the most recent developments. To view the Power Point presentation or for further information please visit Clean Power Alliance's website at: [www.cleanpoweralliance.org](http://www.cleanpoweralliance.org).

Clean Power Alliance purchases clean power and Southern California Edison (SCE) delivers it. Nothing else changes—SCE

Customers who wish to stay with SCE for energy supply may opt out.

## 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.

## A CALL FOR ARTISTS! CITY HALL ART SHOW

Email photos of artwork to Clarissa Lowe [clowe@cityofsierramadre.com](mailto:clowe@cityofsierramadre.com) Pictures of art must be less than 4MB per email Artists do not need to live in Sierra Madre to be considered For more information, contact Community Services at 626-355-5278.

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## SIERRA MADRE LAUNCHES EMERGENCY SIREN NOTIFICATION PROGRAM

In light of recent years' wildfire disasters throughout the state of California, the City of Sierra Madre will be launching its Emergency Siren Notification Program. The Siren is located at the City Yards facility, which is near the Canyon and Urban-Wildland Interface areas. However, the Siren is intended to be a notification to the entire community of an emergency situation.

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. Residents are urged to become aware of their surroundings when the Siren is sounded. This may include checking news broadcasts on television, social media, or simply going outside if safe and looking around.

Residents are also encouraged to tune in to Sierra Madre Emergency Radio 1630AM for new and updated information. Please understand that there may be a short lapse between the Siren and a new Emergency Radio 1630AM message.

The Siren may be used in the event of the following situations:

- Brush Fire Warnings and Information
- Mud Slides
- Flooding
- Evacuation Orders
- Wind or Power Outage Notifications
- Police Actions
- Civil Unrest
- Environmental Emergencies (water or air contamination)
- Earthquake Notifications (as technology permits)
- Other Emergencies

For additional information, please contact Laura Aguilar, Assistant City Clerk, City of Sierra Madre at 626-355-7135 or [laguilar@cityofsierramadre.com](mailto:laguilar@cityofsierramadre.com) or James Carlson, Management Analyst, City of Sierra Madre at 626-836-6636 or [jcarlson@cityofsierramadre.com](mailto:jcarlson@cityofsierramadre.com).

## EXPERIENCE CATCH-22 DURING ONE BOOK ONE CITY AT THE SIERRA MADRE PUBLIC LIBRARY

You are invited to read, react, and revel in Joseph Heller's triumphant novel, where the main character's true mission during WWII, was to simply get out alive. Follow the unkillable anti-hero, Yossarian through a fulfilling array of events. Mark your calendar for these compelling One Book One City events:

A Look at Joseph Heller and his Work by Rich Procter (accompanied by singing group Remember When). Saturday, Feb. 2 at 1:00 pm at the Library.

Off the Page Full Reading of the Catch-22 Stage Adaptation, directed by new Playhouse Associate Artistic Director C. Julian White. Monday, Feb. 4 at 7:00 pm at the Sierra Madre Playhouse.

HBO Documentary World Premier of The Cold Blue with producer Peter Hankoff. Saturday, Feb. 16 at 1:00 pm at City Hall.



Documentary Double Feature with The Memphis Belle: a Story of a Flying Fortress (1944). Saturday, Feb. 16 at 3:00 pm at City Hall.

Third Thursday Book Club. Thursday, Feb. 21 at 11:00 am at the Library.

American Military Museum Tour. 1918 Rosemead Blvd., South El Monte, CA 91733, (626) 442-1776. Adults- \$5, Veterans/Seniors (65+)- \$4, Juniors (10-16)- \$3, Children (5-9)- \$1, Children Under 5-Free. Saturday, Feb. 23 at 11:00 am.

Yossarian "knew everything there was to know about literature, except how to enjoy it." Join our community of readers during One Book One City, and we'll make sure you enjoy yourself. Pick up a full outline of events at the Library or call 626-355-7186 for more information.

## FRIENDS OF THE LIBRARY WINE TASTING – SAVE A NEW DATE!

We are moving the annual Friends of the Sierra Madre Public Library Wine Tasting at Alverno Sierra Madre Library, an all-volunteer organization to a new date for 2019. It will be a "Harvest Festival" on Friday, September 27, 2019. Please dedicated to supporting our community Library. All funds received from this event support the Sierra save that time to join us for wine, food, music, Madre Library. For more information about the entertainment, and of course our wonderful event or Friends of the Sierra Madre Library visit silent auction at Alverno's Villa del Sol d' Oro. our website at [www.sierramadrelibraryfriends.org](http://www.sierramadrelibraryfriends.org)

## Sierra Madre Playhouse Presents: TUESDAYS WITH MORRIE

Starring Jackson Kendall and Larry Eisenberg

The autobiographical story of Mitch Albom, an accomplished journalist driven solely by his career, and Morrie Schwartz, his former college professor. Sixteen years after graduation, Mitch happens to catch Morrie's appearance on a television news program and learns that his old professor is dying. Mitch is reunited with Morrie, and what starts as a simple visit turns into a weekly pilgrimage and a last class in the meaning of life.



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## Weather Wise

6-Day Forecast Sierra Madre, Ca.

|              |           |    |     |      |     |
|--------------|-----------|----|-----|------|-----|
| <b>Sun</b>   | Sunny     | Hi | 70s | Lows | 40s |
| <b>Mon:</b>  | Sunny     | Hi | 70s | Lows | 40s |
| <b>Tues:</b> | Sunny     | Hi | 70s | Lows | 40s |
| <b>Wed:</b>  | Sunny     | Hi | 70s | Lows | 40s |
| <b>Thur:</b> | Sunny     | Hi | 60s | Lows | 40s |
| <b>Fri:</b>  | Ptly Cldy | Hi | 60s | Lows | 40s |

Forecasts courtesy of the National Weather Service

## SIERRA MADRE CITY MEETINGS

### CALENDAR

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

#### CITY COUNCIL

February 12, 2019 at 6:30pm  
February 26, 2019 at 6:30pm

#### PLANNING COMMISSION

February 3rd, 2019 at 7:00pm  
February 21st, 2019 at 7:00pm

#### COMMUNITY SERVICE COMMISSION

February 18th, 2019 at 6:30 pm CANCELLED  
February 25th, 2019 at 6:30pm SPECIAL MEETING  
March 18th, 2019 at 6:30pm

#### SENIOR COMMUNITY COMMISSION

February 7th, 2019 at 3:00pm  
March 7th, 2019 at 3:00pm

#### LIBRARY BOARD OF TRUSTEES

February 27th, 2019 at 7:00pm  
March 27th, 2019 at 7:00pm

#### ENERGY, ENVIRONMENT, AND NATURAL

RESOURCE COMMISSION  
February 20th, 2019 at 7:00 pm  
March 20th, 2019 at 7:00 pm  
April 17th, 2019 at 7:00 pm

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

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

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

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

Your event must:

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

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

## Sierra Madre Woman's Club

550 W. Sierra Madre Blvd.

Founded February 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

Explore Opportunities & Membership with Us  
Join for Member - Only Yoga w/ Paul Hagan Tuesdays, 10 am

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Facebook/SierraMadreWomansClub 355-4379

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This week at the

## Sierra Madre Public Library

January 28 - February 4

Monday at 9:00 am

Baby Rhyme Time

Monday at 10:00 am

Preschool Storytime

Tuesday from 2:00 - 5:00 pm

LEGO Play Day

February One Book One City

Saturday 2/2/19 at 1:00 am

OBOC A Look at Joseph Heller and his  
work, by Rich Procter, at the Library

Monday, 2/14/19 at 7:00 pm

"Off the Page" reading of the stage  
adaptation of Catch-22, at the Sierra  
Madre Playhouse

Read, Discover, Connect

@ Sierra Madre Public Library

## JOIN US FOR LUNCH KIWANIS CLUB OF SIERRA MADRE Since 1927!



We meet every Tuesday at Noon  
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Madre

OUR NEXT MEETING WILL BE

TUESDAY, JANUARY 29, 2019

Lunch Begins at Noon and costs \$10 -

Programs begin at 12:30 and are free!

FOR LUNCH RESERVATIONS

PLEASE CALL: 626-688-2273



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## REMEMBRANCE

### DAVID MICHAEL EMM

David Michael Emm, 37, born on March 14,  
1981 lost his battle with cancer January 17,  
2019.

He is survived by his wife Devin Marie  
Emm, parents Mike and Dru Emm, brother  
and wife Doug and Stephy and niece Cali Emm,  
Stepmother Jan Gluskin and in laws Jack and  
Sheri Dean and sister and brother-in-laws,  
Mckenna, Kiki, Megan, Erica and Justin.

David was an avid golfer and bowler and was  
very good at both. He was loved by everyone  
as he was a true friend and believed strongly in  
right and wrong.

"God saw you getting tired and a cure was not to be, so He put his arms around  
you and whispered, "Come with Me." With tearful eyes we watched you suffer and  
saw you fade away. Although we loved you dearly, we could not make you stay. A  
golden heart stopped beating, laying loving hands to rest. God broke our hearts to  
prove to us He only takes the best"

The family would like to express their gratitude and appreciation for the  
outstanding care he received at San Dimas Hospital and City of Hope. Any donations  
should be made to them in his name.

Services to celebrate his life are January 29, 2019 at 9:30 a.m. at Forest Lawn Covina  
Hills 21300 Via Verde Dr. Covina, CA with a reception following burial at 240  
Churchill Glen, Sierra Madre, CA 91024

### CORRECTION

In the January 19, 2019 edition of the Mountain Views  
News, the Sierra Madre Police Blotter was inadvertently  
labeled the 'Monrovia Police Blotter'. Our sincere apologies to the SMPD!





# SIERRA MADRE

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia



## KATIE Tse.....This and That FIELD TRIP!

What was your favorite field trip when you were in school? For me probably the most memorable ones were when we went to Catalina Island in sixth grade (?) and Washington DC in eighth. I know for a fact I wasn't old enough to appreciate the latter at the time, but it was memorable, none the less.

A bunch of the grades at the school where I work went on field trips last week in the RAIN! (Which, for you as the reader, is now about two weeks ago.) I asked one of the primary teachers how it went, and she smiled when she told me it was fine. But inwardly I was thinking, "Better you than me!" I've got my hands full enough with her kids in the two half hour sessions I see them! I salute her. Nerves of steel, that woman has...

The middle school students went to the Getty museum on Friday. (They beat the rain, so that was good.) I assumed it was the Getty in LA, but they actually drove all the way to the one in Malibu! Now THAT is adventurous, to say the least. Traffic out that way is a killer. Add to that a bus load of large, hormonal teenagers, and you've got the perfect recipe for a migraine, if not worse. My husband and I are blessed to live here in town, and he used to work near that area. Needless to say, he was always super up to date on local and national news, listening to the radio for hours during his endless commute.

So I asked my middle school students what their favorite thing was at the Getty Villa. I, for one, love the Getty in Malibu! The art's great and all, but what I find most breathtaking are the buildings and grounds --gorgeous! The last time I was there was years ago with my husband. We had gone to the Villa restaurant and he fell in love with the Roman Burger, which is saying a lot, because my husband is a real burger connoisseur. He doesn't just throw around burger accolades for nothing.

So back to my students. Most of them laughed and said all the nudes made them uncomfortable. I found that a bit hard to believe since I think at least half of their families let them watch R-rated stuff. But their

embarrassment was kind of cute, regardless.

Apparently the Getty Villa has a lawn maze that's pretty exciting, and a train that takes you up the hill...? Don't blame me if this is wrong information, I'm taking it straight from the kids' mouths. None of them got to try the Roman Burger. They missed out. But just like I wasn't old enough to truly appreciate DC, they probably aren't to the same level of burger refinement to truly appreciate the complex flavor nuances of the Roman Burger.

My mom's a retired 3rd grade teacher, and one of her most harrowing field trip stories was when four classes got stranded in gridlocked traffic on a bridge on the five freeway. They were en route to the Griffith Park Planetarium. It had started to rain and there was a major accident up ahead. A big rig had flattened a small coup. Miraculously, the driver of the smashed coup survived and leapt from his vehicle once the emergency crew pried it apart using the "jaws of life." By an almost equally blessed miracle, none of my mom's students had to use the bathroom! That would've been a disaster. They were stuck on a bridge at the time, so you can imagine their options...

My mom tells a story of another teacher she worked with who took his upper graders out hiking in Eaton Canyon on a Friday. It got dark and the bus forgot to pick them up! This was in the days before cell phones, so this poor teacher had to wander around Altadena asking to use people's phones in the surrounding community. Great!

But probably one of my favorite field trip stories comes from my mom's friend, Florence, who taught special ed. If you've worked in special ed, you know that they usually use a special bus that is shorter than your regular-sized bus. Apparently the school had chartered both long and short buses, and Florence's kids somehow made their way onto the long bus and didn't want to get off! It must've felt like a real treat for them to be on the "Big Bus." I don't know how she managed to get them off and onto the short one, but there was probably food involved. And it probably wasn't anything close to a Roman Burger.



## FRIENDS OF THE SIERRA MADRE LIBRARY BEST USED BOOK SALE



The upcoming Friends' BEST USED BOOK SALE will be held on Friday, February 1 from 3:00-7:00 p.m. and Saturday, February 2 from 10:00 a.m. - 2:00 p.m. Featured this time will be our annual VINTAGE collection. We will have a large amount of attractive and valuable classic books for sale on the Basement table and on our shelves. In addition, there will be some fascinating historical sets such as the 1918 set of True Stories of the Great War and Jefferson and His Time, a study of all things Jeffersonian, as well as Carl Sandburg's biography of Abraham Lincoln. A beautiful collection of The Bibliophile Library of Literature, Art and Rare Manuscripts (DeLuxe Limited Edition) will also be available. For fiction, we have a set of Charles Dickens books and The Works of Edgar Allan Poe. Look for classics with vintage drawings and illustrations and some charming children's titles

with beautiful artwork as well as our usual collection of Nearly-New books on the Basement shelves.

The Parking lot will also feature a number of Vintage books in our Bargain Book boxes where you may find old favorites for only \$1.00. Small paperbacks are \$.25 each or 5 for \$1.00 and Children's and teen books are priced from \$.25 - \$1.00 in the parking lot. DVDs, CDs and Audio Books will be HALF-PRICE at this sale. AND DON'T FORGET OUR SATURDAY BAG SALE IN THE PARKING LOT. Fill a large grocery bag all day for only \$5.00!!

The sale will be held behind the Sierra Madre Library, 440 West Sierra Madre Blvd. in Sierra Madre. All proceeds are used for services, acquisitions and programs of the Sierra Madre Library. We look forward to talking about books with you at the Best Used Book Sale!

## WALKING SIERRA MADRE by Deanne Davis



"Hope is the thing with feathers,  
That perches in the soul,  
And sings the tune without the words,  
And never stops at all,  
And sweetest in the gale is heard,  
And sore must be the storm,  
That could abash the little bird,  
That kept so many warm." Emily  
Dickinson, 1830-1886

This is it, friends and neighbors...the last, the very last word on resolutions for this New Year.

There's a concept going around, brought to my attention by Michelle Griep, successful author and blogger. Look her up, check out all her books and be amazed. I've quoted her before as she's always right on the mark. Anyway, the concept is to pick one word to be your New Year's resolution or mission statement for the year. There was even a book a few years back: My One Word: Change Your Life With Just One Word by Mike Ashcraft and Rachel Olsen. This is so cool as you can immediately dump those high-minded and probably impossible resolutions like reading all the great books in one year. Seriously? Have you ever looked at the list of Greatest Books? Here's the first few:

1. Don Quixote by Miguel de Cervantes.
2. In Search of Lost Time by Marcel Proust.
3. Ulysses by James Joyce.
4. The Odyssey by Homer.
5. War and Peace by Leo Tolstoy.
6. Moby Dick by Herman Melville.
7. The Divine Comedy by Dante Alighieri.
8. Hamlet by William Shakespeare.

I repeat, Seriously?? There are some of you out there who have read these, but most of us are happy with a new Stuart Woods or James Patterson thriller, or maybe a new John Grisham or a Danielle Steel, Nora Roberts or an Amy Tan. Lots of us like to just pull out an old reliable like Agatha Christie. Here's one I'd really like to read: "Girl, Wash Your Face: Stop Believing the Lies About Who You Are So You Can Become Who You Were Meant To Be," by Rachel Hollis. Here's a new one by Rachel Hollis that we need, too: "Girl, Stop

Apologizing: A Shame-Free Plan For Embracing and Achieving Your Goals." Guys, you can read these, too. We all need a little encouragement of the "get on with it!" variety.

The word I picked last year is: HOPE!

And I'm going to pick it again this year. I'm going to lean heavily on HOPE to help me make wise decisions about my future. I'm HOPING for a number of children I know who have medical problems: Brooklyn, Jake and our own Jessie. I'm HOPING that this year will bring what they all need in the way of healing.

So much has been written about HOPE: "HOPE is the little voice you hear whisper "maybe" when it seems the entire world is shouting "no!" "H.O.P.E. - Hold On, Pain Ends" "The only difference between those who threw in the towel and quit and those who used their energy to rebuild and kept it going is found in the word...HOPE." "Once you choose HOPE, anything is possible." Christopher Reeves "Where there is HOPE, there is faith. Where there is faith, miracles happen." "Optimism is the faith that leads to achievement. Nothing can be done without HOPE and confidence." Helen Keller

The picture is of our new great-granddaughter, Addison Noel Johnson, who was born August 24th. Here she is selecting her very first Christmas tree. Can you think of anything more hopeful than a brand new life?

So that's my word again for the year, HOPE. I'm hoping you'll pick one that will work for you.

"For I know the plans I have for you, declares the LORD, plans for good and not for evil, to give you a future and a HOPE." Jer. 29:11

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](http://www.authordeanne.com) Follow me on Twitter, too! <https://twitter.com/playwrightdd>

## SIERRA MADRE POLICE BLOTTER

During this period, the Sierra Madre Police Department responded to approximately 309 day and night time calls for service.

**Monday, January 14**  
Residents in the 300 block of E. Alegria reported jewelry missing from their residence following a repairmen working at their home. Case to Detectives pending further information

**Tuesday, January 15**  
At about 9:30PM, officers provided assistance to the Monrovia Police Department in the 700 block of Foothill Bl. with a disruptive male that was becoming violent with his family. During the contact, the male failed to follow officer's commands and began to physically resist the officers. As a result of the resistance, officers had to subdue the male. He was ultimately placed on a mental evaluation hold at a local facility by the Monrovia Police Department

**Wednesday, January 16**  
Officers responded to a disturbance call in the 100 block of E. Montecito Ave. at about 12:07AM, where the person reporting heard yelling and loud crashing noises. Officer's arrived and discovered that a female house guest assaulted an adult male resident. The resident placed the female under private person's arrest. The female subject was transported to the Pasadena Jail. Case to DA's office

**Thursday, January 17**  
At about 9:02AM, officers responded to the 300 block of N Lima St regarding a structure fire. The Sierra Madre Fire Department along with other assisting Fire Departments responded. During the investigation, an elderly male was discovered deceased inside the residence.

SIERRA MADRE CHAMBER OF COMMERCE

2019 WISTARIA FESTIVAL

MARCH 17, 2019

SHUTTLE TICKETS GO ON SALE 1/22/2019

9:00 am to 5:00 pm

Sierra Madre, Ca.

Advance Purchase Ticket:

\$12.00 REGULAR CHILDREN 12+ & SENIORS -\$7 SUPER SENIORS 90+ \$1.00





## THE SHOPS ON BALDWIN IN SIERRA MADRE



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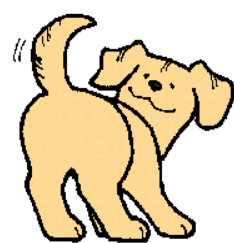
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## HELPFUL HOMEOPATHIC HINTS FOR YOUR PET'S HEALTH

### Happy Tails

by Chris Leclerc



Few pet owners are fortunate enough to say that their four-legged friend has had no need to go to the vet for anything other than annual checkups or vaccinations. Indeed, it seems we animal lovers are far-too-often off to see the doggie doc with a superabundance of symptoms that the average owner is clueless to care for.

On the other hand, I do think there are some circumstances when homeopathic healthcare might be worth looking into before making yet another trip to the vet. The trick is knowing which alternative treatment is appropriate for your pet. Much like us humans, animals are individuals with unique bodies that may or may not elicit the desired result from mainstream medication, so at times it might behoove the owner to consider the possibility of a homeopathic remedy.

For example, my bloodhound, Tater had ear infections throughout her adult life. Dogs with long ears tend to get infected because they are constantly getting wet then trapping that moisture inside the ear canal where warmth fosters bacterial growth. Because the bloodhound's long outer ear prevents air from drying out the inner ear, bacteria can grow exponentially faster than in the case of a short-eared dog. To make matters worse, my Tater's ears were longer than most bloodhounds', so it was virtually impossible to keep them dry and prevent the onset of infection.

Eventually there came a time when Tater's ears got so infected, none of the medications the vet recommended were working. It started with a relatively mild yeast infection which rendered a black paste that, slowly but surely made it's way down her baggy cheeks and beneath her floppy lips where it infected the tender skin on her neck and chin. Of course I followed the vet-recommended protocols, but the infection was relentless. At one point her ears got so bad I had to take her to the emergency clinic where they prescribed a stronger antibiotic.

Although the infection never cleared up completely, it did get better for a while. Following that ordeal, there were yet more months of vet visits to have Tater's ears tended to. We went through a plethora of oral and topical meds with little or no lasting results. Finally, I decided to seek out some alternative remedies in hopes of finding a cure. It's a good thing I did, because I found something that not only helped Tater's ears, but it also helped clear up the mucous that tended to gather around her eyes, as well as the itchy spots on her skin.

The remedy was so basic, I could scarcely convince my fellow pet owners it actually worked. I was skeptical too, at first, as the product was so affordable I figured there was no way it could possibly make a difference. Well, let me tell you, it worked! The solution turned out to be nothing more than a pro-biotic powder for pets that claimed to help maintain a healthy balance in the digestive

system.

Geneflora from [cycles-of-life.com](http://cycles-of-life.com) came highly recommended by Tater's trainer and although I can't give sole credit to the pro-biotic for our success with Tater's ears, I know it played a major part. I continued to administer the ear drops prescribed by the vet, and I added a daily regimen of cleaning with a home-brewed remedy I conjured up myself.

I put 5 cups of purified water in a pot on the stove and added a tablespoon of Dr. Bronner's liquid peppermint soap along with clippings of fresh rosemary, bay leaf and eucalyptus from my yard. Next I added a drop of bergamot essential oil and a dash of white vinegar. I boiled the mixture for about 2 minutes, removed it from the stove and dropped a clean cotton towel into the pot to soak.

With gloved hands, I rang out and placed the steaming towel under the flap of Tater's ear until it cooled, wiped the ear carefully with a clean dry cotton towel and repeated until the ear appeared clean. Finally, I applied the topical medicine prescribed by the vet. I continued this regimen along with the pro-biotic powder until, for the first time in years, Tater's ears were finally infection free!

The results we had with Tater's ears using the alternative treatment inspired me to look up more home remedies for pet health conditions. Here are a few bits of holistic health wisdom I found. I hope you find them helpful.

Bad Breath - Digestion can be partly to blame for a dog's bad breath, so it can't hurt to pep up the digestive process with whole grains. Try adding a little brown rice to your dog's daily rations. Parsley is a also great way to hold halitosis at bay, if your dog is willing to eat it.

Constipation - Try adding a teaspoon of oatmeal or high-fiber cereal to your pet's favorite nighttime delight. Pumpkin also helps keep things regular and most dogs love the taste of it. And don't forget to keep your dog's water bowl freshly replenished.

Worms & Other Parasites - Pets get parasites either from eating something containing the eggs of the perpetrator or being bitten by a carrier such as a fly or mosquito. And sometimes they contract worms from eating their own feces. Over the counter de-worming meds work pretty well but prevention is best, so be sure to clean up your pet's poop immediately, add small portions of garlic to the diet to deter insects, and don't allow your pet to drink from ponds, streams or lakes where insects and microscopic parasites breed.



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## BEST FRIEND

Elaine watches people come in Meow Manor thinking "Will they stop to meet me and see how wonderful I am?" Her personal ad would tell people she's a 3-year-old snuggle bug and loves people stroking her beautiful silky gray and white fur from head to tail while she twists and melts into the hands petting her. She lives in the first floor of the cat condos and is well worth coming down to her level to invite her out for a meet. She even likes belly rubs, almost as much as that "other" pet species. Both a lover and a player, Elaine keeps in shape chasing laser dots, wrestling stuffed toys and perfecting the skill of catching flying feathers. Elaine is very talkative, good with people, and even good with children touching her paws and petting her. Now that's a plus in any cat's resume! Please come meet her and see if she's your type. Her adoption fee is \$99, which includes spay surgery, a microchip, first vaccinations and a free wellness check-up at a participating veterinarian. Feel free to call us at (626) 286-1159 for more information. She currently resides at the San Gabriel Valley Humane Society located at 851 E. Grand Avenue in San Gabriel which is located off San Gabriel Blvd, north of Mission and south of Las Tunas Drive. To arrange a 'Meet and Greet', please stop by any time from 10:30am to 4:30pm Tuesday through Sunday. Website: [www.sgvhumane.org](http://www.sgvhumane.org).



## CAT OF THE WEEK

### Katnip News!



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# Pasadena Altadena

News From Your Community For Your Community

## Police Stop Commercial Burglary Spree



Police announced yesterday that they are now asking for the public's help identifying a third suspect involved at least 10 commercial burglaries that occurred on the morning of January 5 along Colorado Boulevard in the Eagle Rock area of Los Angeles and Northwest Pasadena.

According to police, Los Angeles County Sheriff's Department deputies from the Compton Station detained two occupants of a vehicle, last week, suspected in the involvement of a commercial burglary committed in Pasadena. Police arrested Juan Manuel Morales and Kiyonte Levell Sowell, both are adult teenagers and Los Angeles residents.

After the suspects' arrest, Pasadena Commercial Burglary Detective Kourtney Zilbert, conducted further investigation.

On Thursday, the Los Angeles County District Attorney's Office filed 10 counts of second-degree commercial burglary against both Morales and Sowell. The arraignment for both suspects was held on Thursday, January 24. Morales' bail has been set at \$200,000, and Sowell's bail has been set at \$100,000. Their preliminary hearing has been set for March 3.

The Pasadena Police Department is seeking the public's help in identifying a third commercial burglary suspect pictured above.

Anyone with information could call (626) 744-3862. Or anonymously by dialing (800) 222-TIPS (8477); or by using the website lacrimestoppers.org.

## Pet of the Week



Meet Patches (A470134), a 7-year-old domestic shorthair who found his way to Pasadena Humane when his owner had to move to an apartment that didn't allow pets. He came in a bit shy and wouldn't approach the kennel when visitors came around. In the last month, however, he has slowly come out of his shell and now will hop out of his bed when a visitor comes by. He likes to be pet from head to tail and head bump your hand for more. He's looking for someone with pets, treats, and the offer of a forever home.

The adoption fee for cats is \$90. All cats are spayed or neutered, microchipped, and vaccinated before being adopted.

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

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

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



## Reopening of Robinson Park Center

The city's Department of Human Services and Recreation is set this morning to hold the Grand Reopening of Robinson Park Recreation Center (RPRC), from 10 a.m.-2 p.m. The event will begin with a ceremonial ribbon cutting and will continue with tours of the new, state-of-the-art facility.

"We are excited to return high-quality recreation programming for all ages and abilities to Robinson Park Recreation Center. Recreation programming improves neighborhood quality of life and well-being, strengthens public safety and brings people together. We look forward to welcoming the community back to the Center and to our programming," states Department of Human

Services and Recreation Director Brenda Harvey-Williams.

Harvey-Williams also said seasonal activities planned for the RPRC include arts and crafts, dance, adult fitness classes, yoga, summer day camp, aquatics, and youth enrichment classes such as guitar and drawing, and more.

According to city staff, the Robinson Park Recreation Center Renovation Project began construction in May 2017 and included the demolition and reconstruction of the Recreation Center's approximately 9,000-square-foot multipurpose room, administrative offices, kitchen, open courtyard, restrooms, and conference room as well as an

approximately 4,900-square-foot addition of fitness and dance rooms, storage, and common areas. The building is fully accessible and includes energy efficient lighting, audio-visual technology and security upgrades, and new drought tolerant landscaping. In addition to the Recreation Center improvements, the existing 7,300-square-foot gymnasium at Robinson Park underwent renovations that included extensive structural upgrades, aesthetic improvements, and the installation of a new hardwood court.

Robinson Park Recreation Center is located 1081 N. Fair Oaks Ave.

For more information on current programming or to register, visit: [cityofpasadena.net/humanservices](http://cityofpasadena.net/humanservices).

## Free E Waste Recycling; Document Shredding

Residents can safely dispose of electronic waste and have personal and business documents shredded at the City's popular free e-waste event from 9 a.m. to 3 p.m., Saturday, February 9. The event will be held in Parking Lot I outside the Rose Bowl Stadium near Brookside Park, 360 North Arroyo Boulevard.

Shredding trucks and e-waste collection sites will be arranged at different stations in Parking Lot I. Look for signs directing you to the event. Motorists and bicyclists are advised to use caution while traveling through the area.

E-waste items include computers, keyboards, printers, monitors, laptops, docking stations, scanners, shredders, fax machines, computer mice, telephones, televisions, flat screens, VCRs, DVD players, PDAs, cassette players, tape drives, stereos and household batteries. Many of these products have parts that can be recycled.

Public Works is also helping residents prevent identity theft by providing free paper shredding during the event. The public can bring a maximum of three (3) legal-size boxes for shredding. Sensitive documents such as receipts, checks, pre-approved credit applications, credit card statements, outdated tax returns, pre-printed envelopes, return address labels and business cards are items that can be shredded.

Event participants will be required to show proof of Pasadena residency and the duration of the event is subject to truck capacity. The event is sponsored by the City's Department of Public Works. For more information about the free e-waste collection and document shredding event, visit [www.cityofpasadena.net/PublicWorks](http://www.cityofpasadena.net/PublicWorks) or call (626) 744-7311.

## Black History Celebrations



Celebrate Black History 2019 in Pasadena by attending the parade and other special events, lectures and activities run through Sunday, March 17. The City and volunteer Black History Parade & Festival Planning Committee present a full schedule of events in celebration of the achievements by black Americans and in recognition of African-Americans in U.S. History.

Pasadena's Black History Month Parade is one of the largest in the U.S. Pasadena media, [www.pasadenamedia.tv](http://www.pasadenamedia.tv), will record the parade in its entirety for broadcast on KPAS, the City's government TV station. A list of the events follows. All events are free unless otherwise noted.

January 31 Red, Black & Green Honors Gala  
The Rose, 6:00 PM, 245 E. Green St.,

Feb 1 – 28 Observation in Black, 2019 – A Pictorial Celebration of Black History Month

Pasadena Central Library, Humanities Wing, 285 E. Walnut St.

February 9 Miss Black Pasadena Pageant  
Westerbeck Hall at Pasadena City College, 5:00 PM, 1570 E. Colorado Blvd.

February 10 Black Film Showcase  
Jackie Robinson Community Center, 3:00 PM, 1020 N. Fair Oaks Ave.

February 16 37th Annual Black History Parade & Festival Ends at Robinson Park Recreation Center, 10:00 AM, 1081 N. Fair Oaks Ave.

February 17 Events by Jacqueline Presents Gospel & Jazz Sunday Brunch at Hotel Constance

Hotel Constance Pasadena, 2:00 PM., 928 E. Colorado Blvd.

February 17 35th Annual Black History Program with Special Guest Speaker Jackie Lacy, LA County District Attorney  
Altadena Baptist Church, 5:00 PM, 791 E. Calaveras St. Altadena, CA

February 21 N.O.B.L.E. Black Fire Fighters Association, Pasadena Black Employee Association Black History Breakfast  
Pasadena Senior Center, 7:30 AM, 85 E. Holly St.

February 22 Chocolate Story Time  
La Pintoresca Library, 4:00 PM., 1355 Raymond Ave.

February 22 Senior Night Out  
Pasadena City College Foothill Campus, 7:00 PM, 3035 E. Foothill Blvd. Pasadena Ca. 91107

February 23 We Are One – Community Line Dance  
Jackie Robinson Community Center, 2:00 PM, 1020 N. Fair Oaks Ave.

March 8 Art Night  
Jackie Robinson Community Center, 6:00 PM, 1020 N. Fair Oaks Ave.

March 10 Celebrating Women: Afternoon Tea  
Jackie Robinson Community Center, 3:00 PM., 1020 N. Fair Oaks Ave.

March 17 Praise Dance & Song Jubilee  
Metropolitan Baptist Church, 3:00 PM., 2283 N. Fair Oaks Ave.

Black History Parade and Festival Participation Opportunities  
Pasadena is proud to host one of the largest Black History Month parades in the U.S.A., set for 10 a.m. to 4 p.m., February. Call (626) 744-7300 for information about the honors Gala, sponsorship opportunities, vendor booths, and parade entries.

## 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.

**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 N!xau 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.

**Keep Your Heart Healthy – Thursday, Feb. 7, at 10 a.m.** Come learn at least five habits you can incorporate into your lifestyle to keep your heart health the best it can be. Presented by Huntington Hospital.

**Cultural Thursday – Thursday, Feb. 7, at 2 p.m.** A.R. Gurney's play Love Letters, a finalist for the 1990 Pulitzer Prize for Drama, will star Tom Laskey as Andrew and Sandy Mansson as Melissa. The two characters sit side by side as they read the notes, letters and cards they exchanged over the course of 50 years while they led separate lives.

**Rediscovering Hope – Thursdays, Feb. 7 to 28, at 3 p.m.** Rediscovering Hope is a support group for anyone grieving the death of a loved one. For more information call licensed clinical social worker Jody Casserly at 626-918-2273, ext. 7455.

**Home Share Workshop: Room to Rent – Tuesday, Feb. 12, at 11 a.m.** For any homeowner thinking about renting out a room, this workshop will explain how to list your space and find a good renter to share your home. Topics will include finding an online site that suits your needs, what type of home partners you are seeking, safe practices, how to spot a scam, how to set up your rental agreement and more. There will be optional follow-up sessions. RSVP at the Welcome Desk or by calling 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.

## Community Meetings Regarding Draft Urban Wildlife Management Plan

The City of Pasadena Public Health Department (PPHD) will be presenting information at two community meetings regarding a draft Urban Wildlife Management Plan. The Plan provides general guidance to members of the public to prevent or minimize human/wildlife interactions, and provides guidance for the City on responding to human/wildlife interaction. The Plan addresses health and safety issues regarding human interactions with coyotes, bears and mountain lions, as well as smaller animals such as squirrels and opossums.

The community meetings will be held from 6 to 8 p.m. as follows:

Wednesday, January 30, 2019, at Frostig School Auditorium (971 N. Altadena Dr.)

Wednesday, February 13, 2019, at Blair Middle School, Room 135 (1135 S. Euclid Ave.)

The Plan is in draft form and is subject to changes



and City Council approval later this year. The Plan is also under California Environmental Quality Act (CEQA) review and will have a separate comment period for that compliance. If you would like to review the Plan and provide any feedback please visit [www.cityofpasadena.net/UWMP-comments](http://www.cityofpasadena.net/UWMP-comments). Comments may be provided in writing to Michael Johnson, Director of Public Health, 1845 N. Fair Oaks. Please provide feedback and/or comments of the Plan on or before Friday, March 1.

## Rotary Foundation to Award Health-Related Grants

The Rotary Club of Pasadena Foundation is accepting applications for 2019 grants from nonprofit organizations that serve Pasadena-area residents.

Each grant, which will range from \$1,000 to \$4,000, will be awarded for health-related programs and services, including prevention programs that encourage exercise, food planning and preparation, and healthy sleep patterns; education programs about health practices intended to prevent diabetes, heart disease and other serious medical issues; and direct services such as flu shots, oral examinations, physical examinations, blood pressure checks and hearing tests.

Application packets must be received no later than 5 p.m. Monday, Feb. 11. Late submissions will not be considered.

For a printable 2019 grant application, official guidelines and other information about the application process, visit: [pasadenarotary.com](http://pasadenarotary.com) and click on Empowering Your Community and then Community Grants.

With the motto Service Above Self, Rotary Club of Pasadena is an association of business and community leaders. In Pasadena and worldwide, members and volunteers build goodwill and peace, provide humanitarian service and encourage high ethical standards in all vocations.

## ALTADENA CRIME BLOTTER

**Sunday, January 13th**  
7:45 PM – A vehicle burglary occurred in the 500 block of Crosby Street. Suspect(s) entered the vehicle via unknown means. Stolen: case containing CD's.  
**Monday, January 14th**  
8:00 AM – A vehicle was reported stolen from the 2400 block of Lincoln

Avenue. Vehicle described as a white 2012 Lincoln MKS. Vehicle was recovered by CHP Altadena on 1/14/2019.  
**Tuesday, January 15th**  
9:00 AM – A residential burglary occurred in the 70 block of Reeve Way. Suspect(s) entered the residence by shattering the window. Stolen: unknown.



# ARCADIA

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## SANTA ANITA JOCKEYS SET FOR 52ND ANNUAL HOLY ANGELS BOYS CHARITY BASKETBALL GAME THURSDAY, JAN. 31

*Proceeds to benefit Holy Angels Athletics & The Bill Hartack Charitable Foundation*



Hall of Fame jockey Mike Smith signing autographs at last years game.

ARCADIA, Calif. (Jan. 24, 2019)—The 52nd annual Santa Anita Jockeys vs. Holy Angels Elementary School Charity Basketball Game will be played next Thursday, Jan. 31 at La Salle High School in Pasadena. Proceeds from the game will benefit Holy Angels Athletics and the Bill Hartack Charitable Foundation, which contributes to several Thoroughbred racing industry charities and presents the winning rider in each year’s Kentucky Derby with the Hartack Memorial Award. (Named in honor of the late Hall of Fame jockey, William Hartack, who along with Eddie Arcaro, won a record five Kentucky Derbies).

With tip-off set for 7:05 p.m., Hall of Fame jockeys Kent Desormeaux, Laffit Pincay, Jr., Mike Smith, Alex Solis and Gary Stevens will be available at center court for an autograph session beginning at 6:30 p.m.

The jockeys’ squad will be under the direction of Tony Vong, who also serves as “Big Money” Mike Smith’s personal trainer and the Holy Angels cagers will be coached by Michael Hernandez and Job Rivera.

Tickets are five dollars per person, and for every two tickets purchased, individuals will receive one free admission ticket to Santa Anita Park.

La Salle High School is located at the southwest corner of Sierra Madre Blvd. and Michillinda Ave. in Pasadena, approximately three miles from Santa

Anita. Admission tickets and promotional tee shirts are on sale now at Champions! Gifts and Apparel in Santa Anita’s East Paddock Gardens, or through Holy Angels Elementary School in Arcadia.

**About Us**

Santa Anita Park is a Stronach Group company, North America’s leading Thoroughbred racetrack owner/operator. The Stronach Group racetracks include Santa Anita Park, Gulfstream Park & Casino, Golden Gate Fields, Portland Meadows, Laurel Park and Pimlico Race Course, home of the world-famous Preakness. The company owns and operates the Palm Meadows Training Center in Florida, and is one of North America’s top race horse breeders through its award-winning Adena Springs operation. The Stronach Group is one of the world’s largest suppliers of pari-mutuel wagering systems, technologies and services. Its companies include AmTote, a global leader in wagering technology; Xpressbet, an Internet and telephone account wagering service; and Monarch Content Management, which acts as a simulcast purchase and sales agent of horseracing content for numerous North American racetracks and wagering outlets. The Stronach Group is North America’s premier supplier of virtual online horseracing games, as well as a leading producer of social media content for the horseracing industry.

## ARCADIA POLICE BLOTTER

*For the period of Sunday, January 13th, through Saturday, January 19th, the Police Department responded to 765 calls for service, of which 99 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.*

**Sunday, January 13:**

1. Shortly before 8:45 a.m., an officer responded to Din Tai Fung, 1108 South Baldwin Avenue, regarding a commercial burglary report. Surveillance footage revealed a male suspect damaged a rear door, ransacked the location, and used a hammer to break free a concealed safe containing more than \$10,000.00.

The suspect is described as a white or Hispanic male, with a full beard, and wearing a light colored down jacket with a hood, dark colored jeans, white tennis shoes, and seen carrying a multicolored backpack. The investigation is ongoing.

At approximately 10:44 a.m., an officer responded to the 00 block of East Forest Avenue regarding a vehicle burglary report. The victim reported an unknown suspect smashed the rear window and stole her backpack sometime during the previous evening. No suspects were seen and no witnesses were located.

**Monday, January 14:**

Just after 6:35 a.m., an officer responded to LA Fitness, 1325 South Baldwin Avenue, regarding a commercial burglary report. An investigation revealed an unknown suspect cut the locks to two lockers inside the men’s locker room, and fled with cash from one of the lockers and a second victim’s car keys. The suspect then ransacked the vehicle but fled emptyhanded. The investigation is ongoing.

At approximately 11:44 a.m., an officer responded to Wells Fargo, 444 East Huntington Drive, regarding a robbery report. The officer discovered the victim made arrangements to cross the border illegally and to have two suspects pick him up in exchange for payment. After being picked up, the victim was taken to the bank and, when he didn’t withdraw as much as the suspects requested, they took him to a second bank, took his phone, and threatened him. Additional suspects were picked up during the crime. A total of four suspects, a 28-year-old female from San Jacinto, a 37-year-old female from Duarte, a 34-year-old male from Duarte, and a 40-year-old male from Duarte were arrested. A records check revealed the victim, a 31-year-old male from Bakersfield, had an outstanding misdemeanor warrant. He was also arrested. All five were transported to the Arcadia City Jail for booking.

Around 2:59 p.m., an officer responded to Foothills Middle School, 171 East Sycamore Avenue, regarding a battery report. An altercation occurred between two unknown males and the victim’s friend. The victim went to assist his friend and one of the unknown males grabbed the victim, placed him in a “headlock”, and punched him in the face twice. Both males then fled on foot.

The suspect is described as a Hispanic male with acne, and seen wearing a black jacket and black pants. The investigation is ongoing.

**Tuesday, January 15:**

Just before 8:44 a.m., an officer responded to a residence in the 1000 block of Arcadia Avenue regarding a theft from vehicle report. The officer determined an unknown suspect stole the victim’s catalytic converter from her Prius sometime during the previous night. No suspects were seen and no witnesses were located.

**Wednesday, January 16:**

At about 9:28 a.m., an officer responded to the 2000 block of South Sixth Avenue regarding a vehicle burglary report. Sometime during the previous evening, an unknown suspect smashed the victim’s front passenger window and fled emptyhanded. No suspects were seen and no witnesses were located.

Shortly after 6:17 p.m., officers responded to Sprint Cellular Store, 651 West Duarte Road, regarding a robbery report. Surveillance footage revealed three suspects entered the store and attempted to forcefully remove several phones from their display mounts. They fled with two stolen cellphones.

All three suspects are described as black males, ages 20 to 25-years-old, approximately 6’ tall, and clean shaven. The investigation is ongoing.

**Thursday, January 17:**

Before 12:42 a.m., an officer conducted an enforcement stop on a vehicle near the intersection of Orange Grove Avenue and Rancho Road for failing to stop at a stop sign. Upon contacting the driver, the officer detected a strong odor of alcohol emitting from the suspect’s breath in addition to discovering he was driving without a license. Through a series of tests, the officer determined the suspect was driving with a blood alcohol content of .091%. The 21-year-old male from Sierra Madre was arrested and transported to the Arcadia City Jail for booking.

Around 3:10 p.m., an officer responded to a residence in the 200 block of West LeRoy Avenue regarding a gun safe found in front of the location. Assisting officers arrived and discovered unknown suspects smashed a side window and fled the home with the safe, but decided to flee without the safe and left it in front of the home. The loss is unknown at the time of this report. The investigation is ongoing.

**Friday, January 18:**

At about 4:02 p.m., an officer conducted a vehicle check on a vehicle parked in the area of Northview Avenue and Floral Avenue. A records check of the vehicle revealed it had been reported stolen out of Westminster. During a search of the vehicle and the driver, the officer located methamphetamine, drug paraphernalia, and fraudulent government documents. After providing the officer with false identifying information, a records check of the 35-year-old female from Baldwin Park revealed she had two outstanding misdemeanor warrants and one outstanding felony warrant. She was arrested and transported to the Arcadia City Jail for booking.

Just before 9:01 p.m., an officer responded to the 800 block of Arcadia Avenue regarding an aggravated assault report. The victim stated she was nearly struck by a vehicle driven by an ex-friend. The 20-year-old female suspect from La Crescenta and the vehicle were gone by the time the officer arrived. The investigation is ongoing.

**Saturday, January 19:**

Shortly after 4:17 a.m., officers responded to T-Mobile, 1019 ½ South Baldwin Avenue, regarding an audible alarm activation. An investigation revealed unknown suspects smashed the front window, ransacked the location, and fled with an unknown amount of property. The investigation is ongoing.

At approximately 2:03 p.m., an officer responded to the 24 Hour Fitness parking lot, 125 North First Avenue, regarding a vehicle burglary report. The victim discovered an unknown suspect smashed a window to her 2017 Toyota Camry and fled with the her purse and \$250 in cash. No suspects were seen and no witnesses were located.

# MONROVIA - DUARTE

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

## MONROVIA POLICE BLOTTER

*During the last seven-day period, the Police Department handled 397 service events, resulting in 71 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 a Controlled Substance / Weapon Offense – Suspect Arrested** January 17 at 12:16 a.m., an officer was on patrol in the 600 block of S. Myrtle when he stopped a bicyclist for vehicle code violations. The stop led to a search of the subject and the officer found methamphetamine, a methamphetamine smoking pipe and a throwing star in the subject’s possession. The subject was arrested and later released with a citation to appear in court on the charges.

**Injury Traffic Collision**

January 17 at 11:39 a.m., a traffic collision was reported in the 1500 block of S. Mayflower. Two motorists had collided into one another, which caused one of the vehicles to collide into two parked vehicles. Officers and paramedics arrived to treat the subjects with complaint of pain. The investigation is continuing.

**Public Intoxication – Suspect Arrested** January 18 at 11:12 a.m., a caller reported a subject in the 300 block of S. Primrose who was possibly urinating in the street. Officers arrived and contacted the subject. They found the subject was heavily intoxicated and unable to care for his own safety. He was arrested and held for a sobering period.

**Theft of Package** January 18 at 1:34 p.m., a resident in the 900 block of California called police to report that an unknown suspect stole a package from his front porch. The investigation is continuing.

**Shoplifting / Possession of a Controlled Substance / Warrants – Suspect Arrested** January 18 at 6:11 p.m., an employee from a business in the 500 block of W. Huntington called police to report a female subject that concealed merchandise inside a backpack and left without paying. Officers arrived and located the subject. She was found to be in possession of the stolen property, methamphetamine and drug paraphernalia. A computer check revealed she also had a parole violation and warrants for her arrest. She was arrested and taken into custody.

**Vandalism** January 19 at 1:49 a.m., a resident in the 800 block of W. Foothill called to report that one of the windows to his apartment was smashed. The resident said an unknown subject threw eggs at his apartment window, which shattered the window. The subject left in a gray Honda prior to police arriving. Investigation continuing.

**Possession of Drug Paraphernalia / Warrant – Suspect Arrested** January 19 at 7:55 a.m., an employee from a business in the 500 block of W. Huntington called to report a shoplifter was being detained by loss prevention. Officers arrived and located drug paraphernalia on the subject. A computer check also revealed the subject had an outstanding warrant. The subject was arrested.

**Warrant / Burglary / Fraud – Suspect Arrested** January

19 at 2:24 p.m., an employee from a business in the 500 block of W. Huntington called police to report a subject who shoplifted. Officers arrived and detained the subject. A computer check revealed the subject had warrants for his arrest. He was arrested and found to be in possession of a wallet containing other people’s credit cards and identification. The officers were able to confirm the subject had committed a burglary in Arcadia, where he stole the wallet containing the credit cards and the victim’s identification. Investigation continuing.

**Vandalism / Possession of Narcotics for Sale – Suspects Arrested** January 19 at 9:20 p.m., a passerby saw four male subjects in front of a business in the 100 block of W. Duarte, and one of the subjects wrote graffiti on the wall with a green marker. The passerby called the police, who responded and located one of the possible subjects. No marker was found, but the subject was in possession of narcotics for sales and a replica gun. He was arrested without incident. Officers went back to the business and viewed video surveillance. Officers located a second subject who matched the subject in the video. He was also arrested and taken into custody.

**Driving Under the Influence – Suspect Arrested** January 20 at 3:06 a.m., a resident in the 200 block of N. Myrtle called police to report a motorist that had crashed and the vehicle had rolled over. The motorist was driving north on Myrtle and clipped a parked vehicle, causing the vehicle to roll over. The driver was found to be intoxicated and had minor injuries. After field sobriety tests were conducted, he was arrested for DUI.

**Non-Injury Traffic Collision**

January 20 at 12:42 p.m., a caller reported two motorists that collided in the 300 block of W. Duarte at the intersection of Magnolia. Officers responded to investigate the collision and found that no one was injured. Both motorists chose to exchange information, but did not desire a police report.

**Public Intoxication – Suspect Arrested**

January 20 at 1:11 p.m., police dispatch received a call reporting a male subject passed out in a parked vehicle in the 100 block of N. Myrtle. The caller believed the subject may be in need of medical attention. Officers responded and found the subject was heavily intoxicated. He thought he was in Pasadena and did not know what day it was. The subject had a court ordered breath tester to start the vehicle. After it was determined that he did not need medical attention, he was arrested for public intoxication and held for a sobering period.

**Stalking / Violation of Court Order – Suspect Arrested**

January 20 at 5:12 p.m., an officer was completing an investigation from a report of stalking that has been occurring primarily at a business in the 400 block of S. Myrtle. He called the victim to obtain further information and was told the suspect was in front of the business. Officers responded and took custody of the suspect, who has a restraining order against him that prohibits him from being near the victim. The suspect had violated the restraining order three times in the past few days. The suspect was arrested and taken into custody.


City of Monrovia

# State of the City

Monday, January 28, 2019

Studio Movie Grill  
410 South Myrtle Avenue  
Monrovia, CA 91016

7:00 p.m.  
Theatre Number Seven







## A MUSHROOM FORAY

[Nyerger 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](http://www.SchoolofSelf-Reliance.com).]

### NEWS NOTE

A Great Annual Opportunity to Learn about Mushrooms The 35th Annual Los Angeles Mycological Society's Wild Mushroom Fair will take place on Sunday, February 10, beginning at 9 a.m., at the L.A. County Arboretum, located at 301 N. Baldwin in Arcadia. There will be a walk, mushroom growing demonstration, cooking demonstration, and other lectures. All day long there will be educational displays of wild mushrooms, and experts on hand to query with your identification questions.

Admission to the Mushroom Fair is free with admission to the Arboretum, which is \$9 for adults, \$6 for seniors (62 and over), \$6 for students with ID, and \$4 for children 5-12. Children under 5 are admitted free. Parking is free. More information about LAMS events is available on their Calendar at <http://www.lamushrooms.org/calendar.html>.

Recently, I conducted a walk to exclusively identify mushrooms. In the early 1970s, I got involved with the L.A. Mycological Association, and learned how to identify wild mushrooms, and use the edible ones for food. I had some great mentors, such as Robert Tally, and Bill Breen, who taught me how to find and cook wild mushrooms.

During the 70s, I would eat mushrooms that others in the association found or brought to meeting that they declared were edible. I would study them, take note and photos, and try them when I got home. I recall a phrase, "this mushroom is know to disagree with some people." That translates as, "you will be vomiting violently at 2 a.m." which happened a little too often. So I lost my desire to try every wild mushroom. Plus, beyond the common mushrooms, most of them began to get categorized as the "LBMs," the "little brown mushrooms, which were never identified to genus because it would have taken more time than I cared to give to the task.

My recent walk was organized by a member of the current Los Angeles Mushroom Society. The main problem with scheduling mushroom walks is that scheduling generally takes place weeks, if not months, ahead of the event, and mushrooms are very particular about when they pop up. Conditions

all need to be just so for the mushrooms to arise, such as the season, under the correct trees, amount of moisture, temperature, and other variations. However, by this January we had adequate rain so I felt we'd see plenty of mushrooms.

As it turned out, we had a very successful walk. We walked under oaks mostly, where layers of wood chips had been laid down, and in other areas too.

We found specimens of at least three very common mushrooms. The first was the Lepiota rhacodes (sometimes called the parasol mushroom). This one appears as a white gilled mushroom, with brown patches on the cap, a ring on the stem, a bulbous base, and a hollow stem. It stains orange when cut or bruised. It's an excellent mild-tasting mushroom when sautéed in butter. We also found many specimens of the Agaricus campestris and related species, which is basically the wild variety of the common store-bought mushroom. This one has pink gills which turn a chocolate color as the spores mature, a ring on the stout stem, and a stem that breaks freely from the cap.

The third common one we found was the blewitt, so called because the entire mushroom is an unmistakable violet color. The Latin name for this one has changed periodically. I first learned it as Tricholoma nuda, then it was Lepista nuda, now the mycologists appear to have settled on Clitocybe nuda. It has a stout stem with free gills. We all found enough of these three that many of the participants got to take some home to cook.

We found a few of the inky caps, including Coprinus atramentarius, which causes vomiting if consumed with alcohol. The inky caps must be collected and cooked when they are young and white, because as they get old, they decompose into a blank ink.

We found others too, and also identified several wild greens along the way. Everyone had a good introductory experience to mushroom hunting, but realized that a lot of time should be spent in learning how to identify before you ever eat any wild mushrooms on your own. I spent at least two years in the field before feeling confident enough to consume wild mushrooms by myself. It may not take everyone that long – after all, once you learn one wild mushroom, you can always pick that one and use it. But you should never eat any wild mushroom that you have not positively identified.

To learn more, you could research on-line, get a good mycology book at a local bookstore, and you are also welcome to email images to me. If I can identify them, I will do so. And be sure to attend the Annual Mushroom Fair at the Arboretum on February 10 if you are able.



## OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

### THE END OF ALL NONSENSE AND OTHER PRACTICAL JOKES

When it comes to practical jokes, Yours Truly is always on the ready. Throughout my earthly passage, I have perpetuated my share of practical jokes. I will not enumerate them here, the simple reason being, I might want to bring one out of retirement.

I must say that most practical jokes are neither practical nor funny. However, I operate on the biblical premise, "A merry heart doeth good like a medicine: but a broken spirit drieth the bones" (Proverbs 17:22). With the high cost of medicine these days, I will take a merry heart every time. Just call me Dr. Merry Heart, and I will dispense some good medicine to everybody who needs it.

Now, the practical joke I am thinking of has to do with New Year's Resolutions. I always look forward to the last week in January for this very reason. For the first several weeks of January, I am nervous and sweating over those lousy New Year's Resolutions I am forced to make. Pardon my French.

Somewhere there is someone laughing at all of those stupid enough to make New Year's Resolutions. It is probably the quintessential practical joke played on all humanity. Is there a culture anywhere in our world today that does not fall for this practical joke? If there is, I want to move there.

The first week in January is probably the worst week when it comes to these New Year's Resolutions. They are fresh in our mind not to mention fresh on our lips. A New Year's Resolution would not be so bad if nobody knew that we made one. The problem comes when somebody knows what our resolution is and constantly reminds us, "How's your New Year's Resolutions coming along?"

For most of us, it is a formula for lying. Of course, I blame my friends who are tempting me into this pattern of lying. If they would forget my resolutions as easily as I do, there would be peace on earth good will to men.

Nevertheless, during the first week, I entertain high intentions about my resolutions. And like the thought-challenged beggar that I am, I boast to everybody about the high quality resolutions I have put in force for the coming year. All this in an effort to improve my standing among my peers. Most of my peers are standing in high water themselves. My objective is to make them think that I am a progressive, forward thinking, highbrow person of the future. I cannot control what they think, but I can help them along the thinking process concerning myself.

The second week of January is a high water mark for these New Year's Resolutions. It is during this week that I begin to have suspicions about the legitimacy of my resolutions. The first week they look wonderful, but the second week the rose begins

fading and I begin to see what I have strapped myself with for the coming year. Then, just when my confidence is beginning to shake, a friend of mine will ask, "How's your New Year's Resolutions coming along?"

On Facebook, they have a process called "defriending." I must find out how that works. I have a list of friends I would like to "defriend," at least until my New Year's Resolutions have faded into the distant past of forgetfulness. The next person that asks me about my New Year's Resolutions will be added to that infamous list.

Then the third week of January comes around. It is at this time I begin to see that my New Year's Resolutions were made by a fool. There is no fool quite like the one in your bathroom mirror. By now, I find there is absolutely no way those resolutions will be kept by me. If only I could sell my resolutions on eBay, I might make out pretty good, because on paper they look terrific.

At this stage of the month, the Gracious Mistress of the Parsonage says to me, "How's your New Year's Resolutions coming along?" She always says it with a silly little smirk on her face. She knows that the boast of January 1 loses its luster by January 21. After all, she has 46 years, this coming summer, of experience with my New Year's Resolutions.

It is the fourth week of January I am most interested in. To go through the first three weeks of January is rather painful but by the time the last week comes around everything is forgotten.

Not only have I forgotten my resolutions, but everybody around me has forgotten them as well. At least they have given up asking me about those resolutions. I take what I get and am thankful. Some may have heard about my defriending policy.

The thing most troubling is, I never learn my lesson. Next year it will be the very same thing, and consequently, the same outcome.

There is something to forgetting the past. I find it interesting that the things we need to forget are the very things we remember, and the things we should remember are the ones we usually forget.

The apostle Paul understood this very thing. "Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before," (Philippians 3:13).

The best resolution has to do with my relationship with God. And that is no practical joke.

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

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

Friends and family called him "Big Steve", the Bicos Family has made a name for themselves here in the San Gabriel Valley with such great restaurants and drive throughs: Tops, T Burgers, Gus' and memories that will last a life time, sad to report that "Big Steve" has gone to the Pastrami in the sky, You will be missed!!  
And.....

Sometimes I think my job title should include "detective", as in "Peter Dills: Wine Detective". I guess, for that matter, most of us who carry a pen could fall into that category. Something that I assume is common knowledge might be unknown to those of you who just have a glass or two of wine now and then.

Think about this: where does your wine come from? Where does the label say it is from? There is a simple way to know by looking at the label if the wine is estate grown and, generally speaking, the label will tell you the percentage of that grape.

For example: "Estate grown" means that 100% the grapes come from the winery even if that winery owned vineyards in different regions, i.e. Paso Robles and Lodi. On the other hand, do the grapes come from a small section of Sonoma or Napa, AVA\*, or can they be pinpointed to the Alexander Valley, a region on the edge of Sonoma? If the latter case, then it has to be at least 85% wine from Alexander Valley.

Many larger wineries produce grapes for themselves and for other wineries in a very common practice called "sourcing". If a winery doesn't have a vineyard of their own can they still be called a winery? Yes and no. I have heard terms such as "virtual", and even though I'd call them more of a marketing company, don't discount their ability to produce great wines. This is how many new wineries make a name for themselves. They get the luxury of picking and choosing what grapes/juice they want to buy. If there was a bad crop or a bad year, said winery can wait until better grapes are available.

In Pasadena, there is the Old Oak Winery on Foothill Blvd. Obviously there haven't been any vineyards in Pasadena for many years, so they source the juice from Sonoma County. From what I've tasted of their offerings, I think they do a great job on their cabernets and chardonnays. San Antonio Winery in Downtown LA produces their award-winning wines in Los Angeles, and they do have the luxury of owning their own vineyards. Winemaker Anthony Riboli explains it this way: "We own estate Chardonnay vineyards in Monterey, but we ferment the juice from those vineyards in downtown LA. It's a tradition of many decades. However, it shows that very high quality wines can be made in many places, even downtown LA. The urban winery trend is also very strong throughout the US."

So don't be swayed by the "where" so much - stay focused on the taste and the value.

AVA : An American Viticultural Area (AVA) is a designated wine grape-growing region

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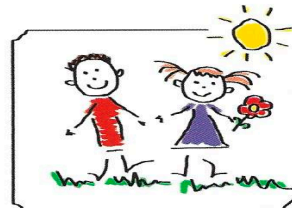
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## SIERRA MADRE CIVIC CLUB OFFERS EDUCATIONAL AWARDS TO HIGH SCHOOL SENIORS

The Sierra Madre Civic Club is offering Education Awards to high school seniors who plan to attend a college or trade school. Last year, the five recipients represented LaSalle and Pasadena High Schools. Since 1944 Civic Club has been actively serving and enriching the Sierra Madre community through volunteering and philanthropic projects. All funds raised are distributed annually to local community organizations and to the recipients of the Educational Awards.

Applicants must either reside in Sierra Madre, work in Sierra Madre, or attend a school in Sierra Madre. Eligible candidates must complete the application form provided by Sierra Madre Civic

Club, which includes questions about interests and a personal statement, and are required to provide two letters of reference.

Applications are available in the Sierra Madre Library, at Sierra Madre City Hall, from college counselors at local high schools, or at lefler.sharon@gmail.com. Completed application packets must be received no later than March 29, 2019.

Please encourage any eligible high school senior to apply!

To learn more about Sierra Madre Civic Club, see our website at: <http://www.sierramadrecivicclub.org/home.html>

## SCHOOL DIRECTORY

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Principal: Nancy Lopez  
[www.foothilloaksacademy.org](http://www.foothilloaksacademy.org)  
office@foothilloaksacademy.org

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

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

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

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

Monrovia High School  
325 East Huntington Drive, Monrovia, CA 91016

(626) 471-2800 Principal Darvin Jackson  
Email: [schools@monrovia.k12.ca.us](mailto:schools@monrovia.k12.ca.us)

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

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

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

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

Sierra Madre Middle School  
160 N. Canon Sierra Madre, Ca. 91024  
(626) 836-2947 Principal: Garrett Newsom  
E-mail address: [newsom.garrett@pusd.us](mailto:newsom.garrett@pusd.us)

Walden School  
74 S San Gabriel Blvd  
Pasadena, CA 91107 (626) 792-6166  
[www.waldenschool.net](http://www.waldenschool.net)

Weizmann Day School  
1434 N. Altadena Dr. Pasadena, Ca. 91107  
(626) 797-0204  
Lisa Feldman: Head of School

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

Pasadena Unified School District  
351 S. Hudson Ave., Pasadena, Ca. 91109  
(626) 396-3600 Website: [www.pusd@pusd.us](http://www.pusd@pusd.us)

Arcadia Unified School District  
234 Campus Dr., Arcadia, Ca. 91007  
(626) 821-8300 Website: [www.ausd.net](http://www.ausd.net)

Monrovia Unified School District  
325 E. Huntington Dr., Monrovia, Ca. 91016  
(626) 471-2000  
Website: [www.monroviashools.net](http://www.monroviashools.net)

Duarte Unified School District  
1620 Huntington Dr., Duarte, Ca. 91010  
(626) 599-5000  
Website: [www.duarte.k12.ca.us](http://www.duarte.k12.ca.us)

Arcadia Christian School  
1900 S. Santa Anita Avenue Arcadia, CA 91006  
Preschool - and TK - 8th Grade  
626-574-8229/626-574-0805  
Email: [inquiry@acslions.com](mailto:inquiry@acslions.com)  
Principal: Cindy Harmon  
website: [www.acslions.com](http://www.acslions.com)

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626|355-8350 [CreativeArtsGroup.org](http://CreativeArtsGroup.org)  
Gallery Hours: M-F 10 am-5 pm & Sat. 10 am-2 pm



## THE GOOD LIFE

### HOW TO SAVE MONEY ON YOUR MEDICATION

Dear Savvy Senior,  
I take several medications for multiple health conditions and the prices keep going up, even with insurance. Can you recommend any tips that can help me save?  
Price-Gouged Patty



Dear Patty,  
The rising cost of prescription drugs is a problem that stings millions of Americans. While there's no one solution, there are some different strategies and resources that can help reduce your drug costs, so you can afford what you need. Here are several to consider.

If you have insurance, know your drug formulary: Most drug plans today have formularies (a list of medications they cover) that place drugs into different "tiers." Drugs in each tier have a different cost. A drug in a lower tier will generally cost you less than a drug in a higher tier, and higher tier drugs may require you to get permission or try another medication first before you can use it.

To get a copy of your plan's formulary, visit your drug plan's website or call the 800 number on the back of your insurance card. Once you have this information, share it with your doctor so, if possible, he or she can prescribe you medications in the lower-cost tiers. Or, they can help you get coverage approval from your insurer if you need a more expensive drug.

You also need to find out if your drug plan offers preferred pharmacies or offers a mail-order service. Buying your meds from these sources can save you some money too.

Talk to your doctor: Ask your doctor if any of the medications you're currently taking can be reduced or stopped. And, find out if the ones you are taking are available in generic form. About 80 percent of all premium drugs on the market today have a lower-cost alternative. Switching could save you between 20 and 90 percent.

Ask for a three-month prescription: This can be significantly cheaper for drugs you take long-term. If you use insurance, you'll pay one co-pay rather than three.

Split your pills: Ask your doctor if the pills you're taking can be cut in half. Pill splitting allows you to get two months' worth of medicine for the price of

one. If you do this, you'll need to get a prescription from your doctor for twice the dosage you need.

Find and use online discounts: Start by trying GoodRx.com, BlinkHealth.com or WeRx.org. They will ask for the name of the drug, the dose, the number of pills, and where you live. Then they will show you what you can expect to pay at various pharmacies if you use their discount coupons or vouchers, which you can print out or download to your phone to show a pharmacist.

Pay cash: Most generic medications cost less if you don't use your insurance. For example, chains like Target and Walmart offer discount-drug programs that sell generics for as little as \$4 for a 30-day supply and \$10 for a 90-day supply if you pay out-of-pocket. While some insurance companies charge a \$10 copay for a 30-day supply.

Also ask your pharmacy if they offer a drug discount card program and compare costs with your insurance plan. You can also find free drug discount cards online at sites like NeedyMeds.org, which can be used at most U.S. pharmacies.

Shop online: You can also save by using an online pharmacy like HealthWarehouse.com but be sure to use an online retailer that operates within the U.S. and is licensed. The site should display the VIPPS symbol, which shows it's a Verified Internet Pharmacy Practice Site.

Search for drug assistance programs: If your income is limited, you can probably get help through drug assistance programs offered through pharmaceutical companies, government agencies and charitable organizations. To find these types of programs use sites like BenefitsCheckUp.org, PatientAdvocate.org, RxAssist.org and NeedyMeds.org.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit [SavvySenior.org](http://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 Rahmanian, Fran Syverson, Shirley Wolff, Judy Zaretzka 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 Brandley. This energetic class utilizes light weights, low impact resistance training and body conditioning. Class equipment provided.

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

### 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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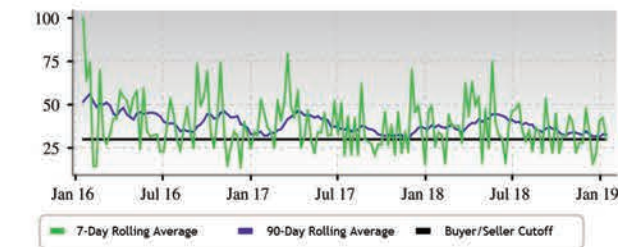
This Week's Market Update // **Sierra Madre**

This Week Median List Price: **\$1,470,000**

Inventory has been lightening lately and the Market Action Index has been trending up. Though days-on-market is increasing, these are mildly positive indications for the market.

Supply & Demand

The market continues to get hotter. More sales demand and fewer homes listed have contributed to a relatively long run of increasing prices.



The Market Action Index answers the question "How's the Market?" by measuring the current rate of sale versus the amount of the inventory. Index above 30 implies Seller's Market conditions. Below 30 favors the buyer.

Price

Price trends continued their recent uptrend this week. While still below the market's price high-point, we've seen a nice run recently.



Real-Time Market Profile

|   |                  |    |
|---|------------------|----|
| Median List Price                         | \$ 1,470,000     | ↑↑ |
| Asking Price Per Square Foot              | \$ 568           | ↔  |
| Average Days on Market (DOM)              | 128              | ↑↑ |
| Percent of Properties with Price Decrease | 36 %             |    |
| Percent Relisted (reset DOM)              | 7 %              |    |
| Percent Flip (price increased)            | 4 %              |    |
| Median House Size (sq ft)                 | 2637             |    |
| Median Lot Size                           | 0.25 - 0.50 acre |    |
| Median Number of Bedrooms                 | 3.5              |    |
| Median Number of Bathrooms                | 3.0              |    |
| Market Action Index    Seller's Advantage | 32.7             | ↑  |

Quartiles

Characteristics per Quartile

Investigate the market in quartiles, where each quartile is 25% of homes.

| Quartile      | Median Price | Sq. Ft. | Lot Size           | Beds | Baths | Age | Inventory | New | Absorbed | DOM |                                   |
|---------------|--------------|---------|--------------------|------|-------|-----|-----------|-----|----------|-----|-----------------------------------|
| Top/First     | \$ 1,898,000 | 3529    | 0.25 - 0.50 acre   | 4.0  | 4.0   | 0   | 7         | 0   | 0        | 116 | Most expensive 25% of properties  |
| Upper/Second  | \$ 1,630,000 | 3244    | 0.25 - 0.50 acre   | 4.0  | 3.0   | 0   | 7         | 0   | 0        | 272 | Upper-middle 25% of properties    |
| Lower/Third   | \$ 1,288,000 | 1888    | 0.25 - 0.50 acre   | 3.0  | 3.0   | 0   | 7         | 0   | 0        | 58  | Lower-middle 25% of properties    |
| Bottom/Fourth | \$ 969,800   | 1446    | 6,501 - 8,000 sqft | 2.0  | 2.0   | 0   | 7         | 2   | 2        | 67  | Least expensive 25% of properties |



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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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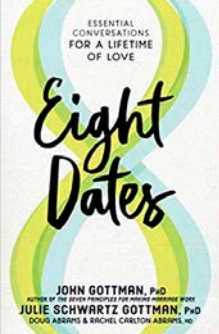
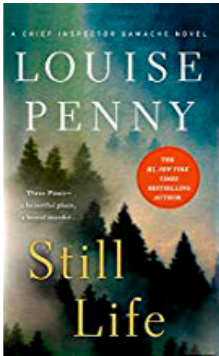
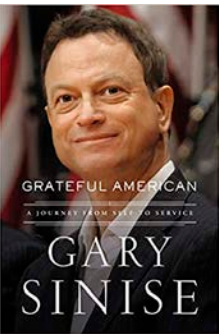
## Jeff's Book Pics

By Jeff Brown

### Grateful American: A Journey from Self to Service

by Gary Sinise , Marcus Brotherton

The moving, entertaining, never-before-told story of how one man found his calling.” The book is called Grateful American, and I promise you after you read it you will be grateful for what Gary has accomplished and contributed to our country.” -- Clint Eastwood. As a kid in suburban Chicago, Gary Sinise was more interested in sports and rock 'n' roll than reading or schoolwork. But when he impulsively auditioned for a school production of West Side Story, he found his purpose--or so it seemed. Within a few years Gary and a handful of friends created what became one of the most exciting and important new theater companies in America. From its humble beginnings in a suburban Chicago church basement and eventual move into the city, the Steppenwolf Theatre Company launched a series of groundbreaking productions, igniting Gary's career along with those of John Malkovich, Joan Allen, Gary Cole, and others. Television and film came calling soon after, and Gary starred in Of Mice and Men (which he also directed) and The Stand before taking the role that would change his life in unforeseeable ways: Lieutenant Dan in the Academy Award-winning Forrest Gump. The military community's embrace of the character of the disabled veteran was matched only by the depth of Gary's realization that America's defenders had not received all the honor, respect, and gratitude their sacrifices deserve. In the aftermath of the September 11 attacks, this became Gary's mission. While starring in hits like Apollo 13, Ransom, Truman, George Wallace, CSI:NY, and Criminal Minds: Beyond Borders, Gary has worked tirelessly on behalf of those who serve this country, entertaining more than a half million troops around the world playing bass guitar with his Lt. Dan Band, raising funds on behalf of veterans, and eventually founding the Gary Sinise Foundation with a mission to serve and honor America's defenders, veterans, first responders, their families, and those in need. Grateful American is the moving, entertaining, profoundly gripping story of how one man found his calling: to see that those who defend this country and its freedoms are never forgotten.



### Still Life: A Chief Inspector Gamache Novel

by Louise Penny

Winner of the New Blood Dagger Award. Chief Inspector Armand Gamache of the Surêté du Québec and his team of investigators are called in to the scene of a suspicious death in a rural village south of Montreal. Jane Neal, a local fixture in the tiny hamlet of Three Pines, just north of the U.S. border, has been found dead in the woods. The locals are certain it's a tragic hunting accident and nothing more, but Gamache smells something foul in these remote woods, and is soon certain that Jane Neal died at the hands of someone much more sinister than a careless bowhunter. Still Life introduces not only an engaging series hero in Inspector Gamache, who commands his forces--and this series--with integrity and quiet courage, but also a winning and talented new writer of traditional mysteries in the person of Louise Penny.

### Eight Dates: Essential Conversations for a Lifetime of Love

by John Gottman Ph.D. , Julie Schwartz Gottman Ph.D., Doug Abrams

Strengthen and deepen your love with a fun, ingenious program of eight life-changing conversations--on essential topics such as money, sex, and trust--from two of the world's leading marriage researchers and clinicians. Navigating the challenges of long-term commitment takes effort--and it just got simpler, with this empowering, step-by-step guide to communicating about the things that matter most to you and your partner. Drawing on forty years of research from their world-famous Love Lab, Dr. John Gottman and Dr. Julie Schwartz Gottman invite couples on eight fun, easy, and profoundly rewarding dates, each one focused on a make-or-break issue: trust, conflict, sex, money, family, adventure, spirituality, and dreams. Interactive activities

and prompts provide motivation to stay open, stay curious, and, most of all, stay talking to each other. And the range--from the four skills you need for intimate conversation (including Put Into Words What You Are Feeling) to tips on being honest about your needs, while also validating your partner's own emotions--will resonate, whether you're newly together or a longtime couple looking to fortify your bond. You will discover (or rediscover) your partner like never before--and be able to realize your hopes and dreams for the love you desire and deserve.

## FAMILY MATTERS

By Marc Garlett



### 4 ESTATE PLANNING MUST-HAVES FOR UNMARRIED COUPLES—PART 2

In the first part of this series, I discussed the first two estate planning tools all unmarried couples should have in place. Here, we'll look at the final two must-have planning tools.

Most people tend to view estate planning as something only married couples need to worry about. However, estate planning can be even more critical for those in committed relationships who are unmarried.

Last week, I discussed wills, trusts, and durable power of attorney. Here, we'll look at two more must-have estate planning tools, both of which are designed to protect your choices about the type of medical treatment you'd want if tragedy should strike.

#### 3. Medical power of attorney

In addition to naming someone to manage your finances in the event of your incapacity, you also need to name someone who can make health-care decisions for you. If you want your partner to have any say in how your health care is handled during your incapacity, you should name your partner as medical power of attorney.

This gives your partner the ability to make health-care decisions for you if you're incapacitated and unable to make them for yourself. This is particularly important if you're unmarried, seeing that your family could leave your partner totally out of the medical decision-making process, and even deny him

or her the right to visit you in the hospital.

Don't forget to provide your partner with a HIPAA authorization, too, so he or she will have access to your medical records to make educated decisions about your care.

#### 4. Living will

While medical power of attorney names who can make health-care decisions in the event of your incapacity, a living will explains how your care should be handled, particularly at the end of life. If you want your partner to have control over how your end-of-life care is managed, you should name them as your agent in a living will.

A living will explains how you'd like important medical decisions made, including if and when you want life support removed, whether you would want hydration and nutrition, and even what kind of food you want and who can visit you.

Without a valid living will, doctors will most likely rely entirely on the decisions of your family or the named medical power of attorney holder when determining what course of treatment to pursue. Without a living will, those choices may not be the choices you—or your partner—would want.

We can help

If you're involved in a committed relationship—married or not—or you just want to make sure that the people you choose are making your most important life-and-death decisions, we can support you in getting these essential estate planning tools in place.

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](http://www.GarlettLaw.com) for more information.

## All Things

By Jeff Brown

New research suggests that much of the material that made life possible on Earth arrived after a cataclysmic collision between our planet and a Mars-sized object billions of years ago, scientists from Rice University say. For life to emerge on an otherwise dead planet, an assortment of chemical compounds, or volatile elements, are required, including carbon, nitrogen, and sulfur. Conventional thinking has it that Earth's volatile elements arrived through the steady bombardment of ancient meteorites. New research published today in Science Advances proposes an alternative delivery mechanism: a catastrophic collision between Earth and a Mars-sized object, sometimes referred to as Theia, some 4.4 billion years ago. This hypothetical collision, which would have happened while our planet was still forming, seeded our baby planet with the volatile elements required for life. For many astronomers, geologists, and astrobiologists,

the notion that Earth's volatiles arrived on the back of primitive meteorites has never been completely satisfying. Our planet, along with other rocky planets in the inner Solar System, is naturally bereft of volatiles. It just so happens that the isotopic signature of Earth's volatiles match those seen in carbonaceous chondrites, the class of meteorites typically cited as being the deliverers of volatiles to Earth. Problem is, the volatile element ratios, such as carbon to nitrogen and water to carbon, in Earth's silicate, mantle, crust, ocean, and atmosphere are out of whack with what's observed in chondrites, leading to the so-called "isotope crisis" and doubts about the meteorite-seeding theory. The new study is interesting in that it offers a solution to this problem—but instead of invoking a plethora of small meteorite strikes, the authors proposed a single, gigantic collision between the Earth and an ancient planet.

## HEALTHY LIFESTYLES



### MEDITATION MADE EASY

The benefits of meditation are immense and indisputable. It has many fruits many of which include emotional balance, improved physical health and a strong spiritual connection. There are studies out that connect meditation to positive changes in brain function.

It's never too late to start a meditation practice or begin again or re-up your current practice. Things get in the way and life happens. What's important is that we go back to the practice. New or not new, don't make it complicated. As Yogarupa Rod Stryker says, 10 minutes a day is better than 1 hour once a week. It's the consistency that's going to pay off and help us in our daily life each day. Remember, a meditation practice is going to provide a place for further development and spiritual connection.

Always make sure to find a comfortable seat for meditation. There's nothing like having your leg fall asleep or having an uncomfortable hip bothering you while you're trying to be still. The seated position should allow the spine to be tall with the natural

curve in the lower back. If seated on the floor is uncomfortable, sit in a chair or against a wall. Set aside enough time to sit for meditation and make sure you have a space where you won't fear interruption or distraction. Meditation is usually best in the morning just after waking up. If you can avoid looking at your phone or other electronic device before meditating, please do (or don't). It's best to have all of your focus and awareness moving toward an internal point of view. Once there, begin to breathe and relax the body. If you use a guided meditation to begin, that's ok for a while. Eventually, you'll want to move into just sitting on your own while maintaining breath, internal awareness and visualization.

Happy Meditating! Again, don't make it complex, even if your head is busy, you are still meditating. Learning to focus is part of the process.

As you get on the road to beauty and bliss, seek out teachers whom you respect and the style of meditation that calls to you. Contact me to learn more about starting a meditation practice, [keely@keelytotten.com](mailto:keely@keelytotten.com).

Namaste friends,  
Keely Totten, Yoga  
& Meditation Teacher

## 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 help's mid-career professionals get more love, creativity, and fun out of life. Learn more at [LoriAHarris.com](http://LoriAHarris.com)

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

## 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 Lezano.

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](http://www.sierramadreplayhouse.org) Phone: (626) 355-4318.

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**Mountain Views News**

**PUBLISHER/ EDITOR**  
Susan Henderson

**PASADENA CITY EDITOR**  
Dean Lee

**EAST VALLEY EDITOR**  
Joan Schmidt

**BUSINESS EDITOR**  
LaQuetta Shamblee

**PRODUCTION**  
Richard Garcia

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

**WEBMASTER**  
John Avery

**DISTRIBUTION**  
Lancelot

**CONTRIBUTORS**

Mary Lou Caldwell  
Kevin McGuire  
Chris Leclerc  
Bob Eklund  
Howard Hays  
Paul Carpenter  
Kim Clymer-Kelley  
Christopher Nyerges  
Peter Dills  
Rich Johnson  
Lori Ann Harris  
Rev. James Snyder  
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Deanne Davis  
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Rebecca Wright  
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Letters to the editor and correspondence should be sent to:

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

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

**Mountain Views News Mission Statement**

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

**TOM Purcell**



**RELAX, PEOPLE! THEY'RE JUST COOKIES**

Just as my annual diet has begun showing promise, my greatest obstacle to success is upon me: Girl Scout Cookie season has begun.

My problem with Girl Scout Cookies is personal. But, like everything else in our culture, some people have moral or political problems with them.

Some nutritionists say the cookies are unhealthy, so it's immoral for Girl Scouts to promote these sugary, fatty treats to a nation struggling with an obesity epidemic.

Some conservatives say Girl Scouts openly promote progressive values and praise prominent progressive women, so purchasing Girl Scout Cookies is tantamount to supporting progressives' politics.

Some progressives are still smarting because Girl Scouts marched in President Trump's inaugural parade - even though Girls Scouts have marched in every presidential inaugural parade.

And some particularly anti-capitalist progressives are unhappy that cookie sales teach Girl Scouts the art of commercialism.

Hey, people, relax! They're just cookies!

Still, these cookies present two primary challenges to so many of us.

First, they're addictive. I've been known to consume entire sleeves of Thin Mints in one sitting, washing them down with a bucket of ice-cold whole milk - none of that 2-percent nonsense!

Second, everywhere we turn, someone, often a Girl Scout's parent, is pressuring us to place an order.

This has become the season to "hide" from friends and relatives on Facebook, sneak out of church extra early (et tu, Deacon Brown?) and dodge multiple colleagues at work.

The best story about Girl Scout Cookie pressure in the workplace that I've heard happened last year at the Pentagon. An Air Force general was reprimanded, reports USA Today, "for encouraging a subordinate to retrieve boxes of Trefoils and Tagalongs from the general's car for a display in the office." I can imagine how it went from there:

"Sergeant, I'd consider it a personal favor if you ordered a dozen boxes from my daughter," said the general.

"Sir, yes, sir!" the sergeant replied.

Look, the Girl Scouts organization was founded in 1912 to help girls develop physically, mentally and spiritually. The annual cookie sale, which originated in 1917, was designed to help teach girls new skills and responsibilities - not to have parents micro-manage those responsibilities for them.

I understand that we live in a time when parents are afraid to allow children to sell cookies door-to-door or to leave them unattended at a booth in front of a supermarket.

While it's OK for parents to assist, Girl Scout leaders recommend that parents not sell cookies on their daughters' behalf.

Here's why, according to the Girl Scouts website: "Every time you buy a box, you help girls learn five essential skills - goal setting, decision making, money management, people skills, and business ethics - all while helping them better themselves and their communities."

So long as you buy that box directly from a Girl Scout.

Some Girl Scouts have mastered new skills quickly.

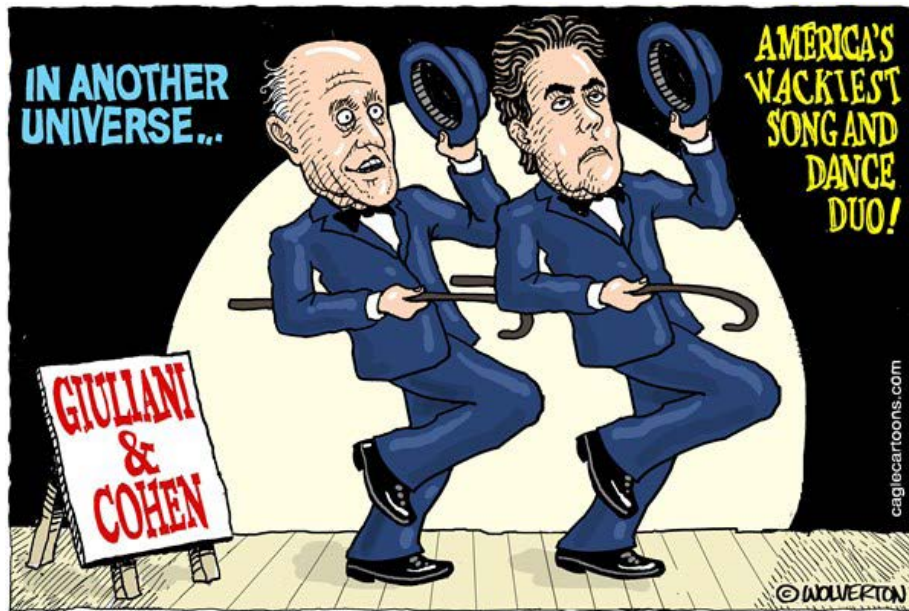
One enterprising young lady, reports The Huffington Post, sold 117 boxes in two hours by setting up shop outside a legal medical-marijuana dispensary in San Francisco.

Some Girl Scouts in Los Angeles persuaded actor Tom Hanks to use his social media platforms to promote their cookie stand.

And in 2014, one young lady in Oklahoma City broke the record for Girl Scout Cookies sold in a year: more than 21,000 boxes. During her Girl Scout career, she sold more than 100,000 boxes.

The regrettable part of her success? I was her only customer.

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**JOHN L. Micek**



**TRUMP'S FAKE PHOTOS MASK A LARGER TRUTH**

Of course, it had to happen.

The news this week that President Donald Trump's handlers may have digitally altered his photographs to make him appear not only slimmer and younger, but with... wait for it... longer fingers, is the perfect metaphor for a White House the repeatedly bends the truth to suit its own ends.

This particularly odd turn comes courtesy of The Washington Post's Dana Milbank, who's become sort of the Polybius of Trump's Washington, chronicling every twist and turn of the chaotic 45th president's equally chaotic White House, with a kind of forensic glee.

According to Milbank, the tech website Gizmodo reported this week that it had found at least three retouched photographs on Trump's social media pages since last October.

Those included two recent pictures in which the fast-food favoring chief executive's face and body were slimmed down, his wrinkles were smoothed, his cotton-candy textured coif was smoothed, and, weirdly, that his "fingers were made slightly longer."

According to Milbank, Gizmodo compared original photos to the retouched ones and concluded that the digital gnomes had given Trump a fresh coat by using either Photoshop or FaceTune, and that the changes to the president's hands suggest that the image-obsessed Leader of the Free World "had some input in these alterations."

This may seem a relatively trivial blip in the midst of the longest-running government shutdown in American history, in which more than 800,000 federal employees are going without pay, including TSA officers at the airports and Coast Guard sailors at sea. But there's a larger truth here: As is the case with everything else, Trump has made this story all about himself, about his duel with the Democrats and his promise to deliver on a wall - the effects on the long-term stability and credibility of our institutions be darned.

So, the fact that he's altering photographs to make himself look better in the eyes of the public - and posterity - shouldn't be a surprise to anyone.

And that fits right in with Trump's barely glancing relationship with the truth in his barrage of his public utterances.

Remember, as of Jan. 21, Trump had made 8,158 false or misleading claims during his two years in office, according to Washington Post fact-checker Glenn Kessler.

By the time most of you read this, you can pretty much bet the ranch that the tally will have increased.

Indeed, the entire government shutdown is premised on the provably false claim of a crisis at America's southern border with Mexico.

Rep. Will Hurd, a Texas Republican whose district includes 800 miles of the border, has said, according to Fox News, that the border crisis is a "myth," and Trump's push for a wall is a "3rd century solution to a 21st century problem."

So, it must be galling for a president so obsessed with image-control to know that, 33 days into the shutdown, he's losing the argument for his policies.

A pair of polls released Wednesday, one by Politico/Morning Consult, the other by CBS News, find Trump's approval ratings at new lows, and voters fleeing from the border wall as a cure for the shutdown.

That Politico poll found Trump's disapprovals at a staggering 57 percent. The poll of 1,996 voters, conducted from Jan. 18-22, had a margin of error of just 2 percent.

In the CBS poll, 71 percent of 1,102 telephone respondents didn't think the "issue of a border wall is worth a government shutdown, which they now say is having a negative impact on the country."

That same CBS poll gave House Speaker Nancy Pelosi higher marks than Trump for her handling of the crisis. And a clear majority of respondents to the Politico poll, 54 percent, blamed Trump and congressional Republicans for the roadblock.

So you kind of can't blame Trump for trying to control the only thing he has any control over in this instance - the face he presents to the public.

But, like Dorian Gray, however Trump might try to smooth out his public wrinkles, all he's doing is papering over the damage he's doing to the country.

And you can't fix that with Photoshop.

Copyright 2019 John L. Micek, distributed by Cagle Cartoons newspaper syndicate. An award-winning political journalist, John L. Micek is Editor-in-Chief of The Pennsylvania Capital-Star in Harrisburg, Pa. Email him at jmicek@penncapital-star.com and follow him on Twitter @ByJohnLMicek.

**GRAHAM West**

**CLIMATE CHANGE REMAINS A THREAT AT HOME**



At the tail end of last week, the Department of Defense released an overdue report on the effects of climate change on military bases in the United States. The report, required by law under the 2018 National Defense Authorization Act (that was passed by the Republican-controlled Congress and signed by President Trump), was intended to provide a full accounting of "vulnerabilities to the military resulting from climate change over the next 20 years."

What we got fell short, to say the least.

Set aside, for a moment, the fact that the report was not initially released to the public and only saw the light of day thanks to environmental groups' activism. The document mentioned only 79 facilities, failing to consider all military bases or include any Marine Corps installations. It was also missing key portions it should have included as directed by law, like a list of the top ten installations threatened by climate consequences for each military branch or a cost mitigation plan for dealing with these problems. These failings and more have earned the ire of some lawmakers: Senator Jack Reed, a Democrat from Rhode Island, called the report "an alphabetical list" and said it "reads like an introductory primer and carries about as much weight as a phonebook."

Yet despite its reduced form, the report was astounding in its own way. Because even the Trump Administration - stubborn as a mule about accepting climate change, let alone fighting it - could not hide the truth: Climate change is having an impact on our military readiness and operations here at home.

Those effects, of course, go far beyond the flooding, droughts, and wildfires that are (however reluctantly) cited in the report. Rising sea levels are already costing our coastal installations, and the damage will only increase as flooding damage increases in the decades to come. Extreme heat stresses our power grid and leads to outages, which can in turn cut off critical support for ongoing missions in the field. And increasingly powerful natural disasters that strike our cities, destroy our infrastructure, and kill our citizens necessarily sap military resources when it comes time for recovery efforts.

To be clear, the report is far from enough - such a halfhearted effort hardly deserves praise. It fails to go into the depth specified by Congress, and it is dangerously light on proposed solutions or even a ranked-by-urgency assessment of the (incomplete) list of problems it does identify. Worse, there is little hope that the president himself will react appropriately; he has continuously disregarded climate reports, from his own administration and international organizations alike, as inconsequential to his worldview and his policymaking.

Nonetheless, the report it is a sobering reminder that climate change poses a national security threat not just abroad, but here at home at well - whether our lawmakers choose to acknowledge it or not. Such a reminder seems hardly necessary given the death and destruction we've seen from superstorms and wildfires over the past year. And of course, there's the fact that national security leaders have been making these same arguments in a nonpartisan manner since the Bush Administration.

Some folks in the Trump Administration, it seems, are still a little slow to come along. Here's hoping they figure out how to lead, follow, or get out of the way - before the rest of us suffer the consequences of their negligence.

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Graham F. West is the Communications Director for Truman Center for National Policy and Truman National Security Project, though views expressed here are his own. You can reach West at gwest@trumancnp.org.





















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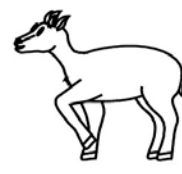


# Newspaper Fun!

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...Punxsutawney, PA, on their trip.



Kids: color stuff in!

Check out my Punxsutawney Trip Log on our web site.



### A Groundhog:

- usually weighs about 12 \_\_\_\_\_
- burrows \_\_\_\_\_ with its curved claws to make a home
- can see well and has very good \_\_\_\_\_
- is also known as a \_\_\_\_\_
- is an excellent \_\_\_\_\_
- sometimes makes a \_\_\_\_\_ noise
- can be found in woods, fields and \_\_\_\_\_
- can live to be about 6-8 \_\_\_\_\_ old
- hibernates – its body temperature drops and its \_\_\_\_\_ nearly stops
- can climb into \_\_\_\_\_ to take naps
- is the only animal with its own national \_\_\_\_\_
- is an herbivore, which means it only eats \_\_\_\_\_

## Is Spring on its Way?



**Punxsutawney Phil**  
**will tell us!**

On February 2nd, all eyes will be on Punxsutawney Phil, the famous groundhog who predicts whether spring and warmer weather will come soon, or winter and the cold weather will stay awhile longer.

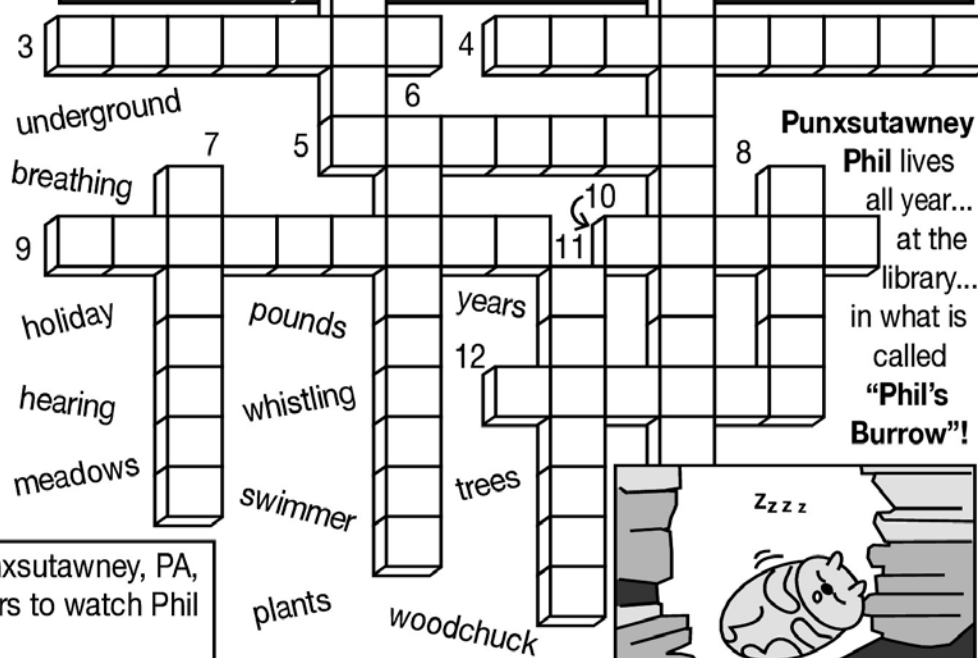
How does he do this? Well, legend holds that when the groundhog pokes out of his hole, if the sun is shining, he will see his shadow, be frightened and dive back into his burrow to wait out six more weeks of winter. But, if he sees clouds when he comes out of his hole, he will not be afraid and we will know that spring is near!

★ **Gobbler's Knob** in Punxsutawney, PA, is where everyone gathers to watch Phil "make his prediction"!



Photos by

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