

SATURDAY, FEBRUARY 23, 2019

VOLUME 13 NO.8

CITY COUNCIL THANK YOU - FUN AT THE KENSINGTON



St. Rita School students celebrated Catholic Schools Week by showing appreciation of our incredible community. Students in grades 1 and 5 presented the City Council members their "Thank You" banner to recognize the many hours and "hands" they extend so generously to serve our great city. The students in grades TK and 7 walked to the Kensington to sing to the residents who have been contributed to the history and greatness of Sierra Madre. Community service is an important part of the education at St. Rita School as they prepare to become the future leaders of our community and beyond.

MOVING THE CITY'S GENERAL MUNICIPAL ELECTIONS ON COUNCIL AGENDA

On Tuesday, the Sierra Madre City Council will consider a Sierra Madre Municipal Code (SMMC) change that would move the date of the City's General Municipal Elections to the first Tuesday, after the first Monday in November of each even-numbered year, beginning in November 2020. The agenda report for the meeting gives an overview:

SUMMARY

At the February 14, 2017 City Council meeting, the Council adopted Ordinance 1387 to consolidate the City's General Municipal Election to the first Tuesday, after the first Monday of even-numbered years, beginning November 2022 in accordance with State Bill (SB) 415 signed into law by Governor Brown on September 1, 2015. In an effort to "encourage greater voter participation", SB 415 prohibits local governments from holding an election on any date other than on a statewide election date if doing so has resulted in voter turnout being at least 25% below the average turnout in the jurisdiction in the previous four statewide general elections.

ANALYSIS

In accordance with SB 415 the City Council adopted Ordinance 1387 consolidating the City's General Municipal Elections to the first Tuesday, after the first Monday in November of each even-numbered year, beginning in November 2022. Since SB 415 was enacted most cities throughout

the State have gradually consolidated within their respective counties. This has caused many election consultants to go out of business, including Martin and Chapman, which the City has used for election services for over 20 years. Martin and Chapman's services included printing the Voter Information Guide, vote-by-mail and election day ballot printing, assistance with County and State filings, guidance with legal publications, ballot tabulation, and poll worker training, to name a few. A third-party election consultant would be necessary for any future municipal elections; however, most have gone out of business since SB 415 was enacted.

FINANCIAL REVIEW

The fiscal impacts associated with this item are unknown at this time. Election costs vary based on the number of agencies consolidating in a particular election, number of candidates, number of polling sites, etc. It is possible that elections costs could decrease as more jurisdictions have consolidated with statewide elections.

Staff is recommending the City Council amend SMMC 2.04.000 to consolidate the City's General Municipal Elections to the first Tuesday, after the first Monday in November of each even-numbered year, beginning in November 2020, two years earlier than previously approved.

MVNews

HUCK FINN FISHING DERBY

On your marks.....GET SET.....FISH! Sign-ups will begin Monday, February 25th at 7:30am in City Hall for the Huck Finn Campout and Fishing Derby! Signed waivers are required for this event.

The waivers are available on the City of Sierra Madre website at www.cityofsierramadre.com or at City Hall and the Library. Come early and get the site you want to so you can be camping where you prefer on Friday, March 29th and fishing in your favorite spot on Saturday, March 30th.

We cannot wait to bait, hook and weigh those fish to see who brings home the biggest trout of them all.

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PROTEST HELD IN KERSTING COURT

The San Gabriel Valley has quite a network of resistance groups. Monday, February 18 saw a protest co-hosted by several of these local progressive groups. This protest was organized in response to against the president's declaration of a national emergency in order to secure funding for his wall. Kim Kissinger, (pictured right), representing "Move On", Lauren Pressman, who was with "Individual", and Ruth Richardson, from "Swing Left" were the organizers. These dedicated women were able to organize an entire protest within 48 hours, and at noon they already had 40 people lined up along Kersting Court, one of whom was playing protest songs on a melodica. Within 40 minutes, the number had swelled to 60. While many of the protestors were residents of Sierra Madre, there were others who came from other cities, such as Duarte and Glendale. There were veterans in attendance as well as teachers, parents, and people from many other industries as well.



"Resistance has to start small", Kim says. The local Move On group was founded after the 2016 election, as a way to organize protests. Both Move On and Individual have websites, which makes mobilizing easy. In addition to the information about the cause and how to get involved, there is a section which details the latest protest. When a new one is planned, the creators can easily notify their own network and other organizers so that protests can happen in a quick and timely manner. The goals are to create networks of resistance, build community, and empower people. Ruth says that these causes, "connect us all". "We cannot let this become the new normal, otherwise we become the frog in the slowly boiling pot of water, and we won't see the danger until it is too late", she added.

As the protest went on, most of the cars on the street honked in support. Even when some drivers responded negatively, the protestors kept a positive and friendly attitude. This was a protest against the national emergency that the president has declared in order to fund his wall, and many of the protestors' signs listed things that they felt were actual national emergencies, such as climate change, homelessness, gun violence, and even Trump's presidency. Protest causes often overlap. Many of the protestors at Kersting Court were repurposing signs from other protests, such as the Women's March. Some of the women were even wearing the pink hats that have become a symbol of the Women's March.

One of the protestors, David Shechtman, started attending protests after the 2016 election out of a desire to take action against something "big and disturbing on a national level". He found out about Monday's protest through Move On and was eager to show up at a local protest. He has participated in bigger protests, such as the Downtown LA one that took place a year after the president's inauguration, but he personally prefers the smaller, local ones because he feels that he can connect with like-minded individuals and make more of a difference. He plans to keep protesting as long as there is a need for it.

If you are looking to get involved, check out the websites of groups like these to learn about meetings and other protests. Signs are welcome and encouraged at protests, but not mandatory. While many of the people who show up to protests are experienced, newcomers are always welcome. The most important thing is that you are there, lending support to a cause that matters to you.



- MONTHLY MEETING -

How to Save Your Food

How long can an apple sit on your kitchen counter until you won't eat it? Two weeks, maybe a month? Doubtful! Learn how you can preserve healthy homegrown food or inexpensive seasonal food to enjoy off-season, without it losing its nutritional value.

A special gift will be given to each family that attends.

As always, the public is welcome!

Sierra Madre CERT General Meeting
Thursday, February 28th, 7:00 PM
Hart Park House - Memorial Park
222 W. Sierra Madre Blvd.
Sierra Madre, CA



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Weather Wise

6-Day Forecast Sierra Madre, Ca.

Sun	Ptly Cldy	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	Sunny	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: SierraMadreWomansClub](https://www.facebook.com/SierraMadreWomansClub) [GFWCSierraMadreWomansClub.org](https://www.facebook.com/GFWCSierraMadreWomansClub.org)

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Rent the 1914 Historic Essick House 626-355-4379

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

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

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Rent The 1914 Essick House

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Anniversaries, Parties, Weddings

Anita @ 626-355-4379

Explore Opportunities & Membership with Us

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

GFWC Sierra Madre Woman's Club 355-4379

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

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 25 - March 2

Monday at 9:00 am

Baby Rhyme Time

Monday at 10:00 am

Preschool Storytime

Tuesday from 2:00 - 5:00 pm

LEGO Play Day

March 1 - April 4 Bookmark Contest

Saturday from Noon - 3:00 pm

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Saturday at 3:00 pm

Movie - A League of Their Own

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OUR NEXT MEETING WILL BE

TUESDAY, FEBRUARY 26, 2019

GUEST SPEAKER:

Attorney Marc Garlett

Topic: Estate Planning

Lunch Begins at Noon and costs \$10 -

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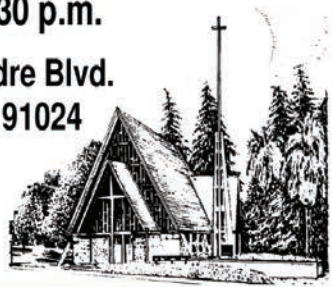
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SIERRA MADRE CHAMBER OF COMMERCE

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

BRAIN FIZZLES: THE FIRST IN A SERIES

I have good news and bad news. The good news is that 100% of my New Year’s resolutions are still live! Of course I only made one, but still, that’s progress. I haven’t recycled any old articles this year --yay for me! This week I even mustered the gumption to draw a new picture, I feel so accomplished. The bad news is that I have nothing wonderfully thrilling for you this week.

You may not be as excited as I am that I haven’t recycled anything. You may not care if the article in my column first appeared several years ago. You may just want something entertaining to read. If so, then my good news about not reusing old stuff may not be such good news to you. In that case, I apologize for getting your hopes up.

Since I have nothing particularly titillating to share this week, I thought I’d dedicate this article to random observations you might find amusing. I wanted to title it “Brain Droppings,” but that’s already been taken. And “Brain Shavings” sounded a bit morbid. So “Brain Fizzles” it is. Because haven’t we all felt that way at one time or another?

I was at Ralph’s the other day with my husband in the cereal aisle. Sometimes when I’m shopping I ponder all the options for a while. But he’s made dithering an art form. While he was in deep deliberation over whether to get Honey Bunches O’ Oats or some Kashi thing, I noticed that the cartoon bee on Honey Nut Cheerios has no pants.

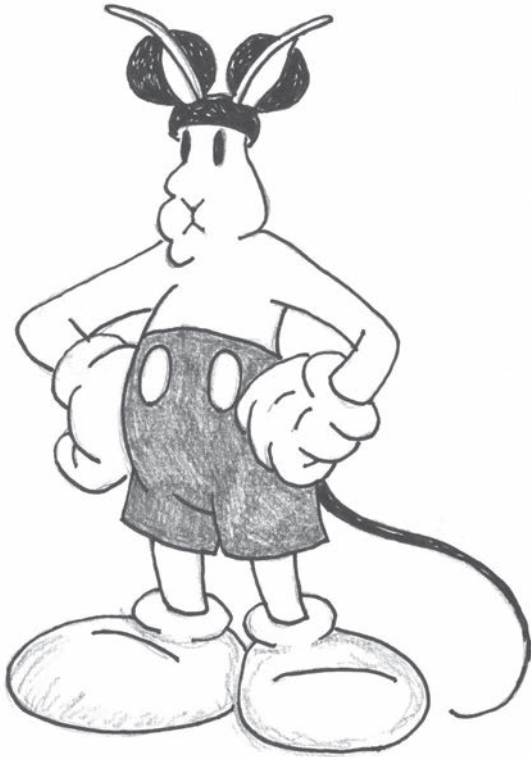
This is nothing new, but it reminded me of a meme I saw about a lot of the original Disney characters having no pants. Winnie the Pooh --no. Donald Duck --none. Daisy Duck --nope, that’s real bad. Mickey Mouse, on the other hand, has pants but no shirt. Depending on the era, Minnie’s the same way. Having a skirt, but no top, I mean.

Somehow they seem adequately dressed if they have at least one article of clothing. And then there are the ones who are just animals, and have no need of gilding the lily. Everyone in Lion King and Bambi fall under this category, as do the rest of the characters in Winnie the Pooh. Except Piglet. I don’t know what that thing he’s wearing is, but it’s quite catching.

We’re okay seeing otherwise naked cartoon animals, but I bet if the artists added only shoes, they would suddenly seem a bit scandalous to us.

The only one who’s properly clothed is Goofy, despite all that his name implies. He’s practically sporting a three-piece suit compared to the rest of them! And what animal is he supposed to be, exactly? Is he a dog? In that case, isn’t it kind of weird for him to own Pluto? That’s a dog owning another dog. If you think about it too much your brain hurts. Causing brain fizzles.

I’ll leave you now with the exhortation to take a closer look at the cartoon characters who cross your path, whether it be on cereal boxes, stationary, or your TV. Check out the degree to which they are clothed. Until next time...



WALKING SIERRA MADRE by Deanne Davis

“Playmate, come out and play with me,
And bring your dollies three,
Climb up my apple tree.
Look down my rain barrel,
Slide down my cellar door,
And we’ll be jolly friends forever more.”

This innocuous little ditty was supposedly written by somebody named Saxie Dowell. Interestingly, the main theme was note-for-note plagiarized from the 1904 intermezzo “Iola” by Charles L. Johnson, for which Johnson sued, settling out of court for an undisclosed sum. (Thanks, Wikipedia!) Kay Kyser recorded it in 1940 and even Willie Nelson got involved, recording it in 2001 with somewhat altered lyrics. But I digress...

The main topic here today is the Rain Barrel Truckload Sale at Lake Avenue Church between 9-11 a.m. today, February 23rd which would have been my mother’s 99th birthday, hosted by the Foothill Municipal Water District. These babies will be available at a discounted price of \$65.00 + tax. Having taken a peek at what rain barrels cost: anywhere from \$74.99 at Target to about \$100.00 give or take a few bucks at Amazon.com, this is a great deal! My mother, btw, would have hated being 99!

Your rain barrel would be stationed in a handy spot to catch rainwater coming off your roof for you to use later in your garden. I’m not so sure I would want to drink anything that came off my roof but my flowers and trees would love it. In case you didn’t know, the use of rainwater collection can be traced as far back as ancient times, some 3,000 years, when somebody or other thought it was a shame that all that nice rainwater was just running down the cobblestones, instead of being available later to dampen one’s parched lips or rinse off one’s sweaty brow.

I’m not sure you’ll have time to go to rainbarrelsintl.com/events-order to get yourself one of these rain barrels, but at least you’ll be thinking about having one. Another great selling point, the Metropolitan Water District is currently offering a \$35/barrel rebate for up to 2 barrels per household, which is also pretty nice.

Sierra Madre has a rain barrel going on behind our Police Department. Not sure what happens to that water, but at least it’s saving some of this rain we’ve been enjoying. As American Naturalist John Burroughs put it: “To find the universal elements enough; to find the air and the water exhilarating; to be refreshed by a morning walk or an evening saunter...to be thrilled by the stars at night; to be elated over a bird’s nest or a wildflower in spring – these are some of the rewards of the simple life.”

Speaking of rewards of the simple life, food is definitely one of them. Having recently seen “Oliver!” at the Carpenter Center in Long Beach, my mind is still warbling away about...

“Food, glorious food,
Hot sausage and mustard!
While we’re in the mood --
Cold jelly and custard!” (Lionel Bart)

While I wasn’t able to make it to the Valentine’s Day extravaganza at Nano Café right here in town, featuring Rich Johnson and the JJ Jukebox band, I did get to drool over the menu for that glorious night which included Sea Scallop Scampi. You could also have Filet Mignon Medallions, Grilled Atlantic Salmon, Chicken Spinach Roulade or Butternut Squash Ravioli.

These are all splendid dishes but, oh my friends, I need to rhapsodize over the Sea Scallop Scampi, which I had the pleasure of devouring the week before Valentine’s Day. These scallops were so succulent, so tender, so fresh, so perfectly cooked, with a garlic butter sauce that made your salivary glands go to town just smelling it, that it was hard not to lick the dish. Andrew, the new chef at Nano, has brought a heightened level of excellence to the menu and if you haven’t been in to Nano lately, ya need to go! Get the sea scallops scampi...trust me! Nano Café is at 322 W. Sierra Madre Blvd. and if you need to phone ‘em, it’s: (626) 325-3334

“I’m a big lover of fish. Cooking fish is so much more difficult than cooking protein meats because there are no temperatures in the medium, rare, well done cooking a stunning sea bass or a scallop.” Gordon Ramsey

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

February 10, to February 17, 2019

During this period, the Sierra Madre Police Department responded to approximately 206 day and night time calls for service.

Tuesday, February 12
Officers responded to a call of a welfare check at about 9:58AM, of a male subject who had threatened to harm himself and fellow patients at a local health care facility. Upon arrival and using extreme caution, officers made contact with the subject. Following the interview process, officers determined that he was a danger to possibly himself and to others. The subject was transported to a local hospital for evaluation.

HUCK FINN FISHING DERBY

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We cannot wait to bait, hook and weigh those fish to see who brings home the biggest trout of them all.

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Sierra Madre Woman’s Club

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April 4, 5 & 6

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SMILE FOR THE CANINE

I spend a lot of time hanging out with animals. I've always enjoyed (perhaps even preferred) the company of my furry four-legged friends, and I kind of like to think they enjoy spending time with me as well. While I do appreciate the presence of all animals, I have to admit that the dog has become my favorite. Dogs make such great friends. They can make me laugh out loud, and at times they can make me cry. But regardless of what the mood of the moment may be, they are always there for me.

I used to have a dog named Lady. She was unique in that she would smile when you looked at her. I don't mean the kind of smile that only shows through the eyes from inside, I mean she smiled the same way we humans smile. Well, maybe her smile looked a little different because of her long snout and pointy teeth, but as far as the way our lips curl upward, and our eyes get squinty during a smile, Lady actually smiled like people do. I had to explain it to folks we'd meet on the street, that she was not baring her teeth as though she might bite. No, that girl was sporting a big fat, happy grin!

I smile at dogs all the time. I'm pretty sure I have always smiled at dogs, but I suppose it's possible that it could be a relatively new habit for me; One that I've developed over the years from spending so much time with canines. Lately I often find myself smiling at dogs I don't even know, like ones riding in the back seats of cars looking out at me through the window. I smile and wave, as if I'm trying to engage a small child to wave back. I don't even care if people see me doing it. It just seems like the natural thing to do.

Now I have a dog named Molly. She's a very attentive and somewhat sensitive pup. She uses facial expressions all the time, and they help tell me what she's thinking. I'm sure of this, because she consistently repeats the same expressions in response to what is going on at the time. For example, if I reach for my keys and head for the front door, she's right on my heels, staring up at me intently with her hopeful look...the one that says, "You're taking me with you, right?" It's similar to the look she gives me when I'm eating a meal, only the latter is a bit more desperate - it's clearly an appeal for a nibble of what's on my plate, versus a walk around the block.

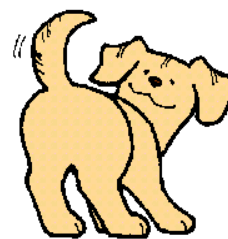
It wasn't until after a couple of years living with Molly that I realized how much attention she actually pays to my facial expressions. I don't have to say a word. I can be sitting across the room from her when I give her a real silly look. I open my eyes wide, lift my eyebrows into tall arches, twist my mouth sideways and poke out my tongue, just to get a rise out of her. That's when she immediately jumps up, runs to her toy basket, picks out a favorite plushy and carries it over for us to play with. She knows, by the look on my face, that I am inciting her to play.

On the other hand, if I frown and look down when Molly is around, she is sure to pause a moment. Then, slowly and somewhat tentatively she will begin to walk in my direction with a somewhat anxious look on her own face - one that seems to say, "Are you okay?" Now, how in the world does that dog know something is up with me, just from looking at my face?

Over the past 10+ years, animal behaviorists in the scientific research field have placed much focus on studying the canine's capacity to recognize human emotion through facial expression. The results of a

Happy Tails

by Chris Leclerc



2014 study conducted by the Messerli Research Institute at the University of Veterinary Medicine in Vienna, Austria indicate that dogs are indeed able to discriminate emotional expressions in human faces.

What this means is that, not only can a canine tell the difference between a smile, a grimace or a frown, but can also interpret the inner emotions those human facial expressions represent... happiness, anger, sadness. (Source: www.cell.com/current-biology)

What made the Messerli study and it's results unique to all others before it, is that there were no ulterior cues used to encourage the dogs' responses, as had been applied in previous, similar research projects. The 2014 study's peer-reviewed results state, "Here, we show that dogs use the emotion of a heterospecific (organism of another species - in this case a human face) as a discriminative cue."

The scientists at Messerli used only picture pairs showing parts of human faces - some only the mouth, some only the eyes, and some only a half-face - with either an angry or happy expression, as cues for the canines' responses. Interestingly, each of the subject dogs were more than willing to approach and nose-nod the pictures showing happy expressions, while consistently resisting the images showing angry or sad expressions. The researchers involved attribute their results mainly to the amount of time people now spend with their canines.

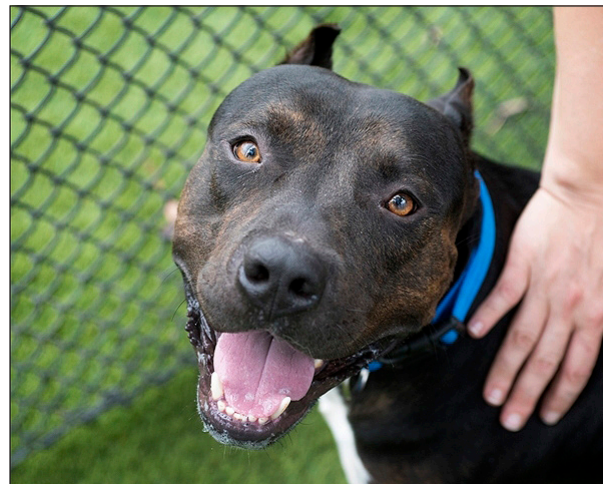
Regardless of how or why dogs are able to interpret our moods simply from looking at our faces, I think it is awesome that my Molly knows how I am feeling by the expression on my face. I imagine most humans would rather run away than stay, if they see me looking sad. And I'm sure Molly doesn't like it much either, but I have yet to see her run the other way when I've expressed myself in a sad way. In fact, she'll do quite the opposite. She'll approach - perhaps slower usual - but approach she will, and give me a lick on the hand, or a pat with her paw as if to say, "I love you, ma!"

Canyon Canine
Dog Walking & Sitting Services
Sierra Madre, California

Chris Leclerc
www.canyoncanine.com
chris@canyoncanine.com
626-355-8333 626-533-9536

BEST FRIENDS

Loki is a Pit Bull terrier mix that came to the shelter as a stray from Rosemead. He is 4-years old with a black and brindle coat. His ears are closely cropped. As he got to know staff and volunteers, Loki has showed his true gentle nature. He has become a shelter favorite, and volunteers report that he is easy to walk and shows a lot of affection. This goofy boy would love to be your lapdog. Loki deserves a fresh start in a loving home. If you can offer Loki the life he should have, come and meet him soon. 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!

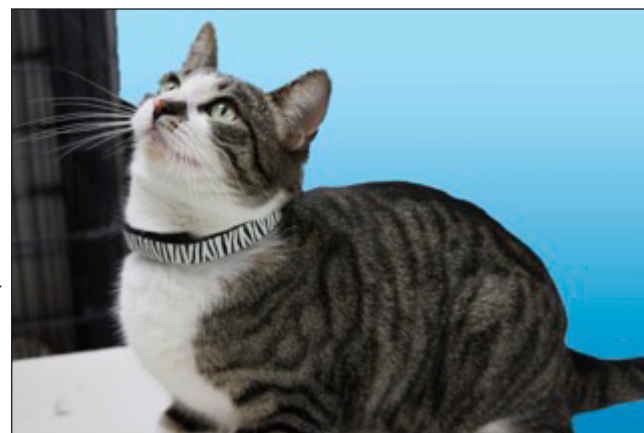


ONE SINGULAR
SENSATION!

Meet spunky "Zsa Zsa," age 2. She's friendly, playful, healthy, and good with other cats. We would also see no problem with dogs, if introduced as advised. This little darling's owner went into

assisted living, and Zsa Zsa is now residing at Whiskers to Tails Cat Hospital. Please call them to make an appointment to meet Zsa Zsa, 626-795-4134. Zsa Zsa will come spayed/neutered, current on vaccines. See her video and more pictures at www.lifelineforpets.org & click on our Young Cats page.

Good News: We found a great foster home for Parker & Charlotte, which may even turn into an adoption! More fosters still needed!



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Pasadena Altadena

News From Your Community For Your Community

Council to Look at Sexually Oriented Businesses

The city council is set Monday night to discuss updating and modernizing the city's regulation of sexually oriented businesses.

According to a city staff report, "The city has recognized that sexually oriented businesses, as a category of businesses, have negative secondary effects and that both licensing and zoning regulations are necessary to prevent or minimize these deleterious effects on the community."

If passed, amendments would deal with definitions and licensing of sexually oriented businesses to conform with recent court decisions.

Some of the changes include what defines "adult bookstore or adult video store" including what percentage of the store's floor space is devoted to "sexual activities." Changes also include what is "nudity" or "nude conduct."

Updates would also make it unlawful for any person who operates a sexually oriented business to employ a person at the establishment who does not have a valid sexually oriented business employee permit, among other changes, including what defines an "adult motion picture theater."

City staff said the purpose of the regulations are to "promote the health, safety, moral, and general welfare of the citizens of the city, and to establish reasonable and uniform regulations."

Any new ordinance amendments would "not change any regulations regarding where sexually oriented businesses may locate within the city," city staff said.

The council meets 6:30 p.m., Pasadena City Hall 100 North Garfield Ave. Room S249.

Pet of the Week



Jerm (A464569) has unofficially won over the affection of the PHS Volunteers. Jerm, one of the cats currently residing at Pet Food Express in Pasadena, is so social and confident with people that they all love him. He is very vocal and playful. He doesn't mind entertaining himself (he could chase a rolling plastic ball all day) but loves when you step in and play too. He enjoys catching a furry mouse on a wand toy and struts off with his "prey". He'll drop it somewhere and wait for you to bring it back to life for more play. He likes to be petted, but if petted for too long will wonder why you aren't playing instead. Visit this adorable black cat, Jerm, and other available cats at Pet Food Express.

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

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

View photos of adoptable pets at



City to Take Up Soft-Story Retrofit Ordinance

In effort to increase the safety of Pasadena's residential building inventory during an earthquake, the city council is set Monday night to pass regulations requiring retrofit of wood soft-story residential buildings citywide.

Some building owners in Pasadena have expressed concerns including financial cost, assistance, the time period for completion of the repairs and applicability.

"The recommended ordinance would apply to all existing wood-framed or partially wood-framed multiple-family residential buildings with 4 or more units, two or more stories with the ground floor or basement containing parking or other similar open-floor space," The staff report reads.

According to staff, The proposed regulations establish a process for implementing the soft-story retrofit program and would:

- Require all existing wood-

framed, soft-story multiple-family residential buildings built prior to January 1, 1978 to complete a seismic retrofit;

- Establish three tiers for prioritization of the timing of the retrofits;
- Establish a five-year timeline for completion of the retrofits; and,
- Establish enforcement provisions for non-compliance with the retrofit requirements.

At a public meeting November 8, Pasadena Building Official Sarkis Nazerian explained that a survey was done in 2007. They estimated around 500 soft-story buildings citywide with approximately 4,500 units.

At the time many property owners asked about cost. Nazerian had said Pasadena did not have a cost estimates although Zepeda and Nazerian both said in Los Angeles retrofit cost ranged from \$5,000 to \$10,000 per unit.

Nazerian also said city

officials had also looked into a "404 hazard Mitigation Grant Program" through the Governor's Office that covers 75 percent though FEMA and 25 percent shared by the city. He said the funds were not a guaranteed.

Some asked about making the ordinance voluntary something Nazerian said they could look into. Any voluntary retrofitting program would not qualify for grant funding he cautioned.

Nazerian said, if the ordinance passed, the only way for a property owner to be removed from the list is having an engineer writeoff that the retrofiting had been done. He did say that if someone thinks they are on the list by mistake, to call city hall and a city building inspector would look at the property.

Some owners were also concerned about overnight parking.

If passed the ordinance would be prepared with 60 days.

Jump into Pasadena's Summer Fair

Looking to stay active this summer? Join us from 10 a.m. to 1 p.m., Saturday, March 2, at Central Park, 275 S. Raymond Ave., to learn what fun, free and low-cost options are available for children, teens and families this summer provided by the City of Pasadena.

Among the many summer offerings are anime, art classes, book clubs, camps, concerts, crafts, dance, discovery days, game days, martial arts, movie nights, music, Parks After Dark, recreational swim, robotics, science, sports, STEAM activities, storytimes, Summer Reading, swimming lessons, video gaming and writing workshops. Programs run June through August. Some programs may require either resident or non-resident fees.

Pasadena's Summer Fair is presented by the City of Pasadena Human Services and Recreation and Public Library departments. For more information, visit cityofpasadena.net/humanservices or pasadenapubliclibrary.net.

St. Patrick's Luncheon and Dance

Shamrocks, leprechauns and pots of gold will be in abundance Saturday, March 16, from noon to 2 p.m. in the Scott Pavilion at the Pasadena Senior Center, 85 E. Holly St.

Food will be served by National Charity League San Marino Chapter mothers and daughters.

The Great American Swing Band will perform musical favorites for listening pleasure and dancing.

The cost is only \$10 for members of the Pasadena Senior Center and \$12 for non-members of all ages. Reservations may be made at the Welcome Desk no later than Thursday, March 14.

For more information about the programs and services of the Pasadena Senior Center visit: pasadenaseniorecenter.org or call 626-795-4331.

Hamilton Teacher Surprised with Milken Educator Award



Hamilton Elementary School teacher Nichole Anderson got the surprise of a lifetime at a school assembly where she was presented with a Milken Educator Award by Milken Family Foundation Chairman and Co-Founder Lowell Milken and Pasadena Unified School District (PUSD) Superintendent Brian McDonald. Anderson was named a 2018-19 recipient of the national recognition, which comes with an unrestricted \$25,000 cash prize. She is the only Milken Educator Award winner from California this year and is among the 33 honorees.

Nichole Anderson smiling Anderson is the third PUSD teacher to win the Milken Educator Award, which is hailed by "Teacher" magazine as the "Oscars of Teaching," John Muir High School teacher Manuel Rustin won in 2012 and Joshua Tornek, now a teacher at Marshall Fundamental, received the award in 2001.

"A forward-thinking teacher like Nichole Anderson understands the importance of building a technology foundation that helps prepare students for academic and real-world challenges in the 21st century," said Milken. "She is a welcome addition to the National Milken Educator Network."

As the computer lab teacher at Hamilton, Anderson helps students build technology skills that support all other areas of learning. Among the many technology skills Anderson shares with her students are: computer and web coding, 3-D printing, robotics, internet safety, computer graphics creation, online research, and presentation technology. Anderson also promotes professional development

among her colleagues, trains staff on technology, and serves on multiple educational committees as well as organizing weekly assemblies and tech fairs.

"Nichole Anderson is a visionary educator who inspires students to reach high, be creative, and develop solutions to real-world problems," said McDonald. "She ensures that students are equipped with knowledge and skills to form meaningful connections to the world through technology, leadership, and collaboration."

By giving students in kindergarten through fifth grade access to and expertise in technologies such as 3-D printing, computer coding, robotics, word processing, and web applications, Anderson is building a platform for students to succeed from an early age, whatever the future may bring. A charismatic and caring teacher who knows the names of all 600 kids in her school, she finds ways to make technology personal, approachable, and concrete for her students.

Nichole Anderson with students Anderson's position, the school computer lab and 3-D printers are funded by donations made to the Pasadena Educational Foundation, which supports Pasadena Unified schools.

The Milken Educator Awards has been opening minds and shaping futures for over 30 years. Research shows teacher quality is the driving in-school factor behind student growth and achievement. The initiative not only aims to reward great teachers, but to celebrate, elevate and activate those innovators in the classroom who are guiding America's next generation of leaders. Milken Educators believe, "The future belongs to the educated."

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.

Tax Time – Wednesdays and Fridays through April 12 from 8:30 to 10:30 a.m. Representatives from the AARP Foundation's Tax Aide program will assist low- to middle-income filers in preparing their federal income tax returns. There is no age limit. Appointments are required: 626-795-4331.

Friday Movie Matinees – Fridays, March 1, 8, 15 and 22, at 1 p.m. Everyone enjoys movies and the pleasures they bring. March 1: "First Man" (2018, PG-13) starring Ryan Gosling and Claire Foy. Astronaut Neil Armstrong's legendary space mission leads him to become the first man to walk on the moon on July 20, 1969. The film is based on true events.

March 8: "The Old Man & the Gun" (2018, PG-13) starring Robert Redford and Casey Affleck. A lifelong bank robber escapes from San Quentin at the age of 70 and goes back to robbing banks again with a detective in hot pursuit. The film is based on true events.

March 15: "The Wife" (2018, R) starring Glenn Close and Jonathan Pryce. A man with an acclaimed and prolific body of work is about to be awarded the Nobel Prize for Literature when he must confront the fact that he and his wife, after 40 years of marriage, have shared compromises, secrets

and betrayals.

March 22: "Sinbad the Sailor" (1947, NR) starring Douglas Fairbanks Jr. and Maureen O'Hara. An ocean of adventure awaits Sinbad as he sets out in search of the fabled lost treasure of Alexander the Great.

Mardi Gras Celebration – Tuesday, March 5, from 8:30 to 11 a.m. In celebration of Mardi Gras, come to the Pasadena Senior Center coffee bar for free coffee and treats, and enjoy New Orleans-style music spun by DJ Joe in the Lounge. Feel free to wear your brightest Carnival attire.

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: pasadenaseniorecenter.org or call 626-795-4331.

Founded in 1960, the Pasadena Senior Center is an independent, donor-supported nonprofit organization that offers recreational, educational, wellness and social services to people ages 50 and older in a welcoming environment. Services are also provided for frail, low-income and homebound seniors.

ARCADIA

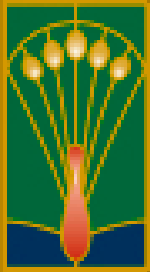
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ARCADIA HOSTS URBAN WILDLIFE TOWN HALL

February 21, 2019 – The City of Arcadia is partnering with the California Department of Fish and Wildlife (CDFW) and the Pasadena Humane Society to present an Urban Wildlife Town Hall to educate the community on urban wildlife, including best and emerging practices to discourage human-coyote conflicts in Arcadia neighborhoods. The meeting will be held on Wednesday, April 10, 2019 at 7:00 p.m. at Camino Grove Elementary School in the multi-purpose room.

“The City of Arcadia is continuing to engage our community on this important issue,” said City Manager Dominic Lazzaretto. “We are excited to partner with CDFW to help educate Arcadia residents on how best to discourage wildlife, including coyotes, from becoming comfortable in Arcadia neighborhoods.”

CDFW Representatives will be on hand to discuss urban wildlife and how to take a coordinated and collaborative community-based approach to this evolving concern. “We value this opportunity to collaborate, provide technical expertise, and guidance regarding urban wildlife. It is a privilege serving local communities statewide to address human-wildlife conflicts and safe co-existence among humans, domestic animals, and wildlife”, said Vicky Monroe, the statewide Conflict Programs Coordinator.

Residents are encouraged to submit their coyote sightings through a variety of convenient formats, which include:

- MyPD Mobile App – Download the MyPD mobile app from your app store. Use the Submit Tip feature to send us your report.
- Twitter – Follow us @DiscoverArcadia. Use the hashtag #Coyote to submit your sighting.
- Email – Send your report to coyotes@arcadiaca.gov.
- Call Us – Use the Coyote Hotline at (626) 574-5463 to submit your information.

All residents who are concerned or interested in coyotes are encouraged to attend this informational session. For more information, please contact the City Manager’s Office at 574-5401.

Methodist Hospital Foundation’s 24th Annual Mardi Gras Celebration Set for Tuesday, March 5 at Santa Anita Park

ARCADIA, Calif. –The 24th annual Mardi Gras Food Fest benefitting the cancer program at Methodist Hospital of Southern California will be held at 6 p.m. on Tuesday, March 5 at Sirona’s Restaurant in Santa Anita Park. The event is presented by the Methodist Hospital Foundation and promises to once again be filled with great fun, prizes, and entertainment.

Mardi Gras will feature gourmet foods from more than 30 of the San Gabriel Valley’s most popular restaurants, as well as offering libations, a festive parade, crazy costumes, live music, an exciting silent auction, and mysterious raffle boxes all for a great cause. The event also includes dancing to the ‘80z All-Stars live band, and the traditional Mardi Gras parade. More than 800 guests attended last year’s celebration and helped raise \$145,000 for the new Joint & Spine Pavilion at Methodist Hospital, which opened in April 2018.

Arcadia native Dino Clarizio, MD, and his wife, Hope, will serve as King and Queen of Mardi Gras in honor of their dedication and philanthropic efforts on behalf of Methodist Hospital. For more than 30 years, Dr. Clarizio has served the community, treating thousands of patients as an internal medicine specialist, while Hope has managed his physician office. The two have forged a unique bond and a wonderful life both with the medical practice and their volunteer efforts throughout the community.

“We are honored to be recognized at Mardi Gras this year,” says Dr. Clarizio. “We hope to see a record breaking fund raising event at this festive gathering with guests having a wonderful time.”

Mardi Gras title sponsors include Arcadia Gardens Retirement Hotel and Arcadia Healthcare Center. Sophia Chan, Mark Hafeman and Patty Soldo will serve as event co-chairs and will lead the planning brigade for the festive and fun event.

To learn more, please go to: www.mardigrasfoodfest.com. For advanced reservations or additional information call Methodist Hospital Foundation at (626) 898-8888 or email: mardigras@methodisthospital.org.

ARCADIA POLICE BLOTTER

For the period of Sunday, February 10th, through Saturday, February 16th, the Police Department responded to 990 calls for service, of which 126 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, February 10:

1. Shortly before 9:23 a.m., an officer responded to the 100 block of East Longden Avenue regarding a stolen vehicle report. The officer discovered unknown suspect(s) stole the victim’s 1995 Honda Accord sometime between 6:15 a.m. and 8:00 a.m. on February 10th. No suspects were seen and no witnesses were located.

2. At approximately 9:47 a.m., an officer responded to the 900 block of West Huntington Drive regarding a battery report. An altercation ensued between the female and her estranged husband resulting in the suspect pushing her and restraining her against a wall. The 36-year-old male from Arcadia was arrested and transported to the Arcadia City Jail for booking.

Monday, February 11:

3. Just after 1:06 p.m., an officer responded to Nordstrom, 400 South Baldwin Avenue, regarding a commercial burglary report. An investigation revealed three female suspects stole more than \$1,400 worth of Nike merchandise before exiting the store, fleeing in a newer Chevrolet Traverse.

The suspects are described as black females between the ages of 18 and 30-years-old. The investigation is ongoing.

4. At approximately 2:44 p.m., an officer conducted a traffic stop on a vehicle in the area of Foothill Boulevard and Baldwin Avenue for possibly driving under the influence. Upon contacting the driver, the officer detected a strong odor of alcohol. Through a series of tests, the officer determined the 69-year-old male from Arcadia was driving with a blood alcohol content of .12. A records check revealed the suspect was on probation for driving under the influence. The suspect was arrested and transported to the Arcadia City Jail for booking.

Tuesday, February 12:

5. Around 3:56 p.m., an officer responded to the parking lot of 921 South Baldwin Avenue regarding a series of vehicle burglaries. The officer discovered a total of five vehicle burglaries occurred in the immediate vicinity. All of the crimes occurred in the late afternoon. The investigation is ongoing.

Wednesday, February 13:

6. Just before 9:33 a.m., officers responded to a residence in the 00 block of West Norman Avenue regarding a burglary in progress. The victim heard her alarm activate and witnessed three suspects inside her home. An investigation revealed the suspects smashed a rear window, stole the victim’s tablet and cellphone, and fled in an awaiting vehicle. High quality surveillance footage aided in identifying the suspects as a 20-year-old male from Los Angeles, a 14-year-old male from Los Angeles, and a 17-year-old male from Los Angeles. The suspects are outstanding at the time of this report.

7. At about 1:16 p.m., an officer responded to Ralphs, 211 East Foothill Boulevard, regarding a fraud report. The officer determined the suspect, a 29-year-old male from Los Angeles, used a forged check and a fake ID to purchase food and receive cash back. A records check revealed the suspect was on parole and had an outstanding misdemeanor warrant. He was arrested and transported to the Arcadia City Jail for booking.

8. Shortly after 3:38 p.m., an officer responded to Vons, 745 West Naomi Avenue, regarding a theft report. A store employee confronted three suspects as they selected a large number of alcohol bottles. The suspects left the cart but fled with approximately \$25.00 worth of merchandise to an awaiting vehicle.

The suspects are described as two white males and one black male. They fled in a white Mercedes sedan. The investigation is ongoing.

Thursday, February 14:

9. Before 7:40 a.m., officers responded to the Arcadia City Hall, 240 West Huntington Drive, regarding a trespassing report. Officers located the suspect inside the Human Resources office prior to the business opening. The 33-year-old male from Los Angeles was arrested and transported to the Arcadia City Jail for booking.

10. Around 10:09 a.m., the Arcadia Police Department received a report from Huntington Beach Police Department regarding a fraud incident that occurred at Nordstrom, 400 South Baldwin Avenue, in November. An investigation revealed the unknown suspect obtained the victim’s credit card information and made fraudulent purchases totaling \$3,000.00 all over the Los Angeles area. The victim does not know how the suspect obtained her personal information or the identity of the suspect.

Friday, February 15:

11. At about 8:49 a.m., an officer responded a residence in the 400 block of East Rodell Place regarding a package theft report. The victim discovered his package had been stolen sometime between 10:30 a.m. and 12:00 p.m. The reported loss is \$426.00. No suspects were seen and no witnesses were located.

12. Just before 2:07 p.m., an officer responded to a construction site within the 00 block of Wheeler Street regarding a burglary report. Surveillance footage revealed an unknown suspect climbed over a perimeter fence, cut the power to the camera system, and fled with more than \$2,000.00 worth of tools and equipment. The investigation is ongoing.

Saturday, February 16:

13. Shortly after 4:50 p.m., an officer responded to the Santa Anita Mall, 400 South Baldwin Avenue, regarding a vandalism report. The victim returned to her vehicle and discovered someone had scratched the passenger doors. The victim believes the incident was a result of a dispute over a parking spot. No suspects were seen and no witnesses were located.

14. At approximately 4:42 p.m., an officer responded to Arcadia Dental Group, 111 East Live Oak Avenue, regarding a theft report. The officer discovered an unknown suspect stole an employee’s wallet from her unattended purse and used her credit and debit cards to make fraudulent purchases.

MONROVIA - DUARTE

Sierra Madre

Arcadia

Pasadena

Altadena

Monrovia

From The Desk of the Monrovia City Manager

from 2015 - 2018 is included above for your reference.

For Monrovia specifically, during the past several decades, the City

IN 2018, MONROVIA EXPERIENCED A 7.3% INCREASE IN PART I CRIMES WHEN COMPARED AGAINST THE PRIOR YEAR IN 2017

Recently, staff was able to complete our review of crime rates in Monrovia during calendar year 2018, and the results indicated that Part 1 crimes continues to increase. When compared with 2017, Monrovia experienced a total increase of 7.3% in our Part I crimes in 2018.

Of note, we saw an increase in both violent Part 1 crimes (3.0%) and non-violent Part 1 crimes (7.6%), and in addition, when we compare our 2018 crime numbers against calendar year 2015 (which is the year in which we recorded our historic low crime rate), Monrovia has seen a 31.2% increase in Part I crimes.

Digging a bit deeper into the numbers, an overview of the public safety issues we experienced last year includes the following details:

In 2018, Monrovia experienced a total of 984 Part 1 crimes, whereas in 2017, we had 917 Part 1 crimes

The Federal Bureau of Investigation (FBI) designates the most major crimes that plague society in the United States as Part 1 crimes

There are eight (8) Part 1 crimes, including murder, rape, robbery, assault, burglary, larceny, auto theft, and arson.

The 7.3% increase in crime in 2018 means that Monrovia had 67 more victims of crime last year than the prior year in 2017.

The most significant increase in criminal activity were:

We saw increases in aggravated assaults, burglary, and larceny:

5 more aggravated assaults in 2018 than in the prior year in 2017, a 19.2% increase

1 more burglary in 2018 than in the prior year 2017, a 0.8% increase

78 more larceny incidents in 2018 than in the prior year in 2017, a 12.1% increase

We did see decreases in murder, rape, grand theft auto, and arson

1 fewer murder incident in 2018 than in the prior year 2017, a 33.3% decrease

2 fewer rape incidents in 2018 than in the prior year in 2017, a 16.7% decrease

13 fewer grand theft auto incidents in 2018 than in the prior year in 2017, a 15.7% decrease

1 fewer arson incidents in 2018 than in the prior year 2017, a 50% decrease

A complete overview listing of our Part I crime activity in Monrovia

MONROVIA POLICE DEPARTMENT						
PART I CRIMES						
	2015	2016	2017	2018	Percent Increase 2018 vs. 2017	Percent Increase 2018 vs. 2015
VIOLENT PART I CRIMES						
Murder & Negligent Man Slaughter	2	0	3	2	-33.3%	0.0%
Forcible Rape / Attempted Rape	4	8	12	10	-16.7%	150.0%
Forcible Robbery	19	19	26	26	0.0%	36.8%
Aggravated Assaults	22	33	26	31	19.2%	40.9%
Total Violent Part I Crimes	47	60	67	69	3.0%	46.8%
NON-VIOLENT PART I CRIMES						
Burglary & Attempts	103	132	120	121	0.8%	17.5%
Larceny	504	624	645	723	12.1%	43.5%
Grand Theft Auto	94	76	83	70	-15.7%	-25.5%
Arson	2	1	2	1	-50.0%	-50.0%
Total Non-Violent Part I Crimes	703	833	850	915	7.6%	30.2%
TOTAL PART I CRIMES	750	893	917	984	7.3%	31.2%

As we examine these numbers, it is important to keep in mind that similar and greater increases in Part I crimes are being seen throughout Los Angeles County and in the State of California. Law enforcement personnel have attributed these significant increases in criminal activity to the impact of State legislation that has been approved during the past few years, including AB 109, Proposition 47, and Proposition 57. Collectively, those three measures have impacted our law enforcement efforts in the following manner:

Early release from prison of tens of thousands of criminals from throughout California, the majority of whom are from LA County

Changes in State law that have made any shoplifting, theft, forgery, or fraud - where the value of the crime does not exceed \$950 - a misdemeanor

The personal use of illegal drugs, such as cocaine, heroin, or methamphetamine, have all been reclassified in California as misdemeanors

engaged a number of important initiatives to reduce criminal activity, including implementation of a gang injunction and expansion of our overall Community Activist Policing bureau programs. Those efforts and initiatives made a real impact, as we saw crime trends decrease significantly over time.

However, given the changes in State law and the associated impacts on crime here locally in Monrovia, staff has been engaged in various strategies to address the real impacts of increased crime. To that end, we have helped coordinate and lead the development of a Statewide response to crime increases through the establishment of the Taking Back Our Community coalition. The coalition seeks to advocate for and support common sense changes to California's criminal justice system, and additional information can be found on our website.



CHRISTOPHER Nyerges COOKING THE NATIVE WAY, *a New Book by Heyday publishing.*

[Nyerges is the author of "Foraging California," "Extreme Simplicity," "The Self-Reliant Home," and other books. For information on his books and classes, go to www.SchoolofSelf-reliance.com.]

We've all heard about how the indigenous people of Southern California lived off the land with a diverse diet, yet modern Americans seem to persist with the myth that the diet of the past was a survival diet of bland acorns and squirrels. Nothing could be further from the truth.

Undoubtedly, some native peoples of the past went hungry during times of drought. After all, "store" was a verb, not a noun. Yet, as the indigenous people have begun to tell their own stories, a fuller picture emerges of a diverse and healthful diet that could have been the envy of contemporary people just about anywhere else.

"Cooking the Native Way: Chia Café Collective" boasts 10 authors: Barbara Drake, Daniel McCarthy, Deborah Small, Leslie Mouriquand, Cindi Alvitre, Craig Torres, Abe Sanchez, Lorene Sisquoc, Heidi Lucero, and Tima Lotah Link, all of whom are long-time educators in Native American food, traditions, beliefs, and anthropology. The full-color book is beautifully done, and if one were to buy it only for the pictures, you'd not be disappointed.

"Cooking the Native Way" is ostensibly a cookbook of native foods such as the acorn, cactus, mesquite, chia, yucca, nettles, and others. But it is so much more!

The authors begin by sharing their story of how their teaching about native foods, and compiling recipes, evolved into the Chia Café Collective organization. You get an introduction to the people and the places where they teach, and why it's important to preserve this heritage.

The Mother Earth Clan (Drake, Sisquoc, and Alvitre) share with the reader the clan rules to live by, which are guidelines for cultural survival and sustainability. For example, all things are sacred and all things are alive. Respect your elders by listening and learning. Always be truthful. Always give before you take. What you do will come back to you, good or bad.

The photos are fantastic, and uplifting to see. The section on Places introduces the reader to all the Southern California locations where the authors teach, with photos of their workshops.

The heart of the book is the Recipes section, beginning on page 60. You learn about the key plants used by native peoples, how to prepare them into delicious dishes, and where to purchase them. Some are commonly foraged in the wild. The reader is also given the details of why these traditional foods are so good nutritionally.

Since acorns are perhaps the single stereotypical food of native California, we are treated to everything we need to know about the acorns, such as how to remove the tannic acid, how to store them, the remarkable nutritional content, and how to turn the acorn flour into some amazingly delicious breads, cookies, and dumplings.

A chapter on the popular chia seed explains the history of this seed in the native diet, and how to collect, and process it into different dishes. Perhaps not widely known is that the commonly available chia seed (from Trader Joes, for example) is not the chia used in the past. The native chia, sometimes called golden chia, is *Salvia columbariae*, whereas the commercially-available chia is *Salvia hispanica*. The nutritional values of each is very similar, however.

In the section on prickly pear cactus, you learn how to select the nopales or cactus pads, how to clean them, and how to turn them into a variety of tasty dishes. Details are also given for processing the cactus fruits, which are the closest thing to watermelon you're going to find in the wild.

This is a refreshing book that is enjoyable to read, a pleasure to look at, and full of tried and tested recipes. The philosophy throughout is reminiscent of other recent books that have attempted to record the diversity and beauty of native foods, such as "Ethnobotany Project: Contemporary Uses of Native Plants" (by Blurb.com) which is a collaboration of nearly 30 authors, including the authors of "Cooking the Native Way." Another excellent book in this vein is "Enough for All: Foods of My Dry Creek Pomo and Bodega Miwuk People" by Kathleen Rose Smith, also by Heyday books.

"Cooking the Native Way: Chia Café Collective" was published in 2018 by Heyday books in Berkeley. It's an 8 1/2 by 11 format, 161 pages.

Read us online at:
www.mtnviewsnews.com



OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

IS TIME A FRIEND OR AN ENEMY?

The Gracious Mistress of the Parsonage and I were locked in a hopeless Mexican standoff. She was effectively arguing her side of the issue and I was, well, let's say I was not agreeing. I will not say who won, just that it wasn't me.

She then looked at me, put both hands on her hips and said, "Time will tell that I'm right."

I cannot wait. The problem is, time is never on my side. I simply do not know what it is about time, but it never does me any favors. Always, and I mean always, time proves my wife was right. I hate it.

I thought it was supposed to be "Father Time" we are dealing with. If it is, he certainly does not have the male side of the issue in good grips. Why has time always proven my wife right? Perhaps Mother Nature has so bullied Father Time that he always takes up the side of my wife.

The past week I have been thinking about this aspect of life; time. It seems that for the most part, we have put a lot of pressure upon time. For example, my wife keeps reminding me that time heals all wounds. If it was not for time I would have no wounds, I retorted.

I got in trouble just this past week because I was running out of time. I had to get across town for an appointment and believe me, time was not on my side. It would have been nice if I could just sit down with Father Time and negotiate a little bit. Would it be that hard for him to press the pause button and suspend time in order for me to catch up? Why is it so important that time keeps marching on? Why can't it, at least on the weekends, just take a slow stroll down memory lane?

Often I look at my watch to determine if I have enough time to do a certain project. Time has become an austere taskmaster, refusing to give up one second.

Think with me a little bit. Wouldn't it be nice to have every week just one "do over" moment? How hard would that be? Father Time insists on perfection always. He does not allow for screw-ups, which is rather pressing for me. If I could just have one 15-minute period during the week that I could do over, I might be able to catch up a little.

He wants me to be "on time" every time. When it is 2:00 PM, it is only 2:00 PM for one second, that is all. I believe there is an error here some-

where. If time is so valuable, why can't I enjoy 2:00 PM for say, 15 minutes? But no, by the time I acknowledge that it is 2:00 PM Father Time is tapping his finger on his watch and saying, "Let's keep moving because time waits for no man."

At the very center of my life, and everybody else's as well, is the infamous clock representing time. And what a harsh, demanding element this invention has become. Who invented that clock in the first place? Why was it not good enough just to look at the sun and guess what time of day it was? If it was dark, it was time to go to sleep. If the sun was up and it was light outside, it was time to get up.

Oh, how I miss those good old days.

But no, Father Time tricked somebody into inventing a device that keeps time. Or, so Father Time convinced the unsuspecting inventor.

The joke is on us who wear watches. No watch I have ever owned has ever kept time. All it does is show me that time is passing and I am late for an appointment. Where is that inventor that can invent some mechanism or some technology that can actually keep time? I would be the first one to buy such a contraption.

Why can't Bill Gates come out of retirement and do something useful for humanity and invent the technology that actually keeps time. I would settle for half-hour increments. I could live with that.

For many years now, time has not been on my side and neither has it been involved in the healing of any of my many wounds. Then never, contrary to what my wife says, has time ever told me anything. It just keeps on ticking while giving me a licking.

I am older, but certainly, I am not any wiser. And I blame Father Time. He has not given me enough time to learn everything that I need to know. Every day it seems I am always running out of time. And I cannot believe it is my fault.

Time marches on and I need to make the best of it as best I can.

The apostle Paul understood the urgency of this matter we call time. He writes in his epistle, "For he saith, I have heard thee in a time accepted, and in the day of salvation have I succoured thee: behold, now is the accepted time; behold, now is the day of salvation" (2 Corinthians 6:2 KJV).

The only time we really have is now. I never have a "now" to do over so I need to make time my friend and not my enemy.

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TABLE FOR TWO by Peter Dills thechefknows@yahoo.com

SANTA BARBARA ROAD TRIP

There is a popular adage "if it was easy, everyone would be doing it", so my visit to Lucky's a white table cloth restaurant in Montecito seemed a simple enough task. Lucky's is clear in their mission: steaks, chops, and seafood. Located on Coast Village Road in Montecito, the space has seen its fair share of businesses since it was built in 1926. Not all were restaurants - this writer wasn't present for the Pink Squirrel in the 50's (and is still not convinced that the owner actually had a pink squirrel, but that is for another day), Irelands in the 60's, and a few others after that. By the late 90's the building had seen better days and area residents thought the location had just plain run out of luck. As luck would have it, however, a few Montecito residents gave the building a makeover, and Lucky's was born as Montecito's clubhouse - a home away from home complete with a patio, bar and dining area. I have often thought that fine dining is a dying breed, but Lucky's has restored my faith.

The menu lists wonderful aged prime steaks featuring a 24-ounce porterhouse steak and 18 oz bone-in rib chop - for me, the meat closest to the bone is my favorite. A closer look at the nightly specials reveals comfort food that you will appreciate as much I do, like Thursday's Market Street Meatloaf, created and introduced to Lucky's by GM and Chef Leonard Schwartz. Mr. Schwartz has been at Lucky's for eight years, with 22 years in the restaurant business prior to that, and has brilliantly brought some of his favorite dishes to Montecito. Besides the meatloaf, consider the chili with just the right amount of beans for texture (I suggest having the cheese and onions on the side).

On my last visit, I sat at the bar, and had the calamari appetizer with a burger. I don't eat burgers that often, but when I do I want something special, and Lucky's offers an eight-ounce burger made with meats from the kitchen, and the fries are all house-made (if you follow my column, you know I'm a stickler for fresh French fries!). Of course, there are many popular salads on the menu including the house favorite "Lucky's Salad", and an iceberg wedge that is almost a meal in itself. The wine list has many California offerings, including wines from Santa Barbara, Paso Robles and Napa - with more than 25 wines by the glass, there's something for every taste. With so many items on the menu, my suggestion is to come with a friend and share. Lucky's 1279 Coast Village Rd. Montecito (805)565-7540

Peter Dills hosts a local radio show every Sunday 8 AM 105 FM GO Country



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LA SALLE HOSTS 2019 GIFTS FROM THE HEART FUND-RAISER; LA RAMS LEGEND ERIC DICKERSON FEATURED



Woody Gatewood, Eric Dickerson, Nora Gatewood, Mike Lansing

On Sunday, February 10, 2019, more than 40 guests gathered at the home of Hope and Dino Clarizio '75 for the 2019 Gifts from the Heart San Miguel Social. The event was a part of La Salle's annual Crystal Ball gala Gift Gathering Parties, and specifically supported the San Miguel Scholarship fund, which provides selected students need-based financial aid for their full school experience including tuition, books, and extracurriculars. Speakers and featured guests included Mike Lansing, former kicker for the Los Angeles Rams, who introduced his fellow teammate, running back and Hall of Famer Eric Dickerson. Junior San Miguel Scholar Andrea Flores spoke about her rewarding experience as a San Miguel Scholar. More than \$42,000 was raised for the scholarship fund.

FROM SIERRA MADRE ELEMENTARY TO.....

Beginning her education in Sierra Madre, Katherine Mahoney makes it to the top of her field.

Former Sierra Madre resident, Katherine Mahoney recently completed her Doctoral Program at Cal Poly University, Pomona and earned an Ed. D in Educational Leadership. Katherine attended Sierra Madre Elementary, St. Rita's Elementary School and graduated from La Salle High School. She completed a Bachelors and Masters at Cal Poly Pomona after studying in Queretaro, Mexico.

She is the daughter of MaryAnn and Richard Wisz who are beaming with pride.

Dr. Mahoney is currently Director of Special Education with Arcadia Unified School District and teaches for the University of La Verne.

Pictured right: Husband, Dennis, sons Aiden and Brendan.



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THE GOOD LIFE

HOW TO CHOOSE A GOOD HOME STAIR LIFT

Dear Savvy Senior,
Can you recommend some good stair lift companies? I have a difficult time getting up and down the stairs anymore and am interested in purchasing a stair lift for my house but could use some help choosing one. Arthritic Ann

Dear Ann:
A good home stair lift is an excellent solution for those with mobility challenges who have trouble with steps. A stair lift will carry you up and down the stairs in a safe seated position, providing easy access to the second story or basement level of your home.

To help you choose a quality stair lift that meets your needs and budget, here are a few shopping tips, along with some top-rated companies that make them.

Types of Lifts
There are two basic types of stair lifts that are sold today: straight and curved. The type you need will depend upon the design of your staircase.

A straight stair lift is one that travels in a straight line up a flight of stairs uninterrupted by landings, bends or curves, and costs between \$2,500 and \$5,000 installed. Curved lifts, however, are much more elaborate and will go around corners, bends and changes in direction. Curved lifts are also much more expensive, typically running between \$8,500 and \$15,000 or more depending on the complexity of the installation.

You also need to know that all stair lifts mount to the stair treads, not to the wall, so they are very sturdy and can be installed in almost any home.

If you are a large person, you may need to get a heavy-duty lift with a wider seat and bigger lifting capacity - all companies offer them. Or, if you're tall, find out about raising the seat height during installation.

Most stair lifts available today also have seats, armrests and footplates that fold up out of the way, and swivel seats that make getting into and out of the chair easier. They also come with standard safety features like seatbelts, breaking sys-



tems and footrest sensors, push-button or rocker-switch controls located on the armrest for easy operation, and "call send" controls which allow you to call or send the unit to the other end of the stairs. Make sure the lift you choose has all these features.

Depending on the company, you may also have the option of choosing between an electric (AC) and a battery powered (DC) stair lift. Battery powered units charge at the base station (some recharge anywhere on the track) are quieter, smoother and better than electric lifts, and will work even if there's a power failure in the home.

Where to Shop
While there are many companies that make and sell stair lifts, two of the best, based on reputation and customer satisfaction ratings, are Bruno (Bruno.com, 800-454-4355) and Stannah (Stannah-Stairlifts.com, 888-465-7652).

Unfortunately, original Medicare does not cover stair lifts nor do Medicare supplemental (Medigap) policies, but some Medicare Advantage plans may help pay. There are also many states that offer Medicaid waivers that will pay for lifts to those that qualify, and the VA offers cash grants to veterans with disabilities for home safety improvements.

To save some money, you may want to consider purchasing a used or refurbished model. Or, if you need a stair lift for only a short period of time, consider renting one. Most companies offer these options, and many offer financing programs too.

To get started, contact some stair lift companies who will put you in touch with a dealer in your area. All dealers provide free in-home assessments and estimates and can help you choose an appropriate lift.

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. YEAR of birth not required

HART PARK HOUSE MONTHLY PROGRAMS:



Unless listed differently, all activities are at the Hart Park House (Senior Center) 222 W. Sierra Madre Blvd., Sierra Madre
Hawaiian & Polynesian Dance Class: Every Tuesday Morning from 10:00 a.m. - 11:00 a.m. Join the class with Instructor Barbara Dempsey as she leads you in the art of Hula!
Bingo Time: Every Tuesday beginning at 1:00 p.m. Cards are only \$0.25 each! Everyone is welcome to play! Activity may be canceled if there are less than five people.
Free Blood Pressure Testing: 2nd Tuesdays Monthly from 11:00 a.m. - 12:00 p.m. No appointment is necessary.
Brain Games: Thursday, December 13th 10:30 - 11:30 a.m. Join us for Scattergories, a creative thinking game by naming objects within a set of categories; or Jenga, a block-building challenge that keeps you stacking and balancing your tower. Everyone is welcome, and no experience is needed. A great way to strengthen your mind and make new friends... Games are facilitated by Senior Volunteers.
Free Legal Consultation: Wednesday, December 19th from 10:30 a.m. - Noon. Attorney Lem Makupson is available for legal consultation. Specializing in Family Law, Wills, Trusts, Estates and Injury. Please call the Hart Park House for an appointment, 626-355-5278 ext. 704.
Senior Club: Meets Saturdays Monthly at Hart Park House... Brown Bag Lunch and great company at 11:30 a.m.
Chair Yoga: Mondays & Wednesdays 11:00 - 11:45 a.m. with Paul Hagen. Classes include Yoga and balance exercises. All ability levels are encouraged and welcomed! * Voluntary Donations of \$5.00 per week per participant are suggested but not required.
Birthday Celebration: Every 2nd Thursday Monthly at the Hart Park House. Share free birthday cake and ice cream kindly provided by the Senior Community Commission!
Game Day: Every Thursday Monthly 12:00 Noon come into the Hart Park House and join a lively poker game with friends!
Free Strength Training Class: Fridays 12:45 p.m. - 1:30 p.m. with Lisa Brandley. This energetic class utilizes light weights, low impact resistance training and body conditioning. Class equipment provided.
Save the Date: Senior Excursion, Wednesday, Dec. 19th to Rogers Gardens in Corona Del Mar.

NOW ACCEPTING OLDER AMERICAN 2019 NOMINATIONS

The Senior Community Commission and Community Services Department is now accepting nominations for the Older "Sierra Madre" American of the Year. If you know someone who lives in Sierra Madre, has demonstrated outstanding community service, and is 60+ years of age or older please be sure to fill out a nomination form due by Thursday, March 21st, 2019. Forms are available at the Hart Park House or by calling the Senior Services Office at 626-355-5278 x 704.



At first, Dad and I didn't see eye to eye about moving to The Kensington, but since he did, we're both thrilled

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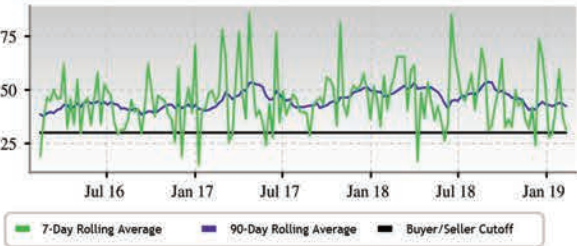
This Week's Market Update // **Monrovia**

This Week Median List Price: **\$825,000**

Demand measured by the Market Action Index is increasing and days-on-market is trending downward. Even as more properties come available, these are positive trends for the market.

Supply & Demand

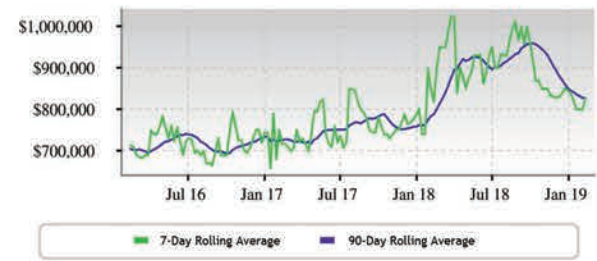
The market remains in a relative stasis in terms of sales to inventory and prices have been relatively stable for a few weeks. However, inventory is sufficiently low to keep us in the Seller's Market zone so watch changes in the MAI. If the market heats up, prices are likely to resume an upward climb.



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, conditions favor the buyer.

Price

The market seems to have paused around this plateau. The Market Action Index is a good leading indicator for the durability of this trend.



Quartiles

Quartile	Median Price	Sq. Ft.	Lot Size	Beds	Baths	Age	Inventory	New	Absorbed	DOM	
Top/First	\$ 1,349,000	2758	0.25 - 0.50 acre	4.0	2.5	62	12	4	1	88	Most expensive 25% of properties
Upper/Second	\$ 867,000	1639	6,501 - 8,000 sqft	3.0	1.5	72	12	4	1	47	Upper-middle 25% of properties
Lower/Third	\$ 779,475	1434	4,501 - 6,500 sqft	3.0	2.0	30	12	2	0	66	Lower-middle 25% of properties
Bottom/Fourth	\$ 610,000	1262	6,501 - 8,000 sqft	3.0	1.5	71	13	0	2	57	Least expensive 25% of properties

Real-Time Market Profile

		Trend
Median List Price	\$ 825,000	↔↔
Asking Price Per Square Foot	\$ 497	↔↔
Average Days on Market (DOM)	64	↓↓
Percent of Properties with Price Decrease	29 %	
Percent Relisted (reset DOM)	10 %	
Percent Flip (price increased)	0 %	
Median House Size (sq ft)	1598	
Median Lot Size	6,501 - 8,000 sqft	
Median Number of Bedrooms	3.0	
Median Number of Bathrooms	1.5	
Market Action Index Seller's Advantage	42.5	↔↔

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



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SATURDAY, FEBRUARY 23, 2019

AROUND SAN GABRIEL VALLEY

M.A.D. TOWN COUNCIL HONORS

By Joan Schmidt

At the February Monrovia Arcadia Duarte (M.A.D.) Town Council Meeting, Terrence Williams and Debra Mendelsohn were honored. The rain was not a deterrent as 58 residents attended. Town Council Member Terrence Williams served five years on the Monrovia School Board, including one year as President. Presentations included Senior Field Deputy Debra Mendelsohn for Supervisor Bargar, Taylor Valmores for Assemblywoman Blanca Rubio, Hector Rodriguez for Assemblyman Holden, and his fellow MAD Town Council Members. There were so many accolades: Mendelsohn said she never saw anyone with a greater drive and passion...a true gentleman who loves his community and works hard to improve it. Dr. Katherine Thorossian, Superintendent, Monrovia School District and School Board Members Rob Hammond and Bryan Wong all spoke of the five years they worked with Terrence, how lucky they were to have him. Terrence constantly worked hard to make the schools the best possible. He had a special commitment to students with special needs. Duarte City Council Member Liz Reilly said, "No one has a bigger heart than Terrence...everything he worked on, he left better...after Terrence touches it, it's better."

Both Captain Flores and Deputy Nelson praised Terrence. Captain Flores spoke of the importance of mentors and role models, and Terrence has been one. The Town Council presented a framed Certificate which highlighted Terrence's deep commitment to education. A few projects he helped start the Early College Program for Grades 9-12, Dual immersion programs-Mandarin at Plymouth, Spanish at Monroe and advocated Camp Catch-up for all schools.

Debra Mendelsohn has worked twenty-five years for the Fifth District's Supervisor in many capacities. For several years, she has orchestrated the fabulous Veterans Fair at Arcadia County Park. She became Senior Field Deputy after Katherine Barger was elected Supervisor. It was her idea to have the "MAD" County Day at the Fair like cities have. We call her, "Wonder Woman" because she has addressed all issues brought to her. She has attended all Council Meeting with much enthusiasm, keeping us up to date with the Supervisor's activities. Mendelsohn addresses all resident's questions and gives referrals to other county agencies



as needed. The Town Council will miss her, but her replacement Sandra Maravilla is very competent.

Captain Flores gave Mendelsohn a Temple Station Mug and pin. The Station was built in 1926-the 5th Sheriff's Station, and that is why it's "Temple 5". Flores said Mendelsohn was a great partner; they spoke almost daily about strategies to deal with problems. He spoke of all her hard work-time spent on research.

There was an update from Steelwave re; Arcadia Commons on Live Oak Avenue. The project was approved for 318 units; they reduced it to 303. Originally 75 were targeted for seniors at market prices, but after research and speaking to residents, they removed the senior designation and will have 10 lower income units available.

CHP Community Enforcement Officer Tony Chen explained that his team patrols only in county areas, not the freeways, and shared stats.

Please come to the March 20 Meeting, 7p.m. at Pamela Park, 2236 Goodall Ave, Duarte. There is so much good information given out, any issues, questions are addressed, and Brenda Trainer from Wonder Dog Ranch will be our Guest Speaker

SENATOR CHANG JOINS BI-PARTISAN EFFORT TO ASSIST 2.4 MILLION CALIFORNIA RENTERS

SACRAMENTO - As part of a bipartisan effort to assist California families who are dealing with an expensive housing market, Senator Ling Ling Chang (R-Diamond Bar) is a co-author of Senate Bill 248 (D-Glazer). The proposed legislation, with 28 co-authors, has strong bipartisan support. For the first time in 40 years, SB 248 would increase California's renter's credit and would represent significant help for single parents and could potentially provide 2.4 million California renters with much-needed relief.

"I'm proud to join my colleagues to help hardworking families in California," said Senator Chang. "California faces an expensive housing market, a homeless epidemic, and housing shortage. This bill is a step in the right direction to offer assistance for hardworking low-income and middle-class renters."

Currently, eligible renters have their tax liabilities offset by \$60 for single filers or \$120 for joint filers. Those eligible for the new renter's credit would be single filers making \$41,641 or less and joint filers making \$83,282 or less. Eligible households with children would receive a \$434 refundable credit; households without children would receive \$220.

SB 248 would make the tax credit fully refundable so that renters who have no tax obligation could receive the maximum refund. This bill would index the credit in perpetuity to account for inflation as calculated by the Franchise Tax Board. Under the proposed legislation, the governor could suspend the increase during an economic emergency.

The renter's credit was established in 1972. Since then, it has only increased once in 1979. Over the past four decades, families have faced an increasing renter's market where in some counties the median state rent exceeds \$1,800 a month for a two-bedroom apartment.

NAPOLITANO'S ROUTE 66 CENTENNIAL COMMISSION ACT PASSES HOUSE



(WASHINGTON, DC) On February 6th, the U.S. House of Representatives passed H.R. 66, the Route 66 Centennial Commission Act, a bill coauthored by Reps. Grace F. Napolitano (D-CA-32) and Rodney Davis (R-IL-13).

"Cities in my district have begun to reinvest in Route 66, recognizing its historic significance and how it continues to provide transportation, economic, and community benefits to our region and American society today," Napolitano said. "The federal government should be involved in these efforts as well. I thank Congressman Davis for reintroducing this legislation with me and helping move this bill quickly at the start of this Congress."

H.R. 66 creates a Commission to recommend improvements and activities to commemorate the 100th anniversary of Route 66 in 2026. It passed the House with large bipartisan support by a vote of 399 to 22. The bill also passed the House last Congress but was not considered by the Senate.

Route 66 is an integral part of the San Gabriel Valley's culture and economy and runs through the cities of La Verne, San Dimas, Glendora, Azusa, Duarte, and Monrovia, known in most of Napolitano's district as Foothill Boulevard and Huntington Drive.

INCREASED REBATE AND CLASS FOR TURF REMOVAL

Foothill Municipal Water District (FMWD) is hosting a Turf Removal class on March 23, 2019 from 9AM to 12 Noon at the La Cañada Presbyterian Church located at 626 Foothill Blvd. in La Cañada. Attendees will learn a DIY approach to convert their lawn into low-water-use and climate-appropriate landscapes. This class will cover removal of existing grass, design considerations, soil preparation, irrigation systems, planting and garden maintenance.

"This is a great way to kick-start a landscape transformation project," said Nina Jazmadarian, FMWD General Manager. "Customers can take advantage of the increased incentive offered by Metropolitan Water District of Southern California of \$2 per square foot for turf removal as well."

Metropolitan at its February 12, 2019 Board meeting revamped its turf program by increasing the incentive to \$2 per square foot for up to 5,000 square feet for homes and 50,000 square feet for commercial projects including schools and parks.

"Although we have had a wet winter, it is important for customers to continue saving water. Instead of using water for irrigation, we can store it in our groundwater basins and reservoirs and we will be better prepared for the next drought," said Richard Atwater, FMWD Board President and Metropolitan representative.

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To RSVP for the class, please contact Karen Oblak at koblak@fmwd.com or (818) 790-4036. To apply for turf removal incentives, please visit bewaterwise.com and look for "Turf Replacement Program." Applications will be available April 1.

Foothill Municipal Water District provides imported water to Crescenta Valley Water District, La Cañada Irrigation District, Mesa Crest Water Company, Valley Water Company, Lincoln Avenue Water Company, Las Flores Water Company and Rubio Cañon Land & Water Association. Kinneloa Irrigation District, another retail agency, takes no water from Foothill.



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jwmartin@dppre.com #00541631

Katie Orth 626.688.0418
korth@dppre.com #00942500

Jan Greteman 626.975.4033
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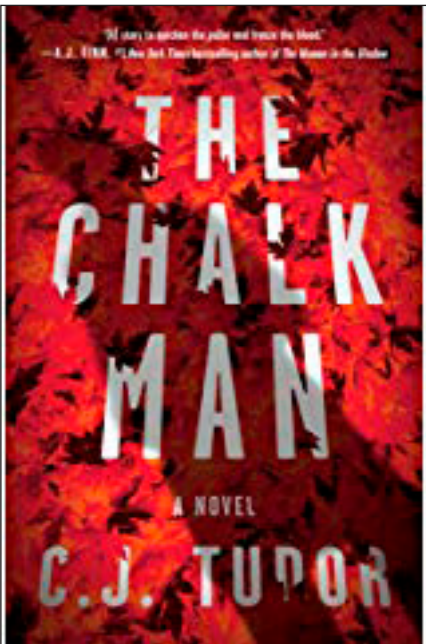
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home as art.

Jeff's Book Pics

By Jeff Brown

THE CHALK MAN: *A Novel by C. J. Tudor*

A riveting and relentlessly compelling psychological suspense debut that weaves a mystery about a childhood game gone dangerously awry, and will keep readers guessing right up to the shocking ending.In 1986, Eddie and his friends are just kids on the verge of adolescence. They spend their days biking around their sleepy English village and looking for any taste of excitement they can get. The chalk men are their secret code: little chalk stick figures they leave for one another as messages only they can understand. But then a mysterious chalk man leads them right to a dismembered body, and nothing is ever the same.In 2016, Eddie is fully grown, and thinks he's put his past behind him. But then he gets a letter in the mail, containing a single chalk stick figure. When it turns out that his friends got the same message, they think it could be a prank . . . until one of them turns up dead.That's when Eddie realizes that saving himself means finally figuring out what really happened all those years ago.Expertly alternating between flashbacks and the present day, The Chalk Man is the very best kind of suspense novel, one where every character is wonderfully fleshed out and compelling, where every mystery has a satisfying payoff, and where the twists will shock even the savviest reader.



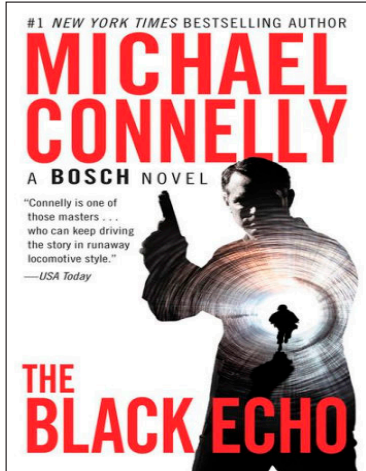
THE LIGHT OVER LONDON *by Julia Kelly*

Reminiscent of Martha Hall Kelly's Lilac Girls and Kristin Hannah's The Nightingale, this sweeping, entrancing story is a must-read for fans of remarkable women rising to challenges they could never have predicted. It's always been easier for Cara Hargraves to bury herself in the past than confront the present, which is why working with a gruff but brilliant antiques dealer is perfect. While clearing out an estate, she pries open an old tin that holds the relics of a lost relationship: among the treasures, a World War II-era diary and a photograph of a young woman in uniform. Eager to find the author of the hauntingly beautiful, unfinished diary, Cara digs into this soldier's life, but soon realizes she may not have been ready for the stark reality of wartime London she finds within the pages.In 1941, nineteen-year-old Louise Keene's life had been decided for her—she'll wait at home in her Cornish village until her wealthy suitor returns from war to ask for her hand. But when Louise unexpectedly meets Flight Lieutenant Paul Bolton, a dashing RAF pilot stationed at a local base, everything changes. And changes again when Paul's unit is deployed without warning.Desperate for a larger life, Louise joins the women's branch of the British Army in the anti-aircraft gun unit as a Gunner Girl. As bombs fall on London, she and the other Gunner Girls relish in their duties to be exact in their calculations, and quick in their identification of enemy planes during air raids. The only thing that gets Louise through those dark, bullet-filled nights is knowing she and Paul will be together when the war is over. But when a bundle of her letters to him are returned unanswered, she learns that wartime romance can have a much darker side.Illuminating the story of these two women separated by generations and experience, Julia Kelly transports us to World War II London in this heartbreakingly beautiful novel through forgotten antique treasures, remembered triumphs, and fierce family ties.



THE BLACK ECHO *(A Harry Bosch Novel) by Michael Connelly*

The Black Echo is the 1992 debut novel by American crime best-selling author Michael Connelly. This is the first of Connelly's Bosch series. The book won the Mystery Writers of America Edgar Award for "Best First Novel" in 1992.In this book maverick LAPD homicide detective Harry Bosch, the body in the drainpipe at Mulholland Dam is more than another anonymous statistic. This one is personal...because the murdered man was a fellow Vietnam "tunnel rat" who had fought side by side with him in a hellish underground war. Now Bosch is about to relive the horror of Nam. From a dangerous maze of blind alleys to a daring criminal heist beneath the city, his survival instincts will once again be tested to their limit. Pitted against enemies inside his own department and forced to make the agonizing choice between justice and vengeance, Bosch goes on the hunt for a killer whose true face will shock him.The 3 reviews are from Amazon.com



THE MISSING PAGE

Real Life Tips from Life's Instruction Manual



HOW TO HAVE A TOUGH CONVERSATION

It's the month of love, and we're talking about what we can do to enhance our relationships. Communication is at the heart of all relationships. We've discussed that being a better listener helps the people that we love to feel loved by being heard and understood. Next, we talked about looking at loved ones with kind eyes, turning down the volume on criticism and raising the level of praise. When we speak words of praise, we experience gratitude for the qualities we appreciate in our lovers, friends, and families. Relationships steeped with positive feelings tend to grow.

Manage your expectations, check yourself before you wreck yourself.

Nobody's perfect. Avoiding all conflict is impossible. Remember that different doesn't always equal wrong.

Do you like the TP roll over or under on the dispenser? Milk in your tea or sugar in your grits?

You are an individual, and it's unlikely that you will agree with another person on every issue. If you can't appreciate differences at least work on being able to tolerate alternative points of view.

Trouble at the crossroads? There's an ebb and flow to everything. Don't panic. Sometimes we hit a rough patch. Rather than allowing bad feelings to fester, it's best to address the issues that concern you.

It is essential to discuss problems as soon as possible, as they arise, rather than holding grudges or cataloging past transgressions. Having a direct conversation can seem scary, but it doesn't have to be a negative experience. The following is some of the things that have helped me to improve my communications.

Make sure you are well rested and nourished. It's common for these conversations to go off the rails when tired and hungry. Don't do it, girl!

Slow down! Really, take a breath and slow down.

FAMILY MATTERS

By Marc Garlett



Overlooking This Basic Part of Your Estate Plan Can Be Tragic

The recent death of the CEO of QuadrigaCX, a major cryptocurrency exchange in Canada, demonstrates a basic, yet often-overlooked, tenet of effective estate planning:

In the event of your incapacity or death, if your heirs don't know how to find or access your assets, those assets are as good as gone.

In the case of QuadrigaCX's owner Gerald Cotten, the lost assets were purportedly worth \$145 million, representing the vast majority of the company's crypto holdings. The hefty sum effectively vanished after Cotten died without leaving instructions for how to access the digital currency's security passcodes. The crypto holdings were owned by some 115,000 clients, who used the exchange to buy and store their digital coins. An untimely death According to an affidavit filed in a Canadian court, Cotten, age 30, died suddenly of complications related to Crohn's disease while traveling in India during December 2018. In January 2019, QuardigaCX filed for bankruptcy to protect itself from creditors, including all the customers with crypto stored in the company's electronic vault. According to Cotten's widow, Jennifer Roberston, following multiple searches, she has been unable to find the passwords that will provide access to the company's crypto holdings. The lesson is clear:

From cryptocurrency to safety deposit boxes and everything in between, your family must know how to find and access every asset you own, otherwise it could be lost forever.

In fact, there's a total of more than \$58 billion of unclaimed assets across the country held by the State Departments of Unclaimed Property. Much of that massive sum got there because someone died and their family didn't know they owned the asset. Incomplete estate planning Another puzzling fact is that upon first glance, Cotten was diligent in his estate planning. Indeed, Cotten named Roberston as his estate's executor and left her instructions for the complete distribution of his assets, including a private jet and multiple properties in Canada. He even left behind \$100,000 for the care of his two dogs—yet he managed to forget to include the passcodes that would unlock his company's vast crypto assets. I believe that most people holding crypto assets haven't taken the proper steps to ensure their heirs will know how to access these assets upon their incapacity or death.

Easily avoidable What makes this loss so tragic is that it could have been so easily avoided. Whether your estate is valued in millions or thousands, your plan must include a comprehensive inventory of all your assets. And as Cotten's case shows, this inventory must also include detailed instructions for how your heirs can find and access every asset.

MARC

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

All Things

By Jeff Brown

A JAPANESE SPACECRAFT WILL FIRE A BULLET INTO AN ASTEROID ON THURSDAY. HERE'S WHY.

A Japanese spacecraft is set to touch down on a distant asteroid Thursday, before shooting a bullet into the space rock to capture a bit of debris that eventually will be returned to Earth.Launched in 2014 by the Japan Aerospace Exploration Agency (JAXA), the Hayabusa 2 probe reached asteroid Ryugu in June 2018, after a voyage of 2 billion miles. In the months since then, the refrigerator-sized craft dropped a pair of small rovers on the space rock and has been inching ever closer to its surface. If all goes according to plan, it will fire its thrusters and settle on the asteroid Thursday the 21st.The landing was originally planned for last October, but JAXA postponed it after instruments aboard the rovers found that the asteroid's surface isn't covered with dusty soil (regolith) but is instead strewn with rocks — something scientists had not anticipated.“The expected topography of a powdery fine regolith was not found on the surface of Ryugu,” members of the Hayabusa 2 team said in a blog post on the JAXA website. “It took time to investigate the safety of the spacecraft during TD,” they said, using an abbreviation for “touchdown.”If Hayabusa 2 lands successfully, its next challenge will be to fire the bullet and then deploy a container to collect samples of the material kicked up from the surface by the impact.Researchers determined that the resulting rocky debris would be small enough to be collected and brought back to Earth for analysis. But that will take awhile: The samples aren't scheduled to arrive here until late 2020.The more we know about asteroids the better we will be able to defend Earth against them.By Denise Chow

Also, give your beloved the gift of checking in and ask, "is this a good time?" Let them know what you want to discuss and be willing to schedule your chat.

Before starting the conversation, get clarity about your concerns. Try to evaluate your feelings and actions. Here are some guidelines for the talk:

Agree not to interrupt one another.
No screaming, yelling or cursing.
No finger pointing (literally or figuratively.)

Remember, at the end of the conversation you want to feel closer and more connected. The goal is to strengthen your bond, not to weaken it. You are not at war, nor trying to win an argument.

Stick to the facts. State, as clearly as possible, what happened or was said, not your interpretation.

No blaming or name-calling, such as, "that was mean," or that was selfish." Just state: "when you did X...."

Avoid absolutes, such as, "you always or you never." That's rarely true or helpful, be specific.

Give your beloved an opportunity to respond.

Listen to the words spoken. Then check in and repeat back what you heard.

Validate the experience shared. Acknowledging how the other person feels doesn't require you to agree with them, but it does show that you care enough to listen to their concerns. The goal of the conversation is to be closer after your talk.

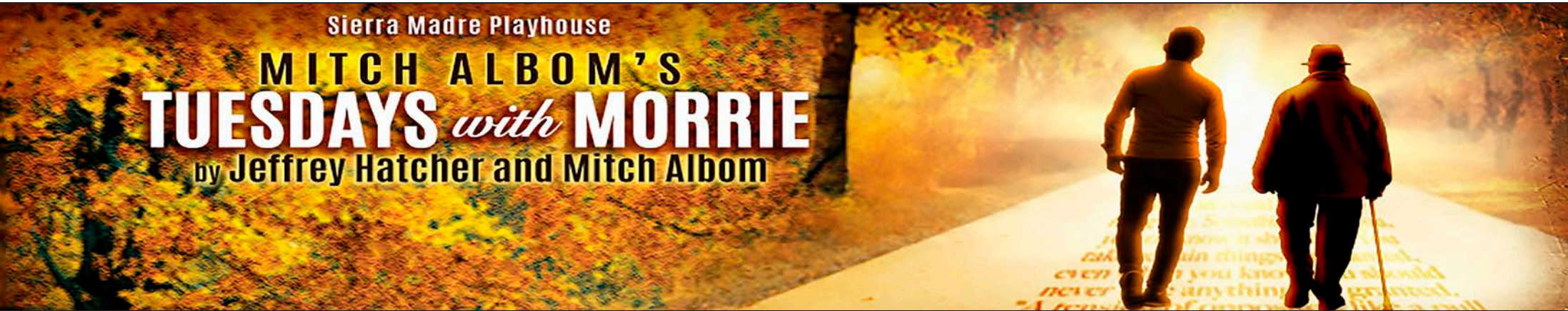
In my coaching programs, I teach various curriculums to help improve all aspects of life. My goal is to help my clients enjoy a life they love living: good health, flourishing relationships, vibrant fun and creativity, and work they love.

Everything starts with a vision and there many tools and strategies we can employ to have rich and fulfilling relationships. So what do you envision when you imagine having fabulous relationships? Would you love to heal a rift between you and a sibling? Are you learning more about the teenager in your life? Are you in a loving, romantic partnership? Is work a place where you have at least one good friend?

Sierra Madre Playhouse Presents: TUESDAYS WITH MORRIE

Starring Jackson Kendall and Larry Eisenberg

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



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PUBLISHER/ EDITOR
Susan Henderson

PASADENA CITY
EDITOR
Dean Lee

EAST VALLEY EDITOR
Joan Schmidt

BUSINESS EDITOR
LaQuetta Shamblee

PRODUCTION
Richard Garcia

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

WEBMASTER
John Avery

DISTRIBUTION
Lancelot

CONTRIBUTORS

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

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

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

Mountain Views News
Mission Statement

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



CHRISTOPHER Nyerges

POLICE CHASES:

Why must the television news stations report them live?

Sometimes, I have time to watch television in the evenings, and there are a few things I look forward to. For example, I really like Doc Martin, the BBC program about a quirky doctor in some small English town.

But I particularly look forward to watching the 11 p.m. local news, mostly to see the weather reports for the following few days. It gives me a chance to see how my outdoor activities might need to be modified if there is rain forecast, or high temperatures.

However, for reasons that I have not fathomed, whenever someone decides not to stop for the police and makes a run for it, we are forced to watch the entire chase, boring as it usually is.

Last night was no exception. After the first five minutes of the news, and the weather teaser, we were told that the police were in pursuit of a suspect, and then we watched from the helicopter's point of view as four or five police vehicles followed a van on local freeways. That meant that for the remaining 25 or so minutes of what was expected to be actual news, I was forced to watch a scene of a van at high speeds with police cars in pursuit.

I turned the channel. I was not surprised – though I was dismayed – to find that every other 11 p.m. news channel was covering the same event, from pretty much the same angle. Channel 2, 4, 5, 7 – nothing but the police chase! My time was wasted, and I only waited by the TV because I hoped they'd have some sense and at least cut in and give me the weather report. At the very least, they could have put the chase scene into a little box on the bottom of the screen so that those who really got excited by the chase could see it, and the rest of us could hear the weather report and other news.

I have never been privy to the offices of the news stations who make such decisions that a police chase is now the top priority and we're going to cover it, until the end. For many reasons, it's a bad decision, and should be changed.

For one thing, I often wonder if the fleeing person has a radio or small TV in their car, and is listening to the newscasters who are telling the viewing audience where the police are located, how many police are following, and speculating on what tactics the police might use to end the chase. If I were a police officer, I'd find this very intrusive of my work. In some cases in the past, because of the non-stop television exposure, people would be out on the street, cheering on the fleeing person in some cases, and generally getting in the way of the police activity. That wouldn't have happened if the television station simply reported the news of the chase after it was over, and informed us about the outcome.

Another reason why I find the chase so mundane is that the newscaster are practically pulling hairs to keep a conversation going, especially when it is a prolonged chase. The commentary is predictable.

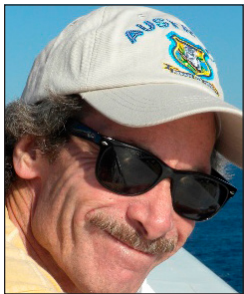
Is it a male or female driver? How many people are in the car? How much gas do you think they have left? I wonder where they are going? Do you think they will turn around and head back to where they came? Do you think he has a gun? Is the car stolen? Can we read the license plates? Why did they not stop from the police? It goes on and on, with mindless prattle about the details that concern the police but not the average TV viewer.

And sometimes it's worse than that. We watch on live TV as a driver being pursued hits other cars, hurts people, kills people. It's bad enough that it's happening, but it makes it worse to think that the pursuing driver might actually be listening to the news report and deriving some sick glory from all the attention he (or she) is getting.

I think George Orwell would be proud of his ability to see the mindlessness of the people of the future of which he wrote. When every television station is fixated on watching the police chase someone, I can only think of Orwell and his insightful "1984." Admittedly, sometimes we are told that the person fleeing is a felon, or has just shot someone, or some other fact about the matter, though we almost never learn the outcome of the chase. Sometimes it ends within the allotted time frame, and often it doesn't. But even if we watch a car stop, and the guy get out, and get arrested, it is always a big "so what?" to me, because we still do not have any idea of the full picture of what just transpired – and the worse part is that I do not get to hear the weather report!

Suggestion: Call, write, or email your local television station, and tell them that you're not satisfied with the incessant coverage of police chases. Their contact information is readily available on-line. Of course, if you like watching such chases, then do nothing, and everything will stay the same, and I'll just have to start looking up the weather reports on-line...

HAIL Hamilton



LOOKING BACK—WAS I WRONG OR JUST NAIVE?

With Black History Month soon coming to an end, I thought it would be appropriate with all the negative things I've heard said about people of various races, ethnicities, countries of origins, and to say something about involuntary servitude. YES! Slavery still exists, especially here in the United States—and I don't mean "white slavery," or involuntary servitude involving prostitution or child pornography.

By "slavery" I mean when someone is forced to work for little low pay, and has none of the protections given to most American workers by federal and state labor laws. The kind of slavery I'm referring to exists in our criminal justice system, where more than two-thirds of all inmates awaiting trial and of all prison inmates are people of color—mostly black and hispanic. People who cannot afford bail or private legal representation. Just the thought of the nearly 3 million people suffering out of sight, out of mind, incarcerated as modern slaves, in this day and age, here in America, should render any civilized human being wretchedly ill with disgust.

This all is not to say that no progress among races, ethnicities, even between various countries and cultures has not been made. It just means that, like anything else complex and difficult, progress has been slow and not without much intentional, institutional backsliding. Most often the backsliding is caused by men like President Trump who seem determined for their own selfish political purposes to divide us among ourselves like an angry lynch mob by fanning the flames of our differences, rather than pulling us together as one people who despite our differences are united by a common purpose, and destiny.

To realize those uniquely American values that Abraham Lincoln so eloquently stated in his eulogy to the dead in his Gettysburg Address: "... that we here highly resolve that these dead shall not have died in vain that this nation, under God, shall have a new birth of freedom, and that government of the people, by the people, for the people, shall not perish from the earth."

It should be no surprise that by keeping us divided and pitted against one another serves their purposes, maintaining their power over us, while allowing to enrich themselves at our expense. This is what is happening today in America. Trump and his cohorts are keeping us in a perpetual state of chaos and fear. Watch out or the boogymen will get you! Nothing new here. Mass political control through machinations was perhaps best described in two works of fiction. published centuries apart: Machiavelli's The Prince (1532), and George Orwell's 1984 (1949).

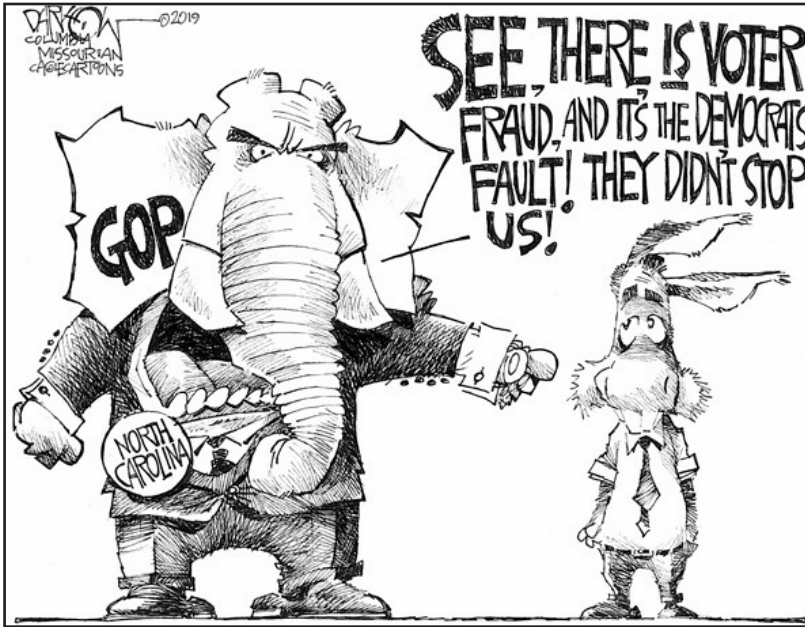
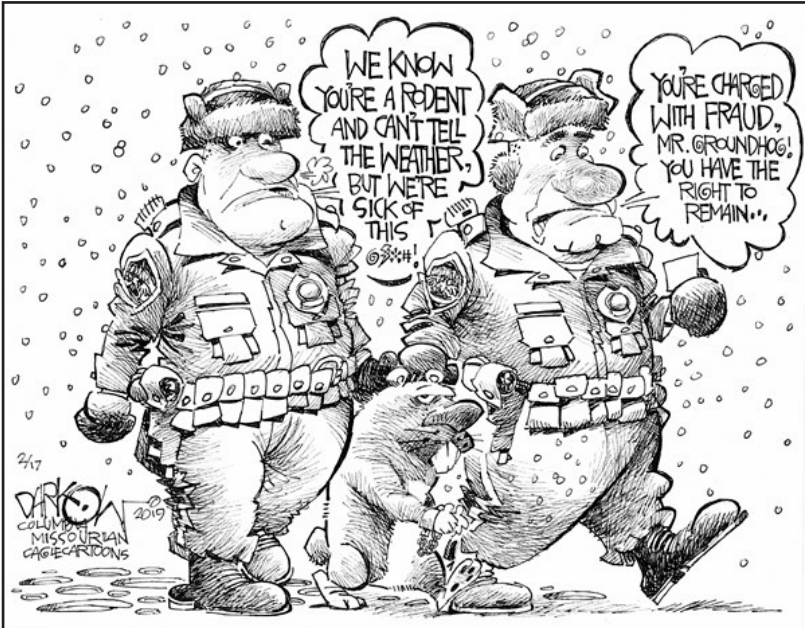
I just had a optimistic thought. I would gladly give up my column space to reproduce Norman Rockwell's idyllic Americana paintings of FDR's "Four Freedoms": "Freedom Of Speech," "Freedom Of Worship," "Freedom From Want," and "Freedom From Fear." I would add one additional Rockwell painting. The one with the negro elementary student being escorted to class past the racism and bigotry obviously surrounding her that accompanied court-ordered desegregation of public schools after the March 17, 1954 landmark Supreme Court unanimous (9-0) decision in Brown v. Board of Education of Topeka, Kansas.

It was Brown, that overturned Plessy v. Ferguson's heinous doctrine of "separate but equal" (1896), had given birth to American "apartheid" that ruled the nation for the next 58 years. Brown's decision ironically written by a white man, Chief Justice Earl Warren, leading an all white Supreme Court. It was the decision of these nine men that finally defined the true constitutional meaning of the word "equal" as applied to the "Equal Protection Clause" of the 14th Amendment to the U.S. Constitution, saying simply, but loud enough and clear enough for the whole nation to hear, that "equal" from this time forward meant just what it said, it meant that equal meant in legal terms equality before the law, regardless of race, skin color, ethnicity, status or economic class, religion, culture, or country of origin.

Of course, over the succeeding years Brown would be expanded to cover many other forms of invidious discrimination and it would take the majority of the next three generations of Americans to understand the wisdom of Martin Luther King, Jr.'s words written while imprisoned in the Birmingham Jail for leading a non-violent civil rights demonstration against segregation in public accommodations and employment, "Justice delayed too long," he said, "is justice denied." How much truer and simply put can a statement of the righteousness of basic human rights in a just civil society be said?

I can remember as a kid watching TV as negro boys and girls were being brutally attacked by police dogs, and fire hoses against brick buildings in places like Little Rock, Selma, Montgomery, Greensboro, and a hundred other small towns and cities below the Mason-Dixie Line where whites were trying to keep negroes in their proper subservient place and maintain the status quo in white southern society.

Later I would witness the racial violence move north, east, and west—where segregation was even more inescapably vile. So, here we are 70 years later back where we started... AGAIN! How can this possibly be true after all the intervening years and litigation? How? I thought America had grown up, matured and become a much better society. Was I wrong... or just naive?



GRAHAM WEST
AN UNUSUAL EMERGENCY

Just days ago, President Donald Trump finally signed a bipartisan bill to keep the U.S. government open and functioning for longer than a stopgap amount of time. He also declared a national emergency in order to do what the funding bill didn't: reallocate money for his border wall.

It was an extraordinary step to address what one might call an "unusual" emergency. The White House was quick to point out that presidents have declared more than 50 national emergencies since the National Emergencies Act became law in 1976. But has there ever been an emergency quite like this one?

Has there ever been an emergency where the "crisis" exists for two years, but it doesn't become an "emergency" until the president's party loses the House in the midterms? Because the Republican Party held both the House and Senate for the first half President Trump's term, and he didn't build the wall then.

Has there ever been an emergency where our national security and intelligence leaders didn't sound the alarm to Congress? Because Director of National Intelligence Dan Coates, FBI Director Christopher Wray, and CIA Director Gina Haspel didn't mention the urgent need for a wall in their Worldwide Threat Assessment briefing last month.

Has there ever been an emergency where the military was deployed to deal with a situation, but that wasn't sufficient to resolve the crisis? Because the Trump Administration has sent thousands of active duty troops and National Guardsmen to the southern border already and continues to keep them there, even though former Secretary of Defense James Mattis admitted that their long term mission is "somewhat to be determined."

Has there ever been an emergency where the president has repeated so many falsehoods, exaggerations, and made-up anecdotes? Because from denying the facts about drug trafficking in legal ports of entry to telling harrowing tales of women with their mouths duct taped closed (that no one can verify), this president has done a remarkably poor job of basing his case in facts or reason.

And has there ever been an emergency where the president declared it and then jetted off to his private vacation club? Because that's what President Trump did last week: He signed the papers, and promptly flew off to Mar-a-Lago for a long weekend on our dime.

There has been no emergency like this, of course, because there is no emergency. The president's own actions and rhetoric (he literally said he "didn't need to do this" while declaring the emergency) make that point clear. It's a ridiculous executive overreach meant to pander to the president's base and his own ego.

Thankfully, there is a way out of this non-emergency. The aforementioned National Emergencies Act allows for either house of Congress to pass a repudiation of a president's national emergency declaration; if passed, it then forces the other house to vote on that same resolution.

In other words, Democrats in the House of Representatives can call the president's bluff on this fake emergency - and then force Republicans in the Senate to take a stance, which should be interesting given how many of them said they were against the declaration before the president made it. It would be interesting to know how their concerns about fiscal responsibility, comprehensive border security, and the U.S. Constitution stack up against their willingness to challenge the president.

Regardless of the outcome, it has never been more clear that we are living through a test of our democracy and its associated norms and rules. This "unusual" emergency only drives that point home.

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

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MARCH
TICKETS
9:00 am to

17, 20
ON SALE
5:00 pm
edre, Ca

19
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years from the date it was filed in the office of the County Clerk. A new Fictitious Business Name Statement must be filed prior to that date. The filing of this statement does not of itself authorize



A large, dense cluster of purple wisteria flowers hanging from a trellis structure. The flowers are in full bloom, creating a thick canopy of purple. A blue vertical pole is visible on the right side of the frame.

Mountain Views News 80 W Sierra Madre Blvd. No. 327 Sierra Madre, Ca. 91024 Office: 626.355.2737 Fax: 626.609.3285 Email: editor@mtnviewsnews.com Website: www.mtnviewsnews.com