

SATURDAY, FEBRUARY 16, 2019

VOLUME 13 NO.7

SIERRA MADRE SEARCH AND RESCUE

Six new recruits join Sierra Madre Search and Rescue in the field.



Sierra Madre Search & Rescue's (SMSR) newest team members have begun to serve the team and respond to calls for help in the wilderness, but they still face a long and challenging training period.

As new recruits, these 4 women and 2 men are designated as probationary team members until they complete the training process. Their first 6 months of training have covered knot tying, helitac training, patient packaging, ascending a rope and a physical fitness test. One trainee reports, "The last 6 months have been about learning strengths and weaknesses I never knew I had, and facing challenges head on and working through the pain and frustration to conquer them." The team is proud of their work, and looks forward to seeing them become full members.

Like all team members, probationary members are all volunteers. As they balance day jobs as sales managers and storyboard artists, the time commitment to the team is daunting. One full team member stated, "I knew going in that the time commitment was most probationary member's Achilles' heel, but as much as the current team members tried to convey this, it could not be fathomed without experiencing it first hand."

Each member of the current training class will put in an average of 700 hours with the team in the next year. They attend probationary member training Monday nights, monthly team trainings, business meetings and search and rescue operations. Many more hours are spent practicing on their own and with their classmates.

In the remaining 9 months of their training they will learn to operate GPS units, face a field navigation test, build and operate rope systems, complete a 5 day backpacking course and much more. When their training is completed and they have passed written and practical exams they will become full team members and wear the Mountain Rescue Association's "blue patch" on their uniform.

Even then training is not over. Once they are full members they will study to certify as Emergency Medical Technicians. Full team members continuously study to improve their search and rescue skills by learning

new mapping technologies, search management, and operational leadership. This leadership training is often provided in house by the senior operations leaders, and is supplemented by attending national conferences such as the International Technical Rescue Symposium, and the annual Mountain Rescue Association Summer Conference.

When asked about their training year, whether you speak to those who completed it 10 years ago or 10 months ago, team members often talk about the friendships made. One member stated, "During training you become a close knit team whose bonds are probably tighter than many friendships you've had in your life."

Sierra Madre Search and Rescue exists to respond when others are in need of help in the wilderness, but to meet the demands that are placed on an individual to execute that goal they rely on each other. As one team member explained, "Before joining SMSR, I could count the number of lifelong friends I had on a single hand; but now...the bonds I have established with my fellow teammates and especially with my classmates are like none other I've experienced before."

If you would like to join the next recruiting class of SMSR visit their website at www.smsr.org. The team is made of volunteers like you who serve their motto, "Anywhere in the wilderness that someone needs help." The requirements to join are that you be at least 25 years old, live within 20 minutes of Sierra Madre and are comfortable in the wilderness. They will teach you the rest if you are willing and able.

For over 60 years the all-volunteer Sierra Madre Search and Rescue team has been responding to calls for help in the local mountains and beyond. Funded entirely by private donations, SMSR provides a range of public programs on wilderness safety in addition to its search and rescue activities. The Team never charges for any of its services.

For more information, including how to arrange a wilderness safety demonstration for your school or group, visit www.smsr.org.

RESIDENTS CONCERNED ABOUT LA COUNTY SPRAYING OF BAILEY CANYON WITH CANCER CAUSING CHEMICAL

An alert Sierra Madre resident shared with neighbors information she discovered regarding the possible use of the chemical Round Up Pro in Bailey Canyon, which is believed to be a health hazard to both humans and animals.

In a public post on social media, Linda Beckham of Sierra Madre shared the following:

"Last week I received a copy of an article entitled Bailey Canyon Herbicide Spraying "Monsanto Roundup Pro" Pet Owners Beware) that was written and researched by Alan Himmel of Sierra Madre. The article announced LA County was going to spray Round Up Pro in Bailey Canyon to eradicate weeds the end of February or early March 2019. This spray is not only deadly to weeds, but if it becomes part of a standing pool of water (due to rain which we have enjoyed over the last few weeks) it can also kill wildlife and dogs who drink the water. It contains glyphosate. The California Office of Environmental Health Hazard Assessment determined that glyphosate would be added to the list of chemicals known to the state to cause cancer for purposes of Proposition 65. The World Health Organization's International agency for research on cancer classified glyphosate as "probably carcinogenic to humans".

She went on to say: I went to the city council meeting last night to present the article for the council members to consider. The good news was I was told that the county was going back off of the spraying because they had not notified the city that the spraying was to take place. I then gave all the members of the council copies the article I had received written by Alan Himmel. The article contains several links including the results of a San Francisco trial which the jury granted a unanimous 250 million dollar verdict in punitive damages and intentional willful misconduct against Monsanto for lying about the safety of their product for over decades. Although the amount of the verdict was later reduced to 78 million, the trial connected the person who sued Monsanto (the plaintiff Dewayne

Johnson) to develop non-Hodgkin lymphoma as a result of his exposure to Roundup. The trial was part of this article.

The good news is the county has backed off for now, but we must remain vigilant regarding what is sprayed in our own backyard. For me Bailey Canyon is part of my backyard because it is at the top my street and because my 8 month old Labrador Retriever puppy goes with my 34 year old son to walk/run the trails for exercise.

At the same time, Emily Dixon, a CNN reporter wrote an article entitled, "COMMON WEED KILLER GLYPHOSATE INCREASES CANCER RISK BY 41%", citing the results of a study by researchers from the University of Washington. In the article she names Glyphosate, an herbicide that remains the world's most ubiquitous weed killer, raises the cancer risk of those exposed to it by 41%, a new analysis says.


The researchers evaluated existing studies into the chemical -- found in weed killers including Monsanto's popular Roundup -- and concluded that it significantly increases the risk of non-Hodgkin lymphoma (NHL), a cancer of the immune system.

"All of the meta-analyses conducted to date, including our own, consistently report the same key finding: exposure to GBHs (glyphosate-based herbicides) are associated with an increased risk of NHL," the authors wrote in a study published in the journal Mutation Research.

The revelation lead to members of the community again sounding the alarm in hopes that Los Angeles County would abandon all plans to use the herbicide anywhere.

For more information on the study, go to: <https://www.cnn.com/2019/02/14/health/us-glyphosate-cancer-study-scli-intl/index.html>

S. Henderson/MVNews




Residents in the City of Sierra Madre are receiving calls from a ROBO CALLER. The caller is stating that they are from the City of Pasadena Water and Power, and their water will be disconnected if they don't call within 30 minutes. The caller will provide a 1-800 telephone number for you to call. The telephone number is "Spoofed", meaning it is untraceable. Once the resident calls they will asked to pay their bill or a fee. Suspect usually target those that are elderly. This a SCAM, the City of Sierra Madre, City of Pasadena, other cities, any police department, any fire department, and the Internal Revenue Service (IRS) DOES NOT CALL to collect money owed or ask for donations. These are ALL SCAMS you need to be aware of. DO NOT SEND anyone a check, wire transfer, provide your credit card or purchase a DOT credit card from a CVS, RALPHS, Best Buy or RITE AID.


If you have any questions please call the City of Sierra Madre Police Department at (626) 355-1414.

**Chris Holden**
DISTRICT 41

**Blanca E. Rubio**
DISTRICT 48

**Laura Friedman**
DISTRICT 43

**Ed Chau**
DISTRICT 49

**Anthony Portantino**
DISTRICT 25

WILDFIRE TOWN HALL

Thursday, February 21
5:00 PM to 7:30 PM

Expert Panelists Will Discuss:

- How to protect your home from wildfires
- What the utilities are doing to prevent wildfires
- The State's wildfire preparedness and response action plan

Pasadena High School Gymnasium
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Weather Wise

6-Day Forecast Sierra Madre, Ca.

Sun	Rain	Hi	50s	Lows	40s
Mon:	Ptly Cldy	Hi	50s	Lows	40s
Tues:	Ptly Cldy	Hi	50s	Lows	40s
Wed:	Ptly Cldy	Hi	50s	Lows	40s
Thur:	Rain	Hi	50s	Lows	40s
Fri:	Sunny	Hi	50s	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 before 30 the night of the meeting and your statement will be delivered to all the Council Members. Sierra Madre City Hall 232 W. Sierra Madre Blvd. Sierra Madre, CA 91024 (626) 355-7135

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

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

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

Your event must:

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

Just write a Public Service Announcement that describes your event and e-mail it to radio@cityofsierramadre.com.



Sierra Madre Woman's Club



550 W. Sierra Madre Blvd. 2018: 111 Years

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

[Facebook: SierraMadreWomensClub](https://www.facebook.com/SierraMadreWomensClub) [GFWCSierraMadreWomensClub.org](https://www.gfwc.org)

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

Rent the 1914 Historic Essick House 626-355-4379

Wistaria Thrift Shop Open: M, Th, F 10a-3p 355-7739

Clean, Gently Used 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

[Facebook: SierraMadreWomensClub](https://www.facebook.com/SierraMadreWomensClub) [GFWCSierraMadreWomensClub.org](https://www.gfwc.org)



Rent The 1914 Essick House

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

Explore Opportunities & Membership with Us

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

GFWCSierraMadreWomensClub.org

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

Rent the 1914 Historic Essick House 626-355-4379

Wistaria Thrift Shop 355-7739

Accepts Clean, Gently Used Donations Weekdays to 2 pm



This week at the

Sierra Madre Public Library

February 18 - 23

Monday

President's Holiday, Library Closed

Tuesday from 2:00 - 5:00 pm

LEGO Play Day

Wednesday at 4:00 pm

Teen Activity Day-War Card Game

tournament

Thursday at 11:00 am

Third Thursday Book Club Catch-22

Saturday at 10:00 am

OBOC Closing Event—Tour of American
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Saturday from Noon - 5:00 pm

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CALLING ALL SIERRA MADRE AUTHORS:

This year, the Wistaria Festival will host a SIERRA MADRE BOOK STORE! If you are living, or have lived in Sierra Madre and have authored a book you would like to offer to the public, please contact the Chamber ASAP! You will need to have at least 24 copies of your book available for immediate sale and be prepared to take orders for other copies. There is no cost for you!

Contact the Chamber via email at: smadrece@gmail.com with your name, contact info, brief description of your book or books and what time you can actually be at the Wistaria BookStore. (The festival is March 17, 2019 from 9 am to 5 pm).

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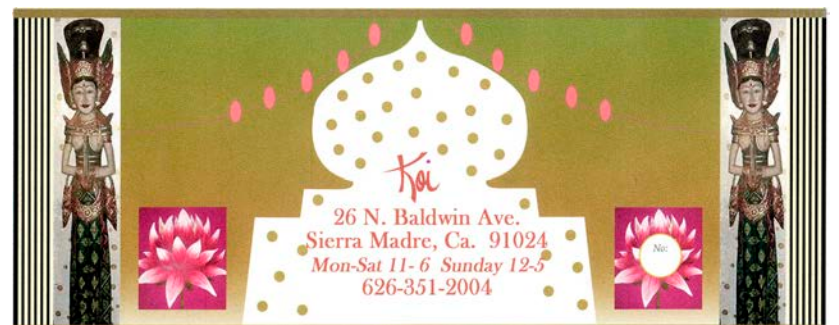
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SIERRA MADRE CHAMBER OF COMMERCE

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



SIERRA MADRE

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia



KATIE Tse.....This and That SO ROMANTIC...

I hope you had a lovely Valentine's Day! Valentine's is one of those loaded holidays that's fertile with all sorts of horrible possibilities. I even second-guessed whether I should wish you a happy one

in the first place, some people being so touchy about it.

My husband and I have been married for nine years now, and we've reached that comfortable point beyond caring to plan anything grand for the holiday. It's been a gradual descent to this level, but I'm glad we made it.

Like most people, I seem to recall that we went out for dinner on Valentine's when we were first dating. Almost as harrowing an experience as dining out on Mother's Day. We swore we'd never do that again.

Then we tried cooking. I, for one, am a horrible cook. That could be a whole article in itself! No matter how terrible you may believe your skills are in the kitchen, I can make you feel more confident by comparison. Anyway, for a few years we stayed home and my husband cooked. Bless his culinary heart. © 2012 Katherine Tse

But the trouble is that he works far from home, and Valentine's rarely lands conveniently on a non-work day. So, we decided to order take-out. That sometimes worked, but we always remember one year when we ordered ribs from a rib place. I mean, "Ribs"

is in their title. Ribs is what they do. Wouldn't you know that they ran out of ribs that night! Lesson learned...

Fast forward to Valentine's Day 2019. I forget if I've mentioned in previous articles that we absolutely love Wing Stop! I don't care how tacky that sounds. If you've never had the pleasure, I have only two words for you: Lemon. Pepper. Oh my gosh! Anyway, we haven't had Wing Stop in a while and I was secretly craving it.



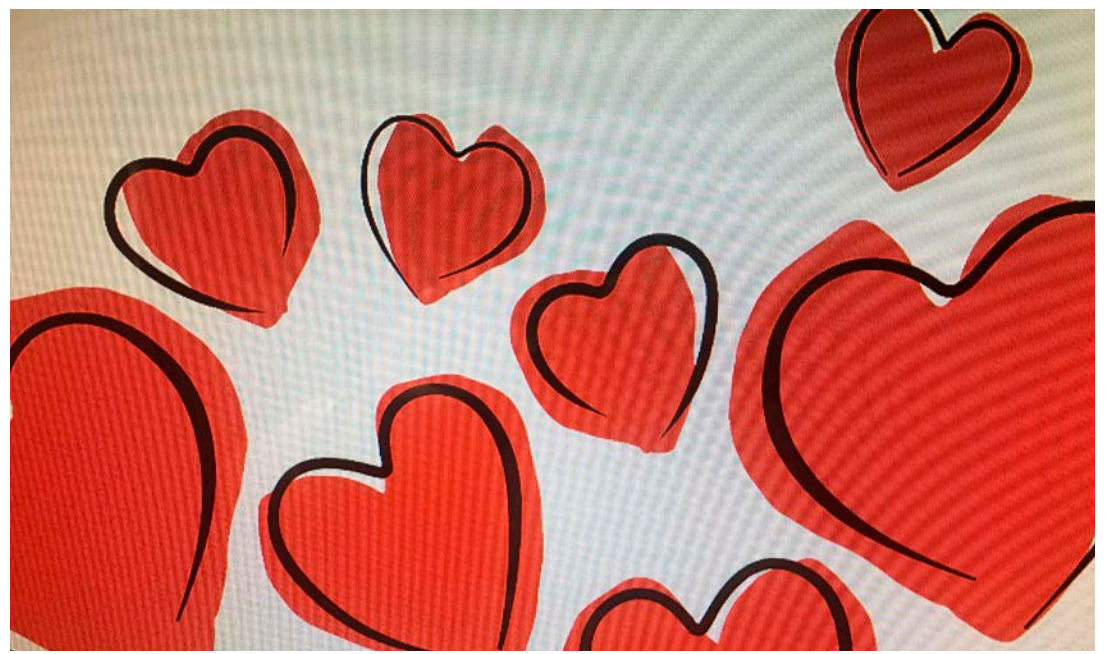
So, my husband gets home from work a couple days before Valentine's, smiles wickedly at me, and confesses that he has an evil idea of what to get for dinner that night. With an equally guilty grin I tell him I think I know what he has in mind.

But he outdid me this year in planning the perfect celebration. Since what we order from Wing Stop makes for two nights' meals, he suggested we pick it up Wednesday night so we wouldn't even have to leave the house on Valentine's!

So that's what we're going to do (I'm writing this Tuesday evening). Pick up Wednesday, enjoy greasy wings in all their caloric glory, and rehearse the rest of the following night for Valentine's.

I have a nice cabernet that pairs well with mango habanero and seasoned fries. Maybe not everyone's idea of romance at it's finest, but that's why my husband and I get along. "Love means eating hot wings together."

WALKING SIERRA MADRE by Deanne Davis



"All you need is love. But a little chocolate now and then doesn't hurt." Charles M. Schulz

"Oh, if it be to choose and call thee mine, love, thou art every day my Valentine." Thomas Hood

Valentine's Day was a few days ago and I know all my readers were totally prepared with a card and a dinner reservation or you cooked your Valentine's favorite dish, even if it was something totally off the wall like a beet soufflé. Put that out of your mind. Now think of chocolate. Now think of chocolate and champagne. Nice. Now then, when was the last time you read Elizabeth Barrett Browning's famous love poem? Probably not since you were in high school. Well, here it is and it's pretty nice:

"How do I love thee? Let me count the ways.
I love thee to the depth and breadth and height
I love thee to the level of everyday's
Most quiet need, by sun and candle-light.
I love thee freely, as men strive for Right;
I love thee purely, as they turn from Praise.
I love thee with a love I seemed to lose
With my lost saints, --- I love thee with the breath,
Smiles, tears, of all my life! --- and, if God choose,
I shall but love thee better after death."

"One is loved because one is loved. No reason is needed for loving." Paulo Coelho
"Love grows more tremendously full, swift, poignant, as the years multiply." Zane Grey

I never actually said anything like that to my Valentine, the adorable, ever-patient, John, who is now residing in heaven where every day is Valentine's Day, and love abounds all over the place. No, I never quoted Elizabeth Barrett Browning to him, but I wrote about love and I'm sure there are a few of you out there who haven't done Valentine's Day yet so it's not too late to write a note or a letter to the person who is your own personal Valentine. Not to say I'm anywhere near Elizabeth, but I wrote about love like this... "The Best of Marriage"

"I sit at your desk and look out your window at the sky.
And I think of you and how much I love you."

So many years we've spent together, mostly sunny with just a little bit of rain.

I treasure these years which have flown by us.

I've grown to love you, respect you, admire you, need you more with each one.

There is so much about you that makes me want to be the best that I can be.

It makes me smile each time you walk into a room.

How many thousands of times have I watched you enter the space where I am,
And each time I feel pleasure, delight, at just the sight of you.

You make me laugh, you make me think.

You make me challenge myself, you make me want to be the best me I can be.

You've even taught me to enjoy college football... Go Trojans!

I love just to talk with you, to exchange the ordinary stuff our days are made of,
Conversations that are the flour and salt of life.

You are ever in my mind.

You are the other half of my heart.

You are, very simply, the one person selected by God to be my lover, my friend, my husband.

I have known you for more than half my life. The best half. We have shared all there is in life:

Joy, sorrow, laughter, tears, death, birth, pleasure, misery, poverty, not quite so poverty,
Pride in our children, and absolute disgust with them,
And always, always we have had each other to hold on to."

Sometime today, if you haven't already done it, tell your special Valentine how much he or she means to you. Kisses and holding hands are good, too... maybe even better than chocolate. Even if you totally blew off Valentine's Day, it's not too late to say I love you.

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

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

SIERRA MADRE POLICE BLOTTER

During this period, the Sierra Madre Police Department responded to approximately 229 day and night time calls for service.

Saturday, February 9

Responding to a neighbor's call of a vehicle that had the rear window smashed, officers discovered that between 2/8/19 at about 7:00PM and 2/9/19 at about 8:50AM, unknown person(s) smashed the window removing personal items. This occurred in the 100 block of Esperanza Ave. Case to Detectives pending further information from the victim.

11:44AM

A resident in the 00 block of Esperanza Ave. reported that her vehicle that was parked in her assigned

parking space, had its rear window smashed by unknown person(s) with an unknown object. Case to detectives

3:14PM

Officers responded to a call of a fight in-progress between two males at the intersection of Michillinda Ave and Sierra Madre Blvd. Officers attempted to contact one of the subjects. The male subject ignored the officer's verbal commands and was uncooperative. As the officers attempted to place the subject in handcuffs, the subject resisted, requiring the officers to deploy a Taser before placing the subject in handcuffs. Officers transported the male subject to a local hospital for medical clearance, then to the Pasadena Jail for booking. Case to DA's office

ARTIN BLOOM

March 1-3

Taking inspiration from artists, floral designers create botanical interpretations of art pieces displayed in a gallery setting

Friday, March 1, Opening Night 7-9pm
Saturday, March 2, 10am-5pm
Sunday, March 3, 11am-4pm

Creative Arts Group
108 N. Baldwin Ave. Sierra Madre
626.355.8350 CreativeArtsGroup.org

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PET EVACUATION PLAN CAN HELP SAVE LIVES

Happy Tails

by Chris Leclerc



Last Tuesday, February 12, California State Assemblymember Monique Limon (D-Santa Barbara) introduced legislation to protect pets during a wildfire evacuation. Assembly Bill 486 would require pet owners to create an animal evacuation plan to help ensure their own personal safety as well as that of emergency responders during the process of evacuation.

"Fire seasons have become year-round events, as such families must take the necessary steps to ensure they are prepared to evacuate in a moment's notice. While the safety and well-being of our family members is priority, we must not forget our four-legged family members," said Assemblymember Limon.

"As a member who represents an area that has faced countless wildfires, I know that pre-planning goes a long way. Assembly Bill 486 ensures families forecast and have a plan that includes the evacuation of their animals, held in accordance with a local kennel permit required by the local jurisdiction."

Under AB 486, if a local jurisdiction requires an owner to obtain a permit to keep animals, then a mandatory component of the permitting process must be the development of an evacuation plan to be used during a wildfire evacuation. Evacuation plans can help provide order during the chaos that often ensues in the wake of wildfires.

When people stay behind trying to protect their pets, they jeopardize not only their own safety, but also the safety of emergency personnel who are forced into dangerous situations that could have been prevented. In many cases, these preventative measures can save tax dollars by minimizing deployment of emergency personnel into life-threatening situations that could have been avoided, had there been a plan in place.

"In my community, Laguna Beach, we require evacuation plans for pet owners, and this kind of pre-planning saves lives," said Judie Mancuso, Founder and CEO of Social Compassion in Legislation (SCIL), the sponsor of the bill.

"During the Malibu Fires, I heard of people who had time to get their pets to safety - but no idea how. As a result, hundreds of pets are lost every year during disasters, and many more are rescued but never reunited with their owners. The Legislature should take a lesson from Laguna Beach, the City of Los Angeles, and others that already require this kind of forethought. It will save both human and animal lives when the next disaster strikes."

Dr. Karen Halligan, a veterinarian who serves on the board of SCIL also weighed in at the Tuesday assembly meeting: "As a first responder in the Malibu Fires, Hurricane Harvey, and Hurricane Katrina, I have seen first-hand how crucial it is that all pet owners have an evacuation

plan. Being prepared in a disaster can make the difference between life and death, not only for pets but also for the people who put their lives at risk to save them."

Dr. Heather Rally, D.V.M., Supervising Veterinarian at the PETA Foundation added, "I urge the legislature to pass this bill, as we do whatever we can to prepare for the disasters to come. During the chaotic time when I was volunteering in Ojai at the peak of the December 2017 Thomas Fire, hundreds of beloved pets flooded shelters where they were provided protection and veterinary care, but sadly, not all were so fortunate."

"As the wildfires raged on, countless pets who were abandoned by unprepared guardians became trapped at their homes, were released to run for their lives, or were relegated to the nearest empty paddock while their families fled. Simple pre-planning could have saved them all and protected first responders who went in after them. The Legislature has a chance to act now before this happens again" said Dr. Rally.

While we here, in Sierra Madre may not feel a sense of urgency at the present moment - what with all the rain we are having - it is important to keep in mind that, along with the rain comes extensive brush growth on the hillsides. When the rain subsides and the heat of summer dries out the brush, we are left with a much higher risk of fire, which, if fueled by none other than our notorious Santa Ana winds could get out of hand very quickly. Alas, lest we forget, we could be next. Now is the time to make preparations to protect our pets and prevent unnecessary risks to those who respond and assist during a disaster, whether it is the law or not.

Assembly Bill 486 will be heard in its first Assembly policy committee in the coming weeks. If you wish to support this bill, visit socialcompassioninlegislation.org where you'll learn more about SCIL's noble efforts to make California a more humane state, and get details on how you can help make a difference for the better on behalf of the animals. Love and let live!

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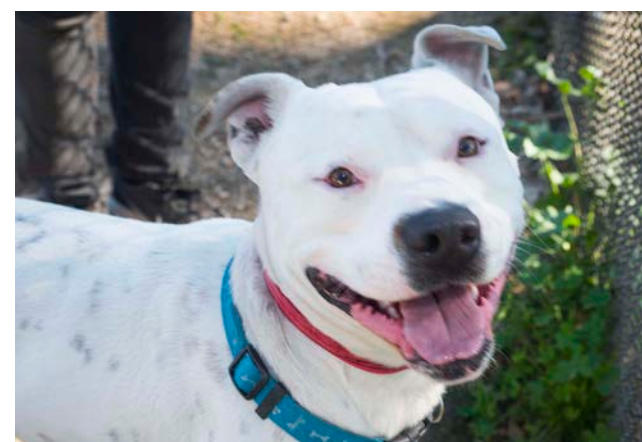
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BEST FRIENDS

SAINT

Saint is a 3-year old stunning white American Staffordshire terrier mix boy with a striking spotted coat, soulful brown eyes, bouncy ears, and a playful personality. Sporting his classic "Staffy" smile and weighing about 60 pounds, Saint is great on the leash, gentle taking treats, and knows many basic commands that he's happy to show off for treats or toys. He is happiest when out on a long walk, trying to fit in someone's lap, and taking treats for tricks.

Saint is a special young pup who deserves to have a loving home and family that will show him all the good things in life and will care for him as a family member. If you are that special family, please come meet Saint and prepare to fall in love with this sweet pooch! His adoption fee is \$145, which includes neuter 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. He currently resides at the San Gabriel Valley Humane Society located at 851 E. Grand Avenue in San Gabriel which is located off San Gabriel Blvd, north of Mission and



south of Las Tunas Drive. To arrange a 'Meet and Greet', please stop by any time from 10:30am to 4:30pm Tuesday through Sunday. Website: www.sgvhumane.org.

CAT OF THE WEEK

Katnip News!



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Pasadena Altadena

News From Your Community For Your Community

Presidents Day Closures, Reminders



Officials at Pasadena city hall are reminding residents that many services will be closed Monday in observance of Presidents Day.

City commissions, committees and the city council will not meet Monday.

Both the Permit Center and Municipal Services Payment Center will be closed and reopen Tuesday with normal hours.

Pasadena's Water and Power Department and Service Call Center will also be closed. For emergencies call (626) 744-4138. Customers can access other information such as accounts at pwpweb.com.

Human Services and Recreation Department will be closed, including all community centers. All public library, citywide, will also be closed. Both will reopen Tuesday.

Trash pickup will be on regular schedule. Pasadena Transit, along with Dial-A-Ride will also be on regular schedules.

All street parking time limits and parking meters will not be enforced, although, overnight parking will be enforced. At city owned parking lots regular parking rates will apply.

Both Pasadena police and fire will provide all services. For non-emergencies call (626) 744-4241. All other emergencies, including life threatening, dial 9-1-1.

The Citizen Service Center, to assist in answering questions about city programs, services and events, will be open from 7:30 a.m. to 5 p.m. To use the service call (622) 744-7311.

Pet of the Week



Osze (A469807) is a 12-year-old Chihuahua who is very affectionate but takes a little time to open up. He seems to be a shy dog who just loves a good cuddle session now and again. Once he's on your lap, good luck getting him off! He is always eager to accept treats that are given to him and he is overall a gentle and sweet dog. Osze shares a kennel with his son, Guerro (A469808), who is 9 years old. Osze likes spending time with his son but also loves interacting with other dogs he's met on Wiggle Waggle Waggin' field trips. He walks great on leash, likes to be carried, and would be a great new best friend. Visit Osze and his son, Guerro, today at the Pasadena Humane Society & SPCA.

The adoption fee for dogs is \$140. All dogs are spayed or neutered, microchipped, and vaccinated before going to their new home.

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

View photos of adoptable pets at pasadenahumane.org. Adoption hours are 11 a.m. to 4 p.m. Sunday; 9 a.m. to 5 p.m. Tuesday through Friday; and 9 a.m. to 4 p.m. Saturday.

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

City On Track for \$15 Hour Min. Wage

By Dean Lee

The Pasadena city council voted Monday night to keep future increases to the city-wide minimum wage on a fast track to \$15 an hour by July 1, 2020.

The council voted 7 to 1 in favor of an increased time line:

July 1, 2019, the hourly wage shall be \$14.25 (\$13.25 for small employers).

July 1, 2020, the hourly wage shall be \$15.00 (\$14.25 for small employers).

July 1, 2021, the hourly wage shall be \$15.00 for small employers.

Beginning July 1, 2022, and each July 1 thereafter the hourly wage shall be adjusted by an amount equal to the change in consumer price index...

The five hour meeting saw view points from both sides. Council member Tyron Hampton was the only no vote. Hampton said he favored helping keep current jobs and added that they should do something about computer automation and the high cost of childcare in the city.

Most of the opposition was from restaurant owners.

"We went from a seven day a week restaurant, the last 37 years, to three days," said Robin Salzer owner of Robin's BBQ. "Numbers don't lie. I shaved off 300 hours a



week, what more can I do? Over the last two years, to pay my employees, and too not raise my prices, I stopped paying myself. I have not drawn a paycheck in the last two years... I can't do that in perpetuity."

At issue was a new bill that increases statewide minimum wage to \$15 and would take effect in 2022. Pasadena will reach \$15 per hour 18 months sooner than the state according to officials. Both Los Angeles and LA County have adopted a \$15.00 minimum wage by 2020.

"During my tenure, I met and spoke with over 100 local charitable which are committed to making Pasadena a more inclusive and livable place for all of its residents," Rose Queen Louise Deser Siskel said. "Joining all of the rest of Los

days and travel 1,100 yards (1,000 meters), Opportunity vastly surpassed all expectations in its endurance, scientific value and longevity. In addition to exceeding its life expectancy by 60 times, the rover traveled more than 28 miles (45 kilometers) by the time it reached its most appropriate final resting spot on Mars — Perseverance Valley.

"For more than a decade, Opportunity has been an icon in the field of planetary exploration, teaching us about Mars' ancient past as a wet, potentially habitable planet, and revealing uncharted Martian landscapes," said Thomas Zurbuchen, associate administrator for NASA's Science Mission Directorate. "Whatever loss we feel now must be tempered with the knowledge that the legacy of Opportunity continues — both on the surface of Mars with the Curiosity rover and InSight lander — and in the clean rooms of JPL, where the upcoming Mars 2020 rover is taking shape."

The final transmission, sent via the 70-meter Mars Station antenna at NASA's Goldstone Deep Space Complex in California, ended a multifaceted, eight-month recovery strategy in an attempt to compel the rover to communicate.

"We have made every reasonable engineering effort to try to recover Opportunity and have determined that the likelihood of receiving a signal is far too low to continue recovery efforts," said John Callas, manager of the Mars Exploration Rover (MER)

Angeles County in increasing the minimum wage to \$15 is one step the city council can take to participate in a shared vision of a city that is equitable to all its residents."

Council members Steve Madison, Gene Masuda, Victor Gordo, Andy Wilson and Mayor Terry Tornek all supported the accelerated time line.

"I think at the end of the day, we have to hope that this will be the best outcome and that it will give more of our young people in Pasadena the opportunity to fulfill their potential because they have a stable home life and a basic quality of life, Madison said."

Council member Margaret McAustin put forth the idea to align small businesses with the state increasing to \$15 in 2022 but the motion was voted down 6 to 2.

Picture: Queen Louise Deser Siske. Photo by D. Lee/MVNews

project at JPL.

Opportunity landed in the Meridiani Planum region of Mars on Jan. 24, 2004, seven months after its launch from Cape Canaveral Air Force Station in Florida. Its twin rover, Spirit, landed 20 days earlier in the 103-mile-wide (166-kilometer-wide) Gusev Crater on the other side of Mars. Spirit logged almost 5 miles (8 kilometers) before its mission wrapped up in May 2011.

For more information about the agency's Mars Exploration program, visit: nasa.gov/mars.

Community Mammogram Free Clinic

February 22 at the Planned Parenthood Pasadena Health Center 1045 N Lake Ave.

Message from Planned Parenthood Pasadena and San Gabriel Valley: "Our monthly community mammogram clinic coming up at our Pasadena Health Center on Friday, February 22nd. We want to spread the word to our LGBTQ community. Appointment required. Prospective patients can call the Contact Center at 626-798-0706 for more information and to schedule an appointment (10p.m.-2p.m.). No insurance is required (they are an enroller for the Every Woman Counts program which provides free mammograms!), but also accept most Medi-Cal plans and private insurance as well."

Throughout the evening • Reading Wing

Pueblo Revolt in America 96 Years Before the American Revolution

Multi-media presentation by documentary filmmaker and abstract artist Patricia Cunliffe,

One City, One Story Author signing Event

Pasadena Public Library is set to hold a series of events for the 2019 One City, One Story selection, In the Distance by author Hernán Díaz. Now in its 17th year, One City, One Story is designed to broaden and deepen an appreciation of reading and literature by recommending a compelling book that sparks a community conversation on important issues.

A young Swedish immigrant finds himself penniless and alone in California. The boy travels East in search of his brother, moving on foot against the great current of emigrants pushing West. Driven back again and again, he meets naturalists, criminals, religious fanatics, swindlers, Indians, and lawmen, and his exploits turn him into a legend. Díaz defies the conventions of historical fiction and genre, offering a probing look at the



Díaz

stereotypes that populate our past and a portrait of radical foreignness.

Díaz will discuss Thursday, March 7 at 7 p.m. his experiences writing In the Distance. A question and answer session led by Pasadena Public Library Director Michelle Perera will immediately follow. Díaz's book will be available for sale and signing following the program.

The event will be held at All Saints Church Sanctuary 132 N. Euclid Ave.

ArtNight at the Library

Art Night is Friday, March 8 • 6 p.m.-10 p.m.

Wild, Wild West

Yeehaw! It's a Western Shindig, featuring music, dance, shows and art honoring Pasadena's 2019 One City, One Story selection, In the Distance by Hernán Díaz

Quilting Bees

Quilting Bees or parties were social gatherings in the West, where everyone worked together on completing a quilt. Join us and color a quilting square to take home with you.

6-9 p.m. • Centennial Room

Western Line Dance

Line dancing is fun and easy-to-learn. This group dance involves people dancing in one or more lines or rows facing the same direction, and executing the steps at the same time. The steps are straightforward. Presented by Francisco Martínez.

6-6:30 p.m., 7:30-8:30 p.m. & 9:30-10 p.m. • Great Hall/Center

Reiyukai America

Create a memory of ArtNight to take home with you.

6-9 p.m. • Great Hall/East

Graphic Novel Salon & Gallery

Focusing on women creators, writers, artists and publishers in the comics field and learn how they create their characters and plot. Featuring creators from the west; Cecil Castellucci, Leslie Hung, Kristen Gortitz, Xanthe Bouma, Nilah Magruder, Barbara Randall Kesel, Anne Toole, some or all of the creators of Hex 11, Madeleine Holly-Rosing and more.

Throughout the evening • Reading Wing

Pueblo Revolt in America 96 Years Before the American Revolution

Multi-media presentation by documentary filmmaker and abstract artist Patricia Cunliffe,

who shares the obscure story and presents abstract depictions surrounded by projections of raw footage from her upcoming documentary, The Pueblo Revolt.

Throughout the evening • Humanities Wing

Crown City Chamber Players

Enjoy a variety of classical music performed by members of the Crown City Symphony. Throughout the evening • Children's Room

We're Ok, if you're Ok at the OK corral

Bring your boots and cowboy hats and be ready to stomp the night away with Theatre Americana. Enjoy memorable and contemporary Country Western music, games, a "two-step" contest and lots of other activities. You'll be a cowboy or cowgirl by the end of the evening! Y'all come by now, ya hear?

6:30 & 8:30 p.m. • Donald Wright Auditorium

Western Beat

DJG plays special Western music and tempos to Chill Out 2 while enjoying an artwork display.

7-9:30 pm. • East Patio

Commemorating the Stonewall Rebellion

San Gabriel Valley Pride's contribution will be a literary panel presentation saluting the 50th anniversary of the Stonewall Rebellion, which took place in NYC in June 1969. The Rebellion is widely considered the beginning of the modern fight for LGBT rights in the United States.

Throughout the evening • Teen Central

Free parking is available in the north lot. Coffee and treats will be available for purchase.

Central Library is located 285 E Walnut Street. For more call (626) 744-4066.

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.

Screening Mimi's Film Discussion Group – Tuesdays, Feb. 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. 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.

Rediscovering Hope – Thursdays, to Feb. 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.

Chair Yoga – Wednesday, Feb. 20, at 1 p.m. Improve your balance and confidence through gentle yoga exercises while sitting in a chair or

standing and using a chair for support.

Heart Healthy Eating – Thursday, Feb. 21, at 10 a.m. Preventing heart disease isn't just about avoiding unhealthy food. You should also eat foods rich in nutrients, fiber and healthy fats. Learn what foods are healthy for your heart and what are not. Presented by Regal Medical Group.

LA Opera Talk – Monday, Feb. 25, at 1 p.m. An LA Opera community educator will make a presentation titled "It Can't Be an Opera if Nobody Dies."

Brain Attack! – Thursday, Feb. 28, at 10 a.m. Strokes can happen at any time. Educating yourself now is the key to a better outcome. Learn about different types of strokes, how to help prevent a stroke from happening and what to do in a stroke emergency. Presented by Health Care Partners.

For more information visit www.pasadenaseniorcenter.org or call 626-795-4331. Founded in 1960, the Pasadena Senior Center is an independent, donor-supported nonprofit organization that offers recreational, educational, wellness and social services to people ages 50 and older.



CHRISTOPHER Nyerges YEAR OF THE PIGWHAT DOES THE YEAR OF THE PIG SYMBOLIZE?

[Nyerges had a pet pig, Otis, for 19 years. Nyerges is the author of "How to Survive Anywhere," "Extreme Simplicity," and other books. For information about his books and classes, go to www.SchoolofSelf-Reliance.com/]

A pig represents luck, overall good fortune, wealth, honesty, and general prosperity. The pig symbolizes a hard-working, peace-loving person, someone who is truthful, generous, patient, reliable, trusting, sincere, and giving. The pig represents a sociable person who has a good sense of humour and understanding.

When I learned that this was the Year of the Pig beginning February 5, I called it the Year of Otis, for my pot-bellied pet who was with me for 19 years before he died. OTIS! It was the spring of 1993 when Otis came into our family. My wife and I had talked about getting a pig, and the pot belly "craze" was fading out. Though we toyed with the idea of

felt threatened, when he was worried, and when he liked (or disliked) someone. His range of vocal sounds was broad and fascinating. My vet once told me that Otis lived well over twice the average life for a pot-bellied pig. He'd gotten much slower in his last two years, and became slow and unsteady on his feet. I felt a great empathy for Otis. He was a big guy, for sure, but his personality was such that he always seemed like a little boy. When Otis was dying, I thanked him for the good life we had together, and I whispered in his ear that everything was OK, and that I loved him. He just grunted his friendly "oink" in return. Otis never got up, and he died a week later, on Hannukah. YEAR OF THE PIG! spent New Year's Eve for the Year of the Pig at the Puti Meditation Center in Alhambra, with Helen. It was open to the public, but about as close to a family gathering as you can get. The meals was made by the various members, and we began by sharing a home-made meal. There were some dance performances by the teens, and much socializing and talking. About 45 minutes was



breeding pot-bellied pigs, Otis had been neutered, so that was not a viable idea. But that was OK, because we fell in love with Otis right away. We learned a lot about the nature of "pig-ness" during Otis' life. In fact, this was partly why we got Otis in the first place – we were going to learn about the nature of pig-ness, which is also an aspect of human-ness. We learned that he certainly had a good memory, especially as it related to food. He once discovered a bag of carob pods that I had in the living room, and he nearly ate half the bag before I caught him. After that, any time he got into the house, he always went right to that spot where the carob had been. Though we've heard that pigs are very smart, you can't really compare them to dogs, for example. Dogs might not have pigs' great memory, but they seem smarter due to their loyalty to their masters. I'm sure that Otis always recognized me from other people, but loyalty? I don't think so. Pigs don't seem to want or need close affinity to people in the way that dogs do. Nevertheless, later in his life when Otis was mostly alone, we did develop a "closeness." Yes, Otis was a pig, and yet he was such an individual! I learned to know what his sounds and grunts meant, so I knew when he was happy, when he

spent chanting one of the healing chants. From the large TV screen in the center, we watched a message from the founder Master JinBodhi, who extolled everyone to treat each other well, which not only makes the world a better place but also improves one's karma. Though 95% in Mandarin, I was still able to follow the majority of the commemoration because of the degree of pantomime used – recall that words are only a small part of total communication—and I also received period translations from Helen. Bodhi Meditation was founded by Meditation Master JinBodhi in 1991 with a mission to impart practical, effective meditation techniques as a way of strengthening the energy of the physical body, and to inspire the spiritual mind so as to bring greater health and joy to the world at large. He adopted the 12 Great Vows of the Medicine Buddha and began teaching the practices of Bodhi Meditation, embarking on a journey to liberate humans. Buddhism has been around for about 2,600 years, a bit longer than Christianity, and both have resulted in countless sects which espouse one aspect or another of the basic tenets.

OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

I MISS MY GOOD FRIEND, TOM FOOLERY



This past week the Gracious Mistress of the Parsonage and I were having a conversation. Of course, it was more like a monologue, but you know how that works.

We were thinking back over the years of our life together and reminding ourselves of some of the great and wonderful times we have had. The friends we have made. The activities we have enjoyed together. Of course, there were the grandchildren and my wife had a great time talking about the grandchildren and I chuckling along with her.

After a moment of quietness, my wife said rather seriously, "Who is the friend you miss the most?"

Boy, was that a question!

I had to really think about that, then I mention somebody she knew and we moved on to another subject.

However, thinking about that a little bit later I did acknowledge that the friend I missed the most was Tom Foolery. I guess, as you get older you more or less outgrow that friendship. But I certainly do miss him.

Being older now, and supposedly wiser, I am expected to have a certain serious decorum. I am to take everything very seriously and professionally. I suppose I am seriously a professional geezer.

Why is it when you get older people expect different things out of you?

I do have fond memories of my high school years when I was not expected to be serious minded or professional. The great expectation back then was to enjoy yourself and have fun. Do not take life too seriously, was the motto of my younger years.

Now that I am older, I have to take life seriously. Who came up with that rule? I would like to send him to the principal's office.

Someone once said in my hearing that 60 was the new 40. I do not know what that means, but I like to lean in that direction. Too many people, including my wife, take things way too serious. Where is the fun in that though?

I do remember quite fondly my friend Tom Foolery. We had a lot of fun together and enjoyed each other's company totally.

I think, even at my age that a little bit of Tom Foolery is not going to hurt me in the least. Of course, my ribs might ache because of all the laughter involved. That it is a small price to pay.

I was thinking about my friend, Tom, when I was at the post office this past week. Every once in a while I have to take a package to the post office to have it mailed.

This day the line was quite long and the service people were working as hard and fast as they could. However, too many people had problems that could not be solved

in a moment.

The line got longer and longer, the people inhabiting the line grew a little grouchy and grumpy, and I could hear some of the complaining behind me.

I notice loads of problems in life, but if standing in line for a long period is the worst of my problems, I certainly have a wonderful life. Not everybody goes along with that idea. Especially, the people standing behind me.

Pretty soon, one of the lady managers from the back came out to try to assist in the service. She said, "Is anybody here for pick up?"

I do not offer any logical excuse or explanation for what I said. Just that, the noodle soup upstairs was boiling and my mouth was unlocked at the moment.

I said to the lady, "Are you handling the pickup?"

"Yes I am," she said very professionally as she walked over towards me.

"Are you available?"

Walking towards me, she said, "Yes."

Quite seriously, I extended my hand and responded to her, "Where would you like to go?"

She stopped in her tracks and looked at me and immediately behind me the customers began laughing and clapping their hands.

"I gotcha," I said to the lady who was smiling at me. The crowd continued to laugh and give me thumbs up as she returned to the back part of the office.

Everybody in the crowd was talking cheerfully and laughing and I knew I had done my job.

Tom Foolery and I had made a difference among all those people. Whatever it takes to get people laughing and forgetting about their problems is a good deed.

As I was going out people clapped and one dear old lady said to me with the biggest smile on her face, "I'm available too." It made the crowd laugh even louder.

I do not want to retire my good friend Tom Foolery because there is too much sadness in the world. People do not know how to laugh anymore and they do not know what a real joke is. All this political nonsense and hatred going on has just about run its course.

What we need is a little bit of laughter today and that is where my friend Tom Foolery and I step in.

Solomon puts this in a very good perspective. "A merry heart doeth good like a medicine: but a broken spirit drieth the bones" (Proverbs 17:22).

There are too many broken spirits in our world today and too few merry hearts. My commitment is to try to help with the merry heart syndrome along with my good friend Tom Foolery.

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

SUSAN HENDERSON

Editor/Publisher



Two years ago, I wrote an editorial in this paper regarding Black History Month and why we still need to remember it. I re-read the article the other day and decided to publish parts of it again because nothing has changed since its initial publication, in fact, it has gotten worse. Just today (Friday), the person holding what used to be the position that was held in the highest esteem, manipulated race and human weakness in order to get his way. It doesn't matter that Donald Trump's particular target this time was not African American's, his hatred and bigotry is becoming a metasticizing cancer in our society. He stirs the pot of hatred constantly and seasons it with lies and half truths. Case in point: His flat out lies that illegal immigrants are murderers, rapists and thieves, responsible for the crime in this country totally ignoring the FACTS that do not support his claim. He is quite satisfied to paint all illegal immigrants with a broad brush in the same way he took great pride in spreading the lies about President Obama's citizenship. And that, dear people, is the reason why we need Black History Month, Mexican American Heritage Month, Asian American History Month and a month for every ethnicity that history and misfits have attempted to distort their value in this society.

Yes, the times are becoming more disturbing by the day. I can honestly say that for the last two years, I have not rested with the peace of mind that should come from living in America. Former California Governor Arnold Schwarzenegger hit the nail on the head when he suggested that if Trump went back to *The Apprentice*, "...then people can finally sleep comfortably again."

Nevertheless, February is Black History Month a time when most of the nation takes a moment to reflect on the significant contributions of African Americans, so I thought I'd dedicate this space to the answer to the question that I've heard throughout my life from Whites, Blacks and just about everyone else: "Why do we need (or still need or ever needed) an African American History Month?"

Reprinted from MVNews 2/4/2017

"This week, as the national observance of Black History Month begins, history will undoubtedly repeat itself. Someone, somewhere will ask the question: Do we still need Black History Month?"

For some, particularly 20-somethings born in what has been called the post-racial era of America, there is no need to continue that month-long observance that grew out of Negro History Week in February 1926. To them, it's nothing more than a robotic tradition that trots out the same figures and facts every February.

For others, older generations and historians for example, there is a fear that facts about African Americans in U.S. history will be lost without Black History Month. As an example

BLACK HISTORY IS AMERICAN HISTORY AND WHY WE STILL NEED TO REMEMBER IT.

of that fear, that group can point to 2015, when McGraw Hill had to do some serious damage control after its high school world-geography textbooks included an embarrassing map description as part of its lesson on U.S. immigration patterns that read : "The Atlantic Slave Trade between the 1500s and 1800s brought millions of workers from Africa to the southern United States to work on agricultural plantations." (If you can't see what's wrong with that statement, call me!)

The annual debate about the need for Black History Month likely won't end in 2017. Yet no matter which side of the discussion you land on, we would all do well to remember that Black history is American history and there remain lessons to be learned from our past. Lessons that can help us understand one another and perhaps bring us closer together.

President Gerald Ford officially recognized Black History Month in 1976, and he called upon the country to "seize the opportunity to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history."

Forty-one years later, the month-long celebration continues and it comes on the heels of the opening of the National Museum of African American History & Culture in our nation's capital last September. The national museum cites as one its four pillars of purpose that it exists to explore "what it means to be an American and share how American values like resiliency, optimism, and spirituality are reflected in African American history and culture."

This month, classrooms across the country will share lessons that spotlight well-known African American men and women who had the courage to stand up for the disenfranchised, the moral compass to walk on the right side of history. And while we know about Dr. Martin Luther King Jr., Harriet Tubman, Frederick Douglass and Rosa Parks, there are many, many more people, everyday men and women, who fought for the freedoms our nation holds dear.

This month is in remembrance of them, of the indomitable American spirit. The need for Black History Month remains and the lessons we can learn about our country and ourselves during this observance are clear."

That article sums it up very nicely. We all need to know about each other's culture and history so that we will become immune to the lies and misinformation people use to suppress and otherwise destroy those they wish to demonize.

So this month, February 2019, we should all try to learn more about each other, learn to respect other cultures and their contributions, learn to accept and embrace what we have in common. And more importantly immunize ourselves from bigotry and hatred that seeks to destroy. After all, Black History is American History as is the history of all other cultures that make up the fiber of this diverse nation.

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TABLE FOR TWO by Peter Dills thechefknows@yahoo.com

CINDY'S

When you say "diner", one thinks of those train-like Airstream coach dive restaurants from 60's New Jersey fame, so when I was told to check out the food at Cindy's in Eagle Rock... well, you can understand my reluctance. My readers are a creative and demanding lot, and the thought of disappointing you lurked in the back of my mind. I have driven past Cindy's at least a hundred times to reach one of my favorite restaurants, Colombo's, just down the street, without even a glance at this place, but today that all changed.

My first impression was a good one. It wasn't a dive. And everyone was working in rhythm as they tended to the packed house. I could see immediately that this was a homestyle environment made for the eclectic new Eagle Rock residents. My party of two decided to sit at the counter, being this truly is a diner. Within seconds, we were greeted and served water with a huge side of good attitude. Then, there was the menu. And all the choices! I focused on something new and different called Crab Hash, and my partner in food crime chose the Eggs Benedict topped with Pesto. Pesto for breakfast? You bet!

You'd maybe think that a packed house at 10:30am on a Sunday would bring so-so food, but no - our food came out hot, and in a very acceptable time frame. The Crab Hash was terrific. There was nothing stingy about the amount of crab or potatoes in the hash, and I was pleasantly surprised with the quantity and quality! My dining partner elected to go green and have the Green Goddess omelet, with the homestyle potatoes that were a little crispy. The plating was pleasant and the portion quite large. He went crazy for the homemade pesto that put this dish on his "have again" list, and said that the amount was perfect for making you want more. I also ordered the homemade chocolate cake and coconut lime pie to go (review on that to follow!).

On a side note: I noticed French fries on the menu, and since the owner, Paul, went to great lengths to ensure everything is made from scratch, I ordered some, and gave them two thumbs up. I will be back!! For the complete menu, go to their website, and by all means tell them Peter Dills sent you!

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THE MISSING PAGE

Real Life Tips from Life's Instruction Manual



LOVING COMMUNICATION

- Speak a Word of Praise

February is known as the month of love all over the world. According to legend, the Roman priest Saint Valentine became associated with this love-focused holiday because he performed weddings for soldiers that were forbidden to marry pursuant to Roman law. There was an emperor that believed that married soldiers were poor warriors.

In the Bible, there are over 600 commandments and the primary admonishment is to love. We came to the planet to feel and express love, it is healing and transformative. Last week I wrote about the power of being a good listener and training ourselves to hear, rather than waiting for our turn to speak. With this active listening, we come close to giving the gift of being understood.

What else can we do to celebrate our friends and loved ones?

How about speaking a word of praise?

When was the last time you thought about the qualities that you love most in your beloved? Unfortunately, we have been trained to focus on negativity. Criticism and complaints are destructive to our relationships. This week, let's rewire ourselves to focus on the positive. Practice seeing the good in the people that you love.

Try to smile when your children enter the room. Rather than complaining that they have worn a hole in their pants,

ask if they had a good day? Imagine them playing, enjoying their friends, and having a good time. Don't mentally look for what's wrong and pick at your kids.

Stop complaining to or about your sweetheart. This week let's turn up the volume on praise.

Praise and acknowledgment is another way that we feel love.

Turn up the dial on your ability to presence love by speaking words of praise and acknowledgment. Create a new pattern of behavior by BE-ing love.

Speak a word of praise.

This week try this: Everyday before you go to sleep, write down five things that you appreciate in your beloved. It can be simple as their smile or laugh. It can be how they help with emptying the litter box, even though they don't like cats. Doing this exercise will help you to rewire your brain to focus on the positive aspects of your beloved. You will feel better, and that will have a positive impact on your relationship.

Practice saying something kind each day to your loved ones. Tell them what you love about them, it will lift their spirits and boost their self-esteem. They will feel good in your presence, and you will feel good too.

Lift love and be love.

Lori Harris is a Life Mastery Consultant and coach. She helps her clients gain clarity and achieve the life transformations they desire in health, relationships, creativity, and vocation. Learn more about her at LoriAHarris.com or on her free app Gratitude Train app, an electronic journal, available in the App Store and Google Play.

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4,100 FOURTH-GRADE STUDENTS ATTEND THE PASADENA SHOWCASE HOUSE FOR THE ARTS YOUTH CONCERT



PASADENA, CA More than 4,000 fourth-grade students from 50 local schools came together at the Walt Disney Concert Hall for the 65th annual Pasadena Showcase House for the Arts' (PSHA) Youth Concert held on Wednesday, January 30th. Presented with the LA Philharmonic Association, the Youth Concert is a free concert geared for the age group and designed to weave musical concepts, humor and educational information into an engaging program for the students. Since its inception in 1953 more than 250,000 fourth-graders have participated.

This year the children were treated to an interactive concert experience with the Los Angeles Philharmonic Orchestra. A Journey Through Minimalism explored the vibrant patterns, shifting phases, and steady rhythms of iconic minimalist music. The program was hosted by Ed Barguiarena, a composer, musician, producer and educator and conducted by award winning conductor, Nuno Coelho. The music of composers, John Adams, Philip Glass, Arvo Part and Steve Reich were featured.

For most of the students, this was the first opportunity to experience the remarkable art and architecture of Walt Disney Concert Hall and their first exposure to classical symphonic music in a world-class concert hall. "Listening to classical music has a wide variety of benefits so it's very important that we provide our children the opportunity to discover it and learn more about it,"

said PSHA President, Dana Marevich.

Letters from the fourth-grade attendees attested to their excitement about the concert, the knowledge they gained and the joyfulness of the experience. Allisen, a student from Franklin Elementary School in Altadena said she liked learning about musical patterns. "Different sounds and patterns make awesome music," she said. "It was also fun to learn how we can make music by clapping our hands." Each student is given a keepsake program to take home with additional information disguised in games and puzzles. Hilda Hacobian, the Youth Concert chair said she was excited to be part of the event. "The children are our future and I was truly thrilled to see the smiling faces of so many school children."

PSHA's other musical programs include the Music Mobile for third graders and the Instrumental Competition. In addition, PSHA also awards gifts and grants to a diverse list of local and regional non-profit organizations in support of their efforts in the community. To date, PSHA has donated over \$23 million to music programs and to the Los Angeles Philharmonic, including a \$1 million donation to the Walt Disney Concert Hall. Proceeds from the Pasadena Showcase House of Design, PSHA's only fundraiser, make this possible.

The 2019 Pasadena Showcase House of Design will be open from April 21st through May 19th. Tickets are on sale now. For more information or to purchase tickets, visit www.pasadenashowcase.org.

SCHOOL DIRECTORY

Alverno Heights Academy
200 N. Michillinda Sierra Madre, Ca. 91024
(626) 355-3463 Head of School: Julia V. Fanara
E-mail address: jfanara@alvernoheights.org
Arcadia High School
180 Campus Drive Arcadia, CA 91007
Phone: (626) 821-8370, Principal: Brent Forsee
bforsee@ausd.net

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

Barnhart School
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Head of School: Ethan Williamson
Kindergarten - 8th grade
website: www.barnhartschool.org

Bethany Christian School
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website: www.bcsllions.org

Clairbourn School
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FAX: 626-286-1528
E-mail: jhawes@clairbourn.org

Foothill Oaks Academy
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Principal: Nancy Lopez
www.foothilloaksacademy.org
office@foothilloaksacademy.org

Frostig School
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Head of School: Jenny Janetzke
Email: jenny@frostig.org

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

High Point Academy
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Head of School: Gary Stern 626-798-8989
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La Salle High School
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(626) 351-8951 website: www.lasallehs.org
Principal Mrs. Courtney Kassakhian

Monrovia High School
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(626) 471-2800 Principal Darvin Jackson
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Odyssey Charter School
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Principal Joan Harabedian (626) 355-9028
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Sierra Madre Elementary School
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E-mail address: lewis.lindsay@pusd.us

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THE GOOD LIFE

DO I NEED TO FILE A TAX RETURN THIS YEAR?

Dear Savvy Senior,
What are the IRS income tax filing requirements for retirees this tax season? My income dropped way down when I had to retire last year, so I'm wondering if I need to file a tax return this year.
Retired Ron

Dear Ron,
Whether or not you are required to file a federal income tax return this year actually depends on several factors: how much you earned last year (in 2018); the source of that income; your age; and your filing status.

Here's a rundown of this tax season's IRS tax filing requirement thresholds. For most people, this is pretty straightforward. If your 2018 gross income – which includes all taxable income, not counting your Social Security benefits, unless you are married and filing separately – was below the threshold for your filing status and age, you may not have to file. But if it's over, you will.

- Single: \$12,000 (\$13,600 if you're 65 or older by Jan. 1, 2019).

- Married filing jointly: \$24,000 (\$25,300 if you or your spouse is 65 or older; or \$26,600 if you're both over 65).

- Married filing separately: \$5 at any age.

- Head of household: \$18,000 (\$19,600 if age 65 or older).

- Qualifying widow(er) with dependent child: \$24,000 (\$25,300 if age 65 or older).

To get a detailed breakdown on federal filing requirements, along with information on taxable and nontaxable income, call the IRS at 800-829-3676 and ask them to mail you a free copy of the "Tax Guide for Seniors" (publication 554) or see IRS.gov/pub/irs-pdf/p554.pdf.

Check Here Too

There are, however, some other financial situations that can require you to file a tax return, even if your gross income falls below the IRS filing requirements. For example, if you earned more than \$400 from self-employment in 2018, owe any special taxes like an alternative minimum tax, or get premium tax credits because you, your spouse or a dependent is enrolled in a Health Insurance Marketplace (Obamacare) plan, you'll need to file.

You'll also need to file if you're receiving Social



Security benefits, and one-half of your benefits plus your other gross income and any tax-exempt interest exceeds \$25,000, or \$32,000 if you're married and filing jointly.

To figure all this out, the IRS offers an interactive tax assistant tool on their website that asks a series of questions that will help you determine if you're required to file, or if you should file because you're due a refund. It takes less than 15 minutes to complete.

You can access this tool at IRS.gov/filing – click on "Do I Need to File?" Or, you can get assistance over the phone by calling the IRS helpline at 800-829-1040. You can also get face-to-face help at a Taxpayer Assistance Center. See IRS.gov/localcontacts or call 800-829-1040 to locate a center near you.

Check Your State

Even if you're not required to file a federal tax return this year, don't assume that you're also excused from filing state income taxes. The rules for your state might be very different. Check with your state tax agency before concluding that you're entirely in the clear. For links to state tax agencies see Taxadmin.org/state-tax-agencies.

Tax Preparation Help

If you find that you do need to file a tax return this year, you can get help through the Tax Counseling for the Elderly (or TCE) program. Sponsored by the IRS, TEC provides free tax preparation and counseling to middle and low-income taxpayers, age 60 and older. Call 800-906-9887 or visit IRS.treasury.gov/freetaxprep to locate a service near you.

Also check with AARP, a participant in the TCE program that provides free tax preparation at around 5,000 sites nationwide. To locate an AARP Tax-Aide site call 888-227-7669 or visit AARP.org/findtaxhelp. You don't have to be an AARP member to use this service.

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

SENIOR HAPPENINGS

HAPPY BIRTHDAY! ...February Birthdays*



Beatrice DaRe, Cathrine Adde, Hilda Pittman, Anne-Marie Stockdale, Susan Henderson, Allie Attay, Ursula El-Tawansy, Gladys Moser, Sylvia Lorhan, Ana Ptanski, Winifred Swanson, Marian DeMars, Vickie Vernon, Mary Beth Knox, Sharon Lefler. * To add your name to this distinguished list, please call the paper at 626.355.2737.



HART PARK HOUSE MONTHLY PROGRAMS:

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

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

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

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

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

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

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

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

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

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

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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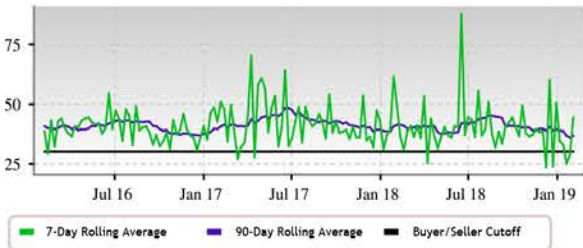
This Week's Market Update // Pasadena

This Week Median List Price: \$1,195,000

Demand measured by the Market Action Index is increasing and days-on-market is holding steady. With more properties coming available, conditions are mildly positive.

Supply & Demand


The market has been cooling off a bit in recent weeks, as more homes are available and demand is less. We're already seeing prices move lower as a result. Expect this trend to continue especially if the index falls to the Buyer's zone. Watch for a persistent up-turn in Market Action to signal prices rising again.



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

The market has been on a downward trend recently and this week, while essentially flat, doesn't break us out of that cycle.



Real-Time Market Profile

Median List Price	\$ 1,195,000	↓↓
Asking Price Per Square Foot	\$ 613	↔↔
Average Days on Market (DOM)	94	↔↔
Percent of Properties with Price Decrease	36 %	
Percent Relisted (reset DOM)	13 %	
Percent Flip (price increased)	3 %	
Median House Size (sq ft)	2104	
Median Lot Size	8,001 - 10,000 sqft	
Median Number of Bedrooms	3.0	
Median Number of Bathrooms	2.0	
Market Action Index	Seller's Advantage	36.7 ↓↓

Quartiles

Characteristics per Quartile

Quartile	Median Price	Sq. Ft.	Lot Size	Beds	Baths	Age	Inventory	New	Absorbed	DOM	
Top/First	\$ 2,980,000	4041	0.50 - 1.0 acre	5.0	4.5	66	49	5	4	142	Most expensive 25% of properties
Upper/Second	\$ 1,495,000	2373	0.25 - 0.50 acre	3.0	2.5	72	49	4	6	93	Upper-middle 25% of properties
Lower/Third	\$ 995,000	1780	6,501 - 8,000 sqft	3.0	2.0	91	49	3	8	72	Lower-middle 25% of properties
Bottom/Fourth	\$ 699,000	1154	6,501 - 8,000 sqft	3.0	1.5	94	50	6	12	70	Least expensive 25% of properties

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



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HEALTHY LIFESTYLES

Namaste,
Keely Totten, Yoga and Meditation Teacher, Self
Love for Humanity Advocate

Jeff's Book Pics

By Jeff Brown

Prairie Fires: The American Dreams of Laura Ingalls Wilder

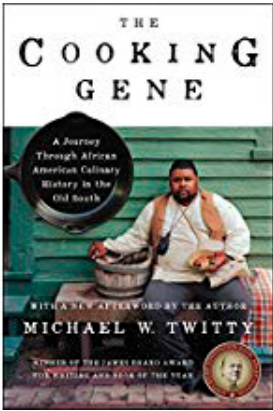
by Caroline Fraser

This Pulitzer Prize Winner is the first comprehensive historical biography of Laura Ingalls Wilder, the beloved author of the Little House on the Prairie books. Millions of readers of Little House on the Prairie believe they know Laura Ingalls the pioneer girl who survived blizzards and near-starvation on the Great Plains, and the woman who wrote the famous autobiographical books. But the true saga of her life has never been fully told. Now, drawing on unpublished manuscripts, letters, diaries, and land and financial records, Caroline Fraser the editor of the Library of America edition of the Little House series masterfully fills in the gaps in Wilder's biography. Revealing the grown-up story behind the most influential childhood epic of pioneer life, she also chronicles Wilder's tumultuous relationship with her journalist daughter, Rose Wilder Lane, setting the record straight regarding charges of ghostwriting that have swirled around the books. The Little House books, for all the hardships they describe, are paeans to the pioneer spirit, portraying it as triumphant against all odds. But Wilder's real life was harder and grittier than that, a story of relentless struggle, rootlessness, and poverty. It was only in her sixties, after losing nearly everything in the Great Depression, that she turned to children's books, recasting her hardscrabble childhood as a celebratory vision of homesteading and achieving fame and fortune in the process, in one of the most astonishing rags-to-riches episodes in American letters. Spanning nearly a century of epochal change, from the Indian Wars to the Dust Bowl, Wilder's dramatic life provides a unique perspective on American history and our national mythology of self-reliance. With fresh insights and new discoveries, Prairie Fires reveals the complex woman whose classic stories grip us to this day.

The Cooking Gene: A Journey Through African American Culinary History in the Old South

by Michael W. Twitty

2018 James Beard Foundation Book of the Year. A renowned culinary historian offers a fresh perspective on our most divisive cultural issue, race, in this illuminating memoir of Southern cuisine and food culture that traces his ancestry—both black and white—through food, from Africa to America and slavery to freedom. Southern food is integral to the American culinary tradition, yet the question of who “owns” it is one of the most provocative touch points



in our ongoing struggles over race. In this unique memoir, culinary historian Michael W. Twitty takes readers to the white-hot center of this fight, tracing the roots of his own family and the charged politics surrounding the origins of soul food, barbecue, and all Southern cuisine. From the tobacco and rice farms of colonial times to plantation kitchens and backbreaking cotton fields, Twitty tells his family story through the foods that enabled his ancestors' survival across three centuries. He sifts through stories, recipes, genetic tests, and historical documents, and travels from Civil War battlefields in Virginia to synagogues in Alabama to Black-owned organic farms in Georgia. As he takes us through his ancestral culinary history, Twitty suggests that healing may come from embracing the discomfort of the Southern past. Along the way, he reveals a truth that is more than skin deep—the power that food has to bring the kin of the enslaved and their former slaveholders to the table, where they can discover the real America together.

The Bone Mother by David Demchuk

Three neighbouring villages on the Ukrainian/Romanian border are the final refuge for the last of the mythical creatures of Eastern Europe. Now, on the eve of the war that may eradicate their kind and with the ruthless Night Police descending upon their sanctuary they tell their stories and confront their destinies: The Rusalka, the beautiful vengeful water spirit who lives in lakes and ponds and lures men and children to their deaths; The Vovkulaka, who changes from her human form into that of a wolf and hides with her kind deep in the densest forests; The Strigoi, a revenant who feasts on blood and

twists the minds of those who love, serve and shelter him; The Dvoynik, an apparition that impersonates its victim and draws him into a web of evil in order to free itself; And the Bone Mother, a skeletal crone with iron teeth who lurks in her house in the heart of the woods, and cooks and eats those who fail her vexing challenges. Eerie and unsettling like the best fairy tales, these incisor-sharp portraits of ghosts, witches, sirens, and seers and the mortals who live at their side and in their thrall will chill your marrow and tear at your heart.”Demchuk gracefully pieces together a dark and shining mosaic of a story with unforgettable imagery and elegant, evocative prose. These stories read like beautiful and brutal nightmares, sharply disquieting, and are made all the more terrifying by the history in which they're grounded.”Publishers Weekly. The 3 reviews are from Amazon.com

THE MISSING PAGE

Real Life Tips from Life's Instruction Manual



LOVING COMMUNICATION

- Speak a Word of Praise

February is known as the month of love all over the world. According to legend, the Roman priest Saint Valentine be-came associated with this love-focused holiday because he performed

weddings for soldiers that were forbidden to marry pursuant to Roman law. There was an emperor that believed that married soldiers were poor warriors.

In the Bible, there are over 600 commandments and the primary admonishment is to love. We came to the planet to feel and express love, it is healing and transformative. Last week I wrote about the power of being a good listener and training ourselves to hear, rather than waiting for our turn to speak. With this active listening, we come close to giving the gift of being understood.

What else can we do to celebrate our friends and loved ones?

How about speaking a word of praise?

When was the last time you thought about the qualities that you love most in your beloved? Unfortunately, we have been trained to focus on negativity. Criticism and complaints are destructive to our relationships. This week, let's rewire ourselves to focus on the positive. Practice seeing the good in the people that you love.

Try to smile when your children enter the room. Rather than complaining that they have worn a hole in their pants,

ask if they had a good day? Imagine them playing, enjoying their friends, and having a good time. Don't mentally look for what's wrong and pick at your kids.

Stop complaining to or about your sweetheart. This week let's turn up the volume on praise.

Praise and acknowledgment is another way that we feel love.

Turn up the dial on your ability to presence love by speaking words of praise and acknowledgment. Create a new pattern of behavior by BE-ing love.

Speak a word of praise.

This week try this: Everyday before you go to sleep, write down five things that you appreciate in your beloved. It can be simple as their smile or laugh. It can be how they help with emptying the litter box, even though they don't like cats. Doing this exercise will help you to rewire your brain to focus on the positive aspects of your beloved. You will feel better, and that will have a positive impact on your relationship.

Practice saying something kind each day to your loved ones. Tell them what you love about them, it will lift their spirits and boost their self-esteem. They will feel good in your presence, and you will feel good too.

Lift love and be love.

Lori Harris is a Life Mastery Consultant and coach. She helps her clients gain clarity and achieve the life transformations they desire in health, relationships, creativity, and vocation. Learn more about her at LoriAHarris.com or on her free app Gratitude Train app, an electronic journal, available in the App Store and Google Play.

FAMILY MATTERS

By Marc Garlett



RECLAIM YOUR ROLE AS YOUR CHILD'S PRIMARY INFLUENCE—PART 2

Last week, I discussed how a lack of intimacy in the parent-child relationship has led kids to bond more intensely with their peers. Here, I'll look at the devastating effects these peer-centered relationships can have, and how parents can reclaim their role as the chief-orienting influence in their children's lives.

The crisis of the young

For evidence of just how unhealthy it can be when a child's relationship with his or her peers matters more than the one they have with their parents, Maté points to the dramatic rise in violence, suicide, and mass shootings among today's youth.

Maté found that in the vast majority of childhood suicides, the key trigger was how the children were treated by their peers, not their parents. When kids consider acceptance from their peers as their primary source of fulfillment, rejection and bullying can be utterly Earth-shattering.

“The more peers matter,” says Maté, “the more children are devastated by the insensitive relating of their peers, by failing to fit in, by perceived rejection or ostracization.”

The missing element

Outside of the obvious reasons why peers make terrible parenting substitutes, the crucial element missing from peer relationships is unconditional love.

Unconditional love is the most potent force in the parent-child bond, laying the foundation for the relationship's strength, intimacy, and influence. Without unconditional love, the parenting relationship becomes no different than any other.

Maté notes that some of today's common disciplinary techniques can unintentionally signal to the child that parental love is only available if certain conditions are met. As an example, Maté explains how putting a child who's throwing a tantrum into timeout can make it feel like the parent's attention and love

are merely conditional.

“Timeout withdraws your relationship from the child,” says Maté. “They learn they're only acceptable to you if they please you. The relationship is seen as unstable and unreliable because it's showing them you're not available for them when they're most upset.”

Maté says that any behavior or action by the parent that threatens to undermine the unconditional nature of the parent-child relationship can be harmful. Without the underlying trust that their parents will be there for them no matter what, a children's primary source of safety and trust becomes a source of insecurity.

Reclaim your influence

“Our challenge as parents is to provide an invitation that's too desirable to turn down, a loving acceptance that no peer can provide,” says Maté.

“A real relationship with kids doesn't depend on words; it depends on the capacity to be with them,” says Maté. “Welcome their presence with your body language and energy. Express delight in the child's very being.” And your most challenging job as a parent is to do this even when they are pushing your every button, as all kids inevitably do.

No matter how your children are behaving, consider a way to show them that they're loved and accepted unconditionally. This may go against everything you learned from your parents but consider doing it anyway. And if you find this difficult, take Maté's advice and think back about what you would've really wanted from your own parents in such a situation.

“The ultimate gift is to make a child feel invited to exist in your presence exactly as he or she is at the moment,” says Maté. “Children must know they're wanted, special, valued, appreciated, and enjoyed. For children to fully receive this invitation, it needs to be genuine and unconditional.”

When children get this level of acceptance, they naturally desire to become closer with whomever is offering it. Rather than fearing or being threatened by their parents, children want to be with them. They want to follow them.

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MARC

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

LEGAL NOTICES

NOTICE OF PETITION TO ADMINISTER ESTATE OF: RAY HAGEMU OBAZAWA AKA RAY H. OBAZAWA AKA RAY OBAZAWA CASE No. 18STPB11665

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the WILL or estate, or both of RAY HAGEMU OBAZAWA AKA RAY H. OBAZAWA AKA RAY OBAZAWA. A PETITION FOR PROBATE has been filed by SUSAN S. BERTEAUX in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that SUSAN S. BERTEAUX be appointed as personal representative to administer the estate of the decedent. THE PETITION requests the decedent's WILL and codicils, if any, be admitted to probate. THE WILL and any codicils are available for examination in the file kept by the court. THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will

allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A HEARING on the petition will be held in this court as

follows: 03/14/19 at 8:30AM in Dept. 11 located at 111 N. HILL ST., LOS ANGELES, CA 90012 IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal

representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

Attorney for Petitioner
FRED D. SOLDWEDEL
SBN 149826
ATTORNEY AT LAW
301 E COLORADO BLVD. STE 320
PASADENA CA 91101
2/2, 2/9, 2/16/19
CNS-3216965#

NOTICE OF PETITION TO ADMINISTER ESTATE OF JANICE ELAINE ALCORN Case No. 19STPB01078

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of JANICE ELAINE ALCORN. A PETITION FOR PROBATE has been filed by James W. Rider in the Superior Court of California, County of LOS ANGELES. THE PETITION FOR PROBATE requests that James W. Rider and James E. Munson be appointed as personal representative to administer the estate of the decedent. THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on March 7, 2019 at 8:30 AM in Dept. No. 5 located at 111 N. Hill St., Los Angeles, CA 90012.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code.

Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

Attorney for petitioner:
DARRELL G BROOKE ESQ
SBN 118071
THE BROOKE LAW GROUP PC
525 S MYRTLE AVE
STE 204
MONROVIA CA 91016
CN957539 ALCORN
Feb 16,23, Mar 2, 2019

NOTICE OF LIEN SALE AT PUBLIC AUCTION

Notice is hereby given that personal property in the following units will be sold at public auction on February 26, 2019 at or after 10:00 am pursuant to the California Self-Storage Facility Act. The sale will be conducted at: California Suites and Self-Storages Spaces: 2600 S. California Avenue Monrovia, CA 91016. The items to be sold are generally described as follows: clothing, furniture, and/or other household items stored by the follow persons: Name/Unit Number: Gloria Silvas M-27 Auctioneer: TF & TB, LP

Mountain Views News
Feb. 16, 23, 2019

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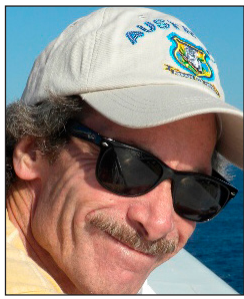
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Mountain Views News Mission Statement

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

HAIL Hamilton



IGNORE THE WALL—IT'S A DISTRACTION!

Thirty-five day partial government shutdown; 800 thousand federal workers either locked outed out or forced to work without pay. Another 1.2 million federal contract workers also suffering 35 days without a paycheck, as well as the contract employers preparing for bankruptcy. And not even a hint of an apology did President Trump offer in his unremarkable and unsurprising State of the Union Address, not even a hint, did he offered to the 2 million workers who had been forced to suffer using them as chips for more than a month so he could pursue “blackmailing” congress to fund his border wall.

All in an effort to save the nation from the violence at our border he himself created! Folks this is called disinformation psych-warfare. Only now it is being used used by the Trump administration against the American people, and it is becoming it has been going since at least as early as 2014, two years before the 2016 Presidential Election, continued into the midterm and is still continuing today largely unchallenged.

Americans, like Democrats, don't want to the wall or pay for it. Most Republicans don't want the wall either and also don't want to pay for it, or they certainly would have when they controlled both houses of congress? Who's left? Maybe some of Trump's hardcore “alt-right” folks, like the ones we saw “goose-stepping” around with their Ku Klux Klan buddies beating up other folks in Charlotte, N.C a while back. Maybe they can sell off some of the expensive guns and other WWII Hitler and NAZI paraphernalia to pony up the funds?

Border land, locals claim, was “stolen” from them in 2005 by the Bush using government strong-arm tactics and eminent domaine to build border fencing. This was done, according to local attorneys, without proper legal process, and when the land owners discovered this fact they began to form groups to fight back to protect their property rights. They were becoming a cause celeb and creating problems for the Bush administration in Washington. Eventually Bush backed off, being content with what little land they had acquired and contented themselves build a few miles of fencing and repairing a whole lot more.

When Trump took there 654 miles of a variety of barriers, mostly security-type fencing. What was new the use of a variety of high tech surveillance equipment such as CCTV and drones equipped with infrared night vision optic, monitored motion censures intermittently placed on the border and along all know trails used by undocumented aliens entering the country.

What of that vast majority of undocumented aliens who enter the country at airports, or other ports of entry, with valid passports and visas, the decide they like it here, and to overstay their visa. Within days the have purchased forged documents—Social Security Card, Birth Certificate, and they're off to get a driver's license, bank account, credit card, get a job, to get an apartment?

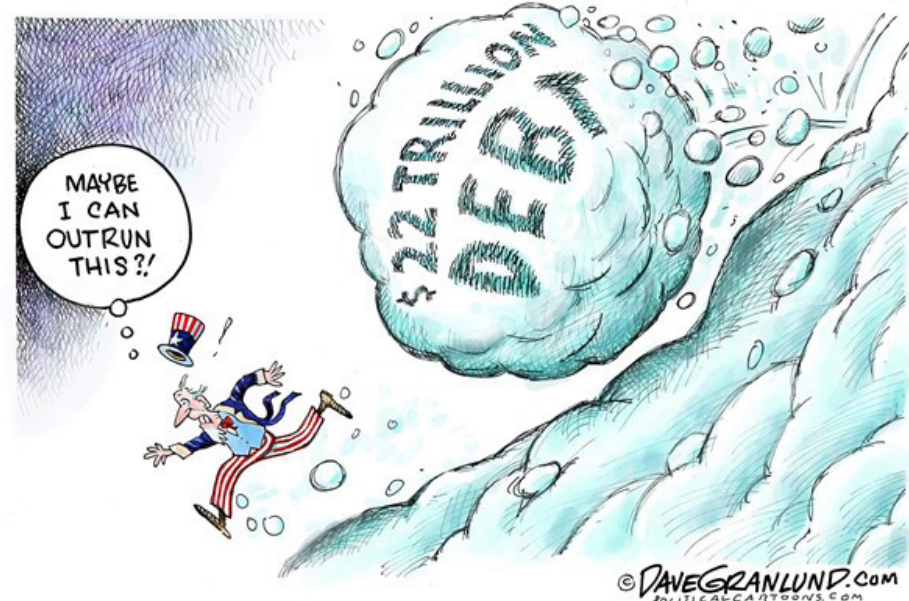
This all doesn't even mention the significant engineering problems posed by constructing the kind of wall Trump wants to build, much less telling us how the \$5.7 billion he had been demanding from congress before the 35 day government shutdown could ever come close to paying for it. Just look at a topographical map of the U.S.-Mexico border and it becomes clear why the real estimates of the wall's cost is more like \$30 to \$50 billion, or MORE!

That's right, BILLION with a “B”. This is a luxury boondoggle beyond the wildest dreams of the most connected “Neo-Con” lobbyist during the Bush presidency. Taken together with the outrageously huge tax cuts favoring the wealthy that Trump signed into law in December 2017, this additional bill is just more than the United States, with a \$22 trillion national debt—that's TRILLION with a “T”—can bit more afford to spend on what's got to be largest boondoggle in our history.

To put our National Debt into perspective—According to a recent U.N. survey of the earth's best astrologers and astrophysicists there are an estimated 20 Billion stars in the entire Milky Way Galaxy. That means our National Debt is as slightly greater than 2000 times all the stars in our immediate Galactic neighborhood.



TRUMP ADVISOR FOR DECLARING NATIONAL EMERGENCY ON BORDER...



LEFT TURN/RIGHT TURN

JOHN L. Micek



TRUMP MAKES PREDATORY LENDING GREAT AGAIN

Here's another reminder that, when it comes to the Trump administration, it's more important to watch what the White House does, rather than what it says.

The payday lending industry scored a huge win this when the U.S. Consumer Financial Protection Bureau proposed to weaken Obama-administration rules governing an industry that makes its money by exploiting people in desperate financial straits.

That's pretty much the exact opposite of what the agency was created to do. But, hey, this is Donald Trump's Washington.

Payday loans, sometimes known as paycheck advances, are short-term loans that you have to repay by the time you get your next paycheck. As the online news site Mic.com reports, lenders charge prospective borrowers - who usually can't get a loan anywhere else - a fee plus punitive interest.

Though they offer the lure of quick cash, the loans are really a debt trap.

According to research by The Center for Responsible Lending, the APR offered by some payday lenders can range from a crushing 533 percent to 792 percent. Those are rates only a loan shark could love.

As The Washington Post reports, under the Obama-era rule, which was to take effect in August, lenders were supposed to make sure that borrowers could afford the loans they're being offered. But as the Post notes, the latest proposals would lift that requirement and delay the rule's implementation until 2020.

The industry had been lobbying officials to get the rule reversed. And when those efforts failed, they got to work on winning over new CFPB boss Kathy Kraninger, a Trump appointee who took office last December, the newspaper reported.

If the Post's reporting is any indication, the effort appears to have worked.

“The bureau will evaluate the comments, weigh the evidence, and then make its decision,” Kraninger said in a statement released to the Post.

If this effort pays off, it will be a huge win for payday lenders, who have ridiculously claimed they'd face financial ruin if they're required to actually make sure people can afford the loans they're taking out.

Among the real losers here, ironically, are those MAGA-hat wearing Trump loyalists in Rust Belt states who can least afford to afford the mafia-level interest rates.

Last year, the industry tried to convince Pennsylvania's Republican-controlled House of Representatives to approve a bill that would have opened a massive loophole in the state's very strong safeguards against predatory lending.

The bill would have allowed payday lenders to pose as “loan brokers,” which would have allowed them to get around interest rate caps and charge unlimited fees to borrowers.

Among those who would have been hit were the veterans that Trump professes to love so much and vows to protect during his hockey stadium rallies. Active-duty soldiers are already protected from such practices under a federal law that caps interest rates at 36 percent annually.

The loan-broker bill never cleared a critical Pennsylvania House committee. And it died at the end of last year's legislative session. But there's every reason to expect the issue will be re-litigated during the new legislative session that started in January.

And as the recent push at the federal level shows, the industry is tireless when it comes to trying to advance its interests.

That's bad news for consumers, one advocate says.

“The CFPB is proposing to unwind the core part of its payday loan rule - that the lender must reasonably assess a borrower's ability to repay before making a loan,” the bureau's former director, Richard Cordray, posted on Twitter this week. “It's a bad move that will hurt the hardest hit consumers. It should be - and will be - subject to a stiff legal challenge.”

Some in the industry, however, believe the proposed rule change doesn't go far enough, The Post reported. A top executive with one of the industry's largest trade groups, The Community Financial Services Association of America, told The Post the rule should be repealed entirely.

It's eternally easy to get lost in Trump's bluster - to be outraged by his latest bullying Tweet or bald-faced televised falsehoods.

But it's in the nuts-and-bolts of policymaking, in the White House's ongoing efforts to undermine government institutions that the 45th president is doing the most damage.

And, as ever, it's those who are cheering the loudest for him that will end up suffering the most.

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.

BLAIR Bess



IF TRUMP IS INNOCENT, WHY'S HE STILL HELPING RUSSIA?

Democrat and Republican members of the Senate Intelligence Committee recently announced that no direct evidence of a conspiracy between Russian intelligence operatives and Trump campaign officials has been uncovered by their investigation into Russian meddling in the 2016 presidential campaign.

Despite the president's mistaken belief that he has been fully-exonerated (he hasn't), the more pressing issue is whether he'll finally accept the U.S. intelligence community's well-documented conclusion that Russian operatives did everything in their power to shape American public opinion and exert influence over voters.

Based on newly-disclosed actions taken by his administration, it appears that he either doesn't or (more likely) doesn't want to. The Daily Beast reports that two teams of federal officials whose mandate was to fight foreign election interference are being dramatically downsized. This will leave the U.S. woefully unprepared to address election threats in 2020. Apparently, the president is quite pleased by the past work-product of his comrades in the Kremlin and expects them to deliver once more.

The U.S. Intelligence Community's Worldwide Threat Assessment, presented to Congress a few weeks ago, states “we anticipate that all our adversaries and strategic competitors will increasingly build and integrate cyber espionage, attack, and influence capabilities into their efforts to influence U.S. policies and advance their own national security interests.”

That appears to be confirmed in reports from multiple media outlets detailing attempts to use Facebook and Twitter to launch disinformation campaigns. According to Politico, Twitter recently removed 2,617 “malicious accounts” that may have originated in Iran. Facebook announced that it had suspended 783 Iranian pages and accounts on its platforms, including Instagram, for “engaging in coordinated inauthentic behavior.”

Twitter has suspended 418 accounts that appear to emanate from Russia for mimicking behavior similar to that exhibited by the Internet Research Agency - the Russian troll farm responsible for many of the propaganda campaigns that raged during the 2016 election. It also took down 2,000 accounts located in Venezuela that have engaged in a “state-backed influence campaign targeting domestic audiences.”

No reasonable (emphasis on reasonable) leader could possibly ignore ongoing assaults on the hearts and minds of the American people. Nor would he ignore the advice of his hand-picked intelligence chiefs. Yet, this leader does. Because his friends in the Motherland continue to employ cyber warfare as an ongoing offensive strategy, quite possibly designed to bolster his stranglehold on the White House. It should come as no surprise then that the Trump administration is taking steps to ensure that this barrage of disinformation continues to rain down on the American people unimpeded.

Not so within the Putin Regime. They're very much afraid that outside forces will employ tactics like those used against, causing the Russian people to rise and challenge Putin's leadership.

Legislation passed in 2015 by the Duma, the lower chamber in the Russian Parliament, requires that personal data of Russian citizens be stored on servers located in Russia. This should not by any means be construed as a measure designed to protect that country's citizens. Instead, it is an attempt to circumvent external servers that power Facebook, Twitter and Google, allowing security officials to monitor dissident activities and deny the Russian people access to sites where the free-flow of information and speech might threaten those in control.

Officials at the highest levels of the Russian government and our own are in both instances taking steps to solidify their positions of power. In the case of Putin and company, attempts are being made to close the floodgates to information, while Team Trump is doing everything it can to leave them wide-open.

Clearly, the president fears that concerted efforts on the part of our intelligence community to prevent our adversaries from tampering with elections, sowing discord, and spreading disinformation might cause the Trumpian knot to unravel. And the legitimacy of his presidency to be called into question yet again.

Whether Trump directly engaged or conspired with outside forces to corrupt the results of the 2016 presidential election is still unclear. Results of both the Mueller investigation and a more vigorous investigation by the Democrat-controlled House Permanent Select Committee on Intelligence may paint a more accurate picture once their work is finished.

Believing he has been vindicated by the Senate Intelligence Committee, President Trump continues to grow more emboldened. Which, to use one of his favorite expressions, is “sad.” And a mistake. Because his administration's recent efforts to stymie future cyberattacks call into question whether there really is “No collusion.” And that will only cause government watchdogs to sniff around his administration more aggressively.

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